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CET-4

Listening Comprehension

备战四级听力考试理想之选

四级听力 高分训练20天

新东方考试研究中心 | 编著

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语言是一门特殊的学科，而外语学习者通常不具备母语环境，因此，在听力、口语、阅读、写作四个能力中，听力和口语往往是比较薄弱的方面。就许多四级考生而言，听力更是“拦路虎”，但听力却一直是四级英语考试的必考题型，其分值占总分的35%，由此可见其重要性，可以说听力考分的高低在一定程度上决定了四级考试的成败。与写作、阅读等题型相比，听力测试有其特殊性：在规定时间内要求考生记忆大量的信息，并从中筛选出与试题匹配的有用信息，之后通过逻辑判断选出答案，这对很多考生来说是有难度的，也注定了听力很容易成为考生的弱项。对考生来说，提高听力水平没有任何捷径可走，只有通过不断练习来强化听音的敏感性和准确度。

根据四级考试大纲，听力理解部分由短篇新闻、长对话和听力篇章三种题型构成。其中，短篇新闻3篇，共7题；长对话2篇，共8题；听力篇章3篇，共10题。听力理解部分的分值比例为35%，其中短篇新闻占7%，长对话占8%，听力篇章占20%。试题采用选择题（单选题）题型。录音材料用标准的英式或美式英语朗读，语速约为每分钟120~140词。所有录音材料均播放一遍，每个问题后留有15秒答题时间。考试时间约25分钟。

为了帮助考生高效备考，获取四级听力高分，编者在精研最新的听力真题的基础上，结合考试大纲对考生听力考核的要求，以“先专项，克服短板；后综合，整体提高”的理念，为考生精心规划了20天的备考计划，提供了大量的听力习题，方便考生备考四级听力。

本书具有如下特色：

① 周期规划，循序渐进

利用20天的时间，从了解自我到综合提高，将目标化整为零，分阶段进行四级听力训练，步步为营，循序渐进。

⑤ 自我检测，对症下药

设置四级听力自我检测题，包含学前自测，中期自测以及考前自测，在不同阶段进行检测，便于及时发现问题，对症下药。

⑥ 专项综合，高分训练

按照“先专项，后综合”的方式，通过四级短篇新闻、长对话和听力篇章各 8 套单项模拟题了解及克服四级听力三种题型中的弱项，再依靠 8 套高质量四级听力综合模拟试题进行集训，巩固和提升四级听力整体能力。

⑦ 命题精准，答案详尽

全书共计 500 道听力题，从选材、命题到设题形式都符合考试要求。在试题解析中，本书提供答案速查、听力原文、答案精讲、词汇点拨、听力译文等多个栏目，答案准确、解析细致。

最后，要提醒考生，要提高四级听力能力，必须听大量的听力素材，并进行有针对性的听力练习，才能练就过硬的听力能力。希望这本书能帮助你迅速提升听力水平，在四级考试中取得好成绩。

新东方考试研究中心

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1

了解自我

Self Test



音频

Section A

Directions: In this section, you will hear three news reports. At the end of each news report, you will hear two or three questions. Both the news report and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on the *Answer Sheet* with a single line through the center.

Questions 1 and 2 are based on the news report you have just heard.

- ① A) Annoyed. B) Scared. C) Confused. D) Offended.
② A) It crawled over the woman's hands. B) It wound up on the steering wheel.
C) It was killed by the police on the spot. D) It was covered with large scales.

Questions 3 and 4 are based on the news report you have just heard.

- ③ A) A study of the fast-food service. B) Fast food customer satisfaction.
C) McDonald's new business strategies. D) Competition in the fast-food industry.
④ A) Customers' higher demands. B) The inefficiency of employees.
C) Increased variety of products. D) The rising number of customers.

Questions 5 to 7 are based on the news report you have just heard.

- ⑤ A) International treaties regarding space travel programs.
B) Legal issues involved in commercial space exploration.
C) U.S. government's approval of private space missions.
D) Competition among public and private space companies.
⑥ A) Deliver scientific equipment to the moon.
B) Approve a new mission to travel into outer space.
C) Work with federal agencies on space programs.
D) Launch a manned spacecraft to Mars.
⑦ A) It is significant. B) It is promising. C) It is unpredictable. D) It is unprofitable.

