

# 30 天

## 突破TOEFL英语听力

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- ★ 解析真题、归纳技巧
- ★ 真题训练、自我检测
- ★ 美籍人士朗读、语音纯正
- ★ 常用表达法、常用句型  
常用短语、常用过渡词



安徽科学技术出版社

·英语听力速成系列·

# 30 天突破 TOEFL 英语听力

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# 前 言

在托福考试中,难度最大的部分应该是听力部分,其原因有三:

第一,对普通中国人来说,在英语的听、说、读、写四个能力之中,听、说能力相对较弱。一段文字,如果摆在他面前,让他读,他也许能读懂。但是,如果让别人读给他听,他很可能一点都听不懂。

第二,托福的三个部分在难度上本身就不平衡,在词汇与结构、阅读理解部分,出题者在词汇量和阅读难度上都有所节制,并不要求应试者达到普通英美大学学生的水平;而在听力部分,出题者却毫无顾忌,要求应试者能听懂以正常语速播放出的对话和短文。结果,应试者以相对较弱的能力去迎接相对较高的挑战,其困难可想而知。

第三,托福听力所涉及的表达方式非常贴近生活,有丰富的口语惯用法,弦外之音比较多。中国学生对导弹、原子弹、全球化乃至相对论等名词的概念并不陌生,但是一些贴近生活的用语,例如鞋垫(insole)、耳垂(earlobe)、关节炎(arthritis)等却让中国学生不知所措。至于惯用法及弦外之音,其中所涉及的问题就更多了。针对上述困难,在准备考托福时要采取应对措施。经验如下:

1. 积累一定的听力词汇量。英语中有 3000 以上的基础词汇要求达到四会,即听、说、读、写都没有问题。

2. 提高预测能力。听力理解要求我们在听的过程中尽早对下文作出预测。在听别人讲汉语时,我们一般都能做到这一点,别人讲了上句,我们基本能猜到下句要讲什么。在练习英语听力时,也要朝这个方向去努力。如果你听到别人说 accuse,你就应该预测到下面可能会有 of 出现。此外,accuse 一词也暗示该动词的主语可能对某人、某事感到不满,因此你可以大致预测出谈话时的情景,也会听出一些弦外之音。

3. 背诵一些对话和短文。练习听力需要语言环境,需要有人在你耳边不断地复述。背诵实际上就是自己对自己复述,它可以使你更加牢固地掌握词语的用法和句型,可以提高你的预测能力,从而提高听力并最终提高口语表达能力。

4. 临界训练。当你在词汇、搭配、句型等方面有了一定的积累,又背了一定数量的文章之后,你就应该经常往返于临界点,往返于听懂与听不懂之间,这有助于最后突破听力关。这种临界训练可以在短期内较大幅度地提高听力,并且为以后掌握标准口语打下良好的基础。

本书主要针对中国学生在托福听力考试中所遇到的问题提供一些讲解和训练手段,希望读者按上述四点要求打好基础,然后安排 30 天作为一个周期,强化听力训练。如果基础打得好,训练得当,我们的听力水平必将有重大突破。

**编 者**  
**于中国科学技术大学**

# 目 录

绪 言 .....	1
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## 第一部分 单回合对话听力理解

一、单回合对话听力题型 .....	2
二、单回合对话真题训练和自我检测 .....	2
三、真题总结和答题技巧 .....	34
四、模拟练习 .....	43
模拟练习参考答案 .....	66

## 第二部分 多回合对话听力理解

一、多回合对话听力测试题型 .....	68
二、多回合对话真题训练和自我检测 .....	70
三、真题总结和答题技巧 .....	83
四、模拟练习 .....	87
模拟练习参考答案 .....	102

## 第三部分 短文听力理解

一、短文听力题型 .....	103
二、短文真题训练和自我检测 .....	105
三、真题总结和答题技巧 .....	122
四、模拟练习 .....	125
模拟练习参考答案 .....	141

## 第四部分 托福模拟试卷

TOEFL SAMPLE TEST ONE .....	142
TOEFL SAMPLE TEST TWO .....	150
TOEFL SAMPLE TEST THREE .....	157
TOEFL SAMPLE TEST FOUR .....	165
TAPESCRIPT FOR TOEFL SAMPLE TEST .....	173
托福模拟试卷参考答案 .....	214

### 附 录

附 1 托福听力单回合对话常见情景及表达法 .....	216
附 2 托福听力单回合对话常用句型 .....	219
附 3 托福听力常用句型 .....	222
附 4 托福听力常用短语及固定表达法 .....	224
附 5 英语常用过渡词 .....	272

