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新大纲 新题型
新方案 新突破



2007

大学英语 Crack CET-4 With High Grades 四级综合高分突破

——李阳老师带你30天征服四级

李阳 主编



李阳老师对最新四、六级题型进行深入研究，
根据自己多年的英语学习经验，
用最科学的疯狂英语速成方法，为学生量身定做。
使学习者能够在短时间内迅速提高英语综合能力。

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前言

“三轮复习 30 天攻克四级”，就是以 30 天为一完整周期，将四级英语的复习分为三个阶段，让考生按计划每天复习大约一个半小时的英语，从考试的基本技能入手，由简到繁，由浅入深，系统地进行复习，做到“循序渐进、步步为营、稳步提高”，最后“稳操胜券进考场”。具体而言，“三轮”中各轮的编写宗旨、内容安排及特点如下：

一、第一轮——千锤百炼打基础

本轮共 20 课，目的是利用 20 天复习时间，强化考生的语言基础知识（包括语音、词汇、听力、阅读、语法、篇章等）和四级考试的应试技巧。20 天时间的课程中，每个课程均分为“阅读金钥匙”、“听力金钥匙”、“语法精要”和“李阳老师的话”四大部分。

Section I 阅读金钥匙

1. “阅读金钥匙”中首先要攻克快速阅读这一难题，快速阅读是技巧性很强的测试题目，在以往的考试中考生可能接触地很少，因为快速阅读与雅思的阅读题很相似，所以我们从雅思真题和题库中选取部分材料，精心编写成试题。通过 1—7 课的学习，你会发现攻下快速阅读犹如囊中取物。

2. “核心词汇学与记”一栏中核心词汇均摘自每天的阅读理解文章，核心词汇不仅如同类书一样给出汉语释义，而且还列举了更多的范例、考点搭配和联想记忆，帮助你在最短的时间内在语境中学习最实用的核心词汇，实现词汇的大飞跃。为后面第二轮的综合测试和作文打下坚实的基础。

3. “答案与解析”一栏除了提供答案和详尽的解析外，每一篇仔细阅读（多项选择）部分都附有全文翻译，既练习了阅读，又可以提高你的翻译能力。

4. “疯狂背诵练写作”旨在帮助你从点点滴滴的精彩句子练起，到第二轮练习篇章作文时，已是水到渠成，妙语连珠，实现作文的质的飞跃。与“核心词汇学与记”不同的是，这一部分主要练习四级作文中常用的短语和句式，所给的“临摹”也都是四级热点作文的范例。这些精彩的句子一定要用李阳的“三最法”（最大声、最快速、最清晰）脱口而出，内化成自己的东西。

Section II 听力金钥匙

1. “听力金钥匙”不但帮你打开英语听力的大门，疯狂英语训练法还会助你成就一口傲人、流利、地道的口语，充满信心、底气十足地和英美人士进行自由的双向交流。听力是四级的难点，占总分值的 35%，时间长达 35 分钟，如果没有坚实的语言基础和充足的训练，再多的技巧也只是一句空话，李阳疯狂英语的三最口腔肌肉训练和“一口气”训练法帮你从另一个角度学习英语，本册书所选的听力材料大多来自历年托福试题，因为四级考试的听力试题与托福考试听力试题极其相似，有些试题一模一样，这些听力材料是绝对地道的语言精华，你不但要听懂，还要大声喊出听力试题，你发现在反复的跟读、模仿、背诵的过程中，你的口语能力也获得长足的进步。听力考试是最好的口语学习资料！

Section III 语法精要

四级考试虽然取消了专门测试语法的多项选择题,但语法知识贯穿于整个试题,阅读、听力、综合测试、翻译和作文都离不开语法知识,新增的汉译英以测试语法知识和常用词组为主,所以本书在“语法精要”部分主要讲解与四级考试紧密相关的大学语法知识,所举范例主要来自本书的阅读文章、历年的四级试题和托福试题,语法自测题把语法题和翻译题结合起来,为翻译打下基础。

李阳老师的学习法

这里汇集了李阳老师关于疯狂英语的精髓,一口气训练法、三最口腔肌肉训练法等学习英语的一整套行之有效的学习方法,当年李阳就是凭借这种独特的英语学习方法成就了他一口令老外都佩服的英语,成为中国最著名的口译员之一,多家媒体采访的对象。如果你遵循传统的英语学习法苦学了六年,说英语时仍感到胆怯、害羞、发音不准、信心不足,为什么不尝试另一种学习方法,向成功者学习,你也一定会成功!你的英语也会渐入佳境!学英语不只是为了考试,如果在准备考试的同时,又能真正突破英语,那才是我们的目的!

为什么要进行李阳疯狂英语“一口气”训练

美国人讲英语底气十足,中国人讲英语只用嘴巴,含含糊糊,气势单薄。李阳疯狂英语独创的“一口气训练法”完全可以帮助你改善这一状况!这个方法可以有效地增强你说英语的底气,让你学会用胸腔、口腔和喉腔共同发音!这一定可以让你的英语气势逼人!赢得众人羡慕的眼光和无比的尊敬!所以我们也要效仿李阳老师的做法,一口气念完并脱口而出精彩的听力句子,早日成就一口漂亮的英语!

为什么要进行李阳疯狂英语三最口腔肌肉训练

学习英语就是训练口腔肌肉,也就是我们所说的练嘴!因为英语是说出来的,只要遵循李阳老师的话,你的口腔肌肉就能轻松地发出陌生的外国声音,变成灵活的国际肌肉!让我们用“三最口腔肌肉训练法”操练听力和阅读句子,你会有意外的发现,挑战自我,超越自我,相信自己也一样会成功!

