

总主编 余建中  
主 编 范烨 万江波

# 大学英语 自主听力

*An Autonomous  
Learning Edition*

2



高等教育出版社  
Higher Education Press

总主编 余建中

主 编 范烨 万江波

编 者 黄莺 张勤 文艳

# 大学英语 自主听力

An Autonomous  
Learning

2

江苏工业学院图书馆  
藏书章



高等教育出版社

Higher Education Press

## 图书在版编目 (CIP) 数据

大学英语自主听力. 2/余建中主编; 范焘, 万江波分  
册主编. —北京: 高等教育出版社, 2007. 1  
ISBN 978-7-04-020672-2

I. 大… II. ①余…②范…③万… III. 英语-听说教学-  
高等学校-教材 IV. H319.9

中国版本图书馆 CIP 数据核字 (2007) 第 004289 号

策划编辑	陈锡臻	叶春阳	责任编辑	叶春阳	封面设计	王 峥
版式设计	奚春雷		责任校对	田素芳	责任印制	尤 静

出版发行 高等教育出版社  
社 址 北京市西城区德外大街 4 号  
邮政编码 100011  
总 机 010-58581000

经 销 蓝色畅想图书发行有限公司  
印 刷 北京四季青印刷厂

开 本 880×1230 1/16  
印 张 10.25  
字 数 320 000

购书热线 010-58581118  
免费咨询 800-810-0598  
网 址 <http://www.hep.edu.cn>  
<http://www.hep.com.cn>  
网上订购 <http://www.landaco.com>  
<http://www.landaco.com.cn>  
畅想教育 <http://www.widedu.com>

版 次 2007 年 1 月第 1 版  
印 次 2007 年 1 月第 1 次印刷  
定 价 16.00 元

本书如有缺页、倒页、脱页等质量问题, 请到所购图书销售部门联系调换。

版权所有 侵权必究

物料号 20672-00

# 前言

随着我国改革开放日益深化及加入世界贸易组织,社会各领域参与国际交流的机会越来越多,新的社会需求对大学生的英语能力提出了更高的要求,教育部制定的《大学英语课程教学要求》(试行)也提出了新的大学英语课程教学目标,即在培养学生英语综合运用能力的同时,增加其自主学习能力,提高综合文化素养,以适应我国社会发展和国际交流的需要。

鉴于现有的教学内容和教学学时不足以满足人才培养的需要,要切实保证大学英语课程教学目标的实现,我们需要充分利用学生的课余时间,激发学生课后的自主学习兴趣,提高他们的自主学习能力,不断扩大学生广泛接触英语的天地,使得他们的课堂学习内容在课后能得到进一步延伸。课后广泛的听说训练,不仅能使学生巩固课堂上掌握的学习方法和学习策略,更能增加人文和科学知识,提高综合素养。

本套教材为现有大学英语教材的补充和延伸,与现有课堂教学内容交相辉映。我们期待本教材能够引导学生最终成为快乐的英语学习者、终身的英语学习者、集技能与策略于一身的英语学习者,从而使《教学要求》的目标最终得以实现。

本套教材的编者充分研究了国内外各种英语听力教材的编写特点,从思想性、知识性、科学性、人文性、时代性、实用性及趣味性等多角度入手,以注重打好语言基础为出发点,同时注重培养学生的实际应用能力。

本套教材的特点是:

1. 强调自主学习特征。作为对现有大学英语教材的延伸和补充,本套教材强调发挥学生在学习过程中的自主作用,每单元都以学习任务为出发点,反复操练,逐步深入,旨在有步骤、有目的地引导学生开发各种学习潜能。

2. 突出语料的真实性和语境的实用性。大量语料选自英、美人的日常生活会话,真实自然,便于学生今后对外交流时直接应用。

3. 注重文化信息。在注重英语语言基础知识和基本技能训练的同时,注意将文化内容与语言材料相融合,话题覆盖英美文化生活的方方面面。

4. 融教学与考查为一体。除了课文训练之外,本教材还有期中、期末自测题,供学生自我检查学习效果。

5. 辅助课堂教学。本套教材既可以用于学生自主学习,又可以作为普通听力教程。本教材配套指南包含了详细的学习目标与学习计划,对文化信息、语言信息也有相应的补充和解释。

《大学英语自主听力》由复旦大学余建中教授担任总主编,本册主编是范烨、万江波,参加编撰的还有黄莺、张勤、文艳。

本教材是适应教育部《大学英语课程教学要求》全新理念的尝试和探索,由于编者水平所限,敬请广大师生在使用过程中多提宝贵意见和建议。

编者

2006年10月

# 使用说明

本套教材共分4册,每册共16个单元,并配有两套水平自测题。每单元按照不同的学习任务展开,题材广泛,涉及生活的各个领域。本册的各个单元由以下4个部分组成:

