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# Spark

总主编/马德高

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## 新题型大学英语4级考试

# 精准听力法

主 编 丛丽香

**名师考场真人笔记首次披露, 体味真实考试场景!**

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齐鲁电子音像出版社





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## 新题型大学英语4级考试

# 精准听力法

主 编 丛丽香

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齐鲁电子音像出版社



## 为什么星火英语每次都能命中真题？

### （代前言）

因为全国只有我们建立了 S-18 高仿真命题系统；

因为只有我们在全中国 50 所重点高校建立了实验班；

因为只有我们在全中国 100 余所高校建立了星火英语模拟考场；

因为我们的每一种图书，都在实验班里经过了使用、校正和数次的修改；

因为我们的每一种试卷，都在模拟考场里经过了数十次的模拟演练；

12 年来，星火英语从无到有，从词汇到试卷，从小学到大学，从幼儿英语启蒙到考博英语，星火英语把英语学习的种子播撒到全国的每个学子的心灵！

12 年来，星火英语每出版一本图书，都要经过严格的校对审读，18 道科学严谨的编校流程保证了星火英语永远是最好的图书选择！

12 年来，星火英语以词汇记忆为核心，在英语学习领域进行了卓有成效的研究和探索，取得了让世界瞩目的成绩，“版权被培生朗文集团以及韩国强势引进，让外国人看中国人写的书学英语，星火英语做到了”。

12 年来，星火英语引进各种智力资源，整合各种研究力量，力邀全国名师，推出了试卷、阅读、听力、写作、口语、语法等一系列好评如潮的畅销图书，为国内英语教育学习注入了惊喜和活力，星火英语，成为国内独树一帜的学习品牌。

12 年来，我们欣慰地看到，当年读着星火图书长大的孩子们，已经成为了爸爸、妈妈，已经走进清华、北大、哈佛、牛津，已经从大学走进外企、中科院、外交部，在各条战线上用英语捍卫着祖国的利益。

桃李不言，下自成蹊。2003 年据权威机构调查，92% 的大学生了解星火的图书，61% 的大学生使用过星火的图书，星火图书已经成为 8000 万读者的首选。





## 《大学英语 4 级考试精准听力法》主要分为三部分：

**第一篇：精准听力。**星火英语经过对四六级考试长期研究以及对国内外最新教研成果的分析，结合人本主义心理学和弗洛伊德潜意识理论，独创四六级考试精准听力法，完全融入认知心理学在教研实践中的最新理念和方法，科学高效地帮助考生熟悉解题模式，快速实现实际解题思路的培养，并举一反三，触类旁通，达到授人以渔、提炼个性化学习方案的目的。“精准听力法”，即不同于传统的从答案推导问题的解析方法，而是由选项猜测试题答案，解题流程更加人性化。（详见封底精准听力法解题流程图）通过本部分对精准听力法的简介，考生能够充分理解此方法的精粹，并运用于考试实战之中。

**第二篇：真题精准透析。**包含最新 5 套全真试题及详解，并首次披露名师考场实考笔记，切实从考生的做题思路出发，模拟考试过程，犹如名师在侧，考试自然事半功倍。

**第三篇：实战检验。**精选高仿真模拟试题 15 套，严格按照星火 S-18 命题系统命制，不是真题，胜似真题，对考生备考四、六级具有很高的指导性。超大题量也能完全保证一般考生以及学有余力的考生练习的需要。

带着愉悦的心情去享受听力考试吧，使用精准听力法学完这本书，您将发现您已经站在了前所未有的高山之巅，深深地呼吸着成功的气息！



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## 第一章



## 四、六级考试精准学习法

根据教育部规定,从2005年6月起,四六级考试不再与学位挂钩,也不鼓励用人单位以成绩作为用人标准。然而存在已久的现实不因这一公布而轻易改变。用人单位在毕业生供大于求的情况下,仍然采用四六级作为筛选人才的标准。基于此,普通高校非英语专业的学生花费了大量的时间和精力用于应付四六级考试,但结果是:各高校四六级考试通过率普遍偏低,有些高校为了提高四六级通过率,甚至限制学生参加四六级考试的时间和次数。为什么考生四六级成绩普遍偏低呢?不适应新题型是一个因素,但备考资料水平的参差不齐也是重要因素之一。

