



# TOPWAY

## 淘金高阶

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TEST FOR  
ENGLISH MAJORS  
— GRADE EIGHT

上海外国语大学  
王兴扬 审订

# 记笔记强化与高分听力

## 英语专业 8 级

### 从记笔记突破专8听力



MP3  
版

记笔记  
+ 题  
套题

**记笔记强化** 解决记什么、怎么记、如何填的难题  
**套题训练** 锐化题感, 通向高分的听力综合训练

上海外语教育出版社



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## 记笔记强化与高分听力

英语专业 ⑧ 级

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# **《淘金高阶英语专业 8 级记笔记 强化与高分听力》**

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# 前言

讲座记笔记对很多专八高手来说,也是一种难以掌握的神秘武功。究竟该怎么记笔记,就像寻找失传已久的武林秘籍一样难。很多考生在考场上拼尽全力,却像沙漏一般抓得越紧、漏得越多,慌乱中记下的都是些无关紧要的词,答题时还是一筹莫展。《专八记笔记强化与高分听力》正是为解决讲座记笔记这一难题而编写的。本书的主要特色如下:

## 提炼技巧

### 一、记什么?

听力讲座长达7分钟,信息量如此之大,要一字不漏地记下,恐怕神仙也做不到。那么记笔记究竟应该记下什么?放弃什么?怎样才能知道这些词就是关键信息?这是首先要解决的问题。相信考生看过本书总结提炼的7个技巧后,会对“记什么”成竹在胸。

### 二、怎么记?

知道了“记什么”,这只是一个好的开始。边听边记,听和记是同步的,这就是难题所在。很多考生为了记下完整的单词或句子,错过甚至放弃了去听下一个可能更重要、更关键的词或者句子的机会,结果当然是得不偿失了。本书总结了一些常用的速记方法,帮助考生在听的同时快速有效地做笔记。

### 三、如何填?

答题时,考生会发现并不是所有要填的单词都恰好奇迹般地出现在笔记中。找不到现成的答案怎么办?有办法!如果是不小心漏记了,本书为考生准备了灵机一动猜答案的妙招。如果答案根本就不曾在录音中出现过,那就学会如何归纳总结吧。

## 强化训练

### 一、强化训练,锐化题感

本书特别设计了24篇讲座专项训练题和8套综合训练题。这些试题与专八真题极其接近,在命题规律和考查难度上高度吻合,供考生进行强化训练。通过这些训练,考生不仅能够将记笔记技巧运用自如,更能培养快速判断正确答案的敏锐题感,大大提高考试成绩。



## 二、笔记模板,脉络清晰

本书的32篇讲座都提供了参考笔记,层次清晰,体现了对技巧的熟练运用。考生在记笔记后可对照参考笔记,找到更快速有效的笔记方法。

## 三、精辟解析,一针见血

本书训练题的解析阐述解题思路,一针见血,把重点放在“到位”二字上,帮助考生以最快的速度选出正确答案,达到事半功倍的训练效果。

## 四、画龙点睛,技巧再现

本书特设“点睛”一栏,针对每道题的特点,教会考生正确的思维方式。另外,也提供一些万一考生什么也没听懂或记下时的“应急之招”。

编者

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Part

# 1

听力记笔记填空技巧突破

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# 第1章

## 考点突破——记什么？

### 技巧 1: 抓主题、记实词

文章的开头和结尾部分通常是对讲座主题的介绍和总述,因此在听和记笔记的过程中要能够基本掌握文章的结构特点,抓住主题和各分论点的内容。一般来说,讲座文章通常采用总-分-总的结构,因此显得中心突出,结构清晰,层次分明。此外,(开头)主题、分论点或结论句中出现的关键词、动词和形容词等,或对某一事物特点的描述以及分述各点时的细节描述性词汇都是表达信息的主要载体。这些关键词多是基于整个主题要点及其重要细节的实词。

#### Sample 1

**【录音】**We can learn from these speakers, whose ability to talk effectively was central to their success, as is the case with so many successful people in every profession. Brevity is the first thing we can learn from them.

