

CET-6
BREAKTHROUGH

大学英语 六级

能力
突破

主 编 毛小华



重庆大学出版社

大学英语



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六级能力突破

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重庆大学出版社

内容提要

本书按照新修订的考试大纲的有关要求,针对写作、听力、阅读理解和段落翻译等题型,本着精讲多练的原则,从1996年6月至2018年12月的历年六级真题中编选出足量的课堂讲练材料和学生课下强化训练习题,将解题技巧与专项训练相结合,既适合课堂上作为六级培训教材,也可以作为准备六级考试的练习资料。此外,本书还收录了与六级考试密切相关的100个高频短语,并配有常用释义以及地道的音频原声例句作为学生课下自主学习材料。

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前言

大学英语四、六级考试作为一项大规模的标准化考试,可以对教学大纲所要求的我国大学生的英语能力进行客观、公正的评价。改革后的大学英语六级考试题型变化很大,题目难度相应增加,这无疑对考生的综合应试能力提出了更大的挑战和更高的要求。经验告诉我们,历届六级真题是一笔丰富的教学资源,合理、充分地利用这笔资源能帮助考生熟悉命题规律、了解解题技巧、掌握应试策略,取得事半功倍的效果。为此,我们特地编写了这本《大学英语六级能力突破》课堂教学用书。

一、特色

1. 内容全面

本书按照新修订的考试大纲的有关要求,针对写作、听力、阅读理解和段落翻译等题型,本着精讲多练的原则,从1996年6月至2018年12月的历年六级真题中编选出足量的课堂讲练材料和学生课下强化训练习题,将解题技巧与专项训练相结合,既适合课堂上作为六级培训教材,也可以作为准备六级考试的练习资料。此外,本书还收录了与六级考试密切相关的100个高频短语,并配有常用释义以及地道的音频原声例句作为学生课下自主学习材料。

2. 针对性强

参与本书编写的老师均是成都信息工程大学多年从事大学英语四、六级培训的资深教师,多次参加全国大学英语四、六级考试阅卷工作,熟知大纲的要求和学生的学习特点。因此,本书在内容编排、技巧解析、试题筛选等方面,都能考虑到学生的实际情况,做到技巧实用,重点突出,有的放矢,可以让学生融会贯通,举一反三,为考试赢得高分打下坚实基础。

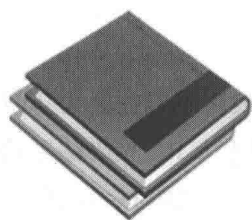
二、主要内容

本书分为课堂讲练与学生课下强化训练材料(即讲即练、综合练习、美国习惯用语100条)两大板块。第一篇为听力理解,有长对话、短文理解、讲座与演讲、课堂与课下各14套练习;第二篇为阅读理解,有词汇理解、长篇阅读和篇章阅读11套课堂讲练材料和13套课下强化练习;第三篇与第四篇为段落翻译和短文写作,以课堂讲练为主;第五篇的综合练习为四套六级全真模拟试题,涵盖了大学英语六级考试的全部要求和内容,供学生课下练习;第六篇为供学生自习的美国习惯用语100条;最后是附录,为学生课下强化训练材料(即讲即练、综合练习)的听力文本及答案解析。

由于时间仓促,错误和疏漏之处在所难免,恳请广大读者批评指正。

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第一篇

听力理解

俗话说“得听力者得六级”，大学英语六级考试满分为 710 分，听力理解部分分值比例为 35%。由此可见听力在整个考试中的重要性。六级听力语速快，每分钟大约 150 字；篇章长，信息量大，长度为 300~500 字；对于英语程度一般的考生来讲，听力材料中的词汇量还很大，有很多内容听不懂。那么，该怎样备考，才能切实有效地提高听力成绩呢？

一、精听真题，提高语言应用能力

“泛听十篇不如精听一篇”。泛听，泛泛而听，广泛地听，要求我们在听力练习中以掌握文章的整体意思为目的，只要不影响对文章主旨的理解，某些单词、短语甚至是句子听不懂也没关系。英语新闻、有声电子书、TED 演讲等都可以作为泛听材料。精听指的是精确的听力练习，要求我们在听力练习中捕捉到每一个音节，听懂每一个词、每一个短语、每一句话，不能有任何疏漏和不理解之处。精听的首选材料当然是六级真题，因为真题是了解大学英语考试最基本也是最重要的材料，它有助于我们对题型的特点和难度有一个切实的把握。六级真题的精听可以分为以下三个步骤：