目前四六级应试类图书只关注试题解析而忽视考生个人的实际解题思路,也就是说,同类图书只做到了在考试之后把答案讲清楚,却没能告诉考生如何把考前所学知识与考试中的卷面信息进行相应的结合。考生只能进行题海战术,一味地埋头苦练。而不得要领的训练,将使考生付出极大的时间和精力,却仍可能达不到希望的效果。只有有的放矢的练习,才是真的有效的练习。俗话说“练拳不练功,到老一场空”,虽然一时看上去会有不少成效,但经不住真枪实弹的检验,真正到了考场上,仍然手忙脚乱,叫苦不迭。

基于此,星火英语经过对四六级考试长期研究以及对国内外最新教研成果的分析,结合人本主义心理学和弗洛伊德潜意识理论,独创四六级考试精准学习法,完全融入认知心理学在教研实践中的最新理念和方法,科学高效地帮助考生熟悉解题模式,快速实现实际解题思路的培养,并举一反三,触类旁通,达到授人以渔、提炼个性化学习方案的目的。

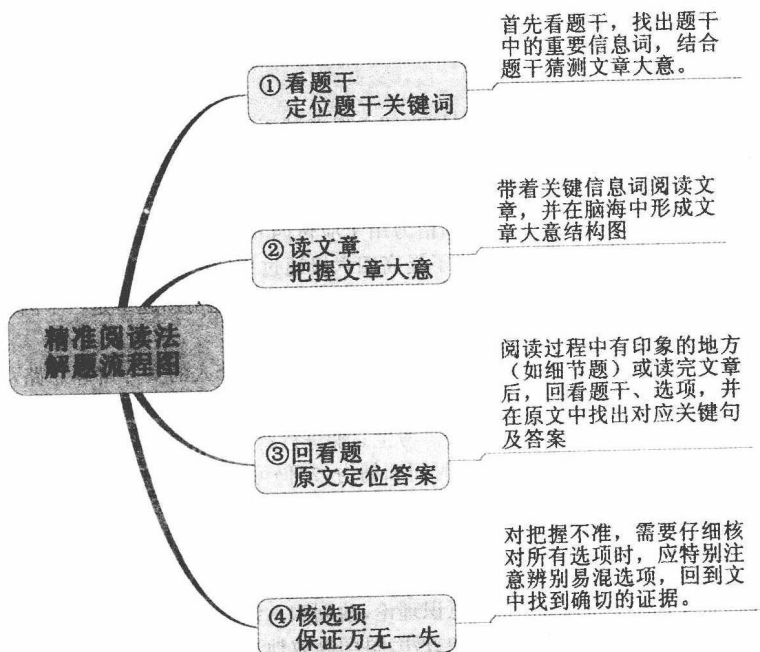
人本主义心理学兴起于20世纪50年代的美国,现已成为当今最有市场的心理学流派之一。人本主义心理学的一个根本看法就是学习和教学都应该从学习者本身立场和意义出发,强调以人为本。认知心理学把人脑看作电脑,强调“输入”信息,“输出”结果。而传统四六级考试的解析方式不能结合考生的实际水平来贯彻有效的实际解题思路的培养。考生只能明白本道题如何做,下次遇到这道题应该选什么,完全不能举一反三,触类旁通。这就违背了认知心理学的原理。而就弗洛伊德潜意识作者指出:潜意识是指“不会时时刻刻出现在大脑中,但在一定条件下可以马上拿出来用的意识”。四六级考试精准学习法把关键词作为潜意识里的信息,便于做题时迅速定位信息点,并利用它们猜出文章大意。