Section B

Directions: In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on the *Answer Sheet* with a single line through the center.

Questions 8 to 11 are based on the conversation you have just heard.

- | | | |
|----|---|--|
| 8 | A) Visiting her family in Thailand. | B) Showing friends around Phuket. |
| | C) Swimming around a Thai island. | D) Lying in the sun on a Thai beach. |
| 9 | A) She visited a Thai orphanage. | B) She met a Thai girl's parents. |
| | C) She learned some Thai words. | D) She sunbathed on a Thai beach. |
| 10 | A) His class will start in a minute. | B) He has got an incoming phone call. |
| | C) Someone is knocking at his door. | D) His phone is running out of power. |
| 11 | A) He is interested in Thai artworks. | B) He is going to open a souvenir shop. |
| | C) He collects things from different countries. | D) He wants to know more about Thai culture. |

Questions 12 to 15 are based on the conversation you have just heard.

- | | | |
|----|---|---|
| 12 | A) Buying some fitness equipment for the new gym. | |
| | B) Opening a gym and becoming personal trainers. | |
| | C) Signing up for a weight-loss course. | |
| | D) Trying out a new gym in town. | |
| 13 | A) Professional personal training. | B) Free exercise for the first week. |
| | C) A discount for a half-year membership. | D) Additional benefits for young couples. |
| 14 | A) The safety of weight-lifting. | B) The high membership fee. |
| | C) The renewal of his membership. | D) The operation of fitness equipment. |
| 15 | A) She wants her invitation renewed. | B) She used to do 200 sit-ups every day. |
| | C) She knows the basics of weight-lifting. | D) She used to be the gym's personal trainer. |

Section C

Directions: In this section, you will hear three passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear

a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on the *Answer Sheet* with a single line through the center.

Questions 16 to 18 are based on the passage you have just heard.

- 16 A) They tend to be nervous during interviews.
B) They often apply for a number of positions.
C) They worry about the results of their applications.
D) They search extensively for employers' information.
- 17 A) Get better organized. B) Edit their references.
C) Find better-paid jobs. D) Analyze the searching process.
- 18 A) Provide their data in detail. B) Personalize each application.
C) Make use of better search engines. D) Apply for more promising positions.

Questions 19 to 21 are based on the passage you have just heard.

- 19 A) If kids did not like school, real learning would not take place.
B) If not forced to go to school, kids would be out in the streets.
C) If schools stayed the way they are, parents were sure to protest.
D) If teaching failed to improve, kids would stay away from school.
- 20 A) Allow them to play interesting games in class.
B) Try to stir up their interest in lab experiments.
C) Let them stay home and learn from their parents.
D) Design activities they now enjoy doing on holidays.
- 21 A) Allow kids to learn at their own pace. B) Encourage kids to learn from each other.
C) Organize kids into various interest groups. D) Take kids out of school to learn at first hand.

Questions 22 to 25 are based on the passage you have just heard.

- 22 A) It is especially popular in Florida and Alaska.
B) It is a major social activity among the young.
C) It is seen almost anywhere and on any occasion.
D) It is even more expressive than the written word.
- 23 A) It is located in a big city in Iowa. B) It is really marvelous to look at.
C) It offers free dance classes to seniors. D) It offers people a chance to socialize.

24. A) Their state of mind improved. B) They became better dancers.
C) They enjoyed better health. D) Their relationship strengthened.
25. A) It is fun. B) It is life. C) It is exhausting. D) It is rhythmical.

答案速查

Section A 1. B 2. D 3. A 4. C 5. C 6. A 7. B

Section B 8. D 9. A 10. D 11. C 12. D 13. C 14. A 15. C

Section C 16. B 17. A 18. B 19. B 20. D 21. D 22. C 23. D 24. A 25. B



答案解析

Section A

News Report One

新闻原文

Kelly Swisher, an Arkansas woman, escaped injury and managed to safely stop her car after a four-foot long rat snake came out from under her car seat and slithered across her feet as she was driving down the highway. Rat snakes aren't poisonous or a threat to people generally. (1) But the woman says the snake she encountered Thursday terrified her out of her wits. (2) "It was rough with big scales," said Swisher, who was on her way to pick up her friend at the airport when it happened. "I don't know whether I had my hands on the steering wheel or not. I am not the most flexible person in the world, but I can guarantee my knees were up next to my ears." She said the snake first slipped back under the seat and she hoped it would stay there until she was able to get out of the highway and stop. "That didn't work out," she said. "Here he comes, and he wound up in my back seat before I could finally get off the road, stop and get out of the car." She called for help and Washington County animal control officers came and captured the snake.