二、第二轮——各个击破攻题型

本轮共8天,旨在帮助考生在最短的时间内攻克四级试题中的综合测试部分和作文,每天都集中复习一个题型的答题技巧和专项训练,这种技巧与专项训练相结合的方法目的是让考生把所学到的技巧能得到及时的巩固和运用。

三、第三轮——稳操胜券进考场

本部分共需2天,供考生复习使用,目的是让考生进行综合模拟与冲刺训练。考生对做过的试题要进行细致地分析研究,对做错的题要搞清楚究竟错在哪里,为什么会错,并参考书中的相关内容,把问题弄明白,真正起到查漏补缺的作用。最后附赠的样题供考生参考自测。

本书有学习方法的创新、有复习方法的宏观指导、有具体技能的微观训练、有从国外网站和托福雅思真题收集的仿真度很高的材料,攻克四级,指日可待!

编者
2007年1月

大学英语新四级 710 分考试简介

一、CET 考试简介

1. 大学英语考试的定义

大学英语四、六级考试 (College English Test, 简称 CET) 是由国家教育部高等教育司主持的全国性教学考试; 考试的主要对象是根据教学大纲修完大学英语四级或六级的大学本科生或研究生。

2. 大学英语四、六级考试的目的

目的是推动大学英语教学大纲的贯彻执行, 对大学生的英语能力进行客观、准确的测量, 为提高我国大学英语课程的教学质量服务。

3. 考试日期

CET 全国四、六级考试的考试时间为: 笔试每年一月份第三个星期六和每年六月份第三个星期六。

二、大学英语四级考试新题型

改革的总体思路主要包括三个方面: 一是开发新题型, 改革考试内容和考试形式, 突出加强对学生英语综合应用能力特别是听说能力的测试; 二是全面改革分数报道方式, 由原来的 100 分制改为 710 分的记分体制, 不设及格线, 不颁发合格证书, 只发放成绩单, 与此同时, 逐步将考生范围限制在校内; 三是改革考试管理体制, 进一步加强考务管理。

在考试内容和形式上, 四、六级考试将加大听力理解部分的题量和比例, 增加快速阅读理解测试, 增加非选择性试题的比例。试点阶段的四、六级考试由四部分构成: 听力理解、阅读理解、综合测试和写作测试。听力理解部分的比例提高到 35%, 其中听力对话占 15%, 听力短文占 20%。阅读理解部分比例调整为 35%, 其中仔细阅读部分 (Reading in Depth) 占 25%, 快速阅读部分 (Reading in Depth) 占 10%。仔细阅读部分除测试篇章阅读理解外, 还包括对篇章语境中的词汇理解的测试; 快速阅读部分测试各种快速阅读技能。综合测试比例为 15%, 由两部分构成。第一部分为完型填空或改错, 占 10%; 第二部分为短句问答或翻译, 占 5%。写作能力测试部分比例为 15%, 体裁包括议论文、说明文、应用文等。试点阶段四、六级考试各部分测试内容、题型和所占比例如下表所示:

试卷构成	测试内容		测试题型	比例
第一部分：听力理解	听力对话（15%）	短对话	多项选择	35%
		长对话	多项选择	
	听力短文（20%）	短文理解	多项选择	
		短文听写	复合式听写	
第二部分：阅读理解	仔细阅读理解（25%）	篇章阅读理解	多项选择	35%
		篇章词汇理解	选词填空	
	快速阅读理解（10%）		是非判断+句子填空或其他	
第三部分：综合测试	完型填空 或 改错（10%）		多项选择	15%
			错误辨认并改正	
	篇章问答 或 句子翻译（5%）		简短回答	
			中译英	
第四部分：写作	写作		短文写作	15%

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第二轮 各个击破攻题型

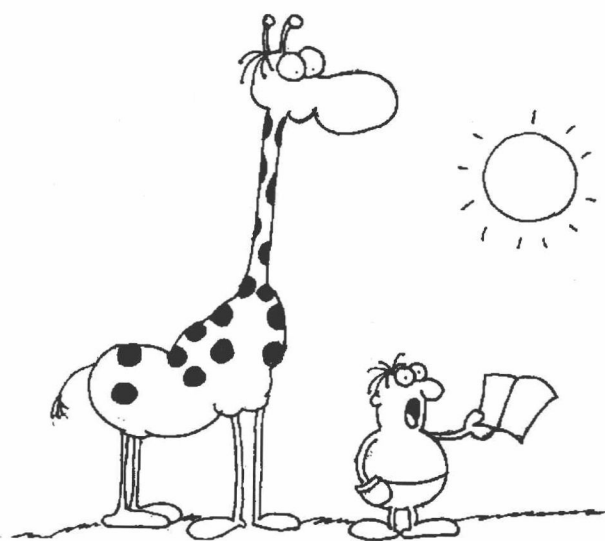
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第一轮

千锤百炼打基础



第一天

2012 7 28
2019 年 9 月 21 日
星 期 一
学习 时间 _____
学习 效果 _____

Rome was not built in a day. Work harder and practice more.

