



普通高等教育“十一五”国家级规划教材

高等学校英语专业系列教材  
Textbook Series for Tertiary English Majors



总主编 石 坚

副总主编 杜瑞清 陈建平 黄国文 李 力

# Breakthrough in Listening

## 英语听力教程 1

主 编 蔡宏文



重庆大学出版社

<http://www.cqup.com.cn>

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## 英语听力教程 1

主 编 蔡宏文  
编 者 (按姓氏笔画排列)  
郭 岚  
蔡宏文  
潘春梅

重庆大学出版社

## 内 容 提 要

本书系求知高等学校英语专业系列教材之《英语听力教程1》。第一册的第一单元涉及校园生活,重点训练辨音能力;第二单元题材为起居生活,重点扩充听力词汇;第三单元内容为各地文化,重点训练句子处理能力。每一单元包含六课。第一课点明本单元的题材和训练重点,中间四课介绍相应的听力技能,并提供强化训练材料,最后一课复习和诊断测试。每一课分为两部分,前一部分为课堂教学内容,以笑话、小故事或歌曲开头;之后是一段难度较小的对话或独白,然后是难度较大的综合训练材料。后一部分为课外训练内容,提供专项训练,题材为故事连载或讲座。本书课堂教学内容的难度较大,这样促使教师对学生的听力进行强化训练。

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主 编 蔡宏文

责任编辑:魏 曦 版式设计:李奉栖

责任校对:任卓惠 责任印制:赵 晟

\*

重庆大学出版社出版发行

出版人:张鸽盛

社址:重庆市沙坪坝正街174号重庆大学(A区)内

邮编:400030

电话:(023) 65102378 65105781

传真:(023) 65103686 65105565

网址:<http://www.cqup.com.cn>

邮箱:fxk@cqup.com.cn (营销中心)

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编 委 会 (按姓氏笔画排列)

丁廷森 石 坚 刘守兰 刘晓红

吴 念 宋亚菲 张美芳 张维友

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段 峰 高广文 高庆选 黄国文

廖七一

策 划 张鹤盛 饶邦华 周小群

## 总 序

进入 21 世纪,我国高等教育呈现快速扩展的趋势。为适应社会、经济的快速发展,人才的培养问题已经比我国任何一个历史时期都显得更为重要。当今,人才的能力和素质的衡量越来越多地采用国际标准,人才的外语水平自然也越来越多地受到培养单位和用人单位的重视,由此引发了对大学外语教学模式、教材和检测机制的新一轮讨论,掀起了新一轮的大学英语教学改革。作为外语师资队伍和外语专业人才培养的高等学校英语专业,相比之下,在教学改革思路、新教材开发和新教学模式探讨等诸方面均显得滞后。尽管高等学校外语专业教学指导委员会英语组针对当前高校发展的新形式和外语专业人才培养的新规格、新模式和新要求,修订出了新的《高等学校英语专业英语教学大纲》,并结合 21 世纪外语人才培养和需求的新形势,制定了由教育部高等教育司转发的《关于外语专业面向 21 世纪本科教育改革的若干意见》,就英语专业的建设提出了指导性的意见,但在实际工作中这两个文件的精神尚未落实。

为此,重庆大学出版社和外语教学界的专家们就国内高等学校英语专业建设所面临的新形势作了专题讨论。专家们认为,把“大纲”的设计和“若干意见”的思想和理念变为现实的一个最直接的体现方式,就是编写一套全新理念的英语专业系列教材;随着我国教育体制的改革,特别是基础教育课程标准的实施,适合高等学校英语专业教学需要的教材也应作相应的调整,以应对中小学英语教学改革的新要求;高等学校学生入学时英语水平的逐年提高和就业市场对外语人才需求呈多元化趋势的实际,对高等学校英语专业的人才培养、教学模式、课程设置、教材建设等方面也提出了严峻挑战,应对这些挑战,同样可以通过一套新的教材体系来实现。

