

新东方保命

180分⁺

英语六级

听·力·进·阶

实·战·宝·典

讲·义·版



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主 编

李旭

总 策 划



中国政法大学出版社

新东方在线考试研究中心

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新东方保命180分 英语六级 听力进阶实战宝典（讲义版）

主编○李旭

总策划○新东方在线考试研究中心



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感谢各位同学选购《新东方保命 180 分：英语六级听力进阶实战宝典（讲义版）》。大学英语四六级考试自 2016 年 6 月起，听力部分有了重大调整，难度进一步提升，成为各位同学过级和冲刺高分的最大障碍。为了帮助各位同学扫清听力障碍，配合新东方在线课程，特别推出“讲义版”四六级保命 180 分。

本书主要分成两大部分，分别是“基础语音知识精讲精练”和“分题型专项精讲精练”，每部分精准配合新东方在线英语四六级听力部分直播与录播内容。其中“基础语音知识精讲精练”部分从着重提高大学生听说能力角度出发，分为发音纠正、英美发音区别讲解、连读规则精讲、重音重读及语调等几大部分，配合新东方在线录播课程呈现给广大考生，便于同学们反复跟读练习，从而真正提高同学们的听说能力。而“分题型专项精讲精练”部分，从各种题型解题角度出发，采取“录播加直播”的混合形式，手把手教会同学们在考场实战中的解题步骤及思路，在能力提升的基础上进一步帮助同学们夺取高分。

相对于完整版《保命 180 分：英语六级听力进阶实战宝典》而言，“讲义版”的设计更加简洁，每一部分练习配有试题部分、听力原文及答案速查，一目了然。对于基础较弱和需要进一步练习的同学而言，完整版《保命 180 分：英语六级听力进阶实战宝典》中配有选项及对应翻译、听力原文及对应翻译、预览解析和答案解析等，作了进一步的详细讲解。另外完整版《保命 180 分：英语六级听力进阶实战宝典》配有更多习题，供同学们课后练习。老师建议大家在认真完成“讲义版”学习的同时可以自行选购“完整版”四六级保命 180 分，从而获得更加全面、扎实的练习，以确保在考场中有稳定出色的发挥。

Chapter 01	大纲解读	01
Chapter 02	基础语音知识精讲精练	03
Chapter 03	分题型专项精讲精练	07
第 1 节	长对话部分讲解及练习	07
第 2 节	篇章部分讲解及练习	13
第 3 节	改革后的讲座 / 讲话部分讲解及练习	20
附录	真题实训	28

Chapter 01 大纲解读

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一、考试概述

大学英语六级考试中的听力理解部分是为了测试学生获取口头信息的能力。录音材料是用标准的英式口音和美式口音朗读的,语速约为每分钟 150 词。听力部分分值比例为 35%,考试时间为 30 分钟。

二、试卷构成

测试内容	测试题型	题量	分值比例
长对话 2 篇	选择题(单选)	8 题	8%
篇章听力 2 篇	选择题(单选)	7 题	7%
讲座/讲话 3 篇	选择题(单选)	10 题	20%