1) 做题。练习快速扫描选项的能力，勾画关键词，分析选项，模拟考场氛围做题。试题做完后，核对答案，分析自己的错误，分析为什么被某些干扰项误导，将错题整理归类，找出最容易错的题型，仔细体会。

2) 学习文字材料。核对完答案后，阅读文字材料，不认识的单词查字典，照着文字材料反复跟读，努力跟上录音，矫正自己的语音。只有自己的读音标准了，才能听得懂标准英语。词汇量的扩大、语音的矫正、语速的适应必须与听力练习并驾齐驱，才能取得最好的效果。

3) 脱离文字材料听懂音频，跟读音频。听清楚音频中的每个音变（连读、失去爆破、浊化等），听懂每个单词、每个短语、每一句话，听懂全文的内容。听懂后，再脱离文字材料大声朗读。这样坚持下去，相信我们的听力、口语水平一定能破茧成蝶，突飞猛进。

二、掌握应试技巧，斩获高分

六级听力考试具有极强的时间效应，整个过程不具备复制性，考生必须学会掌握一定的听力技巧，充分利用宝贵的每一分钟对听力的内容作出准确、有效的预测，掌握六级听力词汇、语言点，加强对语句信息的判断、分析和推理能力，从而有效地提高听力成绩。

1. 听前预测

六级听力的长对话、短文、演讲语速快，篇幅长，要想抓住所有的信息有一定的困难，因此，听音前阅读选项，勾画关键词，根据选项的关键词、选项的特点预测其主题或可能的问题，带着问题去听，做到有的放“听”，就变得尤为重要。

- 方法 1. 根据关键词推测选项的主题
- 方法 2. 根据求同原则推测选项的主题
- 方法 3. 根据各选项主题或关键词推测长对话、短文或演讲的主旨

► 方法4. 根据选项特点推测可能会问的问题

例1

1. A) To help young people improve their driving skills.
B) To alert teenagers to the dangers of reckless driving.
C) To teach young people road manners through videotapes.
D) To show teens the penalties imposed on careless drivers.
2. A) Road accidents. B) Street violence.
C) Drug abuse. D) Lung cancer.
3. A) It has changed teens' way of life. B) It has made teens feel like adults.
C) It has accomplished its objective. D) It has been supported by parents.



2. 掌握常见出题点

听力理解材料信息量较大,问题是在最后提出,很难准确捕捉到问题所考查的关键信息。考生因此有必要熟悉以下的常见设题点,从而锁定听音重点,抓住关键信息。

1) 首尾处

无论是长对话、短文理解还是讲座/讲话,首尾都是重要的设题处,考查对主旨或讨论话题的把握。西方人说话写文章喜欢单刀直入、开门见山,所以往往一篇文章的开头就是全文的主题句,即便不是主题句,也会包含很多信息,理解这些信息有利于考生把握整篇文章。而结尾部分通常又是文章的总结句,概括和归纳了全文的中心。

2) 逻辑关系处

无论是听力还是阅读,表示并列、条件、特别是转折等逻辑关系的地方通常是考点。在做题时,当出现 as well as, not only... but also, but, however, if, even if, even though 等表示逻辑关系的连接词时,应重点关注。

3) 重读和强调处

通常文章想要传达重要信息必然会重读,或通过强调句型、助动词以及 actually, particularly, only 等表示强调的副词等方式进行强调。

六级听力长对话、短文或讲座虽然篇幅都较长,但也有一定的规律可循。听力后的3-4个题目出题点均匀分布,文章的顺序与题目的顺序通常一致;题目的正确答案几乎就是原文的再现或者简单的同义词替换;生词处,未必是考点。尤其是在讲座听力当中,对一个新的概念提出以后,往往会有简单的语言来对讲座中的术语进行解释,而这些解释的内容,或许才是考点真正的出处。

例2

1. A) Famous creative individuals.
B) The mysteriousness of creativity.
C) A major scientific discovery.
D) Creativity as shown in arts.



2. A) It is something people all engage in. B) It helps people acquire knowledge.
C) It starts soon after we are born. D) It is the source of all artistic work.
3. A) Creative imagination. B) Logical reasoning.
C) Natural curiosity. D) Critical thinking.
4. A) It is beyond ordinary people. B) It is yet to be fully understood.
C) It is part of everyday life. D) It is a unique human trait.