**【记录重点】**此部分是文章的总结综述部分,是重要信息。记录时,要分层次记录,在理解的基础上记下重点的名词、动词、形容词等实词,如 ability, effectively, central, success, profession, brevity 等,避免虚词和重复词的记录,如 can, to, as, with, learn 等。

**【笔记】**learn, ability, talk, effectively, central, success,  
profession,  
brevity, 1st

**【题目】**Therefore, brevity is essential to the (10)\_\_\_\_\_ of a speech.

[TEM-8, 2000]

**【解析】**根据题目空格前的定冠词 the,可知空格内应填入名词性的实词。根据大意,应选择笔记中的名词 success,或它的近义词 effectively,但要将其改为名词形式 effectiveness。

**【答案】**success/effectiveness

#### Sample 2

**【录音】**Question number three: Can you cut the topic down to a manageable size?

**【记录重点】**这篇听力材料在谈到如何选择学术论文课题时提出了四个问题作为分

论点,其后的具体内容是常考之处;记录时,注意名词、动词、形容词等实词。记下 topic, manageable size, 省略冠词 the, a 等虚词。

【笔记】No.3, topic ↓, manageable size?

【题目】Question No. 3: Narrowing the topic down to (9)\_\_\_\_\_ [TEM-8, 2005]

【解析】此题的原文 Question No. 3...是原文主题的分项内容,应予以重视。在笔记中找到对应信息 manageable size 后还要考虑答案是否符合语法要求,再确定是否添加不定冠词 a。

【答案】a manageable size



## 专项训练

### Mini-lecture 1

#### Creative Thinking

#### I. Facts to be known about creative thinking

- A. People are creative by nature
- B. It isn't developed enough in (1)\_\_\_\_\_ (1)\_\_\_\_\_
- C. It's the distinctive (2)\_\_\_\_\_ of human being (2)\_\_\_\_\_

#### II. The role of creative thinking in all areas of one's life

- A. Creative thinking will always be (3)\_\_\_\_\_ whatever you do (3)\_\_\_\_\_
  - it helps generate what repetitive procedure should first be
  - developing the skill of it helps one to get to the top of a field or to (4)\_\_\_\_\_ in their field (4)\_\_\_\_\_
  - it gives one the edge that really differentiates himself from other people
  - it helps one (5)\_\_\_\_\_ a new set of procedures to follow (5)\_\_\_\_\_
  - it helps one to absorb new knowledge and experiences
- B. Creative thinking is the key to opportunities
  - wide application of man's creativity in internet, airplane, etc.
  - a whole new realm of opportunities resulting from (6)\_\_\_\_\_ (6)\_\_\_\_\_
    - a) a happier home atmosphere
    - b) more (7)\_\_\_\_\_ brought about by diet and exercise (7)\_\_\_\_\_
    - c) an additional stream of income brought about by a side business
    - d) interpersonal relationship brought about by gym and network
- C. Creativity promotes initiative and (8)\_\_\_\_\_ (8)\_\_\_\_\_

- people having strong sense of personal responsibility and initiative
- with initiative, people becoming more optimistic
- one of the best ways to cope with the (9)\_\_\_\_\_ (9)\_\_\_\_\_

III. Easiest ways to develop creative thinking, and your gains

- A. Taking your ideas seriously and (10)\_\_\_\_\_ (10)\_\_\_\_\_
- B. Getting to know the true power of creative thinking

Mini-lecture 2

How to be an Expert

I. Background information about the speaker

- A. Being an expert in anthropology himself
- B. Starting considering the question when attending a (1)\_\_\_\_\_ (1)\_\_\_\_\_
- thinking about how to become the person to be needed
- and how to become experts in one's field