冰冻三尺，非一日之寒；更加努力地学习，更加勤奋地操练。



Section I Keys to Reading 阅读金钥匙

一、英语四级考试新题型阅读部分简介

改革后的四级考试阅读部分占总分数的 35%，包括：

1. 一篇较长的快速阅读文章（1000 多单词）：文章后有 7 道是非判断题和 3 道完成句子题。要求考生在 15 分钟内完成，占总分数的 10%。
2. 一篇词汇理解文章（约 240 多单词）：其中有 10 处空缺，后面有 15 个词汇，要求选出合适的单词填入空缺处。占总分数的 5%。
3. 两篇阅读理解文章：每篇后有 5 道问题或不完整的句子，每题后有四个选项，要求选出一个最佳答案。每篇文章长度约为 320~380 个单词。共占总分数的 20%。

其中快速阅读和词汇理解属于新增题型，充分体现了对学生英语综合能力和快速阅读理解能力的要求。

二、最有效的快速阅读方法——寻读（Scanning）

快速阅读是四级的新增题型，与雅思的快速阅读有些相似。快速阅读作为紧接作文之后的第二部分试题，从时间上和难度上对考生都是一个极大的挑战，快速阅读在整个试卷中的得分率很低。如果考生能熟悉这种题型特有的解题技巧并进行足够的仿真练习，快速阅读也就如同纸老虎，完全可以攻克。这里先介绍一种最有效的快速阅读方法——寻读。

寻读，即为搜寻式阅读，寻读的主要目的是在文章中查找所需要的信息如获得数字、日期、人名、地名、简单定义、概念等。用这种方法阅读时，没有必要了解全文大意。对与题目无关部分略去不读。因为目标明确，使用这种阅读方法能极大地提高阅读效率。

如何使寻读的效率更高？首先，必须有一个明确的目标，也就是说对想要查找的内容有一个清楚的概念。所以，在快速阅读中，要首先看题目。其次，要初步确定所要查找内容所在的大致范围。通过对要查的内容进行初步定位，就可以缩小搜寻范围，减少所需时间，并提高准确率。定位应该根据文章结构、行文方式等篇章特点等来进行。再次，寻读时应带着要查找内容的关键词进行阅读。在找到关键词时，才开始仔细阅读其周围的内容，以找到要查找的答案。

Reading Comprehension (Skimming and Scanning) (15 minutes)

Directions: In this part, you will have 15 minutes to go over the passage quickly and answer the questions below.

For questions 1–7, mark

Y (for YES) if the statement agrees with the information given in the passage;

N (for NO) if the statement contradicts the information given in the passage;

NG (for NOT GIVEN) if the information is not given in the passage.

For questions 8–10, complete the sentences with the information given in the passage.

Starting Time _____

Music's History May Show a Path to Future Peace

Country and folk music

The people living in the Appalachian Mountains are sometimes called "hillbillies". The first settlers there came from the British Isles, and they brought their folk music with them. This music, mixed with the blues, became hillbilly music.

Later, as hillbilly music became more popular, it was called country music. Country songs are often sad stories of love and broken hearts. In the 1920s people listened to country music on the radio. Not all country people were farmers. Many worked in the mines and factories. They also loved country music and it became the music of the working people.

During the 1930s America had many economic problems. Workers expressed their troubles in the folk music of the time. Folk songs are like country songs but they are more traditional and more serious.

They don't talk about love: they tell about the lives of ordinary people. Woodie Guthrie was a folk song writer during the 1930s. He traveled around the country and wrote songs about the poor people.

During the 1950s folk music became popular again. Martin Luther King wanted to improve the lives of black Americans. He led peaceful marches to change the laws in the US. The marchers sang old folk songs like "We Shall Overcome."

In the 1960s many people were against the war in Vietnam. Folk singers like Bob Dylan and Joan Baez wrote anti-war songs like Dylan's "Blowing in the Wind", and other songs about the problems of American society. Folk music continued to be the most political of all music in America.

Rock 'n' roll

The 1950s was an exciting time for music in America. The economic problems of the 30s and the war of the 40s were over. America was rich again. A new group of people became important — American teenagers. For the first time in history young people had money to spend. They had a new way of dressing, new hair styles and new dances.

In the early 50s slow romantic songs were still popular. But teenagers wanted dance music with a good beat, and so they began to listen to R&B (Rhythm and Blues) on the black radio stations. Rock and Roll music had a strong dance beat. The musicians played electric guitars and the music was loud and fast. American teenagers loved it.

About the same time, the owner of Sun Record Company, Sam Phillips said "If I could find a white man who had the Negro (black) sound and the Negro feel, I could make \$1 billion." He found his wish in Elvis Presley, the king of Rock and Roll. Elvis became a new American hero and young people copied his hair style, his dress, and his music.

Soul, disco and rap

After World War II a large number of black people moved from the South to the big industrial cities like New York, Detroit, and Philadelphia. Many black people lived in poor parts of the city such as Harlem in New

第

1

天

York. Musicians wrote and sang about life in big cities. Life was hard but music and dancing made it a little easier.

Popular black music had a strong beat for dancing. At first this music was called Rhythm and Blues. By the 1960s it was called Soul.

Soul music was always dance music but in the 1970s a new dance music became popular — Disco. Disco is a kind of Soul music, often with Latin rhythms. Discos opened up all over America. At discos the music was on records (discs), not live. Many of the Disco musicians were black, but Disco dancing was popular with most Americans.

In the 1980s a number of black musicians became superstars, for example: Prince, Michael Jackson and Whitney Houston. Some old stars like Tina Turner and Aretha Franklin made new hit records.

Rap is a very skillful kind of fast street talk, with a strong rhythm. It began with young black people in the big cities. When Rap talking is combined with music it is called Rap music. Rap music became very popular in the 1980s.

