

高等院校英语专业八级考试指导丛书

EST FOR ENGLISH MAJORS

GRADE EIGHT

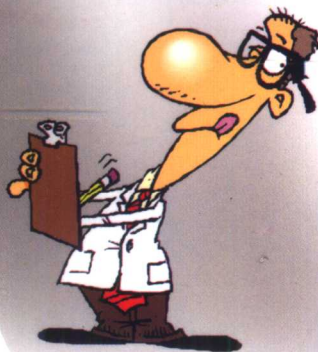
记笔记填空  
与短文改错

主 编 刘绍龙

副主编 陈林汉 张 静

赵 湘 彭家玉

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## 第一部分

### 记笔记填空 (Note-taking & Gap-filling)

#### 一 模拟题

In this section you will hear a mini-lecture. You will hear the lecture ONCE ONLY. While listening to the lecture, take notes on the important points. Your notes will not be marked, but you will need them to complete a gap-filling task on ANSWER SHEET ONE after the mini-lecture. Use the blank sheet for note-taking.

#### Mini-lecture 1 Different Types of Test

Let's take a brief look at four types of test in the following section.

##### —The placement test

1. The (1) \_\_\_\_\_ of it: sorting students into teaching groups (1) \_\_\_\_\_
2. The focus of it: students' (2) \_\_\_\_\_ ability (2) \_\_\_\_\_
3. Advantage of individual interview: assessing both oral production and fluency

##### —The (3) \_\_\_\_\_ test (formative or progress test) (3) \_\_\_\_\_

It tries to find the student's (4) \_\_\_\_\_ of particular material. (4) \_\_\_\_\_

If the result is good, it gives him/her (5) \_\_\_\_\_ for further study. (5) \_\_\_\_\_

If the result is bad, it gives them indications of why he/she has failed.

##### —The achievement test ( (6) \_\_\_\_\_ test) (6) \_\_\_\_\_

It shows the (7) \_\_\_\_\_ that the students have reached. (7) \_\_\_\_\_

##### —The proficiency test

It aims to assess the student's ability to (8) \_\_\_\_\_ what (8) \_\_\_\_\_  
he/she has learnt in actual situation.

E. g. : the student's skills of listening, taking notes, finding information

and (9) \_\_\_\_\_ breakdowns in communication are examined (9) \_\_\_\_\_  
 when planning to study in America.  
 The typical exam has: TOFEL  
 The (10) \_\_\_\_\_ of tests is clearly rather arbitrary. (10) \_\_\_\_\_

## Mini-lecture 2 How an SLN Course Works

The template is the same to everyone whenever students have an online class.  
 The first thing saw by students is called (1) “\_\_\_\_\_” to gain their (1) \_\_\_\_\_  
 attention.

The “Course Information” includes “Welcome” from professor,  
 (2) \_\_\_\_\_ Information and so on. There are kinds of ways (2) \_\_\_\_\_  
 to contact with the professor, such as sending e-mail, (3) \_\_\_\_\_ (3) \_\_\_\_\_  
 and on-line talking.

The important thing to take online class is time  
 planning, that is “Course (4) \_\_\_\_\_”. It concerns the schedule (4) \_\_\_\_\_  
 of our course and is put in front of the monitor (5) \_\_\_\_\_. (5) \_\_\_\_\_

“Your Next Steps” helps students to continue their learning.

Students can make a (6) \_\_\_\_\_ in the “Meet Your (6) \_\_\_\_\_  
 Classmates” of “Class Community”.

The place where the students want to check everyday is  
 “ (7) \_\_\_\_\_ Board Announcement”. It tells the latest information (7) \_\_\_\_\_  
 about the course.

“Online Office Hours” is a place where each student can  
 (8) \_\_\_\_\_ with the professor personally. (8) \_\_\_\_\_

In the “Your Evaluation”, the student’s work is returned  
 after it is (9) \_\_\_\_\_. (9) \_\_\_\_\_

In this course, there are (10) \_\_\_\_\_ Learning Modules (10) \_\_\_\_\_  
 made according to the chapters of the textbook.

### Mini-lecture 3 How to be a Better Listener for Communication

Listening plays an important role in our daily communication.

Thus several (1) \_\_\_\_\_ are given here to become a good listener. (1) \_\_\_\_\_

**Firstly, be attentive.**

1. (2) \_\_\_\_\_ our emotions while listening. (2) \_\_\_\_\_

2. Find out whether or not there are distraction words such as “sex, love, playboy, stock, (3) \_\_\_\_\_, profit, direct selling, etc.” during your (3) \_\_\_\_\_ listening.