三、题型简介

1. 长对话部分

长对话有 2 篇,每篇为 7~10 轮对话和 4 个问题;长对话部分共 8 题。每篇对话均朗读一遍,每个问题后留有 13 秒的答题时间。

2. 听力篇章部分

听力篇章有 2 篇,每篇长度为 240~260 词,朗读一遍,每篇 3~4 题,共 7 题,每个问题后留有 13 秒的答题时间。

3. 讲座/讲话部分

讲座/讲话有 3 篇,每篇长度为 370~450 词,朗读一遍,每篇 3~4 题,每个问题后留有 13 秒的答题时间。

四、听力理解考核的语言技能要求

1. 理解中心思想和重要细节

- (1) 理解中心思想。
- (2) 听懂重要的或特定的细节。
- (3) 判断说话人的观点、态度等。

2. 理解隐含的意思

- (1) 推理隐含的意义。

(2) 判断话语的交际功能。

3. 借助语言特征理解听力材料

(1) 辨别语音特征，如从连续的话语中辨别语音、理解重音和语音语调等。

(2) 理解句间关系，如比较、原因、结果、程度、目的等。

五、关于最新的改革

2016 年全国大学英语四、六级考试委员会针对六级听力部分做出较大调整：

(1) 取消短对话；

(2) 取消复合式听写；

(3) 听力篇章调整为 2 篇（原 3 篇）；

(4) 新增讲座 / 讲话（3 篇）。

除了取消短对话和复合式听写以外，六级考试最大的变化就是增加了讲座 / 讲话听力测试，其背后暗示着全国大学英语四、六级考试委员会要强化大学生（尤其是硕士研究生）利用英语习得新知识的能力。讲座 / 讲话测试的意义在于，使学生在英语国家的大学课堂中仍能听懂外国教师的英文授课内容。讲座 / 讲话题型的设计更加接近于 IBT 托福考试中的 lecture，命题设计也和托福考试十分相似。

Chapter 02 基础语音知识精讲精练

一、大学英语听力考试中的单音难点

许多考生在听力考试中把此单词听成彼单词，造成考试中的误听，导致失分。究其原因，不是因为考生的听力能力差，而是因为其口语发音不够准确。考生自己读不准，自然也就听不对。所以，听力部分提高的第一步，就是考生要针对自己发音不精准的地方进行纠正，并且反复练习。

1. 字母组合“th”的发音方法

和“th”字母组合相应的一组清浊辅音是 /θ/ 与 /ð/，它们的共同特点是发音时都是将舌尖含在上下齿之间。而汉语中（除方言外）几乎没有这样的发音方式，因此，这类单词在发音习惯上给中国学生带来了一定的难度。

2. /w/ 与 /v/ 的发音区别

汉语中，尤其是在北方话中，/w/ 与 /v/ 这两个发音经常混在一起，但不会产生语义上的区别。所以，中国学生很少注意两者的发音。而在英语中，这两个音是截然不同的。/w/ 是半元音，发音时首先双唇收圆，然后可以随后面元音的不同而过渡到不同的口型；而 /v/ 是摩擦音，发音时上齿接触下唇，气流通过时产生摩擦，无论同什么样的元音组合，首先都能听到明显的摩擦。

中国学生通常都会发这两个音，技巧上并没有什么难度，只要注意它们在口型和发音方式上的区别，并记住单词里发这两个音的字母分别为 w 和 v，在朗读时养成正确的发音习惯即可。

3. 字母“r”在词首时的发音方法

字母“r”位于词首的发音也是中国学生发音的一大难点，主要原因是受汉语发音习惯的影响。中国学生在很多情况下把它读作类似汉语的“日”的发音，而在英语中字母“r”其实更偏向汉语中“若”的发音。

4. /au/ 的发音方法

/au/ 的发音比较难，很多学生会把这个音同元音 /a/ 的发音相混淆，或者用汉语语音中的 ao 取代。用 /au/ 这个音时，要从 /a/ 过渡到 /u/，两个音都要读得饱满。

5. /h/ 的发音方法

同汉语拼音的 h 相比较，英语中的 /h/ 是清辅音，但有的同学会把 /h/ 音发成类似汉语“喝”的音。这样读是不对的，发 /h/ 这个音的时候，气流从肺部呼出，经过声门摩擦，声带不振动，非常轻，听力考试中经常不发音，从而形成“击穿”的语音现象。

6. /l/ 和 /n/ 的发音区别

/l/ 是舌边音，发音时气流从口腔流过；发 /n/ 音时，发音的气流从鼻腔流过。另外，发这两个音时，舌头虽然都抵上颚，但 /l/ 接触很快、很轻，而 /n/ 要紧抵住不放。

二、美式发音与英式发音在听力考试中的区别

大学英语四、六级考试听力部分采用的是英式发音和美式发音混合在一起的语音模式，对话双方一英、一美，交替出现，这给许多考生造成了巨大的听音障碍。其实，从发音角度来讲，英式发音与美式发音的区别并不是很多，毕竟美式英语源自于英国，只是在一些特殊的发音中才会有明显区别，因此，考生只要认真练习，短期内掌握英美发音差别并不难。