迄今为止,国内尚无一套完整的、系统的英语专业系列教材;目前已有的教材出自不同的出版社,编写的思路和体例不尽相同;现有的教材因出版时间较早,内容、知识结构、教学方法和手段已经不能适应新的发展要求;传统的教材设计多数基于学科的内在逻辑和系统性,较少考虑学习者的全面发展和社会对人才需求的多元化。

自 2001 年开始,在重庆大学出版社的大力支持下,我们成立了由华中、华南、西南和西北地区的知名专家、学者和教学一线教师组成的《求知高等学校英语专业系列教材》编写组,确定了系列教材编写的指导思想和总体目标,即以《高等学校英语专业英语教学大纲》为依据,将社会的需求与培养外语人才的全面发展紧密结合,注重英语作为一个专业的学科系统性和科学性,注重英语教学和习得的方法与规律,突出特色和系列教材的内在逻辑关系,反映当前教学改革的新理念并具有前瞻性;锤炼精品,建立与英语专业课程配套的新教材体系,推动英语专业的教学改革,培养高素质人才和创新人才。

系列教材力求在以下方面有所突破和创新:



第一,教材的整体性。系列教材在课程类型上分为专业技能必修课程、专业知识必修课程、专业技能选修课程、专业知识选修课程和相关专业知识课程等多个板块。在考虑每一种教材针对相应课程的特性和特色的同时,又考虑到系列教材间相互的支撑性。

第二,学生基本技能和实际应用能力的培养。在课程的设计上充分考虑英语作为一个专业来培养学生的基础和基本技能,也充分考虑到英语专业学生应该具备的专业语言、文学和文化素养。同时,教材的设计兼顾到社会需求中对英语专业学生所强调的实际应用能力的培养,除考虑课程和英语专业的培养目的,课程或课程体系应该呈现的学科基本知识和规范外,充分考虑到教材另一方面的功用,即学生通过教材接触真实的语言环境,了解社会,了解文化背景,丰富学生的实践经验。在教材编写中突出强调“enable”,让学习者在实践中学习语言、文学、文化和其他相关知识,更多地强调学习的过程,强调学生的参与,以此提高学生的实际应用技能。

第三,学生的全面发展。对高等学校英语专业学生而言,英语不仅是一门工具,更重要的是一个培养学生人文素质和跨文化意识的学科专业。系列教材强调合作性学习、探索性学习,培养学生的自主学习性,加强学习策略的指导。通过基础阶段课程的学习,使学生在语言知识、语言技能、文化意识、情感态度和学习策略等方面得到整体发展;在高年级阶段则更多地注重学生的人文精神、专业理论素养、中外文学及文化修养的培养。

第四,教材的开放性。一套好的教材不应该对课堂教学、老师的施教和学生的学习拓展有所制约,应给使用教材的教师和学生留有一定的空间,要让学生感到外语学习是一件愉快的事,通过学习让人思考,给人以自信,引导人走向成功。系列教材的总体设计既考虑严密的学科系统性,也考虑独具特色的开放性。不同地区、不同类型的学校,可以根据自己的生源和培养目标灵活地取舍、选用、组合教材,尤其是结合国内高等学校中正在探讨的学分制,给教与学一个多维度的课程体系。

我们希望通过这套系列教材,来推动高等学校英语专业教学改革,探讨新的教学理念、模式,为英语专业人才的培养探索新的路子,为英语专业的学生拓展求知的空间。

《求知高等学校英语专业系列教材》编委会

2004年8月

# 前言

本教材反映了我们对英语专业学生、教师及专业新动向的认识。学生方面,随着新课标的普遍实施,中学英语教学已经对学生提出了较高的要求,而目前的一些教材起点较低,需要编写新的教材与中学教材衔接。另外,随着科技的发展和日益一体化的全球经济,人们的生活方式不断变化,学生所关注的问题和观念也在不断更新,特别是其情感和认知需要具有鲜明的时代特征,新的教材理应关注其所关注的热点,适应其求知需要。特别重要的是,他们是成熟的一代,不要把他们当作高中四年级或五年级的学生看待。