New and old

By the 1970s rock music had become complex with long guitar passages. It was not easy to dance to this music. Dance music was mostly disco, but many young people were bored with this. They preferred a new kind of rock music. It was loud and simple with a strong beat. This music was called Punk or New Wave.

In the 1970s and 1980s new discoveries changed the way we listened to music. With a Walkman people could take music with them. They could listen to their favorite music on the train, in the plane, out jogging or anywhere they chose.

In 1981 a new TV station, MTV, was started. Twenty-four hours a day this station played music videos. These videos became very popular. Soon every hit song needed a video to go with it.

The 1980s was a time of new trends, but more traditional rock music also continued to be important. Heavy metal groups, with their long hair and loud music, looked and sounded a lot like the groups of 20 years before.

In the 1980s, like in the 1960s, musicians and music fans became concerned about many problems in the world. They were worried about the environment and about starving people. Videos like "Live Aid" were made by musicians to help solve world problems. Music brings the people of the world together, and perhaps with music we can also change the world and make it a better place.

Finishing Time _____

1. Country songs are often sad stories of love and broken hearts.
2. Like country songs, folk songs just talk about love.
3. Folk music is the most political of all music in America.
4. Rock 'n' Roll had a light dance beat.
5. Elvis Presley became popular because he was a white man with the black sound and the black feel.
6. Rap music has been very popular among young people since 1980.
7. Punk is a kind of rock music which is loud and simple with a strong beat.

1. [Y] [N] [NG]

2. [Y] [N] [NG]

3. [Y] [N] [NG]

4. [Y] [N] [NG]

5. [Y] [N] [NG]

6. [Y] [N] [NG]

7. [Y] [N] [NG]

8. Country music became the music of the working people.
9. Rap is a very skillful kind of fast street talk, with a strong rhythm.

10. In the 1980s, like in the 1960s, musicians and music fans became worried about many problems in the environment and about starving people.

答案与解析

- 1 答案 [Y]。事实细节题。首先判断这个陈述是属于哪方面的内容的：乡村音乐。然后迅速浏览文章的小标题，发现第 1 个小标题 Country and folk music 就是这方面的内容，进而在该部分进行定位。依据第 2 段 Country songs are often sad stories of love and broken hearts. 可以判断该题为 [Y]。
- 2 答案 [N]。题目的中心词是 folk songs，所以仍在第一部分定位，依据第 4 段第 1 句话 They don't talk about love: they tell about the lives of ordinary people. 可以迅速判断此题不正确。
- 3 答案 [Y]。依据题目中的中心词 folk music 可以迅速定位也属于第 1 个小标题下的内容，根据第 1 个小标题的最后一句话，可以判断此题正确。
- 4 答案 [N]。依据中心词 Rock 'n' roll 可以迅速判断属于第二个小标题 Rock 'n' roll 下的内容，其中的第 2 段中有 Rock and roll music had a strong dance beat. 而不是 light dance beat。
- 5 答案 [Y]。要快速寻读找到 Elvis Presley，从前后几个句子来判断，从 Rock 'n' and Roll 小节的最后部分：If I could find a white man who had the Negro (black) sound and the Negro feel, I could make \$1 billion. He found his wish in Elvis Presley 可以判断 Elvis Presley 是白人，但有着黑人的嗓音和感觉。
- 6 答案 [NG]。要快速定位 Rap music，然后找到最后一句：Rap music became very popular in the 1980s. 但文中未具体说明说唱音乐自 1980 年以来在年轻人中很流行，所以要选 NG。
- 7 答案 [Y]。快速找到 Punk 这个词，然后从其前后就可找到答案。
- 8 答案 the working people。本题是关于 country music，在 Country and folk music 小节的第 2 段可以找到答案。
- 9 答案 a strong rhythm。在 Soul, Disco and Rap 小节的第 5 段可以找到答案。
- 10 答案 the environment and about starving people。寻读关键词：时间 1980s 和 1960s，从其后的第二句话可以找到答案。

第
1
天

核心词汇疯狂背诵

- 1 **economic** [i:əkə'nɒmɪk] /i:əkə'nəmɪk/ *adj.* 经济的；经济学的 economic
economic problems 经济问题 in a bad economic state 经济状况不佳
【联想记忆】economy 经济 + -ic 的
★ A small car is more economical than a large one, because it uses less petrol.
小的汽车比大的节约，因为它耗油较少。
【同义词比较】economical 节省的
- 2 **traditional** [trə'dɪʃənəl] /trə'dɪʃənəl/ *adj.* 传统的；惯例的
Chinese traditional medicine and painting 中医和绘画
【联想记忆】tradition 传统 + -al 的，al 是常用的形容词后缀，再如：educational 教育的；natural 自然的；
addition-additional 额外的；occasion-occasional 偶尔的；practical 实际的；实践的。
- 3 **peaceful** ['pi:sfəl] /'pɪsfəl/ *adj.* 和平的；安宁的
【联想记忆】peace 和平 + ful
★ It's peaceful at home when the children are at school.
孩子们在学校上学时，家里就安静了。
- 4 **march** [mɑ:tʃ] /mɑ:tʃ/ *n.* 游行
【联想记忆】marcher 游行；March 三月
- 5 **teenager** ['ti:neɪdʒə(r)] /'ti:neɪdʒə/ *n.* (十三到十九岁的) 少年

- 6 romantic [rə'mæntɪk] /ro'mæntɪk/ *adj.* 浪漫的; 空想的; 不切实际的

a romantic adventure 浪漫的经历 a romantic comedy 爱情喜剧

★ romantic notions about becoming a famous actress 希望成为著名女演员的幻想

【联想记忆】romance 浪漫 + tic

- 7 beat [bi:t] /bit/ *n.* (音乐或诗的)拍子; 节拍; 有规律的敲击声

a heartbeat 心跳声 rhythm and blues 节奏布鲁斯 rhythm *n.* 节奏; 韵律

★ I can't dance to music without a good rhythm.