标准英式发音和美式发音

标准美式发音（GA）：General American。

标准英式发音（RP）：Received Pronunciation。

（一）英式发音和美式发音的元音发音区别

1. 元音区别第一种情况

当字母“r”出现在单词的元音字母组合中时，美式发音会出现独特的卷舌音。

2. 元音区别第二种情况

英语中的元音 /a:/ 在用于 /f, θ, s/ 或鼻音前时，美语发音为 /æ/，其他情况发音不变，仍为 /a/。

3. 元音区别第三种情况

英式发音 /ɔ:/ 变为美式发音 /ɒ/ 或 /ɑ/。

4. 元音区别第四种情况

英式发音 /ɔ/ 变为美式发音 /ɑ/。

5. 元音区别第五种情况

英式发音 /ʌ/、/ə/ 在美式发音中不再区分，都读为 /ə/。

（二）英式发音和美式发音的辅音发音区别

1. 辅音区别第一种情况

字母“t”可出现在单词的词首、词中和词尾三个部位。其中，在词首与词尾时的发音技巧与英式英语相同，例如，tight /taɪt/。而在词中时，英式英语的读法和词首、词尾一致，美式英语却有两种读法，一种是音变成类似于 /d/ 的弹舌音，另外一种是在字母 t+ 元音+鼻辅音时，字母 t 不再发音，我们称之为鼻腔失爆。

2. 辅音区别第二种情况

/hw/ 的读法：辅音连缀 wh，英式英语读 /w/，美式英语读 /h/。但在字母 o 前，都读 /h/。

三、连读

1. 辅音对元音的连读

当前面的单词以辅音结尾，紧随其后的单词以元音开头，这时将前面的辅音同后面的元音连在一起，像是构成一个音节一样地读出来，以使语言更自然、流畅。而且这里的“连读”必须是发生在短语或句子的同一个意群中，在意群（及短语或从句）之间有停顿时，两个短语或两个从句间相邻的音不作连读。

2. 辅音与辅音的叠合

辅音与辅音的叠合指前面单词结尾辅音与紧随其后的单词的起始辅音为同一个音时，这个音只需读一次。这种情形常发生在 /p//b//t//d//k//g/ 等辅音出现的时候。

3. 辅音与辅音的失去爆破

辅音与辅音的失去爆破指爆破音失去爆破。当前面的单词以 /p//b//t//d//k//g/ 这六个爆破音中的任何一个结尾，而紧随其后的单词是以辅音开头的，这时前面单词中的爆破音会失去爆破。读法是在发爆破音时只阻塞气流却不将之释放，即只作口型不送气。

4. 元音与元音的连读方法

元音与元音的连读实际上是在元音之间插入半元音 /j/ 或 /w/，从而使纯元音在音节之间的过渡变得自然、流畅，读起来更加上口。

前面的单词以元音 /e/ 或 /i/ 结尾，紧随其后的单词以元音开头，这时，在两个单词之间出现半元音 /j/ 作为过渡。

前面的单词以 /u/ 或 /o/ 结尾，紧随其后的单词以元音开头，这时，在两个单词之间出现半元音 /w/ 作为过渡。

四、重音、重读与实义重读

1. 词的重音

英语单词都是由一至多个音节构成的，一个单词至少要有有一个音节。而在一组音节中，总有一个音节比其他的音节读的声音大一些，用的力量足一些，这个音节就是所谓的重读音节。

2. 短语和句子的重音

在短语和句子的重音方面，学生的主要问题在于对句子中哪些单词重读，哪些单词不重读了解得不够清楚。

重读：实词（名词、动词、形容词、副词、数词）

弱读：语法词

（1）什么是短语或句子重音

在构成短语或句子的单词中，总有一个单词比别的单词读得重一些，这个单词本身的重读也就成为句子的重心。在不特殊强调或作对比的情况下，短语或句子的重音

往往落在最后一个出现的实词的重读音节上。(在对比句中,通常分别代表对照物的不同单词会受到相同程度的重读。)