就英语专业听力教师而言,许多学校安排听力教师并没有考虑教师本身的专业背景。常见的做法是安排没有接受过教学方法培训的新教师上听力课。这一做法的潜在理由是:听力课无非就是放放录音,对对答案;只要学生有大量的练习,听力水平的提高不在话下。通过大量练习提高学生的听力水平当然有道理,但是听力课绝非放放录音对对答案那么简单。上好听力课,提高教学效率,让学生加快进步的步伐,里面还是有门道的。我们相信听力老师们都希望能有更好的教学方法和更合适的教材。

近年来,英语专业界重新审视了大学英语专业的教学目标,强调人文素养的提高。我们认为,这一目标需要从大学一年级开始贯彻,体现于所有的课程。对于听力教材而言,适当地增加英语国家的文化背景就显得尤为重要。

本教材同时反映了我们对英语专业听力教学的认识和经验。这些认识包括:听力教学不是反复的听力测验,而是有目标有针对性的训练;根据学生听力水平提高的一般路径分阶段组织教学任务,各阶段有不同重点;针对学生的听力障碍进行强化训练有助于大学新生迅速提高听力水平;学生在课堂教学中主要学习听力训练的方法,通过大量的课外练习提高听力水平,等等。其中第一原则是满足学生的需要,具体而言就是要了解他们在不同阶段中存在的主要障碍,有针对性地设计练习,同时提供诊断性的反馈,帮助学生自主学习。此外,听力是语言教学的一种手段,提高语言水平也是听力教学的目标和任务之一。

我们认为,学生的情感和认知需要及其在英语听力上的具体体现怎么强调都不为过。基于这种考虑,综合上面提到的对于学生、教师和英语专业界新动向的认识,



我们确定了以下编写原则:

选材上,尊重学生的情感需要,加大学生关注的话题在教材中的比重,比如学生生活中的学业、交友、时尚、娱乐等话题均有所反映;针对英语专业教学目标,着重选取了涉及文化背景和百科知识的材料;此外,要求内容真实,尽量减少从现成听力课本中选用材料;材料力求新颖,多数是2000年以后出版的。

材料编写上,根据我们的教学经验为任课教师,特别是新教师,设计了便于课堂操作的听力任务,比如针对常见的听力障碍选取合适的材料并设计相应的强化训练;在教学的不同阶段提供诊断测试,帮助教师了解学生的强弱点,指导学生自主学习;提供不同难度的听力材料,适应不同水平的需要;等等。我们建议教师在课堂教学中示范性地讲授听力训练方法,鼓励学生按照这些方法在课外进行大量练习;把听力教学置于语言教学的大框架下,提倡既要学会听(Learn to listen)又要寓学于听(Listen to learn)。

基于以上原则,大致的课程结构如下:

每册书分三个大的单元,单元内各课在题材和训练重点上相对一致。大致而言,第一册的第一单元涉及校园生活,重点训练辨音能力;第二单元题材为起居生活,重点扩充听力词汇,特别是短语动词;第三单元内容为各地文化,重点训练句子处理能力。第二册的第一单元题材为人与社会,突出背景知识对于听力的重要性;第二单元题材为热点话题,重点训练利用图式把握主要内容的能力;第三单元题材为专业知识,涉及政治、经济、法律、哲学、宗教和文学等内容,重点训练学生的篇章处理能力。