答案精讲

1 How did Kelly Swisher feel when she first came across the rat snake?

B)。新闻中,凯莉提到周四遇到的食鼠蛇把她吓得魂飞魄散。选项 B 符合此处描述,故为答案。

④ What has slowed down McDonald's drive-through service?

C)。新闻后半部分提到快餐行业服务速度变慢的原因如下：如今菜单上有更多食品可供选择；食品本身变得更加复杂，需要更长的时间去准备，故答案为选项 C。其余三项新闻中并未提及，可排除。

⑤ 词汇点拨

commission / kə'mɪʃn / <i>v.</i> 委托	drive-through / 'draɪvθruː / <i>adj.</i> (餐馆、银行或饭馆) 免下车的； <i>n.</i> 免下车 (餐馆、银行或饭馆)
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News Report Three

⑤ 新闻原文

The first private mission outside of the Earth's orbit is closer than many of us think.

(5) U.S. government officials are set to approve a mission by privately-held space company Moon Express to travel outside of Earth's orbit in late 2017.

(6) Moon Express's mission involves plans to land a suitcase-sized package of scientific equipment on the moon for ongoing exploration and commercial development.

The decision involved months of lobbying and coordinated conversations between a number of federal agencies. Under international treaties, the U.S. is responsible for the cargo of both public and private spacecraft. This makes commercial space travel a complex legal issue not just domestically, but abroad.

A Moon Express representative declined to comment on the story, (7) but noted that the company is very optimistic about its proposal.

Moon Express is not the only company seeking for the right to travel to outer space. Elon Musk's SpaceX aims to send an unmanned aircraft to Mars by 2018.

⑤ 答案精讲

⑤ What is the news report mainly about?

C)。新闻开头提到，首次民间探索地球外太空之旅比我们很多人想象得更近。美国政府官员准备批准私营航天企业 Moon Express 申请的任务——2017 年末实现外太空之旅。新闻接下来详细介绍了该任务的计划和面临的困境。由此可知，本篇新闻主要是说美国政府批准了一项私人太空旅行的任务，故答案为选项 C。

⑥ What is Moon Express planning to do?

A)。新闻中提到, Moon Express 的任务是计划让一个手提箱大小的科学设备着陆月球, 以进行持续探索和商业开发, 故答案为选项 A。

⑦ What does Moon Express think of its mission?

B)。新闻后面提到, Moon Express 的代表称公司对这项提议持非常乐观的态度, 即认为此次任务是非常有希望实现的, 故本题答案为选项 B。其他三项新闻均没有提及, 可排除。

㊟ 词汇点拨

orbit / ˈɔːbɪt / <i>n.</i> 轨道	lobby / ˈlɒbi / <i>v.</i> 对……进行游说
coordinate / kəʊˈɔːdɪneɪt / <i>v.</i> 协调	cargo / ˈkɑːɡəʊ / <i>n.</i> 货物
outer space 太空; 外层空间	unmanned / ˌʌnˈmænd / <i>adj.</i> 无人的; 无人操纵的



Section B

Conversation One

㊟ 对话原文

M: Hey, Sophia, how are you doing?

W: Hi, Bob. I'm good, thanks. Actually, I'm on holiday with my family in Thailand at the moment, although I wish it were with my friends instead.

M: Really? You never said you are going to Thailand. How I envy you!

W: I've only been here a week, but you know, Thailand's an amazing place. I'm having a great time here. (8) In fact, I'm now lying on the beach in Phuket. I've been in the sun for around 15 minutes only, and I'm already getting sun burnt. Have you been here before?

M: No, I wish I had. What else have you been doing in Thailand besides enjoying the sun?

W: Well, (9) I met a guy from Germany yesterday. He showed me around the orphanage he works at. There, I met many volunteer teachers who are mainly young people from Europe.

M: Ah, that's interesting.