**Secondly, to be (4) \_\_\_\_\_.** (4) \_\_\_\_\_

E. g. : a speaker talks about the (5) \_\_\_\_\_ and advantages of (5) \_\_\_\_\_ computers.

He points out that the more advanced the model, the better it is for users.

But by thinking critically, we may doubt the (6) \_\_\_\_\_ (6) \_\_\_\_\_ of advanced models.

Moreover, (7) \_\_\_\_\_ a conclusion after the speaker actually (7) \_\_\_\_\_ finishes his/her words rather than doing it in a hurry.

**Thirdly, be responsive in a correct way.**

1. To be responsive is (8) \_\_\_\_\_ on the critical analysis. (8) \_\_\_\_\_

2. Link what you have learned to your experience.

3. (9) \_\_\_\_\_ the unclear points in an oral or written way. (9) \_\_\_\_\_

4. Be (10) \_\_\_\_\_ to follow speaker's way of speaking. (10) \_\_\_\_\_

### Mini-lecture 4 How to Get Your SLN Password

How students start with their online courses? Two assumptions are made before answering it: students have accessed an ISP and (1) \_\_\_\_\_ (1) \_\_\_\_\_ at their home college.

**Four basic topics will be given:**

1. **Get on to the Internet.**

2. Find the (2) \_\_\_\_\_ . (2) \_\_\_\_\_

Locate Internet browser → delete the current (3) \_\_\_\_\_ → type in letters → click enter. (3) \_\_\_\_\_

The link "SUNY Learning Network Help Desk Icon" will help you solve the (4) \_\_\_\_\_ problems. (4) \_\_\_\_\_

### 3. Test the system.

Read the basic parts carefully.

Finish Test 1 (Copy and (5) \_\_\_\_\_) and Test 2 (File Attachment). (5) \_\_\_\_\_

4. Get the (6) \_\_\_\_\_. (6) \_\_\_\_\_

1) Ensure you have finished the steps of registration by enrolling in your courses.

2) Get the (7) \_\_\_\_\_ of your courses. (7) \_\_\_\_\_

3) Choose the semester you registered and your home (8) \_\_\_\_\_. (8) \_\_\_\_\_

4) Input every bit of information required.

5) (9) \_\_\_\_\_ on "Submit form to SLN password". (9) \_\_\_\_\_

Then the (10) \_\_\_\_\_ about your password will be received. (10) \_\_\_\_\_

## Mini-lecture 5 Resiliency

Resiliency is the ability to bounce back from the ups and downs of life.

We are born with resiliency but we can lose it.

Our resiliency is like a (1) \_\_\_\_\_. We use our energy (1) \_\_\_\_\_

to deal with the stress. The consuming of energy depends on the (2) \_\_\_\_\_ of stress. We often use two words, (2) \_\_\_\_\_

burnout and (3) \_\_\_\_\_, to describe the loss of energy in and (3) \_\_\_\_\_

out of the workplace. When we consume the resiliency energy,

it's necessary for us to put some of them back. The way is simple

but not (4) \_\_\_\_\_; do something you enjoy and be happy (4) \_\_\_\_\_

everyday.

We can take a resiliency test; make a list of (5) \_\_\_\_\_ (5) \_\_\_\_\_

things you like to do. Then mark the things you have done in

the last week. The more things you marked,

the better life and the more energy you have.

Two resiliency (6) \_\_\_\_\_: (6) \_\_\_\_\_

1. Do something you enjoy everyday.

2. (7) \_\_\_\_\_ the things you enjoy into (7) \_\_\_\_\_  
 a: Interesting things.  
 b: (8) \_\_\_\_\_ things , but you acquire a sense of (8) \_\_\_\_\_  
 accomplishment by doing them.  
 We must spend time doing the things we like everyday.  
 In brief, doing things which brings you (9) \_\_\_\_\_ or a sense of (9) \_\_\_\_\_  
 achievement can (10) \_\_\_\_\_ resiliency energy. (10) \_\_\_\_\_

## Mini-lecture 6 How to Deal With Stress

Studies show that stress can reduce the body's ability to fight diseases and can lead to serious health problems.