(2) 实义重读

在进行语言表达时,讲话人通常会在一句话中所要强调的内容上加大音量。即在句子中代表讲话人所要强调的内容的单词会被重读,也就是通常所说的“强调什么,重读什么”。

五、语调

1. 降调

降调的读法对于中国学生来说比较容易掌握,只要正确把握住句子的重音即可。

使用降调的句子一般有陈述句、特殊疑问句和祈使句。

(1) 陈述句

陈述句一般用降调,声音从一个中等的水平起始,然后在句子重音这个点上声音抬高,力度加大,最后渐渐降落。

如果句子的重音出现在最后一个音节上,声音从一个较高的点上渐渐滑落。

(2) 特殊疑问句

特殊疑问句一般也用降调。以疑问代词 who, whose, what, which 和疑问副词 when, where, how, how much, how long 开头的特殊疑问句,句末一般用降调。

(3) 祈使句

祈使句一般是用来表达命令的句式,语气较强,一般使用降调。

2. 升调

很多中国学生升调读不准或发音古怪,其根本原因在于没有将重音读准,句子的升调应该从句子重音这个点上把调拨起来,而不是随意一升,或从后面的单词上升起来。使用升调的句子有一般疑问句、陈述句和特殊疑问句。

(1) 一般疑问句

一般疑问句需要用一个 yes 或 no 回答,这类问句一般用升调。

(2) 陈述句

陈述句语序的句子能用升调,恐怕很多中国同学还不了解。注意:一般情况下陈述句是用降调的,当使用升调来读一个陈述句时,往往表示存疑或惊讶。

(3) 特殊疑问句

特殊疑问句用升调语气是用来使对方重复其所讲的话;特殊疑问句一般用降调,其功能是用来索取信息。

有时对话一方没有听清或不明白另一方的话时,需要对方重复所讲的话,这时可用升调来问“What did you say?”或仅用“What?”即可。

另一种情况是问话一方没听清,或不明白对方对所问问题的回答时,问话方可用升调重复刚刚所问的问题,或只用升调重复疑问词即可。

◆ ◆ ◆ ◆ ◆

一、长对话的基本解题思路

- (1) 预览选项，判定题型；
- (2) 分析选项之间的逻辑关系，分清对话中男女二人对应的表达信息；
- (3) 找出不同题干下相关联的选项（实词相关原则）；
- (4) 听音时注意把握第二句重心（偶数）原则；一般来说，正确答案往往出自对话双方中第二个开口的人。
- (5) 听音时尽量做好笔记；
- (6) 注意听清楚问题；
- (7) 所听即所得。

二、长对话专项练习

试题部分

1. A) He wants to sign a long-term contract.
B) He is good at both language and literature.
C) He prefers teaching to administrative work.
D) He is undecided as to which job to go for.
2. A) They hate exams.
B) They all plan to study in Cambridge.
C) They are all adults.
D) They are going to work in companies.
3. A) Difficult but rewarding.
B) Varied and interesting.
C) Time-consuming and tiring.
D) Demanding and frustrating.

M: I got two letters this morning with job offers, one from the Polytechnic, and the

other from the Language School in Pistoia, Italy.

W: [1] So you are not sure which to go for?

M: [1] That's it. Of course, the conditions of work are very different: The Polytechnic is offering two-year contract which could be renewed, but the language school is only offering a year's contract, and that's a different minus. It could be renewed, but you never know.

W: I see. So it's much less secure. But you don't need to think too much about steady jobs when you are only 23.

M: That's true.

W: What about the salaries?

M: Well, the Pistoia job pays much better in the short term. I'll be getting the equivalent of about £ 22,000 a year there, but only £ 20,000 at the Polytechnic. But then the hours are different. At the Polytechnic I'd have to do 35 hours a week, 20 teaching and 15 administration, whereas the Pistoia school is only asking for 30 hours teaching.

W: Mmm...

M: Then the type of teaching is so different. [2] The Polytechnic is all adults and mostly preparation for exams like the Cambridge certificates. The Language School wants me to do a bit of exam preparation, but also quite a lot of work in companies and factories, and a couple of children's classes, oh, and a bit of literature teaching.