每一单元包含六课。第一课点明本单元的题材和训练重点,中间四课介绍相应的听力技能,并提供强化训练材料,最后一课复习和诊断测试。

具体到每一课,大致分为两大部分,前一部分为课堂教学内容,以笑话、小故事或歌曲开头,目的是轻松气氛;之后是一段难度较小的对话或独白,起过渡作用,然后是难度较大的综合训练材料。作为课堂教学的核心内容,综合训练材料涉及各种听力技能,着重体现所在单元的训练重点。后一部分为课外训练内容,提供专项训练,题材为故事连载或讲座。相对而言,课堂教学内容的难度大于课外训练材料,因为课堂教学中教师可以针对难点进行讲解,而课外练习则由学生独力完成。

我们希望使用教材的师生能够根据自己的具体情况有所侧重和取舍。比如我们所在的学校新生入学后有三周军训时间,这样就无法将第一册的所有课程上完,因此具体教学上将每个单元的其中一课作为课外练习布置给学生。又比如课堂教学时间





比较短缺,需要讲解的内容又很多的情况下,将综合训练材料讲授透彻就走马观花地完成所有任务的效果要好。另外,学生基础较薄弱的班级可以考虑把课外训练内容改作课堂讲授的重点。

对于利用本教材自学的人士,我们的目标是授人以渔,因此本教材的最佳用法是把它当作听力训练方法示范。将本书提倡的方法应用到其他材料上去,进行大量练习,以便取得更好的效果。

这是一个知识爆炸的年代,互联网上有取之不竭的听力材料。我们不希望把教材做成大而全、覆盖所有年级的教材,但愿针对学生的需要提供方法上的训练,开阔学生的视野;针对教师的需要提供一些实用的教学方法,丰富教师的教学手段。如果本教材能有效地应对学生的听力障碍,帮助学生和教师提高训练和教学效率,我们的心愿就完成了。

编者

2009年7月1日

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# Unit 1

## Finding Your Place

### Warming-up

#### Task 1 *I've got exams — A song*

Listen to a song and explain who are *I* and *you* in the song? What do *I* want to tell *you*?

### Start-up

#### Task 2 *High school memory — An interview*

1. Listen to John and Jessie being interviewed about their high school days and match the following statements with John or Jessie or neither of them.

2. Make a brief summary of both interviewees' memory of high school.

	Statements	John	Jessie	Neither
1	I liked sport best.	✓		
2	I found schoolwork difficult.			
3	I used to mess about in lessons.			
4	I sometimes forgot to do my homework.			
5	I was bored at school.			
6	I liked chemistry lessons best.			
7	I was happy when I left school.			
8	I liked my English teacher.			
9	I think school is harder than going to work.			



## **C**omprehensive Training

### *Task 3 Finding your place — Listening for gist*

Listen to part of an interview on a campus radio with the following questions in mind.

1. Who are the speakers?
2. What is the key question of the interviewer?
3. How do the interviewees answer this question?

### *Task 4 Finding your place — Listening for specific information*

Listen to the same interview for a second time and complete the following sentences.

1. Candice agreed with Holt to \_\_\_\_\_.
2. Candice likes Tabb Hall because they \_\_\_\_\_ easily there.
3. Chris cut his hair into a \_\_\_\_\_ the first week of school.
4. Chris became the \_\_\_\_\_ of his residence hall.
5. Anna waited in the \_\_\_\_\_ rooms for people to come in.
6. Kristen met her friends through going out with \_\_\_\_\_.
7. Holt went to \_\_\_\_\_ camp at the first weekend at school.
8. Holt also attended in \_\_\_\_\_ and a \_\_\_\_\_.
9. Everybody agrees that \_\_\_\_\_ works well.
10. Candice attended an organization called \_\_\_\_\_.

### *Task 5 Finding your place — Listening for language*

Now listen for the third time and complete the transcript.

Kristen: Hi, this is Kristen Powers. I have four Longwood students \_\_\_\_\_ and they're gonna \_\_\_\_\_ by introducing themselves.

Chris: My name is Chris Davis, and I'm a Communication Studies Major.

Anna: My name is Anna Craver, I'm an English Major.

Holt: Holt Hamlett and a Business Major.