◆ 第一章 ◆

长对话

六级听力长对话一共2组,每组长对话由一男一女的对话组成,对话后各设4个问题,分值8%。长对话的篇幅较长,想要听过之后就能将主要内容都清楚地记在脑子里,难度很大。然而,听力题中很多选项都有比较明显的特点,或者使用某种专门的表达形式,如均为动词原形或均为人物角色等;或者含有一些标志性的词语,通过这些选项特点便可以推测问题可能考查的核心内容;另外,还可以通过对选项的分析,排除一些比较明显的干扰性,缩小听音范围,从而在听音时更有针对性。

真题实战 1



Conversation One

1. A) He picked up some apples in his yard.
B) He cut some branches off the apple tree.
C) He quarreled with his neighbor over the fence.
D) He cleaned up all the garbage in the woman's yard.
2. A) Trim the apple trees in her yard. B) Pick up the apples that fell in her yard.
C) Take the garbage to the curb for her. D) Remove the branches from her yard.
3. A) File a lawsuit against the man. B) Ask the man for compensation.
C) Have the man's apple tree cut down. D) Throw garbage into the man's yard.
4. A) He was ready to make a concession. B) He was not intimidated.
C) He was not prepared to go to court. D) He was a bit concerned.

Conversation Two

5. A) To go sightseeing. B) To have meetings.
C) To promote a new champagne. D) To join in a training program.
6. A) It can reduce the number of passenger complaints.

- B) It can make air travel more entertaining.
 C) It can cut down the expenses for air travel.
 D) It can lessen the discomfort caused by air travel.
7. A) Took balanced meals with champagne. B) Ate vegetables and fruit only.
 C) Refrained from fish or meat. D) Avoided eating rich food.
8. A) Many of them found it difficult to exercise on a plane.
 B) Many of them were concerned with their well-being.
 C) Not many of them chose to do what she did.
 D) Not many of them understood the program.

真题实战 2



Conversation One

1. A) It tries to predict the possible trends of global climate change.
 B) It studies the impacts of global climate change on people's lives.
 C) It links the science of climate change to economic and policy issues.
 D) It focuses on the efforts countries can make to deal with global warming.
2. A) It will take a long time before a consensus is reached on its impact.
 B) It would be more costly to deal with its consequences than to avoid it.
 C) It is the most pressing issue confronting all countries.
 D) It is bound to cause endless disputes among nations.
3. A) The transition to low-carbon energy systems.
 B) The cooperation among world major powers.
 C) The signing of a global agreement.
 D) The raising of people's awareness.
4. A) Carry out more research on it. B) Cut down energy consumption.
 C) Plan well in advance. D) Adopt new technology.

Conversation Two

5. A) Their average life span was less than 50 years.
 B) It was very common for them to have 12 children.
 C) They retired from work much earlier than today.
 D) They were quite optimistic about their future.
6. A) Get ready for ecological changes. B) Adapt to the new environment.
 C) Learn to use new technology. D) Explore ways to stay young.
7. A) When all women go out to work. B) When family planning is enforced.
 C) When a world government is set up. D) When all people become wealthier.

8. A) Eliminate poverty and injustice. B) Migrate to other planets.
C) Control the environment. D) Find inexhaustible resources.

Exercise 即讲即练 1

Conversation One

1. A) When luck plays a role. B) What determines success.
C) Whether practice makes perfect. D) How important natural talent is.
2. A) It knocks at your door only once in a while.
B) It is something that no one can possibly create.
C) It comes naturally out of one's self-confidence.
D) It means being good at seizing opportunities.
3. A) Luck rarely contributes to a person's success.
B) One must have natural talent to be successful.
C) One should always be ready to seize opportunities.
D) Practice is essential to becoming good at something.
4. A) Putting time and effort into fun things is profitable.
B) People who love what they do care little about money.
C) Being passionate about work can make one wealthy.
D) People in need of money work hard automatically.

Conversation Two

5. A) Interviewing a moving star. B) Discussing teenage role models.
C) Hosting a television show. D) Reviewing a new biography.
6. A) He lost his mother. B) He was unhappy in California.
C) He missed his aunt. D) He had to attend school there.
7. A) He delivered public speeches. B) He got seriously into acting.
C) He hosted talk shows on TV. D) He played a role in East of Eden.
8. A) He made numerous popular movies.
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.

Exercise 即讲即练 2

Conversation One

1. A) They were all good at cooking. B) They were particular about food.
C) They were proud of their cuisine. D) They were fond of bacon and eggs.



2. A) His parents.
C) His schoolmates.
3. A) No tea was served with the meal.
C) No one of the group ate it.
4. A) It was full of excitement.
C) It was a risky experience.
- B) His friends.
D) His parents' friends.
- B) It was the real English breakfast.
D) It was a little overcooked.
- B) It was really extraordinary.
D) It was rather disappointing.

