

英语部落

新东方名师倾情巨献

李尚龙

新东方名师

# 大学英语 四级听力

李尚龙 主编

听力方法  
传学习捷径

中央广播电视大学出版社

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图书在版编目 (CIP) 数据

新东方名师大学英语四级听力 / 李尚龙主编. —北京:  
中央广播电视大学出版社, 2014. 9  
ISBN 978 - 7 - 304 - 06738 - 0

I. ①新… II. ①李… III. ①大学英语水平考试—听说  
教学—习题集 IV. ①H319.9 - 44

中国版本图书馆 CIP 数据核字 (2014) 第 203343 号

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出版·发行: 中央广播电视大学出版社

电话: 营销中心 010 - 66490011 总编室 010 - 68182524

网址: <http://www.crtvup.com.cn>

地址: 北京市海淀区西四环中路 45 号 邮编: 100039

经销: 新华书店北京发行所

---

策划统筹: 李 朔

策划编辑: 辛 颖

责任编辑: 辛 颖

责任印制: 赵联生

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印刷: 北京中科印刷有限公司

版本: 2014 年 9 月第 1 版

2014 年 9 月第 1 次印刷

开本: 146mm × 210mm

印张: 8.375 字数: 378 千字

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书号: ISBN 978 - 7 - 304 - 06738 - 0

定价: 19.00 元

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(如有缺页或倒装, 本社负责退换)



## 序 FOREWORD

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北京新东方学校大学英语四六级备考教学团队在全国大学英语四六级考试教学中处于领头羊的地位。北京新东方学校大学英语四六级备考教学团队中，讲授阅读、听力、写作、翻译等多个板块的教师，不乏当之无愧的“一哥”或“一姐”。他们不仅长期战斗在四六级备考教学一线，而且均有深厚的英语专业学术背景，更为难得的是，还具有严谨的教学态度。他们的教学方法科学却不失趣味，注重基础的同时更强调方法的正确性和高效性，因此受到广大考生的欢迎。另外，连续多年参加四六级考试写作、翻译等阅卷的经历，也使得他们在把握易错难题和备考方向上，有着明确清晰的目标和思路。此外，他们还是多家媒体、网站、报纸的特约撰稿人，以及多个网站和教学平台的主讲教师，他们的身影活跃在新东方在线、新东方网、新浪网、腾讯网、考试吧、《21世纪报》、《新东方英语》、中国教育考试网、沪江网等多个媒体平台。

“新东方名师系列丛书”即由这些“一哥”“一姐”担纲编写。本系列丛书汇集了这些“一哥”“一姐”十数年讲授四六级考试辅导课程的精华，既再现了他们在新东方课上传授的知识，又补充了课堂所限无法完全讲授的内容；既翔实介绍了大学英语四六级考试各个板块的题型设置、备考方略，又注重实力和方法的高效结合。可以说，本系列丛书是新东方多位“一哥”“一姐”实践教学经验、课堂知识、科学方法集大成之作，是一套不可多得的四六级考试辅导用书。

在大学英语四六级备考的道路上，选择一套针对性强、专业性强、贴近考生真实需要、可以使考生茅塞顿开的辅导材料至关重要，本套丛书即是广大考生的不二之选。本套丛书不仅适用于那些迷茫于如何通过四六级考试及正在努力冲刺



高分的考生，还适用于希望通过四六级备考为考研、雅思、托福或其他高级别英语测试打下基础的考生。

成功的取得，离不开科学的学习方法、辛勤的付出和不懈的追求，本套丛书将与广大考生一路相伴，风雨无阻！

新东方名师系列丛书编写团队



## 前言 PREFACE

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算到今天，我已经在新东方这个讲台上讲授英语四级听力这门课四年了。在这个过程中，也讲过六级听力、专四听力、考研英语阅读等课程，但还是觉得四级是最重要的一门课，没有之一。

大学英语四级考试是学生大学四年来所遇到的第一个国家级英语类考试，也是最能为学生英语学习打基础的考试。很多人在高考结束后就不再碰英语了，所以考四级的目标不仅仅是通过考试，更重要的是在准备这门考试的过程中，提升自己的英语能力，以便能为将来的六级、研究生、托福这样一些真正能在我找工作、出国深造等方面起到至关重要作用的考试打下一个坚实的基础。所以，我在上课和编写本书时都将大量英语基础词汇和英语学习方法贯穿其中，因为这两样更为重要，希望你也能多加重视。