没有好的节奏我不能跟着音乐跳舞。

- 8 musician [mju:'zɪʃn] /mju:'zɪʃən/ *n.* 音乐家

【联想记忆】music + ian 人, -an, -ian, -arian 是表示“人”的名词后缀, 如 Canada-Canadian (加拿大人), history-historian (历史学家), music-musician (音乐家)

- 9 combine [kəm'beɪn] /kəm'beɪn/ *v.* 联结; 结合

★ The two principal political parties have combined to form a government.

两个主要政党已经联合起来组成政府。

be combined with 与……联合

- 10 complex ['kɒmpleks] /kəm'pleks/ *adj.* 复杂的; 合成的; 综合的

a complex idea 一个复杂的观念 the complex modern world 复杂的现代世界

- 11 bored [bɔ:(r)d] /bɔrd/ *adj.* 令人生厌的 be bored with 对……厌烦

★ I'm bored with this job. 我对这件工作厌烦了。

【联想记忆】bore *n.* 使人讨厌的人; 令人生厌的事

★ He was something of a bore — going on his charity work all evening.

他真烦人, 整个晚上都在讲他的慈善工作。

- 12 jog [dʒɒg] /dʒag/ *v.* 慢步跑

go jogging 去慢跑

- 13 hit song 热门歌曲

- 14 trend [trend] /trɛnd/ *n.* 趋势; 趋向

occupational trends and changes 就业趋势和变化

- 15 concern [kən'sɜ:n] /kən'sɜ:n/ *vt.* 关心 (常与 with, about 连用); 对……有关系; 影响; 关系

be concerned with public work 关心公众事务

★ Attend to what concerns you. 注意与你有关的事物。

★ This concerns the healthy growth of the children deeply. 这事对孩子们的健康成长关系极大。

- 16 environment [ɪn'vaɪərənmənt] /ɛn'vaɪərənmənt/ *n.* 环境

【联想记忆】environmental *adj.* 周围的; 环境的 environmentalism *n.* 环境保护论; 环境论 environmentalist *n.* 环境保护论者

individual 个人的

疯狂背诵练写作 Golden Lines to Be Applied in Writing

★ In the 1980s, like in the 1960s, musicians and music fans became concerned about many problems in the world.

become concerned about 关心

临摹: True, to have good marks continues to be some college students' dream, yet there are a growing number of students who are much more concerned about things other than academic achievement.

诚然, 取得优异的成绩仍是一些大学生的梦想, 然而, 越来越多的学生更关心除学习之外的其它事。



Section II Keys to Listening 听力金钥匙

超级秘诀一举三得

——口语、听力、发音同时突破!

一个一举三得的听力突破法就是直接收集各类试题的听力部分，特别是国外的精彩考题，将其中的地道句子用上面的三个步骤进行处理。这样可以使你大量地接触听力陷阱，反复地熟悉考试小把戏，获得免疫力，达成超越一般听力的超级听力能力，在听力考试中像母语一样“立刻反应、百发百中”，成为考试专家和高手！除此之外，你还有两个特别收获：

1. 听力考试里的句子同时又是经过考试专家精心挑选的、绝对地道的语言精华，覆盖面特别广。在大喊听力考试题的同时，口语能力不知不觉地获得长足的进步。听力考试题是最好的口语学习资料!

2. 听力考试配备的磁带是由美国人朗读的，发音纯正地道，所以通过反复听和模仿这些磁带，你的发音又可以获得改进。

鉴于以上原因，为了帮助大家短期内突破四级听力难关，李阳疯狂英语为大家准备了这套书，本套书荟萃了国内外最新的听力资料，很多摘自托福听力真题，并严格按照四级听力的题型和难度来设题，包括小对话和长篇对话、短文和听写，并按照出题者的“阴谋”进行了分类，以便你反复练习，熟能生巧，应付自如。精通这套资料，精通不但是能听懂，找出正确答案，还要脱口而出，这将使你的听力足以应付四级考试，同时口语能力获得大幅度提高，能够和英美人士进行自由的双向交流，并为担任口译打下坚实基础。

我们特别聘请发音地道、优美的美国播音员为大家录制这套磁带，一定要充分利用。按照李阳疯狂英语理论，一盘磁带就可以彻底突破发音关，那么你也可以用这套听力磁带来彻底改进你的发音，享受说一口纯正英语的自豪。

Listening Comprehension

Directions: You will hear 4 short conversations. At the end of each conversation, one question will be asked about what was said. The conversation will be spoken only once.

- | | | | |
|---|--|---|-----------------|
| 1. <input checked="" type="radio"/> A) 170 dollars. | B) 320 dollars. | C) 200 dollars. | D) 230 dollars. |
| 2. A) In 1993. | <input checked="" type="radio"/> B) In 1994. | C) In 1995. | D) In 1996. |
| 3. A) Around 5:00. | <input checked="" type="radio"/> B) Around 3:00. | C) At 2:00. | D) At 1:00. |
| 4. A) 7:50. | B) 7:35. | <input checked="" type="radio"/> C) 8:05. | D) 8:15. |

Directions: In this section, you will hear one long conversation. At the end of the conversation, one or more questions will be asked about what was said. The conversation will be spoken only once.