II. What's an expert: five (2)\_\_\_\_\_ of being real experts (2)\_\_\_\_\_

- A. Immense working knowledge of a specific field
- (3)\_\_\_\_\_ (3)\_\_\_\_\_
- knowing where to find information not memorized
- B. Significant experience working with that knowledge
- applying it in creative ways
- solving problems with (4)\_\_\_\_\_ solutions to refer (4)\_\_\_\_\_
- identifying problems not noticed

C. (5)\_\_\_\_\_ (5)\_\_\_\_\_

- making one a slave to the problem without such ability
- having no time to develop your expertise without such ability

D. (6)\_\_\_\_\_ (6)\_\_\_\_\_

- expertise: ultimately social
- experts: embedded in a wider social web

E. Curiosity

- curious about their fields
- able to recognize their understanding limitations, etc.

III. How to become an expert

- A. Through schooling, (7)\_\_\_\_\_, etc. (7)\_\_\_\_\_
- B. No "quick and easy" way
- C. Things for you to focus on

- perpetual learning
- a) being aware of one's (8) \_\_\_\_\_ of current knowledge (8) \_\_\_\_\_
- b) lifelong learning process
- networking
- a) strong connections with people in the same field
- b) earning to promote oneself
- practice: (9) \_\_\_\_\_ one's expertise through daily practice (9) \_\_\_\_\_
- presentation skills
- a) web design and power point
- b) writing, drawing, public speaking, the way you dress
- (10) \_\_\_\_\_ widely so that (10) \_\_\_\_\_
- a) people understand why they need an expert
- b) you won't be the only person to solve a problem



## 答案与解析

### Mini-lecture 1

#### Creative Thinking

Good morning, everyone. In today's lecture, I'd like to discuss the very hot issue: creative thinking, which is especially important for college students.

Whether you personally believe it or not, we are all creative by nature. Every one of us. Think back to when you were a child and there will lay all the proof you need to realize this simple fact.

[1]The problem is that creative thinking is something that's not emphasized or developed enough in secondary education. It's encouraged in primary school, but slowly discouraged later on as you are taught to follow instruction instead.

The irony here is that creative thinking is one of the most important skills that you will ever develop in your life and it's one of the only things that humans will ever have a monopoly on. [2]No animal or supercomputer can compare to the human capability of creative thinking. Creative thinking is a critical life skill and it's the byproducts of creative thinking that make it such an important skill worth developing. Creative thinking helps in all areas of your life. To illustrate, let's look at one component of your life, namely work as it takes up a majority of your time to show this simple fact.

[3]At the beginning, one of the most important point is that creativity will

always be in demand, regardless of what industry you're working in. It's cross marketable and if you've developed your creative thinking skills to a point where you can draw upon it at any time, [4]it's one of those things that will give you the edge that really differentiates yourself from other people. If you think about it, most jobs out there are "systemized", meaning that each person is trained to engage in repetitive activity. Businesses want to profit and in order to profit, they have to develop efficient systems where each worker is doing their part well and in order to do their part well, they must be constantly executing roughly the same set of procedures. Anybody can execute a given set of procedures with training, but it takes creative thinking to generate what that procedure should be in the first place. Because of that, developing creative thinking skills is one of the quickest ways to get to the top of your respective field [5]because instead of following procedure, you initiate and create it. By utilizing your creative thinking, you can present those ideas and more often than not, if approved by management, you will be the one initiating and creating a new set of procedures to follow. So instead of following the repetitive system that was laid before you, you lead thanks to your creative thinking. You implement your ideas and as you do, you start to absorb new knowledge and experiences that will help you further down the road. You start separating yourself from other people and what this does is it starts to open a whole new set of opportunities.

Secondly, creative thinking is the key that opens doors to a whole new realm of opportunities. Look at what the Internet did. The airplane. The automobile. [6]The opportunities that resulted from these creative endeavors are countless. Everywhere you look, you see the end result of man's creative thinking at work. When you use creative thinking, you create opportunities all around you. So as you start researching time management, health and fitness, business and finance, and use your creative thinking to "stitch" together the knowledge you've acquired and implement the ideas that result, which creates opportunities that seem to come pouring into your life. You spend more time with the wife and kids, have a happier home atmosphere, [7]you have more energy thanks to your diet and exercise, you save money and create an additional stream of income that you use to finance a side business you're working on, you meet people that can help you with your business at the gym and network with them, etc. The opportunities will come thanks to the fruits of your creative thinking.