Candice: My name is Candice Belandres and I'm a \_\_\_\_\_.



Kristen: OK, \_\_\_\_\_ by talking about how we made friends at Longwood. Did \_\_\_\_\_ have friends before you came here?

Candice: Not at all.

Kristen: So \_\_\_\_\_ make friends?

Candice: I met Holt. And at \_\_\_\_\_ and from there we had basically an agreement \_\_\_\_\_ whoever we meet we introduce them to each other and I made really close friends with my hall.

Kristen: Very cool. \_\_\_\_\_?

Candice: Tabb 3rd floor. And it's actually not open right now, but it was a very good hall \_\_\_\_\_ we built \_\_\_\_\_ really easily.

Kristen: Very cool. Chris \_\_\_\_\_ make friends?

Chris: Well I came here with about 35 people from my graduating class. So, I met friends through other friends that I knew from high school. And I also cut my hair into a \_\_\_\_\_ the first week of school, so, people came up to me and introduced themselves to me and said that I had a cool \_\_\_\_\_. And a couple weeks later I became the President of Curry, so I met \_\_\_\_\_ people through that. So, meeting people wasn't too hard and having an \_\_\_\_\_ was very nice to meet freshman through.

Kristen: How about you Anna?

Anna: I lived on 10th floor Curry with all the freshman basketball and soccer player boys, so I just \_\_\_\_\_ in their rooms and waited for people to come in. It works.

(Students agreeing)

Kristen: \_\_\_\_\_ 4th floor Curry and on the 5th floor one of my friends was on the baseball team, so I met all the baseball guys, and then they \_\_\_\_\_. And so that's \_\_\_\_\_ how I met all my friends.

Holt: I went to uh, \_\_\_\_\_ camp, which is uh the first weekend at school and we went to a \_\_\_\_\_ and I met about 90 different people there. And then when I got back to campus I started getting involved in \_\_\_\_\_ and uh and in a \_\_\_\_\_.



Kristen: Great!

Chris: And Facebook worked as well.

Kristen: Facebook works very well!

Candice: Facebook is a great thing!

Chris: I met the rugby guys through Facebook and uh when I got to school I \_\_\_\_\_ . So I met 40 or 50 other guys just through rugby from Facebook.

Anna: I played rugby freshman year with the girl's team, so I met a lot of people that way too.

Kristen: Yeah, me too.

Candice: \_\_\_\_\_ to meet people. That's how I met a lot of people through Lancer Productions and \_\_\_\_\_ , you'll definitely get to know the rest of the campus.

#### Task 6 Finding your place — Discussion

The following list includes major types of difficulties in listening comprehension. Check those that apply to you and match them with difficulties you had in Tasks 3, 4 and 5. Add any other difficulties you may suffer from. Then discuss with the class how you are going to overcome them.

Type of difficulty	My example (Leave it blank if you do not have it)
Identifying the pronunciation of a word or phrase	
Making out the meaning of a word or phrase	
Understanding a sentence	
Understanding implied meaning	
Understanding background	
Remembering information	



Write other difficulties you may have here:

## **I**ntermission

### *Task 7 Math test — A joke*

Now reward yourself with a joke. Retell it in pairs.

## **F**ocused Training

### *Task 8 Black Beauty — Chapters 1–3*

1. Listen to Chapters 1–3 of a simplified story, *Black Beauty*, and complete the following transcript.
2. Read after the recording to get familiar with weak forms and link-ups.

### ***Black Beauty***

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by Anna Sewell

#### **Chapter 1 My mother**

I don't remember everything about the time I was very small. I remember a big field of green grass. There were \_\_\_\_\_, and on hot days my mother \_\_\_\_\_ and I drank her milk. That was before I grew bigger and began to eat the grass.

\_\_\_\_\_. As we grew bigger, we played and ran round and round the field. We jumped about, or we went down \_\_\_\_\_ and kicked our legs happily in the air. We were glad to be alive.