Questions 5 to 8 are based on the conversation you have just heard.

5. A) Because he / she hasn't seen your CV.
B) Because he / she wants to make sure you are not lying on your CV.
☒ C) Because he / she wants to know how it relates to the job you are applying for.
D) Because he / she wants to see if you are articulate.
6. A) You will not get the job.
C) You will appear inarticulate.
☒ B) There usually aren't right answers.
D) The interviewer will check your CV for the answer.
7. ☒ A) People with such skills save them time and money.
B) People with such skills are more intelligent.
C) People with such skills are usually better educated.
D) They are not, but they are important for job interviews.

8. A) Your appearance. B) Qualifications and experience.
 C) Communication skills and your personality. D) Cross-cultural communication skills.

答案与解析

- 1 M: Mother said this kind of TV set costs 200 dollars.

W: It used to, but the price has gone up 30 dollars. go up

Q: How much does the TV cost now?

【李阳疯狂英语三最口腔肌肉训练：6秒】

答案 D。数字题通常需要进行运算才能获得答案，所以听清数字前后的关键词很重要，如 cut down, dis-count (折扣), change (所找的零钱), tip (小费) 等等，这类词都含有明确的计算趋向。本题是说价格上升了 30 美元。

- 2 M: Did you graduate when your cousin did in 1995?

W: No, I finished school a year before she did. go up

Q: When did the woman graduate?

【李阳疯狂英语三最口腔肌肉训练：5秒】

答案 B。a year before she did 是推算时间的关键。男士说“当你表妹 1995 年毕业时你毕业了吗？”。女士回答“不，我比她早毕业一年。”。“早一年”这里指的是 1994 年。

- 3 W: Bob, are you going straight home after school today?

M: No. I have a class until one o'clock, and after that I'm going to spend a couple of hours at the library before going home.

Q: When is Bob going home this afternoon?

【李阳疯狂英语三最口腔肌肉训练：8秒】

答案 B。女士问话中的关键词是 straight，意思是问他是否直接回家。男士回答说，回家以前要在图书馆呆两三个小时 (a couple of hours)，而课要上到一点钟。

- 4 M: Did you get home when your daughter did at 7:50 last night?

W: No, I was 15 minutes late because of the heavy traffic.

Q: When did the woman get home?

【李阳疯狂英语三最口腔肌肉训练：5秒】

答案 C。对于这道题目的解决方案是：迅速浏览四个选项，不难看出这几个线索：是考时间，时间的小时数为 7 或 8，所以你的预期值也只有这两个。看到 15 和 50，应马上提高警惕，这两者的区别在于：

1. 长短音不一样。50 [ˈfifti] 尾音为短音 [ɪ]; 15 [fɪfˈti:n] 的尾音为长音 [iː];
2. 重音位置不同。50 [ˈfifti] 的重音在第一个位置; 15 [fɪfˈti:n] 的重音在第二个位置上。

Now you'll hear one long conversation.

M: Are you looking forward to your job interview tomorrow?

W: I'm a bit nervous about it. When you interview people, what do you look for?

M: Well, a lot of people think it's about your qualifications and experience, but actually they aren't so important in the interview. 资格; 资历

W: Really? Why not?

M: Well, your qualifications and experience have already been listed on your CV and in your cover letter. The interviewer might want to know how you think your previous experience relates to the job offer, but... 联系, 把... 联系起来

W: I see, so what's the main purpose of the interview? previous 先前的, 以往的

M: The interviewer wants to see what kind of person you are and decide whether you will fit in with the other employees. The interviewer wants to see if you have the right personality for the job. 性格, 个性, 人格

W: You also have to give the right answers to their questions. 当然, 明显也

M: Usually, there are no 'right' answers. Obviously, you don't want to say anything silly, but each question can be answered in different ways. The important thing is to be articulate. 愚蠢的, 不明事理的, 没头脑的

W: Articulate?

清晰表达的, 口齿清楚的, 发音清晰的

- M: Yes, communication skills ^{be valued 被重视} are valued by almost all employers nowadays. A person who can express themselves clearly and succinctly is considered a real asset. ^{asset 有价值的人, 有用的人}
- W: Why's that? Surely communication skills can't outweigh qualifications and experience. ^{outweigh 重于, 大于, 超过}
- M: Good communication skills are vital ^{vital 必不可少的, 至关重要的} because if there are breakdowns in communication, it could cost the company time and money. Communication skills might not outweigh qualifications and experience, but as I said before, the interviewer has already seen those on your CV.
- W: So, you mean that your CV shows you have the qualifications and experience and gets you into the interview room. After that, other factors take over, particularly communication skills and your personality. ^{take over 占上风, 取而代之}
- M: Right. ^{take over 占上风, 取而代之}
- W: I was always told that the way you look is a key factor, too.
- M: Well, of course you should look smart, clean, and fairly formal. Whatever some people say, the way you look does create an impression on others. ^{fairly 适当地, 相当地}
- W: I'll be sure to wear my best outfit then! ^{outfit 全套服装, 装束}

Questions 5-8 are based on the conversation you have just heard.

5. Why might the interviewer ask about previous job experience during the interview?
6. What happens if you do not give the right answers to questions during the interview?
7. Why are good communication skills important for companies?
8. Which are the most important things in a job interview, according to the man?