Conversation Two

5. A) The woman's relationship with other shops.
B) The business success of the woman's shop.
C) The key to running a shop at a low cost.
D) The woman's earnings over the years.
6. A) Improve its customer service.
C) Keep down its expenses.
7. A) They are sold at lower prices than in other shops.
B) They are very popular with the local residents.
C) They are delivered free of charge.
D) They are in great demand.
8. A) To follow the custom of the local shopkeepers.
B) To attract more customers in the neighborhood.
C) To avoid being put out of business in competition.
D) To maintain friendly relationships with other shops.
- B) Expand its business scale.
D) Upgrade the goods it sells.

Exercise 即讲即练 3



Conversation One

1. A) Project organizer.
C) Marketing manager.
2. A) Quantitative advertising research.
C) Research methodology.
3. A) They are intensive studies of people's spending habits.
B) They examine relations between producers and customers.
C) They look for new and effective ways to promote products.
D) They study trends or customer satisfaction over a long period.
4. A) The lack of promotion opportunity.
C) Designing questionnaires.
- B) Public relations officer.
D) Market research consultant.
- B) Questionnaire design.
D) Interviewer training.
- B) Checking charts and tables.
D) The persistent intensity.

Conversation Two

5. A) His view on Canadian universities.
B) His understanding of higher education.
C) His suggestions for improvements in higher education.
D) His complaint about bureaucracy in American universities.
6. A) It is well designed. B) It is rather inflexible.
C) It varies among universities. D) It has undergone great changes.
7. A) The United States and Canada can learn from each other.
B) Public universities are often superior to private universities.
C) Everyone should be given equal access to higher education.
D) Private schools work more efficiently than public institutions.
8. A) University systems vary from country to country.
B) Efficiency is essential to university management.
C) It is hard to say which is better, a public university or a private one.
D) Many private universities in the U.S. are actually large bureaucracies.

◆ 第二章 ◆

短文理解

短文理解共 2 篇,文章长度 300~400 字,每篇文章后有 3~4 个问题,分值 7%。本题型主要测试考生对短文的整体理解能力,考点集中在短文主旨、作者具体观点、态度、细节和言外之意的推断等,细题目占的比重较大,难度也较大。短文篇幅较长,信息量大,题材广泛,要听懂文章大意并不太难,但要记住文章中的具体细节,并在 15 秒内针对问题,选出答案就不那么容易了。因此,在听力录音开始之前要尽可能抽时间浏览所有选项,推断问题的类型或内容;通过纵向、横向比较各题选项,推测短文大意,以便听录音时更有针对性。

真题实战 1

Passage One

1. A) The stump of a giant tree.
B) A huge piece of rock.
C) The peak of a mountain.
D) A tall chimney.
2. A) Human activity.
B) Wind and water.
C) Chemical processes.
D) Fire and fury.



3. A) It is a historical monument. B) It was built in ancient times.
C) It is Indians' sacred place for worship. D) It was created by supernatural powers.
4. A) By sheltering them in a cave. B) By killing the attacking bears.
C) By lifting them well above the ground. D) By taking them to the top of a mountain.

Passage Two

5. A) They will buy something from the convenience stores.
B) They will take advantage of the time to rest a while.
C) They will have their vehicles washed or serviced.
D) They will pick up some souvenirs or gift items.
6. A) They can bring only temporary pleasures.
B) They are meant for the extremely wealthy.
C) They should be done away with altogether.
D) They may eventually drive one to bankruptcy.
7. A) A good way to socialize is to have daily lunch with one's colleagues.
B) Retirement savings should come first in one's family budgeting.
C) A vacation will be affordable if one saves 20 dollars a week.
D) Small daily savings can make a big difference in one's life.

真题实战 2



Passage One

1. A) They can be used to deliver messages in times of emergency.
B) They deliver pollutants from the ocean to their nesting sites.
C) They carry plant seeds and spread them to faraway places.
D) They are on the verge of extinction because of pollution.
2. A) They migrate to the Arctic Circle during the summer.
B) They originate from Devon Island in the Arctic area.
C) They travel as far as 400 kilometers in search of food.
D) They have the ability to survive in extreme weathers.
3. A) They were carried by the wind. B) They had become more poisonous.
C) They were less than on the continent. D) They poisoned some of the fulmars.
4. A) The threats humans pose to Arctic seabirds.
B) The diminishing colonies for Arctic seabirds.
C) The harm Arctic seabirds may cause to humans.
D) The effects of the changing climate on Arctic seabirds.