四六级考试精准学习法将使考生借助这套符合自然解题流程的方法的帮助,摒弃题海战术,在短时间内轻松快速地大幅提高四六级成绩,达到顺利解题,夺取高分的目的。



## 四六级阅读专项

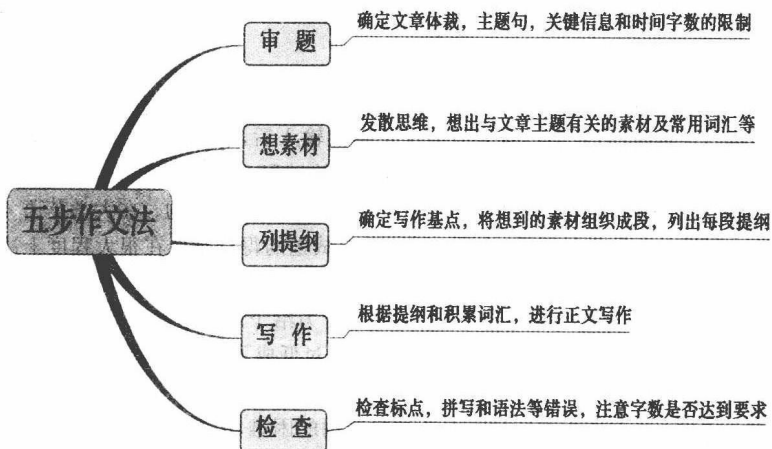
### ——精准阅读法





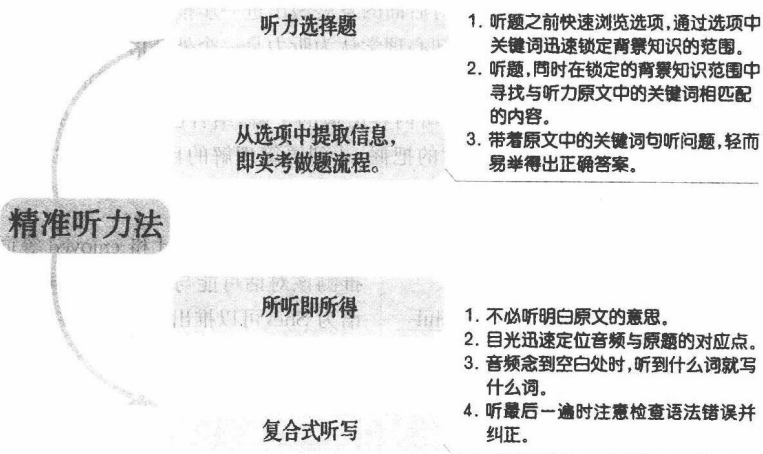
## 四六级写作专项

### —— 五步作文法



## 四六级听力专项

### —— 精准听力法





## 第二章 为什么要用精准听力法突破听力

语言学家认为语言的学习是一个输入和输出的过程。输入和输出相互促进,相辅相成。其中,输入是基础,语言学习者只有有了足够的输入后,输出才有可能。在英语的“听、说、读、写、译”五项基本技能中,“听、读”是输入的过程,“说、写、译”是输出的过程。因此大学生在学习英语的过程中进行大量的听力训练是十分必要的。在大学英语 4 级考试中,听力试题的分数举足轻重,占到 35%,听力试题的得分高低在很大程度上决定着考试的成败。然而,由于英语教学体制和语言环境等方面的问题,听力是许多中国大学生英语学习中比较薄弱的环节,许多学生并未对听力给予足够的重视、练习和精当的方法,因而听力能力普遍偏低。听力理解部分的得分过低成了通过 4 级考试和在考试中获得高分的最大障碍。