【李阳疯狂英语三最口腔肌肉训练 65 秒】

【李阳疯狂英语“一口气”训练记录为：5 口气】

- 5 答案 C。此题考查听细节的能力。此题要求考生抓住 your qualifications and experience have already been listed on your CV and in your cover letter. The interviewer might want to know how you think your previous experience relates to the job on offer. 很明显, C 选项内容最接近内容。常用搭配: apply for 申请。
- 6 答案 B。此题考查听细节的能力。此题要求考生应该抓住 You also have to give the right answers to their questions 和 Usually, there are no 'right' answers. 显而易见, B 选项为正确答案。从对话内容看, A 并不符合。问题回答得对不对, 与清楚不清楚没有关系, 因此 C 选项可以排除。D 选项内容并没有提到。
- 7 答案 A。此题考查听细节的能力。要解答此题, 考生应该是抓住 Good communication skills are vital because if there are breakdowns in communication, it could cost the company time and money. 一句, A 选项内容与对话内容相符。B、C 选项内容在对话中并没有提到。至于 D 选项, communication skills 的确对 job interviews 非常重要, 但是, communication skills 对公司来说, 也很重要, 因此, D 选项可以排除。
- 8 答案 C。此题考查听细节的能力。此题要求考生抓住 After that, other factors take over—particularly communication skills and your personality. 一句, 而且, the man 表示同意, 因此 communication skills and your personality 较之 qualifications and experience 更加重要, 可排除 B 选项以及不完整的 D 选项。至于 the way you look, 说话人只是简单提及, 并没有说是最重要的, 因此, A 选项也应该是被排除。



Section III Grammar Focus 语法精要

万变不离其宗——句子的五种基本结构

英语中的句子无穷无尽, 归根结底都是由以下五种基本句型组合、扩展、变化而来的:

1. 主 + 谓语 (SV)

主谓句型中的谓语动词是不及物动词; 除主语可以附加前置或后置定语外, 谓语动词也可以附加各种状语,

使句子延长。如:

- 1) Things (主) change (谓). 事物总是在不断变化的。
- 2) Parents (主) vary (谓) greatly (程度状语) in their degree of strictness towards their children (方式状语).
父母在对待子女的严格程度上各不相同。

2. 主 + 系 + 表 (SVP)

系动词除 be 之外, 还有 seem, get, grow, go, appear, run, turn 等。例如:

- 1) He (主) doesn't seem (系) to be interested (表) in classical music. 他似乎对古典音乐不感兴趣。
- 2) However (状语), encouragement of critical thinking in students (主) is (系) one of the goals of most colleges and universities (表). 然而, 大多数大学的教学目的之一是鼓励学生批判性地思考问题。

3. 主 + 谓 + 宾 (SVO)

- 1) She (主) studies (谓) English (宾). 她学英语。
- 2) Arguing just for the sake of arguing (主) usually (状语) does not promote (谓) a critical examination of ideas (宾). 通常来说, 为争论而争论是不能发现某些观点所存在的问题的。
促进, 推动, 批评的, 批判性的, 机器的
口极重要的

4. 主 + 谓 + 宾 + 补 (SVOC)。例如:

- 1) Time (主) will prove (谓) me (宾) right (补). 时间会证明我是对的。
- 2) Few professors (主) require (谓) students (宾) to share the professors' own beliefs (补).
很少教授要求学生要与他们的观点一致。(Day 9, Reading Comprehension)

5. 主 + 谓 + 宾 + 宾 (SVOO)

- 1) My mother (主) made (谓) me (直宾) a new dress (间宾). 我母亲给我做了一件新衣裳。
- 2) Put it this way (插入语), professors (主) don't tell (谓) you (直宾) what to think (间宾).
可以这样说: 教授不会告诉你应该想什么。

李阳老师的学习法

许多英语学习者只是通过反复模仿这段自述就在发音上获得了巨大的进步和成就感。请模仿范例, 在单词下面标注音标, 争取一段文章突破音标关。

Hi, this is Li Yang. I graduated [*ˈgrædʒueɪtɪd*] from Lanzhou University and majored in Mechanical [*miˈkænikl*] Engineering. I was once a poor student of English, and it was my biggest headache and trouble-maker. I got sick and tired of learning boring grammar rules and lifeless [*ˈlaɪflɪs*] words. But through hard work in practicing speaking. English and breaking away from the traditional [*trəˈdɪʃənl*] grammar games, I found myself a totally different and exciting new world. Not only did I pass Band 4 and Band 6 College English exams very easily with high marks, but more importantly, I began to use English.

Finally, I developed a new Language Cracking System myself. I began to teach German not long after I started to learn this terribly difficult language in my own way. It was a miracle [*ˈmɪrəkl*] but I made it. To speak good English, I think one year of study should be enough for any diligent [*ˈdɪlɪdʒənt*] and intelligent [*ɪnˈtelɪdʒənt*] person.
勤奋

I'd like to share my learning techniques with you, and I will be very glad to answer your letters and be your friend.

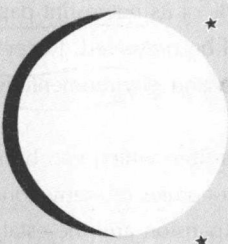
【李阳疯狂英语三叠口腔肌肉训练: 38 秒】

——李阳

miracle 奇迹

diligent 勤奋

estimate 估计



第二天

2010 年 4 月 20 日

星 期 2011.5.23

学习时间 _____

学习效果 _____

Don't bother about genius. Don't worry about being clever.