When I stopped taking her milk, my mother went to work every day. She came back in the evening, and I told her \_\_\_\_\_.

"I'm glad you are happy," she said, "Play as much as you can. But you must remember that you are not like \_\_\_\_\_. They are all going to be farm horses; they're good horses, but not like us. Your father is well



known in \_\_\_\_\_, and your grandfather — my father — was Lord Westland's best horse. When \_\_\_\_\_, you'll learn to take people on your back or to take them from place to place in their carriages."

I asked, "Is that \_\_\_\_\_, Mother? Is that what you do for Farmer Grey?"

"Yes, that's \_\_\_\_\_. Farmer Grey sometimes rides me and sometimes drives me as his carriage horse. Here he is now."

Farmer Grey \_\_\_\_\_. He was a good, kind man, and he liked my mother very much.

"Well, my dear Duchess," he said to her, "here's something for you." He gave her something nice to eat. "And how is your little son?" He patted me and gave me some bread, \_\_\_\_\_.

We couldn't answer him, but my mother \_\_\_\_\_ that she loved him. He patted her and went away.

"He's very kind," my mother said, "and you must learn to please him. Always do your work gladly, and never bite or kick. Then he'll always be nice to you."

## Chapter 2 Learning

I grew older. My coat began to look very good. \_\_\_\_\_. I had one white foot, a white star on my face and a small white mark on my back, \_\_\_\_\_ was black.

When I was grown up, Squire Gordon came to look at me. He \_\_\_\_\_, my mouth and my legs.

"Very good," he said, "Very good. Now he must learn to work. He'll be a very good horse then."

What must a horse learn?

He must learn to stand still when a man \_\_\_\_\_. The bad part of a horse's harness is the bit. If you have never had a bit, you can't think \_\_\_\_\_. It is a cold hard iron thing, and the man \_\_\_\_\_. It hurts. You can't move it because the head harness — over your head, under your mouth, and across your nose —





\_\_\_\_\_ in your mouth.

I was very unhappy \_\_\_\_\_, but Farmer Grey was kind in every other way. I didn't bite or kick. My mother always \_\_\_\_\_ when she was working. Other horses have bits too. I knew that. So I stood still when they \_\_\_\_\_. \_\_\_\_\_ it didn't hurt me so very much.

The saddle wasn't so bad. A horse must learn to have a saddle and to take a man, woman, or child on his back. He must go \_\_\_\_\_, and he must go at a walk, or (a little quicker) a trot, or (very quick) a gallop.

They put the bit in my mouth and \_\_\_\_\_ every day. Then Farmer Grey himself walked with me round the big field. After that, he gave me some good food, and patted me, and spoke to me. I liked the food and the patting and the kind words, and \_\_\_\_\_ I wasn't afraid of the bit and the saddle.

One day Farmer Grey got on my back and sat there in the saddle. The next day he rode me once round the field at a walk. \_\_\_\_\_, but I was glad to have my kind master on my back. He rode me in the field every day \_\_\_\_\_.

The next bad thing was putting iron shoes on me. Farmer Grey went with me, but I was still afraid. The man \_\_\_\_\_, one after the other. Then he cut away some of the hard part. It didn't hurt me, so I stood still \_\_\_\_\_ as he did each of my feet. Then he made iron shoes to go on them. Putting them on didn't hurt, but I couldn't move my feet in the same way as before. \_\_\_\_\_ I grew to like the shoes. They saved my feet from hard roads and stones.

Next I learnt to go in carriage harness. \_\_\_\_\_ very small saddle, but \_\_\_\_\_ big collar, and \_\_\_\_\_. With the blinkers on I could see \_\_\_\_\_, not to the side.

Farmer Grey began by making me \_\_\_\_\_.  
"You'll learn a lot from her," he said, as he put the harness on me.

I did learn a lot. She showed me how to move, and how to know what the