四级听力在四级考试中所占比重是最大的，占了 35%，达到 249.5 分（总分 710 分），所以，得听力者得天下，反之，如果听力太差，你可能就要……

备考四级听力也是为英语听力能力打基础的过程，随着这两年四级听力难度的加大，语速从原来的一分钟 120 词变成了 130 ~ 140 词，几乎接近了六级的语速。有考生经常抱怨四级听力语速过快，但实际上美国人正常聊天的语速大概是每分钟 180 词，所以，有出国打算的同学，就要把四级听力的目标设置得高一些。而针对一般同学，我在课堂上的要求是，听力考试至少要考到 160 分以上，这样总分才不会特别被动。想要拿到这个分数，最好的方式就是我在上课时讲过的“三遍法”，最好的材料就是四级真题和美剧。

关于四级真题材料，我的建议是使用 2008 年以后的题目作为综合训练的内



容，当然之前的题目也要引起重视，这些可用来打基础。而 2013 年以后的题目，就在考试前一周用来自测吧。2008 年到 2012 年的题目，尤其是短对话和短文听力部分，都要运用“三遍法”进行模考。第一遍，把题目做出来，无论你用什么方法，猜都可以，勾画选项，扎扎实实听完 30 分钟，听完后对答案，给自己一个大致的评判。第一遍做完后，千万不要把这道题放在那里就完了，记得去听第二遍，而第二遍的目的是去精听。无论你所给的答案是否正确，都应该去听第二遍，听懂每一句话，不停地按暂停键，跟读、复述每句话，这一遍是最提升听力水平的。最后一遍，我称之为“裸听”。所谓“裸听”，就是什么也不要，像平时听歌那样听完每句话。可以用生活中的“鸡肋”时间去听这第三遍。坚持采用“三遍法”，你最终会有意想不到的收获。

好了，讲了这么多，听力练习其实就是一个使用正确方法“熬”时间的过程，掌握正确的学习方法并持之以恒，是学习英语的必要条件，哦，其实是学习所有东西的必要条件。愿这本书能够伴随你左右，在学习的道路上不孤单。

李尚龙



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## 第一部分

### 短对话专项练习

#### 样题 1

**Directions:** In this section, you will hear short 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 1** with a single line through the centre.

1. A) The party will be crowded.  
B) The man will do his assignment before the party.  
C) She's not going to the party.  
D) The man won't be able to go to the party.
2. A) The man should ask John to be his roommate.  
B) The man's current roommate is moving.  
C) The woman changed her mind about moving.  
D) The woman is looking for a roommate too.
3. A) Bill has found an acting job.  
B) Bill was at his last job a long time.  
C) Bill's new position as the boss is challenging.  
D) Bill's behavior could cause him to lose his job.
4. A) He has to work late tonight.  
B) He'd rather go at another time.  
C) He's already seen the show.  
D) It'll be hard to get to the auditorium on time.
5. A) He'll attend both the concert and the party.  
B) He'll change his plans at once.



- C) He has saved a place for Janet.  
D) He regrets that he can't go to the party.
6. A) She thinks Mary is too critical.  
B) She doesn't know how to react.  
C) She thinks the man is too sensitive.  
D) She wants to know what the man thinks.
7. A) The man shouldn't have invited her roommate to the meeting.  
B) Her roommate was unable to attend the meeting.  
C) Her roommate is unreliable about delivering messages.  
D) She forgot about the time change.
8. A) She does a lot of part-time work in museums.  
B) She isn't really interested in art museums.  
C) Her artwork is displayed in a museum.  
D) She has a large art collection.

## 样题 2

**Directions:** *In this section, you will hear short 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 1** with a single line through the centre.*

1. A) She's only known Becky a short time.  
B) She saw Becky recently.  
C) She and Becky usually go to the market together.  
D) Becky has been away for a week.
2. A) Down jackets are now on sale.  
B) She can't wait for winter to arrive.  
C) It's hard to know how heavy a jacket to buy.  
D) She needs a warm jacket.
3. A) He has trouble remembering when things happen.  
B) He usually forgets to meet people for appointments.  
C) He doesn't like to go out on dates.  
D) He doesn't want to reveal Thomas' birth date.

4. A) She'll find the reference books for the man.  
B) The paper is already long enough.  
C) The information may be inaccurate.  
D) The man's ideas are good enough to be published.
5. A) She doesn't enjoy going to the beach.  
B) The beach was closed.  
C) There wasn't enough food for everyone at the barbecue.  
D) The barbecue was cancelled because of the weather.
6. A) The doctor can see the man this week.  
B) Appointments must be made two weeks in advance.  
C) The man should call back on Friday.  
D) The doctor cancelled his appointments on Friday.
7. A) The woman will probably sleep all weekend.  
B) The woman will have to work day and night to finish.  
C) The woman should type the reports in the morning.  
D) The woman should rest before she begins typing.
8. A) They need to turn up ahead.  
B) She doesn't know where State Street is.  
C) There was no left turn at the last intersection.  
D) The man missed the turn.