Trust hard work, perseverance, and determination.

别琢磨如何成为天才。别处心积虑地想变得聪明起来。要相信勤奋、毅力和决心。



Section 1 Keys to Reading 阅读金钥匙

快速阅读方法——略读 (Skimming)

第
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略读的目的是用浏览全文的方法来获取文章或段落的主旨，对文章的结构有个总的概念。略读只是读文章的标题、副标题、段落标题和各段的主题句、关键词等，而不是阅读全部文章，如在略读每一段时，主要找段首或段尾的主题句。要利用印刷细节 (typographical details)，如斜体词、黑体词、脚注等。略读时精力必须十分集中，不必去记忆细节，遇到个别生词及难懂的词句，均应略过，以求对全文总体意思的了解。为了更好地抓住全文的中心思想，要留心文章中某些反复出现的词语，这些往往与文章的主题有关。注意转折词和序列词。转折词如 however, moreover, in addition 等；序列词如 firstly, secondly 等。略读的速度是平时阅读的两倍。

Reading Comprehension (Skimming and Scanning)

Directions: In this part, you will have 15 minutes to go over the passage quickly and answer the questions below.

For questions 1—7, mark

Y (for YES) if the statement agrees with the information given in the passage;

N (for NO) if the statement contradicts the information given in the passage;

NG (for NOT GIVEN) if the information is not given in the passage.

For questions 8—10, complete the sentences with the information given in the passage.

Starting Time _____

second
second
second
second

Pulp Friction

Every second, 1 hectare of the world's rainforest is destroyed. That's equivalent to two football fields. An area the size of New York City is lost every day. In a year, that adds up to 31 million hectares — more than the land area of Poland. This alarming rate of destruction has serious consequences for the environment; scientists estimate, for example, that 137 species of plant, insect or animal become extinct every day due to logging. In British Columbia, where, since 1990, thirteen rainforest valleys have been clearcut, 142 species of salmon have already become extinct, and the habitats of grizzly bears, wolves and many other creatures are threatened. Logging, however, provides jobs, profits, taxes for the government and cheap products of all kinds for consumers, so the government is reluctant to restrict or control it.

Much of Canada's forestry production goes towards making pulp and paper. According to the Canadian Pulp and Paper Association, Canada supplies 34% of the world's wood pulp and 49% of its newsprint paper. If these paper products could be produced in some other way, Canadian forests could be preserved. Recently, a possible alternative way of producing paper has been suggested by agriculturalists and environmentalists: a plant called hemp.

Hemp has been cultivated by many cultures for thousands of years. It produces fibre which can be made into paper, fuel, oils, textiles, food, and rope. For centuries, it was essential to the economies of many countries because it was used to make the ropes and cables used on sailing ships; colonial expansion and the establishment of a world-wide trading network would not have been feasible without hemp. Nowadays, ships' cables are usually made from wire or synthetic fibres, but scientists are now suggesting that the cultivation of hemp should be revived for the production of paper and pulp. According to its proponents, four times as much paper can be produced from land using hemp rather than trees, and many environmentalists believe that the large-scale cultivation of hemp could reduce the pressure on Canada's forests.

However, there is a problem: hemp is illegal in many countries of the world. This plant, so useful for fibre, rope, oil, fuel and textiles, is a species of cannabis, related to the plant from which marijuana is produced. In the late 1930s, a movement to ban the drug marijuana began to gather force, resulting in the eventual banning of the cultivation not only of the plant used to produce the drug, but also of the commercial fibre-producing hemp plant. Although both George Washington and Thomas Jefferson grew hemp in large quantities on their own land, any American growing the plant today would soon find himself in prison — despite the fact that marijuana cannot be produced from the hemp plant, since it contains almost no THC (the active ingredient in the drug).

In recent years, two major movements for legalization have been gathering strength. One group of activists believes that all cannabis should be legal — both the hemp plant and the marijuana plant — and that the use of the drug marijuana should not be an offense. They argue that marijuana is not dangerous or addictive, and that it is used by large numbers of people who are not criminals but productive members of society. They also point out that marijuana is less toxic than alcohol or tobacco. The other legalization movement is concerned only with the hemp plant used to produce fibre; this group wants to make it legal to cultivate the plant and sell the fibre for paper and pulp production. This second group has had a major triumph recently: in 1997, Canada legalized the farming of hemp for fibre. For the first time since 1938, hundreds of farmers are planting this crop, and soon we can expect to see pulp and paper produced from this new source.

Finishing Time _____

1. It will take less than two minutes for 100 hectares of rainforest to be destroyed.

2. Pulp and paper production is important to Canada because Canada publishes a lot of newspapers and books.

3. The government is suggesting that pulp and paper should be produced without cutting down trees.

4. The hemp plant was essential to world-wide trade in the past because ships' ropes were made from it.

5. Hemp was banned because it could be used to produce marijuana.

6. Hemp farming was recently legalized in Canada.

7. According to the author, more and more countries are expected to grow hemp.

1. (Y) (N) (NG)

2. (Y) (N) (NG)

3. (Y) (N) (NG)

4. (Y) (N) (NG)

5. (Y) (N) (NG)

6. (Y) (N) (NG)

7. (Y) (N) (NG)

8. The environment scientists estimate that due to logging in a day more than 100 species of plant, insect or animal become extinct

9. If it had not been for hemp, it would not have been feasible for colonial expansion and the establishment of a world-wide trading network

a world-wide trading network