## Part A Warm-up Tasks

该部分是本单元的准备阶段,提供本单元基本词汇及句型,使学生熟悉本单元的语境,预先融入到本单元的任务话题之中,并为接下来的进一步语言训练做好准备。该部分包含两个内容:Language Focus 和 English in Use。

Language Focus 列出了本单元应掌握的基本词汇和句型。为方便学习者使用,句子或词组中较难的词汇用斜体表示,并加以中文注释。

English in Use 既是 Language Focus 的扩展练习,同时也是准备阶段的重要步骤,旨在引导学生更深入地了解本单元的任务话题。

## Part B Listening Practice

该部分是针对第一部分语言点所进行的专门训练,其中展示了本单元语言点在实际使用中的多样性。该部分包含两则练习:Practice One 和 Practice Two。

Practice One 包含8个短小的对话,围绕基本语言点展开。

Practice Two 一般是一段短小的讲话,有人物介绍、新闻、广告、故事、评论等内容。

## Part C Authentic Conversations

该部分由两段会话构成,突出语料的真实性和情境的实用性,让学生在真实语言情景中锻炼英语听力。学生应注意如何有效获取听力信息,抓住交谈要点。

## Part D Fun Time

该部分一般包含幽默故事、诗歌、歌曲或影视剧片段等,是轻松的英语娱乐时间,其目的是培养学生对英语语言学习的兴趣,并缓解课堂训练给学生带来的紧张情绪。

本套教材拟定两个学年完成,建议一学期完成一册的学习任务,每周安排一个单元。对于水平自测题,建议学习者在规定时间内(45分钟)完成,学习者或学校也可根据具体情况参照建议适当调整。

编者

2006年10月

## 郑 重 声 明

高等教育出版社依法对本书享有专有出版权。任何未经许可的复制、销售行为均违反《中华人民共和国著作权法》，其行为人将承担相应的民事责任和行政责任，构成犯罪的，将被依法追究刑事责任。为了维护市场秩序，保护读者的合法权益，避免读者误用盗版书造成不良后果，我社将配合行政执法部门和司法机关对违法犯罪的单位和个人给予严厉打击。社会各界人士如发现上述侵权行为，希望及时举报，本社将奖励举报有功人员。

**反盗版举报电话：**(010) 58581897/58581896/58581879

**传 真：**(010) 82086060

**E - mail：**dd@hep.com.cn

**通信地址：**北京市西城区德外大街4号

高等教育出版社打击盗版办公室

**邮 编：**100011

**购书请拨打电话：**(010)58581118



# Contents

## Unit 1 Daily Schedule



Part A	Warm-up Tasks	1
Part B	Listening Practice	3
Part C	Authentic Conversations	6
Part D	Fun Time	7

## Unit 2 Family



Part A	Warm-up Tasks	9
Part B	Listening Practice	11
Part C	Authentic Conversations	13
Part D	Fun Time	15

## Unit 3 Music



Part A	Warm-up Tasks	16
Part B	Listening Practice	18
Part C	Authentic Conversations	20
Part D	Fun Time	22

**Unit 4    Pets**



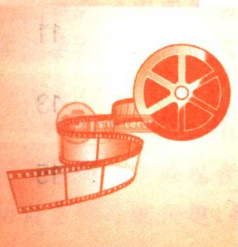
<b>Part A</b>	<b>Warm-up Tasks</b>	24
<b>Part B</b>	<b>Listening Practice</b>	26
<b>Part C</b>	<b>Authentic Conversations</b>	28
<b>Part D</b>	<b>Fun Time</b>	30

**Unit 5    Environment**



<b>Part A</b>	<b>Warm-up Tasks</b>	31
<b>Part B</b>	<b>Listening Practice</b>	33
<b>Part C</b>	<b>Authentic Conversations</b>	35
<b>Part D</b>	<b>Fun Time</b>	36

**Unit 6    Movies**



<b>Part A</b>	<b>Warm-up Tasks</b>	37
<b>Part B</b>	<b>Listening Practice</b>	39
<b>Part C</b>	<b>Authentic Conversations</b>	42
<b>Part D</b>	<b>Fun Time</b>	43

**Unit 7    Culture Shock**



<b>Part A</b>	<b>Warm-up Tasks</b>	45
<b>Part B</b>	<b>Listening Practice</b>	47
<b>Part C</b>	<b>Authentic Conversations</b>	49
<b>Part D</b>	<b>Fun Time</b>	50



**Unit 8    Holiday Traditions**



<b>Part A</b>	<b>Warm-up Tasks</b>	52
<b>Part B</b>	<b>Listening Practice</b>	55
<b>Part C</b>	<b>Authentic Conversations</b>	57
<b>Part D</b>	<b>Fun Time</b>	58