W: [3] Well, that sounds much more varied and interesting. And I'd imagine you would be doing quite a lot of teaching outside the school, and moving around quite a bit.

M: Yes, whereas with the Polytechnic position, I'd be stuck in the school all day.

Q1. What do we learn about the man from the conversation?

Q2. What do we learn about the students at the Polytechnic?

Q3. What does the woman think of the job at the language school?

答案速查

1. D 2. C 3. B

Long Conversation 2 >>

试题部分

1. A) Interviewing a movie star.

C) Hosting a television show.

2. A) He lost his mother.

C) He missed his aunt.

3. A) He delivered public speeches.

C) He hosted talk shows on TV.

4. A) He made numerous popular movies.

B) Discussing teenage role models.

D) Reviewing a new biography.

B) He was unhappy in California.

D) He had to attend school there.

B) He got seriously into acting.

D) He played a role in *East of Eden*.

- B) He has long been a legendary figure.
 C) He was best at acting in Hollywood tragedies.
 D) He was the most successful actor of his time.

听力原文

W: [1] Good evening and welcome to tonight's edition of *Legendary Lives*. Our subject this evening is James Dean, actor and hero for the young people of his time. Edward Murray is the author of a new biography of Dean. Good evening, Edward.

M: Hello Tina.

W: Edward, tell us what you know about Dean's early life.

M: He was born in Indiana in 1931, but his parents moved to California when he was five. [2] He wasn't there long though because his mother passed away just four years later. James' father sent him back to Indiana after that to live with his aunt.

W: So how did he get into acting?

M: Well, first he acted in plays at high school; [3] then he went to college in California where he got seriously into acting. In 1951 he moved to New York to do more stage acting.

W: Then when did his movie career really start?

M: 1955. His first starring role was in *East of Eden*. It was fabulous. Dean became a huge success. But the movie that really made him famous was his second one, *Rebel Without a Cause*, that was about teenagers who felt like they didn't fit into society.

W: So how many more movies did he make?

M: Just one more, then he died in that car crash in California in 1955.

W: What a tragedy! He only made three movies! [4] So what made him the legend he still is today?

M: Well I guess his looks, his acting ability, his short life, and maybe the type of character he played in his movies. Many young people saw him as a symbol of American youths.

Q1. What is the woman doing?

Q2. Why did James Dean move back to Indiana when he was young?

Q3. What does the man say James Dean did at college in California?

Q4. What do we know about James Dean from the conversation?

答案速查

1. C 2. A 3. B 4. B

三、长对话重点特训

Long Conversation 1 >>

试题部分

- | | |
|--|---------------------------------------|
| 1. A) Unique descriptive skills. | B) Good knowledge of readers' tastes. |
| C) Colourful world experiences. | D) Careful plotting and clueing. |
| 2. A) A peaceful setting. | B) A spacious room. |
| C) To be in the right mood. | D) To be entirely alone. |
| 3. A) They rely heavily on their own imagination. | |
| B) They have experiences similar to the characters'. | |
| C) They look at the world in a detached manner. | |
| D) They are overwhelmed by their own prejudices. | |

听力原文

W: When you write a novel, do you know where you're going, Dr. James?

M: Yes, you must, really, [1] if you're writing the classical detective story, because it must be so carefully plotted and so carefully clued. I have schemes. I have charts. I have diagrams. It doesn't mean to say that I always get it right, but I do plan before I begin writing. But what is so fascinating is how a book changes during the process of writing. It seems to me that creative writing is a process of revelation, really, rather than of creativity in the ordinary sense.

W: When you're planning the basic structure, [2] do you like to go away to be sure that you're by yourself?

M: [2] I need to be by myself certainly, absolutely. I can't even bear anybody else in the house. I don't mind much where I am as long as I've got enough space to write, but I need to be completely alone.

W: Is that very important to you?

M: Oh, yes. I've never been lonely in all my life.

W: How extraordinary! Never?

M: No, never.