Stress is our body's reaction to chemical, emotional or (1) \_\_\_\_\_ (1) \_\_\_\_\_  
 environmental influences. Some stress is good for us because it's used to  
 react to an urgent situation. And it makes people more (2) \_\_\_\_\_ (2) \_\_\_\_\_  
 at work. However, too much stress is harmful. Causes of stress can be  
 physical such as injury or illness and mental such as problems with job,  
 health or (3) \_\_\_\_\_ . (3) \_\_\_\_\_

Stress can weaken our (4) \_\_\_\_\_ to infection and lead (4) \_\_\_\_\_  
 to health problems.

### The role of personality in dealing with stress:

Type A personality: aggressive and (5) \_\_\_\_\_ . (5) \_\_\_\_\_

People of this type often get illness related to stress.

Type B personality: calm; this kind of people is less affected by stress.

### Stress and women:

1. Deal with stress better than men.
2. Women are likely to under chronic stress.
3. More than (6) \_\_\_\_\_ American women suffer from depression. (6) \_\_\_\_\_
4. Most women who are caregivers suffer from stress.

### Ways to deal with stress:

1. Deep, (7) \_\_\_\_\_ breathing and meditation. (7) \_\_\_\_\_
- The (8) \_\_\_\_\_ of meditation: lower blood pressure, (8) \_\_\_\_\_  
 reduced muscle tension, etc.
2. Eating health foods in diets, rather than (9) \_\_\_\_\_ . (9) \_\_\_\_\_

3. Exercise.

4. (10) \_\_\_\_\_ with friends or family, or write down (10) \_\_\_\_\_  
the bad feelings.

## Mini-lecture 7 American Indians

When Europeans came to the western hemisphere, they discovered  
a diverse people called Indians or the red men. Then the (1) \_\_\_\_\_ (1) \_\_\_\_\_  
of them was mainly in North, Central and South America.

The (2) \_\_\_\_\_ and early history of American Indians: (2) \_\_\_\_\_

The (3) \_\_\_\_\_ answers are: (3) \_\_\_\_\_

— Eastern Asia was homeland of the Indians.

— They might migrate 25, 000 years ago.

— They (4) \_\_\_\_\_ over vast areas when migrating. (4) \_\_\_\_\_

They lived in the form of tribes with different ways of  
living and (5) \_\_\_\_\_. (5) \_\_\_\_\_

When the white men came, the (6) \_\_\_\_\_ between (6) \_\_\_\_\_  
the white men and the red men were inevitable for the reason

that these two races had their (7) \_\_\_\_\_ things wanted (7) \_\_\_\_\_  
by the other race, such as knives, guns, cloths, land, furs,

and military power. (8) \_\_\_\_\_, the lives of the Indians (8) \_\_\_\_\_  
were changed by the introduction of such things as guns,

(9) \_\_\_\_\_, etc. (9) \_\_\_\_\_

In the history of the United States, the role of the Indians  
played was to prevent the (10) \_\_\_\_\_ of the frontier. (10) \_\_\_\_\_

## Mini-lecture 8 The Japanese Approach to Business

The Japanese approaches to business are studied closely by the  
western business community. One of the reasons is that the success of

their companies has been (1) \_\_\_\_\_. As a result of examination, (1) \_\_\_\_\_  
four elements of the Japanese system have been (2) \_\_\_\_\_. (2) \_\_\_\_\_

**The four "pillars" of the Japanese system:**

**—Lifetime employment policy**

Employees remain with the organization until they retire.

Advantages of this policy:

1. The (3) \_\_\_\_\_ of employees to the company; (3) \_\_\_\_\_

2. The long-term perspective of employees to their work.

Disadvantages: The cause of (4) \_\_\_\_\_ and overmanning (4) \_\_\_\_\_

when recession occurs;

**—Promotion by** (5) \_\_\_\_\_ (5) \_\_\_\_\_

Features:

1. Employees of long-serving years gain the more important positions;

2. Employees of short-serving years get the (6) \_\_\_\_\_ salary; (6) \_\_\_\_\_

**—Consultation system**

Features:

1. (7) \_\_\_\_\_ of employees at different management level in (7) \_\_\_\_\_  
making decisions;

2. (8) \_\_\_\_\_ of decisions from lower to higher level (8) \_\_\_\_\_  
management;

Controversy: A slow cumbersome method vs. a method contributing  
to (9) \_\_\_\_\_ (9) \_\_\_\_\_

**—Company union structure**

Employee's union is based on the company rather than on a national basis.