**Test Yourself(Units 1 – 8)**

60

**Unit 9    Marriage**



<b>Part A</b>	<b>Warm-up Tasks</b>	64
<b>Part B</b>	<b>Listening Practice</b>	66
<b>Part C</b>	<b>Authentic Conversations</b>	68
<b>Part D</b>	<b>Fun Time</b>	70

**Unit 10    Clothing**



<b>Part A</b>	<b>Warm-up Tasks</b>	72
<b>Part B</b>	<b>Listening Practice</b>	75
<b>Part C</b>	<b>Authentic Conversations</b>	77
<b>Part D</b>	<b>Fun Time</b>	78

## Unit 11 Housing



Part A Warm-up Tasks	79
Part B Listening Practice	82
Part C Authentic Conversations	84
Part D Fun Time	86

## Unit 12 Job Hunting



Part A Warm-up Tasks	87
Part B Listening Practice	90
Part C Authentic Conversations	92
Part D Fun Time	93

## Unit 13 Coping with Stress



Part A Warm-up Tasks	94
Part B Listening Practice	96
Part C Authentic Conversations	98
Part D Fun Time	99

## Unit 14 Money Matters



Part A Warm-up Tasks	100
Part B Listening Practice	102
Part C Authentic Conversations	105
Part D Fun Time	106

**Unit 15 Sports**

107



<b>Part A</b>	<b>Warm-up Tasks</b>	107
<b>Part B</b>	<b>Listening Practice</b>	110
<b>Part C</b>	<b>Authentic Conversations</b>	112
<b>Part D</b>	<b>Fun Time</b>	113

**Unit 16 Views and Opinions**

115



<b>Part A</b>	<b>Warm-up Tasks</b>	115
<b>Part B</b>	<b>Listening Practice</b>	117
<b>Part C</b>	<b>Authentic Conversations</b>	119
<b>Part D</b>	<b>Fun Time</b>	121

**Test Yourself (Units 9 – 16)**

122

**Appendix Key to Exercises**

126



## Unit 1



# Daily Schedule

## Preview

This unit integrates various useful expressions and authentic talks about daily schedule.



## Part A Warm-up Tasks

## Language Focus

### 1. Daily activities

get a mid-morning *snack* (小吃, 点心)  
have/take a coffee break  
grab a light lunch 简单地吃点儿中饭  
go to work/school  
attend classes/lectures  
meet with one's *advisor/adviser* (指导教师)  
work on term papers 写学期论文  
*volunteer* (自愿服务) at the student center  
join in *extracurricular activities* (课外活动)  
work a full-time/part-time job  
make/return phone calls  
email messages  
surf the Internet  
*browse* (浏览) newspapers

work out at the gym  
do the laundry  
chat with friends  
stay up (熬夜)

## 2. Asking about daily activities

How do you spend your day? How is your day going?  
What time do you get to work?  
What time do you get off work?  
What's your usual day like?  
Do you have any plans tonight?  
What are you going to do tonight?  
What are you doing over the weekend?  
When do you plan on doing your homework?

## 3. Talking about time or schedule

Time is going by very quickly.  
We got there just in time — the train was about to leave.  
We lived in London for a short time.  
He's been doing the same job for years.  
Things gradually improved day by day.  
There's an hourly bus service to the town center.  
The bus goes every half-hour.  
She will be here in about ten minutes.  
Let's fix a time to meet.  
We need to set a date for the next committee meeting.  
Can you spare a bit of time to see her?  
Friday's the deadline for finishing our term paper.  
Can you hurry up a bit? *I'm a bit pushed for time* (时间有些紧张).  
I wasted the whole day, waiting for them at the airport.  
She always puts things off until the last minute and then she has to hurry to get them finished.

# English in Use

## Word Bank

presentation [ˌprezən'teɪʃən] n.	a meeting at which sth., especially a new product or idea, or piece of work, is shown to a group of people
make it	to succeed in a particular activity



**Directions:** You will hear 8 questions followed by 8 responses. Listen twice and fill in the blanks with the words you have heard and then match the questions with responses.

**Questions:**

- ( ) 1. What did you do \_\_\_\_\_?
- ( ) 2. How is your day \_\_\_\_\_?
- ( ) 3. When do you \_\_\_\_\_ every day?
- ( ) 4. Why \_\_\_\_\_ come to \_\_\_\_\_ last night?
- ( ) 5. \_\_\_\_\_ do you get to work?
- ( ) 6. Will you \_\_\_\_\_ at \_\_\_\_\_ tomorrow?
- ( ) 7. When are you \_\_\_\_\_ today?
- ( ) 8. Since we are \_\_\_\_\_ school, when are you going back home?