[8]Thirdly, creative thinking promotes initiative and optimism. To be more

specific, creative thinking gets you out of playing a passive role and puts you in more aggressive mode. A strong sense of personal responsibility and initiative gets instilled and that in turn, really makes you feel "alive" because you feel firmly in control of your life. With that newfound strong sense of initiative, you become less of a pessimist and more of an optimist because even if a problem represents itself, you know you have the creative faculty to figure out what the solution is. [9] As a result, in a world where change is so constant, creative thinking becomes one of the best ways to cope with it. Creative thinking is one of the most important ways you can develop that initiative of doing it yourself. So take the initiative and see what path creative thinking leads you on.

So what's the easiest way to develop creative thinking skills? [10] It's to take seriously your ideas and implement them. When you do, you give a subtle signal to yourself that implies your ideas are worth it, and when you implement those ideas and see the opportunities and the beneficial byproducts that ensue, you'll then know the true power of creative thinking. Encourage and breathe life into it. Do not stifle it. Let it soar free.

To sum up, creative thinking is one of the best skills you will ever develop in your lifetime and the great thing about it is you already have it within you. You just have to develop it.

【笔记】Topic: creative thinking, 重要, College stu. creati. Nature

Pro: creat. think. × emph./develp secondary edu.

skill, human monopoly, × animal/computer, human capability

creat think skill, byproduct important, help, all, 1 component life, show fact

1. most impor. creativity, in demand

marketable develop creat think skill

give u edge differentiat, jobs systemiz=engage repetitive activity

business profit, efficient

creative, × following procedu, initiate & create

implement idea, absorb knowl.&exper., 机会

2. key: 机会

eg. internet, 飞机, automobil, 机会←努力

researching time 管理, stitch knowl.

eg. ↑ time →wife & kids, happier 氛围



↑ energy : diet & exer.

↑ money, side business

meet 人, help bus.

### 3. initiative & optimism

out of passive, in aggressive

↓ pessimist, solution, constant change

initiative of doing

### 4. easiest, creative think, take idea & implement

总结: creat think best skill, develop

#### 1. 【答案】secondary education

【解析】讲座的主题是创造性思维,其中说到创造性思维在中学教育(secondary education)中并没有被充分地强调或展开,可知答案为 secondary education。

【点睛】此题为有关创造性思维的其中一个事实,听时应留意。

#### 2. 【答案】capability/ability

【解析】此题讲到创造性思维是人类拥有的最重要和独特的技能,即任何动物或超级计算机都无法与人的创造性思维能力(capability)相比较,可知答案为 capability 或 ability。

【点睛】提示词 compare to 后的信息是常考之处,应注意作笔记。根据考题空格前的形容词 distinctive 可知,空白处应填入名词性实词。

#### 3. 【答案】in demand/required/demanded

【解析】此题谈论创造性思维的角色和作用,原文录音“其中最重要的一点是:创造性思维一直广受欢迎”,可知答案为 in demand 或 required, demanded。

【点睛】要点提示词 at the beginning, most important 等后的信息常考;另外根据考题空格前的 be 可知,空白处可填入介词短语、形容词、过去分词或表被动意义的动词词组。

#### 4. 【答案】stand out

【解析】录音材料提到,拥有创造性思维注定让你与众不同,可知答案为 stand out。

【点睛】此题从录音中不能直接得出,可根据关键信息 differentiates yourself from other people 来推断答案。

#### 5. 【答案】initiate and create

【解析】此题谈论创造力在重复性工作的重要性,录音材料提到,因为你是创造它,而不是紧跟流程,可知答案为 initiate and create。

【点睛】表因果的信息是常考之处,笔记中不可忽视。根据考题空格前信息可知结

构为 help sb. do sth., 空白处应填入动词原形。

6. 【答案】creative endeavors/creative thinking

【解析】此题讲述创造性思维和机会之间的关系。录音原文提到,由这些创意(creative endeavors)所产生的机会数不胜数,可知答案为 creative endeavors 或 creative thinking。