W: You're very lucky. Someone once said that there's a bit of ice at the heart of every writer.

M: Yes. I think this is true. [3] The writer can stand aside from experience and look at it, watch it happening. There is this "detachment" and I realize that there are obviously experiences which would overwhelm everyone. But very often, a writer can appear to stand aside, and this detachment makes people feel there's a bit of ice in the heart.

Q1. What is the key to write a good classical detective story according to the man?

Q2. What does the man mainly need when working on a book?

Q3. What does the man say about writers?

答案速查

1. D 2. D 3. C

Long Conversation 2 >>

试题部分

1. A) Good or bad, they are there to stay.

B) Like it or not, you have to use them.

C) Believe it or not, they have survived.

D) Gain or lose, they should be modernized.

2. A) The frequent train delays.

B) The high train ticket fares.

C) The food sold on the trains.

D) The monopoly of British Railways.

3. A) The low efficiency of their operation.

B) Competition from other modes of transport.

C) Constant complaints from passengers.

D) The passing of the new Transport Act.

4. A) They will be de-nationalized.

B) They provide worse service.

C) They are fast disappearing.

D) They lose a lot of money.

听力原文

W: There is an element about competition then, isn't there? [1] Because British railways are a nationalized industry, there's only one railway system in the country. If you don't like a particular kind of big beans, you can go and buy another. But if you don't like a particular railway, you can't go and use another.

M: [2] Some people who write to me say this. They say that if you didn't have monopoly, you wouldn't be able to do the things you do. Well, I don't think we do anything deliberately to upset our customers. We have particular problems. Since 1946, when the Transport Act came in, we were nationalized.

W: Do you think that's a good thing? Has it been a good thing for the railways, do you think, to be nationalized?

M: Oh I think so, yes. [3] Because in general, modes of transport are all around. Let's face the fact. The car arrived. The car is here to stay. There is no question about that.

W: So what are you saying then? Is it if the railways happen being nationalized, they would simply have disappeared?

M: Oh, I think they would have. They're disappearing fast in America. [4] Er, the French railways lose 1 billion pounds a year. The German railways, 2 billion pounds a year.

But you see, those governments are preparing to pour money into the transport system to keep it going.

W: So in a sense, you cope between two extremes. On the one hand, you're trying not to lose too much money. And on the other hand, you've got to provide the best service.

M: Yes, you are right.

Q1. What does the woman say about British railways?

Q2. What do some people who write to the man complain about?

Q3. What does the man say threatens the existence of railways?

Q4. What does the man say about railways in other countries?

答案速查

1. B 2. D 3. B 4. D

Long Conversation 3 >>

试题部分

1. A) We simply cannot help reacting instinctively that way. B) Competition from other companies.

B) We wish to hide our indifference to their misfortune. C) Constant complaints.

C) We derive some humorous satisfaction from their misfortune. D) The passing time.

D) We think it serves them right for being mean to other people. A) They will be late.

2. A) They want to show their genuine sympathy. C) They are fast disappearing.

B) They have had similar personal experiences.

C) They don't know how to cope with the situation. W: There is an element about railways.

D) They don't want to reveal their own frustration. A) I like them.

3. A) They themselves would like to do it but don't dare to. B) A particular kind of big business.

B) It's an opportunity for relieving their tension. C) You can't go and use another railway.

C) It's a rare chance for them to see the boss lose face. M: [2] Some people who have

D) They have seen this many times in old films. A) You wouldn't be able to do anything.

4. A) To irritate them. B) To teach them a lesson. C) They have particular problems.

C) To relieve her feelings.

D) To show her courage. Transport Act. W: Do you think that's a good thing? Has it been a good thing for the railway?

W: You know, I've often wondered why people laugh at the picture of a big belly businessman slipping on a banana skin and falling on his bottom. We are to feel sorry for them.

M: Actually, Laura, [1] I think we laugh because we are glad it didn't happen to us. But of course there is also a kind of humorous satisfaction in seeing somebody self-important making a fool of themselves.

W: Yes, and there are a lot of jokes about people who are too fat or physically