W: Yes. I also made a new little friend, Sarah. She was so cute. I was so sad when I had to leave at the end of the day. If I ever come back to Thailand, I'd definitely visit this place again, as a volunteer.

M: Well, you can tell me all about it when you get back. (10) My phone battery is almost dead now. Remember to get me something from the souvenir shops. (11) I like to collect bits and pieces from different parts of the world. Bye now, enjoy yourself, Sophia.

W: Bye.

⑤ 答案精讲

8 What does the woman say she is doing now?

D)。对话中,女士说自己正躺在普吉岛的海滩上,故答案为选项D。选项A和C在对话中未提及,故均可排除。选项B是根据 Phuket 设置的干扰项,虽然女士在对话中提到过这个地名,但是并未带朋友参观这里,所以选项B也可排除。

9 What did the woman do yesterday?

A)。对话中男士问女士在泰国除了晒太阳还做了什么,女士回答说,昨天,一个德国人带她参观了当地一家孤儿院,故答案为选项A。选项B和C在对话中未提及,故均可排除。选项D的动作发生在通话当时,而不是昨天,所以也可排除。

10 Why does the man have to end the conversation?

D)。在对话中,男士让女士回来之后再把所有经历告诉他,并解释说他手机的电池马上就要没电了,这是他结束对话的原因,故答案为选项D。

11 Why does the man ask the woman to bring him something from Thailand?

C)。在对话中,男士让女士从纪念品商店帮他带点东西回来,因为他喜欢收集不同国家的小物件,故答案为选项C。

⑥ 词汇点拨

orphanage / ˈɔːfənɪdʒ / n. 孤儿院

souvenir / ,su:və'niə(r) / n. 纪念品

Conversation Two

⑦ 对话原文

W: Hi, David, (12) there is a new gym opening in town today. Would you like to go with me this afternoon?

M: Yes, more than glad to. I haven't been to a gym for ages. I need to do some exercise to tone up.

W: Then this is a good chance. They sent me an invitation with a note saying I could take a friend for free on the first day. (13) Also, if we both sign up before Friday, we can get a discount on a six-month membership.

M: Great, count me in. I really want to lose some of these belly fat and turn it into muscle, but I'm not sure which of the gym equipment would best help.

W: Well, I'm no expert of that, but I think you can try lifting weights and do at least 200 sit-ups twice a day.

M: (14) I've never tried weight-lifting before. Is it dangerous?

W: No, not at all—(15) if you know some of the basics. Don't worry. I'll show you the ropes. I used to practice this at another gym before my membership ended. I'll be your personal trainer.

M: Thank you. What other equipment do they have?

W: Well, like all gyms, they have all sorts of things to help build up muscles in different parts of the body, like upright bicycles, chest stretching machines, and running machines. You could use any of these to suit your purpose. Now the gym opens at noon, so can we meet up in town at 1:30 p.m.?

M: Perfect, see you there, coach.

㊟ 答案精讲

⑫ What are the speakers talking about?

D)。女士在对话开头开门见山地说城里新开了一家健身房，此后两人针对新开的健身房的优惠项目以及健身器材等内容展开对话，故选项 D 为答案。

⑬ What does the gym offer at its opening?

C)。女士在对话中提到，健身房发来的邀请函中说开业第一天可以带一位朋友免费去。而且，如果两人都在周五之前报名，购买六个月会员可享折扣，故选项 C 与对话表达意思一致，为正确选项。

⑭ What is the man concerned about?

A)。男士在对话中提到他希望把腹部的一些赘肉练成肌肉，但是不知道哪种健身器材最有效。女士向男士推荐了举重和仰卧起坐两种锻炼方式，但男士接着询问举重是否危险，由此可知，男士担忧的是举重这种锻炼存在危险，故本题答案为选项 A。

⑮ What do we learn about the woman from the conversation?

C)。男士表现出对举重安全性的担忧后，女士说只要对其有些基本了解就一点都不危险，并表示自己之前在其他健身房练过这项运动，可以当男士的私人教练，因此选项 C 的描述与对话内容一致，为答案。

㊟ 词汇点拨

tone up 使更旺盛（健康等）	count in 把……计入，算进去
sit-up / 'sitʌp / n. 仰卧起坐	