Relations between unions and management tend to be (10) \_\_\_\_\_. (10) \_\_\_\_\_

## **Mini-lecture 9 The President's Speech**

Nowadays, all Americans face two important issues. They are:  
growing our economy and protecting our citizens from (1) \_\_\_\_\_. (1) \_\_\_\_\_

**Reasons to be optimistic about economy:**

1. More Americans are working, own their homes, are going to college and have  
their own businesses.

2. Inflation is being (2) \_\_\_\_\_. (2) \_\_\_\_\_

**Implications of delivering opportunity :**

1. To allow families to keep more of the money they earn; the largest tax relief is (3) \_\_\_\_\_. (3) \_\_\_\_\_
2. Adapt to the needs of a new century. In this new century, (4) \_\_\_\_\_ plays a vital role in American prosperity. (4) \_\_\_\_\_
3. The reliable supply of energy is required.
4. Social security is ensured for the next (5) \_\_\_\_\_. (5) \_\_\_\_\_

**Protection of Americans from threats from abroad :**

- Because of the existence of (6) \_\_\_\_\_, (6) \_\_\_\_\_  
America is at war. Now the Iraq plays an important role in the war on terror.  
The Iraqi people have defied the (7) \_\_\_\_\_ and are determined to (7) \_\_\_\_\_  
build a free society. When a new Iraq is built, Americans troops will  
come home with great (8) \_\_\_\_\_. (8) \_\_\_\_\_
- However, this is a (9) \_\_\_\_\_ task. Americans will (9) \_\_\_\_\_  
fight against terrorists until they gain the (10) \_\_\_\_\_. (10) \_\_\_\_\_

## Mini-lecture 10    Developing SQ3R Method

Most students want a skill which will make them effective when reading.  
They hope the method will help them to select the ideas they want,  
(1) \_\_\_\_\_ them quickly, remember them and review them (1) \_\_\_\_\_  
effectively for examinations.

**Steps in the SQ3R Method****S: Survey**

Glance over the (2) \_\_\_\_\_ in the chapter; read the final (2) \_\_\_\_\_  
summary paragraph.

It will help students organize the ideas.

**Q:** (3) \_\_\_\_\_ (3) \_\_\_\_\_

Change the first heading into a question.

It will help students to concentrate and (4) \_\_\_\_\_ (4) \_\_\_\_\_  
the important points.

**3R: Read, Recite and** (5) \_\_\_\_\_ (5) \_\_\_\_\_

Read to answer the question. It's an active process.

Recite the first section according to the question in your own words.



Then repeat steps of Question, Read and Recite with each  
(6) \_\_\_\_\_ headed section. (6) \_\_\_\_\_

Know the organization of the whole material by reciting the major sub-points.  
The SQ3R Method is (7) \_\_\_\_\_. It results in faster reading, (7) \_\_\_\_\_  
selecting important points and remembering them.

### Characteristics of SQ3R

S: Spend only a minute.

Q: Be (8) \_\_\_\_\_ to the material. (8) \_\_\_\_\_

3R: 1R: Insisting answering the question.

2R: A mental review which (9) \_\_\_\_\_ the answer. (9) \_\_\_\_\_

3R: Be (10) \_\_\_\_\_. (10) \_\_\_\_\_

## Mini-lecture 11 Why Read Faster

The common answer to this question is to save your time. And it is  
showed that reading can save (1) \_\_\_\_\_ too. (1) \_\_\_\_\_

(2) \_\_\_\_\_ readers hold such false ideas about reading fast; (2) \_\_\_\_\_

1. Slow readers understand and remember (3) \_\_\_\_\_ (3) \_\_\_\_\_  
than fast readers.

In fact, fast readers are active, skilled and efficient readers.

2. Only very bright people can read fast.

Actually, anyone with average (4) \_\_\_\_\_ can read and understand. (4) \_\_\_\_\_

3. Only easy and (5) \_\_\_\_\_ material can be read fast. (5) \_\_\_\_\_

The fact is that the rapid readers can vary speed (6) \_\_\_\_\_. (6) \_\_\_\_\_

4. Rapid readers can't enjoy their reading.

In reality, once the (7) \_\_\_\_\_ is formed; they can savor (7) \_\_\_\_\_  
the words and style.

5. It takes (8) \_\_\_\_\_ to train a slow reader to be fast one. (8) \_\_\_\_\_

It's true that the amount of practice time determines the (9) \_\_\_\_\_. (9) \_\_\_\_\_

It's noticed that the speed will vary according to the different  
(10) \_\_\_\_\_ of reading materials. In summary, five false (10) \_\_\_\_\_  
ideas about fast reading are under discussion to give readers  
suggestions in their later reading.