针对英语学习者在听力训练和听力考试中遇到的困难,编者依据多年来一直从事英语教学和研究的实践和经验推出了《大学英语 4 级考试精准听力法》这本书,旨在帮助学生迅速提高英语的应试听力能力。“精准听力法”特别重视培养听者在听前和听的过程中的预测能力。所谓预测能力是指听者在做听力理解试题之前,根据已得到的有限信息,如题后选项和头脑中已有的背景文化知识,运用逻辑思维能力,对即将听到的对话或段落内容以及本题可能提出的问题进行预测,并在听的过程中,根据已接收到的信息,对前面的预测随时进行修正、补充,同时对后面的发展做出进一步推测判断的能力。“精准听力法”有着坚实的理论基础,现代认知心理学认为听力是一个外部信号激活内部图式,进而产生预期,再经过证实——扩展——修正——再预测——再证实的知觉循环过程。人们正是沿着这个图式,运用自己对所听内容语境的了解,结合已有的经验来预测下面将要听到的内容,从而加强对整篇文章的把握,达到语篇理解的目的。下面以三个例子来具体说明什么是“精准听力法”。

- ① A) She expected more people at her party.  
 B) She enjoys entertaining small children.  
 C) She threw a surprise party for her friend.  
 D) She has always enjoyed great popularity.

由选项 party, friend 和 enjoyed 等词可以推测该对话可能与聚会有关,同时选项主语为 She,可以推出侧重点应在女士身上。



原文

W: There were more than a hundred people at Kate's birthday party. How come she's got so many friends?

M: It's really no surprise. You know she was popular even when she was a child.

Q: What does the man imply about Kate?

答案及详解

D)。细节推断题。关键字眼处设题。男士对 Kate 能邀请到如此众多的朋友参加她的聚会提出疑问,而女士的回答表明,Kate 从小就很有缘。D)与此一致。

- 2 A) They are not used to living in a cold place.  
B) They feel lucky to live in Florida.  
C) They are going to have a holiday.  
D) They have not booked their air tickets yet.

由选项 a cold place, Florida, holiday, tickets 等词猜测对话内容可能与出行度假有关。

原文

M: They say there'll be a snow-storm tonight, and the cold weather will last quite a few days.

W: Oh! We're so lucky, we'll be getting away for a while, and having a holiday in Florida. But let's call right now to confirm our flight.

Q: What do we learn about the two speakers?

答案及详解

C)。推理判断题。对话中男士首先说到了糟糕的天气还将持续一段时间,随后女士说他们很幸运,因为他们要去佛罗里达度假从而可以躲避糟糕的天气,并且要确认机票,可以推断他们将要去度假。

- 3 A) He was pleased to get the medal.  
B) He was very courageous.  
C) He used to be a firefighter.  
D) He was accused of causing a fire.

四个选项都是在表述 He 的一些情况,但是从 firefighter 和 fire 等词猜测可能与火灾有关。

原文

W: Tony was awarded a medal for rescuing several families from the forest fire.

M: I really admire his courage.

Q: What do we learn about Tony from the conversation?



**答案及详解**

B)。综合推断题。女士提到 Tony 因从火灾中救出了多个家庭而获奖,男士则对 Tony 的勇气表示钦佩,因此可以推断出 Tony 在救灾中是非常勇敢的,B)符合题意。

由此可见,在听力中,根据已得到的信息和听者头脑中已有的经验,重视对听力材料的预测,便于听者理解听力材料并能提高听力的准确性和精确性,从而提高听者答对题的几率,提高听力理解试题的分数。

如何培养学生的预测能力呢?首先,养成预测的听力习惯。在听音过程中要利用播放指令和示例及各题之间的间隔时间浏览试卷上听力各题的选项。因为对话或短文内容,提出的问题与书面四个选项之间有着不可分割的联系,通过对备选答案的分析,可以做出对具体语境的联想,预先推测可能出现的话题和提出的问题,有目的,针对性地捕捉关键性的信息。其次,要丰富自己的英语文化背景知识。听力材料内容广博,题材多样。从天文地理到人物历史,从新闻报道到社会意识等,无所不含,涉及的英语文化知识十分丰富。中英文化存在着很大的差异,异域文化的语言习惯,思维方式,价值观念,行为准则往往直接影响着学生对听力材料的准确理解。听者由于知识面有限或跨文化历史背景知识的缺乏,常会感到听得懂单词听不懂内容,从而造成听觉认知上的障碍。所以听者要利用一切可以利用的资源丰富自己的英语文化知识,只有已有的背景知识和输入信息相互作用,才能有效地调动思维,正确地预测整个语篇,并且背景知识越丰富,对文章的整体把握越强,预测的准确率越高。