## 绪 言

有一位同学曾向笔者提出这样一个问题:“我已经听了将近100套托福听力题,其中的内容,不论你如何播放,我都能听懂,但当我拿到一套新题后,还是听不懂。这是为什么?”这位同学的问题具有一定的代表性。其实原因很简单:当你面对一条50m宽的大河,如果你不会游泳,无论如何奋力,你都不可能游过去,而且每一次来到这条河边,其结果都是一样的。只有当你学会在水中换气,能够渡过小河之后,才有可能横渡大河。练习听力也是一样,只有先做好基础性的工作才能最后突破听力关。

基础性的工作包括两个部分,即基础英语听力和应试英语听力。这两者既有联系又有差异。一般来说,如果基础英语听力较好,应试英语听力水平也就较高。但是,由于人们所面对的考试在题型、难度等方面各有不同,如果在考前没有经过针对性的训练,就很可能在考试中发挥不出应有的水平。

基础英语听力水平的提高是一个漫长的过程,需要做好听力之内和听力之外两个方面的工作。所谓听力之内的工作就是去听别人(现场或录音)讲英语。对读过的文章、对话等,尽量找到相关的磁带听一听,避免使自己的阅读与听力脱节。所谓听力之外的工作就是尽量多背一些英语短文、对话等。背诵就相当于自己对自己讲,其好处是可以提高复述能力,从而为口语能力打下基础。顺便说一句,如果你敢于主动用英语与他人交谈,那么你距通过听力关就为时不远了。

本书将主要介绍提高应试听力水平的方法,分析托福真题和样题的要求,找到应对措施并提供模拟训练。



## 第一部分 单回合对话听力理解

### 一、单回合对话听力题型

这一部分检测考生理解简短对话的能力,共有 30 题。在考试时,我们可以听到一男一女各说一句,形成一个小对话,然后另有一个声音提出问题。考生在所给的四个选项中选取一个作为答案。例如:

Woman: Are you catching the 13:15 flight to New York?

Man: No. I'll leave this evening.

Question: What are the two persons talking about?

你有四个选项: (A) New York city. (B) An evening party.  
(C) An air trip. (D) The man's job.

既然谈话内容是关于航班(13:15 flight)的,因此(C)项是正确答案。

### 二、单回合对话真题训练和自我检测

单回合对话多数是围绕学生生活而展开的对话,说话者多为两个学生,这种对话虽然谈的是身边琐事,但是对话所设定的情景是对话的双方相互之间非常熟悉的。因此,一方在说话时不需要把话全部讲完,另一方就可以理解其中的含义了。所以,单回合对话往往涉及隐含的意思,有的隐含着建议,有的隐含着评论,有的隐含着某种解释或说明,等等。

我们都希望能在短期内破解对话中的隐含之意,掌握答题技巧,提高听力成绩。技巧是建立在实力之上的,而实力是一步一步培养起来的。如果我们在词汇、句型、文化背景等方面有了一些积

累,多做几套听力题,是会有所帮助的。

首先,将下面所提供的三套真题中的第一套听一遍,然后对照答案,了解自己听力的现状。

第二,将第二套真题中的每一题连续听两遍,然后确定听力正确率是否也有所提高。

第三,将第三套真题中的每一题连续听三遍,然后确定听力正确率是否也有所提高。

如果这三次检测的结果明显不同,听两遍、三遍后的正确率就大幅度提升。那么,你只要多听几套托福题,适应托福听力的速度,就可以在考试中取得较好的成绩。如果你每题连续听两三遍,但结果都差不多,你就应该多吃一些基础性的工作了。首先,把本书中所提供的托福听力常用词汇、短语、句型默记于心,然后背几套托福听力中已经听过的磁带内容。不断地听,不断地背,经常往返于听懂与听不懂的临界点,那么三个月后必定会大有成效。

我们随机抽取三篇近期的真题,并对试题逐一进行分析。听完后,要认真总结,摸索其中的规律,同时应注意试题中的题型、关键词和提问方式。

### (一)真题 I

1. (A) She doesn't like roller-skating.  
(B) She's writing a story about roller-skating.  
(C) She's too busy to go roller-skating.  
(D) The man shouldn't be going roller-skating.
2. (A) He already bought a car.  
(B) He didn't mean to bother the woman.  
(C) He didn't say he would call the woman.  
(D) He forgot to call the woman.
3. (A) Admission to the movie is free.  
(B) She'll lend the man some money.  
(C) She'll buy the tickets for the movie.  
(D) She paid for the movie last time.