【点睛】提示词 resulted from 后的信息不可忽视。另外,文章中反复提到的概念或关键词也是常考之处。

7. 【答案】energy

【解析】此题具体举例说明创造性思维可带来机会。录音中提到,由于你的日常饮食和锻炼,你获取了更多的能量(energy),由此可知答案为 energy。

【点睛】细节题。提示词 more, thanks to 后的信息值得注意。

8. 【答案】optimism

【解析】录音中提到“Thirdly, creative thinking promotes initiative and optimism”, 由此可知答案为 optimism。

【点睛】序列词之后的信息是常考之处,笔记时应特别注意。根据考题空格前的 and 可知,空白处应填入与 initiative 并列的名词性实词。

9. 【答案】constant change

【解析】此题解释说明创造力为何能使人们变得乐观,原文录音“结果,在不断变化(constant change)的世界里,创造性思维就成了与之抗衡的最佳方式之一。”对照题目,由此可知答案为 constant change。

【点睛】表结果的信息是常考之处。也可根据考题前的定冠词 the, 空白处应填入实词性的名词。

10. 【答案】implementing them/carrying them out

【解析】文章先谈论创造性思维的重要性,在总结部分提出如何培养此项技能,并给出回答,即“It’s to take seriously your ideas and implement them”, 由此可知答案为 implementing them 或 carrying them out。

【点睛】①总结部分的内容是重要信息,在笔记中不可忽视。此外,语气的转变也应引起注意,特别是对问题的回答。②根据考题空格前的 and 可知,空白处应填入与 taking 并列的动词-ing 形式。

## Mini-lecture 2

### How to be an Expert

Hi, everyone. I’ve been thinking lately, what makes someone an “expert” in his or her field, which is also the topic of today’s lecture. As far as I know,

Lorelle has been thinking the same thing, because she recently wrote a post called *What Gives You the Right to Tell Me?* at the Blog Herald that explores the issue of expertise in some depth.

[1]For me, this question started to occur to me when I was invited to speak at an academic conference on anthropology recently. Apparently, I have become an expert on the topic, someone people look to when they want more information.

How did that happen? This is not a topic I studied at school or the subject of my dissertation; in fact, it wasn't even really a topic at all until the US Army released their new counterinsurgency field manual last year and started for operations in Iraq and Afghanistan. Thinking about how I came to be a "go-to" person on this topic has gotten me thinking about how anyone becomes the person to call when you need help, about how people become experts in their field. In fact, anyone who thinks they have learned everything there is to know about a topic probably isn't an expert—I'd call them something closer to "rank amateur".

Let's start with this question: What's an expert? While knowledge is obviously an important quality of expertise, it's only one of several factors that make someone an expert in their field. [2]I've come up with five characteristics of real experts: [5]/[6]knowledge, experience, communication ability, connectedness and curiosity. Now let's come to them respectively in detail.

Clearly being an expert requires an immense working knowledge of your subject. [3]Part of this is memorized information, and part of it is knowing where to find information you haven't memorized.

In addition to knowledge, an expert needs to have significant experience working with that knowledge. [4]He or she needs to be able to apply it in creative ways, to be able to solve problems that have no pre-existing solutions they can look up—and to identify problems that nobody else has noticed yet.

[5]Expertise without the ability to communicate it is practically pointless. Being the only person in the world who can solve a problem, time after time after time, doesn't make you an expert, it makes you a slave to the problem. It might make you a living, but it's not going to give you much time to develop your expertise—meaning sooner or later, someone with knowledge and communication ability is going to figure out your secret, teach it to the world, and leave you to the dustbin of history.