编者热切希望读者能从此书收益,在大学英语四、六级考试中获得好成绩。




## 典型真题一

## Section A

**Directions:** In this section, you will hear 8 short conversations and 2 long conversations. At the end of each conversation, one or more questions will be asked about what was said. Both the conversation and the questions will be spoken only once. After each question there will be a pause. During the pause, you must read the four choices marked A), B), C) and D), and decide which is the best answer. Then mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

11. A) She expected more people at her party.  
B) She enjoys entertaining small children.  
C) She threw a surprise party for her friend.  
D) She has always enjoyed great popularity.
12. A) They are not used to living in a cold place.  
B) They feel lucky to live in Florida.  
C) They are going to have a holiday.  
D) They have not booked their air tickets yet.
13. A) He was pleased to get the medal.  
B) He was very courageous.  
C) He used to be a firefighter.  
D) He was accused of causing a fire.
14. A) Make a profitable investment.  
B) Buy a new washing machine.  
C) Get parts for the machine from Japan.  
D) Have the old washing machine fixed.
15. A) He is pleased with his exciting new job.  
B) He finds the huge workload unbearable.  
C) He finds his office much too big for him.  
D) He is not so excited about his new position.
16. A) The woman is going to hold a big party tomorrow.  
B) The man has no idea what the right thing to do is.  
C) The woman doesn't know how to get to the party.  
D) The man offers to drive the woman to the party.
17. A) Drawing up a business plan.

 听力笔记



- B) Discussing a term paper.
- C) Finalizing a contract.
- D) Reviewing a co-authored article.
- 18. A) She ordered some paper.
- B) She had the printer repaired.
- C) She chatted online with a friend.
- D) She filled in an application form.

**Questions 19 to 22 are based on the conversation you have just heard.**

- 19. A) His health is getting worse.
- B) He can no longer work at sea.
- C) His past life upsets him a good deal.
- D) He has not got the expected pension.
- 20. A) She passed away years ago.
- B) She used to work as a model.
- C) She has been working at a clinic.
- D) She has been seriously ill for years.
- 21. A) She has made lots of money as a doctor.
- B) She is going to take care of her old dad.
- C) She has never got on with her father.
- D) She is kind and generous by nature.
- 22. A) He dines out with his wife every weekend.
- B) He is excellent but looks bad-tempered.
- C) He does not care about his appearance.
- D) He is not quite popular with his patients.

**Questions 23 to 25 are based on the conversation you have just heard.**

- 23. A) The man has sent the order to the woman by mistake.
- B) Some of the telephone systems don't work properly.
- C) Some of the packs do not contain any manuals.
- D) The quality of the goods is not up to the standard.
- 24. A) Send a service engineer to do the repairs.
- B) Consult her boss about the best solution.
- C) Pass the man's order to the right person.
- D) Solve the problem at her company's cost.
- 25. A) Ideal.
- B) Temporary.
- C) Partial.
- D) Creative.



## Section B

**Directions:** In this section, you will hear 3 short passages. At the end of each passage, you will hear some questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

### Passage One

Questions 26 to 28 are based on the passage you have just heard.

- 26. A) It is entertaining.  
B) It is a costly hobby.  
C) It takes lots of time.  
D) It requires training.
- 27. A) They can harm nearby plants.  
B) They may catch some disease.  
C) They fight each other for food.  
D) They may pollute the environment.
- 28. A) Place the food on warmer spots.  
B) Use prepared feed mixtures only.  
C) Avoid using any contaminated food.  
D) Continue the feeding till it gets warm.