4. (A) He was surprised the woman didn't like the concert.  
(B) He enjoyed the concert more than the woman did.  
(C) He was not impressed by the conducting.  
(D) He didn't like the choice of music.
5. (A) The man and woman live on Elm Street.  
(B) The directions the woman got were wrong.  
(C) The man and woman are unfamiliar with the area.  
(D) The woman already called for directions.
6. (A) She's usually in a good mood.  
(B) She doesn't feel as cheerful as she looks.  
(C) She enjoyed her son's visit.  
(D) She's happy because of the weather.
7. (A) He'll miss Professor Lawrence.  
(B) He's surprised to hear the woman's news.  
(C) Professor Lawrence will continue to work part-time.  
(D) Professor Lawrence has found a new job.
8. (A) He's not planning to move.  
(B) He has found a new apartment.  
(C) He's looking for a new roommate.  
(D) He's also having trouble with his apartment.
9. (A) He should do more.  
(B) She'd be glad to help him.  
(C) He should be paid.  
(D) He's done a lot.
10. (A) She'd rather go later.  
(B) She'd rather sew for an hour.  
(C) The library is only open an hour more.  
(D) The library closed an hour ago.
11. (A) Sit down to eat.  
(B) Take the woman's order.  
(C) Look for some apples.

- (D) Remove the woman's unfinished salad.
12. (A) The woman should wait to buy new clothes.  
(B) The cold weather will probably continue.  
(C) The weather will warm up soon.  
(D) He already has a warm coat.
13. (A) She's happy that the student center is getting more computers.  
(B) She'll let the man use her computer.  
(C) She hopes to take a statistics course soon.  
(D) She'd like to buy a computer.
14. (A) Reschedule the meeting.  
(B) Cancel his membership.  
(C) Take some time to decide.  
(D) Talk to the committee.
15. (A) Larry usually gets good grades.  
(B) He helped Larry write the report.  
(C) He's surprised at Larry's grade.  
(D) It's strange that Larry and Mark are lab partners.
16. (A) She didn't go skiing last year.  
(B) She's just learning to ski.  
(C) She doesn't travel very often.  
(D) She enjoyed her vacation very much.
17. (A) The man was excited about winning.  
(B) The man is very lucky.  
(C) The man is feeling better now.  
(D) The man felt bad about losing.
18. (A) He doesn't have time to do his laundry.  
(B) He'd like the woman to buy some detergent.  
(C) He's going to the store.  
(D) He's going to buy some detergent.
19. (A) He enjoys the history class.

- (B) He has plenty of time to study.
- (C) He wants to take another history class.
- (D) He has too many tests.
20. (A) It's harmful for him to use his voice.
- (B) He needs to see a doctor.
- (C) He hasn't been taking his medicine.
- (D) It's difficult to understand him when he whispers.
21. (A) The woman is wrong about when his birthday is.
- (B) He expects to hear from his brother.
- (C) He bought a present for the woman's birthday.
- (D) His brother is coming to visit him.
22. (A) They're going to France for a vacation.
- (B) The woman doesn't need to study now.
- (C) He's concerned about the woman's studies.
- (D) The woman isn't worrying about her vacation.
23. (A) They're indifferent to its reviews.
- (B) They're convinced that it will be good.
- (C) They're puzzled by the criticism of it.
- (D) They're glad they saw it together.
24. (A) He feels energetic, too.
- (B) He jogs because he doesn't like aerobics.
- (C) He just joined a health club to lose weight.
- (D) He realizes he needs more exercise.
25. (A) She wishes the rain would stop soon.
- (B) She doesn't care about the weather.
- (C) She'll go out after the rain stops.
- (D) She expects it to rain for more days.
26. (A) He had a doctor examine his injuries.
- (B) He was supposed to meet the woman yesterday.
- (C) He'll have to explain why he missed practice.
- (D) He asked the woman to take him to the clinic.

27. (A) Public speaking makes him nervous.  
(B) His final examination is in this afternoon.  
(C) He enjoys classroom presentations.  
(D) He's going to miss his afternoon classes.
28. (A) She wants the man to be at the station when she arrives.  
(B) She isn't sure which train she'll be on.  
(C) The train will be an hour late.  
(D) She'll leave home at 6:30.
29. (A) She has probably had a lot of free time this week.  
(B) She's probably not planning to come on Sunday.  
(C) She's probably not at home.  
(D) She has probably tried to call.
30. (A) He bought it at a well-known store.  
(B) It was very expensive.  
(C) He doesn't consider it attractive.  
(D) Someone gave it to him.
- 

**Script for I :** *Listen to the conversations between two speakers.*

1. M: It's a beautiful day today. Want to go roller-skating?

W: Any other time would be great. But today I'm working on a paper.

Q: What does the woman mean?

**评述** 此题为提议题。面对 M 提出的建议, W 说今天写论文, 实际上是拒绝。因此(C)是正确答案。此题的要点是 W 句中 but 后的内容。

2. W: I thought you said you were going to call me last week about that car I'm selling.

M: Oh, I'm so sorry. It completely slipped my mind.