**Responses:**

- a. I leave home at \_\_\_\_\_ and get to work at \_\_\_\_\_ every morning.
- b. Yes, I will be \_\_\_\_\_.
- c. I'm \_\_\_\_\_. Maybe I'm going back home \_\_\_\_\_.
- d. Quite \_\_\_\_\_. I'm preparing for \_\_\_\_\_ tomorrow.
- e. After \_\_\_\_\_. I must \_\_\_\_\_.
- f. I'm sorry I couldn't \_\_\_\_\_. I had to \_\_\_\_\_ at the hospital.
- g. I usually \_\_\_\_\_ early and get up around \_\_\_\_\_.
- h. I went \_\_\_\_\_ with Sammy.



## Part B Listening Practice

### Practice One

#### Word Bank

stressed [ˈstrest] <i>adj.</i>	worried and anxious
project [ˈprɒdʒekt] <i>n.</i>	a piece of planned work or an activity which is completed over a period of time and intended to achieve a particular aim
dentist [ˈdentɪst] <i>n.</i>	a person whose job is treating people's teeth

**Directions:** Listen to the dialogues and answer the questions by choosing the right options.

1. A. He would love to have a talk with the woman today.

- B. He doesn't want to talk with the woman any time.  
C. He doesn't have time to talk with the woman today.  
D. He would like to talk with someone else today.
2. A. He will be writing a report.  
B. He will be driving to the airport.  
C. He will be having a meeting.  
D. He will be having lunch.
3. A. He will have a coffee break.  
B. He will work on a report.  
C. He will chat with the woman.  
D. He will give the woman a report.
4. A. The man has already finished dinner.  
B. The man is rushing all the time.  
C. The man thinks the woman is slow at eating dinner.  
D. The man wants to enjoy life.
5. A. The man is going to be dead.  
B. The man has not finished the project yet.  
C. The woman is working on a project with the man.  
D. The woman looks very stressed.
6. A. He is going to exercise over the weekend.  
B. He is going to watch TV over the weekend.  
C. He is going to the cinema over the weekend.  
D. He is going to meet some friends over the weekend.
7. A. He is going to meet his professor.  
B. He is going to have a job interview.  
C. He is going to the dentist's.  
D. He is going to visit his parents.
8. A. Around 5 o'clock.  
B. Around 6 o'clock.  
C. Around 6:30.  
D. Around 8 o'clock.

## Practice Two

### Word Bank

effectively [ɪ'fektɪvli] <i>adv.</i>	有效地
chapter ['tʃæptə] <i>n.</i>	one of the parts into which a book is divided
cover ['kʌvə] <i>vt.</i>	to deal with (sth.)
meaningful ['mi:nɪŋfʊl] <i>adj.</i>	having a clear meaning
alert [ə'leɪt] <i>adj.</i>	watching, listening, etc. for sth. with full attention

**Directions:** You will hear a short talk about making a weekly study schedule. Listen to it twice and fill in the blanks with the words you have heard.

Making a weekly study schedule is important to college students. It will let you know how much time you actually have each week, and help you use that time effectively. Here are some \_\_\_\_\_ on making the schedule.

First, plan at least one-hour \_\_\_\_\_ of study time. If you schedule less than one hour, your study period may be over just when you are fully \_\_\_\_\_.

Second, try to schedule study periods before and after classes. If you read a textbook chapter before a teacher \_\_\_\_\_ it, what you hear in class will be more meaningful to you. Similarly, if you take a few minutes to \_\_\_\_\_ your notes as soon after class as possible, you will be able to organize the material while it is still \_\_\_\_\_ in your mind.

Third, work on your most \_\_\_\_\_ subjects when you are most alert. Save \_\_\_\_\_ work for times you are most likely to be tired.

The last point, \_\_\_\_\_ your activities. \_\_\_\_\_ free time for family, friends, sports, television, and so on in your schedule.



## Part C Authentic Conversations

### Conversation One What Do You Do Exactly?

#### Word Bank

jog [dʒɒg] vi.	to run at a slow regular speed, especially as a form of exercise
Toronto [tə'rontəʊ]	多伦多(加拿大城市)
tournament ['tɔ:nəmənt] n.	a series of games in which the winner of each game plays in the next game until there is one player or team left 锦标赛
announcer [ə'naʊnsə] n.	someone who introduces programs or reads the news on the television or radio

**Directions:** You will hear a conversation between two friends. Listen to it twice and answer the following questions.

1. What will Helen do first after jogging?

---

2. What will Helen do this afternoon?

---

3. When does Helen get up on weekdays?

---

4. What does Helen usually do after she gets up?

---

5. When does Helen start work?

---

6. When does Helen get home on weekdays?

---

7. What's Helen's job?

---