### Passage Two

Questions 29 to 31 are based on the passage you have just heard.

- 29. A) He will betray even his best friends.  
B) He is able to make up good excuses.  
C) He will lie whenever he wants.  
D) He tries to achieve his goal at any cost.
- 30. A) She made him apologize.  
B) She readily forgave him.  
C) She broke up with him.  
D) She refused to answer his calls.
- 31. A) Buy her a new set of tires.  
B) Help clean her apartment.  
C) Lend her his batteries.

听力笔记



D) Move furniture for her.

听力笔记

### Passage Three

Questions 32 to 35 are based on the passage you have just heard.

32. A) The atmosphere they live in is rather unreal.  
B) Their parents put too much pressure on them.  
C) It's hard for them to get along with other kids.  
D) They have to live in the shadow of their parents.
33. A) He always boasts about his rich father.  
B) He will grow up to be good for nothing.  
C) He has too much to know the value of things.  
D) He is too young to manage his inherited property.
34. A) She wants Amanda to get professional care.  
B) She has no experience in raising children.  
C) She wants to show off her wealth.  
D) She has no time to do it herself.
35. A) The lifestyle depicted in Hollywood movies.  
B) The worship of money, beauty and pleasure.  
C) The attention the media focuses on them.  
D) The pursuing of perfection in performance.

### Section C

**Directions:** In this section, you will hear a passage three times. When the passage is read for the first time, you should listen carefully for its general idea. When the passage is read for the second time, you are required to fill in the blanks numbered from 36 to 43 with the exact words you have just heard. For blanks numbered from 44 to 46 you are required to fill in the missing information. For these blanks, you can either use the exact words you have just heard or write down the main points in your own words. Finally, when the passage is read for the third time, you should check what you have written.

Around 120 years ago, Ebbinghaus began his study of memory. He (36) \_\_\_\_\_ on studying how quickly the human mind can remember (37) \_\_\_\_\_. One result of his research is known as the total time hypothesis (假设), which simply means the amount you learn (38) \_\_\_\_\_ on the time you spend trying to learn it. This can be taken as our first rule of learning.

听力笔记

Although it is usually true that studying for four hours is better than studying for one, there is still the question of how we should use the four



hours. For example, is it better to study for four hours (39) \_\_\_\_\_ or to study for one hour a day for four days in a (40) \_\_\_\_\_? The answer, as you may have (41) \_\_\_\_\_, is that it is better to spread out the study times. This (42) \_\_\_\_\_, through which we can learn more (43) \_\_\_\_\_ by dividing our practice time, is known as the distribution of practice effect. Thus, (44) \_\_\_\_\_

But we're not finished yet. We haven't considered how we should study over very short periods of time. (45) \_\_\_\_\_ . Should you look at the same word in rapid succession, or look at the word and then have some delay before you look at it again? (46) \_\_\_\_\_

## 典型真题二

### Section A

**Directions:** In this section, you will hear 8 short conversations and 2 long conversations. At the end of each conversation, one or more questions will be asked about what was said. Both the conversation and the questions will be spoken only once. After each question there will be a pause. During the pause, you must read the four choices marked A), B), C) and D), and decide which is the best answer. Then mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

11. A) Only true friendship can last long.  
B) Letter writing is going out of style.  
C) She keeps in regular touch with her classmates.  
D) She has lost contact with most of her old friends.
12. A) A painter. B) A mechanic.  
C) A porter. D) A carpenter.
13. A) Look for a place near her office.  
B) Find a new job down the street.  
C) Make inquiries elsewhere.  
D) Rent the \$ 600 apartment.
14. A) He prefers to wear jeans with a larger waist.  
B) He has been extremely busy recently.  
C) He has gained some weight lately.  
D) He enjoyed going shopping with Jane yesterday.
15. A) The woman possesses a nature for art.  
B) Women have a better artistic taste than men.