Q: What does the man mean?

**评述** 此题为说明题。W 问 M 为什么没有按约定给她打电话, M 说他忘了(slipped my mind), 因此(D)是正确答案。此题的

要点是对上述短语的理解。

3. M: Before we go to the movie theater, I have to stop at the bank and get some money.

W: Don't worry about that. This is my treat.

Q: What does the woman mean?

**评述** 此题为说明题。M 向 W 说他需要取点钱, W 说她请客(This is my treat.), 因此(C)是正确答案。

4. W: How did you like the concert? I find it really moving.

M: I love classical music, but that conductor seemed a bit inexperienced.

Q: What does the man mean?

**评述** 此题为评论题。M 表达了对指挥者的不满。因此(C)是正确答案。此题的要点是 a bit inexperienced, 意为: 有点经验不足。

5. M: I can't find Elm Drive anywhere on this map. I don't think there is any such street.

W: It's probably in the new part of town. We'll have to call for directions.

Q: What can be inferred from the conversation?

**评述** 此题为推理题。M 和 W 都不知道 Elm Drive 在哪儿。因此可以推断(C)是正确答案。此题的要点是 call for directions, 意为: 打电话询问。

6. M: You seem cheerful today.

W: It's nice to see the sun for a change.

Q: What does the woman mean?

**评述** 此题为说明题。W 感到高兴的原因是天气好转。因此(D)是正确答案。

7. W: I can't believe that Prof. Lawrence is going to retire.

M: He's still going to lead a graduate seminar each semester though.

Q: What does the man mean?

**评述** 此题为说明题。M 向 W 说明 Prof. Lawrence 还将担任一些教学任务。因此(C)是正确答案。此题的要点是 He's still going to lead a graduate seminar,意为:他还要开研究生讨论课。

8. W: We are having all kinds of trouble finding a new apartment for next year. What about you?

M: My roommate and I decided that this year we'd stay put.

Q: What does the man mean?

**评述** 此题为说明题。M 向 W 说明自己的办法,即不搬迁(stay put)。因此(A)是正确答案。此题的要点是对这个短语的理解。

9. M: I fixed the window, painted the bookcase and repaired the desk and chair.

W: Been busy, haven't you?

Q: What does the woman imply about the man?

**评述** 此题为评论题。M 道出自己所做的几件事,W 对此的评论是 Been busy, haven't you? (忙坏了,是不是?)因此(D)是正确答案。

10. M: Want to go to the library now, Betty?

W: How about an hour or so?

Q: What does Betty mean?

**评述** 此题为提议题。面对 M 提出的建议, W 希望往后推一小时,因此(A)是正确答案。此题的要点是 now 和 an hour or so 的对比。

11. M: Excuse me, your menu has so many salads. Could you recommend something?

W: I think you will find that the chef's salad is particularly good. The dressing is made with fresh apples.

Q: What will the man probably do next?

**评述** 此题为提议题。M 提出由 W 推荐一种色拉,因此(B)是正确答案。此题的要点是 W 的话(dressing 是色拉调味汁)。

12. W: If this weather keeps up, I'm going to have to buy a warmer



coat.

M: Sounds like a good idea. Spring is still a long way off you know.

Q: What does the man mean?

**评述** 此题为评论题。M 对 W 的想法持赞成态度,因此(B)是正确答案。此题的要点是 Spring is still a long way off,意为:春天还早呢。

13. M: I'm so frustrated. We are supposed to do our assignments for statistics on the computer. But the ones in the student center are always tied up.

W: I know what you mean. I'm looking forward to the day when I can afford to get my own.

Q: What does the woman mean?

**评述** 此题为评论题。对 M 所感到的困难,W 希望能通过自己买电脑来解决,因此(D)是正确答案。此题的要点是 I'm looking forward to the day when I can afford to get my own,意为:盼望着我自己能买得起电脑的那一天。

14. W: Ted, would you be interested in serving on the membership committee this year?

M: Um. Can I get back to you on that?

Q: What will the man probably do?

**评述** 此题为提议题。W 征询 M 的意见,M 没有立即表态,而是提议:我以后再给你回话,行吗?(Can I get back to you on that?)因此(C)是正确答案。

15. W: Larry got a very high mark on his lab report.

M: How he managed that is a mystery to me.

Q: What does the man imply?

**评述** 此题为评论题。M 对 Larry 得高分的评论是 a mystery to me,意为:我迷惑不解。因此(C)是正确答案。

16. M: I heard you went to Colorado skiing over winter break.

W: It was the most fun I've had in years.