Passage Two

5. A) It has decreased. B) It has been exaggerated.
C) It has become better understood. D) It has remained basically the same.
6. A) It develops more easily in centenarians not actively engaged.
B) It is now the second leading cause of death for centenarians.
C) It has had no effective cure so far.
D) It calls for more intensive research.
7. A) They care more about their physical health. B) Their quality of life deteriorates rapidly.
C) Their minds fall before their bodies do. D) They cherish their life more than ever.

真题实战 3



Passage One

1. A) Government's role in resolving an economic crisis.
B) The worsening real wage situation around the world.
C) Indications of economic recovery in the United States.
D) The impact of the current economic crisis on people's life.
2. A) They will feel less pressure to raise employees' wages.
B) They will feel free to choose the most suitable employees.
C) They will feel inclined to expand their business operations.
D) They will feel more confident in competing with their rivals.
3. A) Employees and companies cooperate to pull through the economic crisis.
B) Government and companies join hands to create jobs for the unemployed.
C) Employees work shorter hours to avoid layoffs.
D) Team work will be encouraged in companies.

Passage Two

4. A) Whether memory supplements work.
B) Whether herbal medicine works wonders.
C) Whether exercise enhances one's memory.
D) Whether a magic memory promises success.
5. A) They help the elderly more than the young.
B) They are beneficial in one way or another.
C) They generally do not have side effects.
D) They are not based on real science.
6. A) They are available at most country fairs.
B) They are taken in relatively high dosage.

- C) They are collected or grown by farmers.
 D) They are prescribed by trained practitioners.
7. A) They have often proved to be as helpful as doing mental exercise.
 B) Taking them with other medications might entail unnecessary risks.
 C) Their effect lasts only a short time.
 D) Many have benefited from them.

Exercise 即讲即练 1



Passage One

1. A) Coca Cola. B) Sausage. C) Milk. D) Fried chicken.
2. A) He has had thirteen decayed teeth.
 B) He doesn't have a single decayed tooth.
 C) He has fewer decayed teeth than other people of his age.
 D) He never had a single tooth pulled out before he was fifty.
3. A) Brush your teeth right before you go to bed in the evening.
 B) Have as few of your teeth pulled out as possible.
 C) Have your teeth X-rayed at regular intervals.
 D) Clean your teeth shortly after eating.

Passage Two

4. A) Social work. B) Medical care.
 C) Applied physics. D) Special education.
5. A) The timely advice from her friends and relatives.
 B) The two-year professional training she received.
 C) Her determination to fulfill her dream.
 D) Her parents' consistent moral support.
6. A) To get the funding for the hospitals.
 B) To help the disabled children there.
 C) To train therapists for the children there.
 D) To set up an institution for the handicapped.

Passage Three

7. A) Germany. B) Japan. C) The U.S. D) The U.K.
8. A) By doing odd jobs at weekends.
 B) By working long hours every day.
 C) By putting in more hours each week.
 D) By taking shorter vacations each year.

9. A) To combat competition and raise productivity.
B) To provide them with more job opportunities.
C) To help them maintain their living standard.
D) To prevent them from holding a second job.
10. A) Change their jobs. B) Earn more money.
C) Reduce their working hours. D) Strengthen the government's role.



Exercise 即讲即练 2



Passage One

1. A) She taught chemistry and microbiology courses in a college.
B) She gave lectures on how to become a public speaker.
C) She helped families move away from industrial polluters.
D) She engaged in field research on environmental pollution.
2. A) The job restricted her from revealing her findings.
B) The job posed a potential threat to her health.
C) She found the working conditions frustrating.
D) She was offered a better job in a minority community.
3. A) Some giant industrial polluters have gone out of business.
B) More environmental organizations have appeared.
C) Many toxic sites in America have been cleaned up.
D) More branches of her company have been set up.
4. A) Her widespread influence among members of Congress.
B) Her ability to communicate through public speaking.
C) Her rigorous training in delivering eloquent speeches.
D) Her lifelong commitment to domestic and global issues.

Passage Two

5. A) The fierce competition in the market.
B) The growing necessity of staff training.
C) The accelerated pace of globalisation.
D) The urgent need of a diverse workforce.
6. A) Gain a deep understanding of their own culture.
B) Take courses of foreign languages and cultures.
C) Share the experiences of people from other cultures.
D) Participate in international exchange programmes.
7. A) Reflective thinking is becoming critical.