### 样题 3

**Directions:** In this section, you will hear short 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 1** with a single line through the centre.

1. A) He has already seen the movie.  
B) He wishes he could go to the movie.  
C) He wants to recopy his notes.  
D) He's planning to go to the movie tomorrow.
2. A) She prefers big bills when traveling.  
B) She'd rather take traveler's checks than cash.



- C) Traveler's checks don't fit in her wallet.  
D) It's convenient to have cash on hand when traveling.
3. A) She doesn't think Professor Brown will give an exam.  
B) Professor Brown won't be finished grading the exams.  
C) Exams are usually given during the last week of classes.  
D) Professor Brown probably won't change the exam date.
4. A) There aren't many posters to choose from.  
B) She wants the man to see the poster she bought.  
C) They promised to meet her brother at the gift shop.  
D) They must buy something for her brother.
5. A) He's taking Susan's parents to a seafood restaurant.  
B) He enjoys going fishing.  
C) He went fishing with Susan's father over the weekend.  
D) He knows Susan's parents very well.
6. A) She's never been treated by Dr. Smith.  
B) She's been sitting in the waiting room too long.  
C) Dr. Smith isn't a good choice.  
D) She'd like to recommend a magazine to the man.
7. A) Go to a different doctor.  
B) Ask her doctor for a different medication.  
C) Change her appointment.  
D) Avoid taking any medication.
8. A) Mail the woman a catalog as soon as possible.  
B) Look for an extra catalog for the woman.  
C) Give the woman the information she needs from the catalog.  
D) Tell the woman when she can pick up a new catalog.

#### 样题 4

**Directions:** In this section, you will hear short 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 1 with a single line through the centre.*

1. A) She bought some pottery from Lisa.  
B) Lisa is preparing the exhibition by herself.  
C) She hasn't seen Lisa's pottery.  
D) She's very impressed by Lisa's work.
2. A) He didn't realize that he was disturbing the woman.  
B) He doesn't understand why the woman can't concentrate.  
C) He didn't hear what the woman said.  
D) He thinks woman should turn off the stereo.
3. A) He won't be able to go to the lab today.  
B) He thinks the woman is being unfair.  
C) He agrees that the workload is heavy.  
D) He feels the assignment is reasonable.
4. A) She doesn't understand modern art.  
B) She doesn't like the work of certain artists.  
C) She's learned to appreciate the sculptures.  
D) She agrees with the man about the sculptures.
5. A) Make a decision quickly.  
B) Study Italian with him.  
C) Find out about courses.  
D) Offer to teach Italian at the community college.
6. A) She needs to have her hair cut more often.  
B) She hasn't had a haircut recently.  
C) The man shouldn't joke about other people's haircuts.  
D) Her hairdresser has been away for at least a month.
7. A) The man should have used different film.  
B) The man should buy a new camera.  
C) It's easier to take pictures outdoors.  
D) Taking pictures of faces is difficult.
8. A) They should wait for John to bring the dessert.  
B) He wants to take John out for dinner.  
C) The dessert also looks impressive.  
D) He helped John make the sandwiches.

## 样题 5

**Directions:** In this section, you will hear short 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 1** with a single line through the centre.

- A) She requested materials a day in advance.

B) She got a job in the rare-book section of the library.

C) She called the head of the library.

D) She arrived before the library opened.
- A) Professor Burke will distribute calculators to the students.

B) Calculators will be useful in the class.

C) Statistical calculations should be done by hand.

D) It's necessary to take a statistics class before taking calculus.
- A) He's probably still asleep.

B) He spends a lot of time in the lab.

C) She needs to check his work.

D) She has no idea where he is.
- A) She didn't buy the coat.

B) She's glad the coat fit her so well.

C) She thought the coat was overpriced.

D) She bought the coat on sale.
- A) He is going to work on his mother's house.

B) His house is very warm in this weather.

C) He doesn't have time to work on the house.

D) He has been waiting for good weather to repair his house.
- A) The man should consider studying abroad.

B) The man won't be able to change Jan's mind.

C) The man should try to get to know Jan better.

D) Jan probably doesn't want to study abroad.
- A) She's surprised the movie won so many awards.

B) There aren't many movies she's interested in seeing.

C) The man should watch the awards ceremony.

D) The movie is probably worth seeing.
- A) He is tired of waiting for assistance.

B) He doesn't have to ask his friends for help.

- C) His foot hurts too much to walk.  
D) He doesn't like to bother people.

### 样题 6

**Directions:** In this section, you will hear short 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 1** with a single line through the centre.

- A) She took the newspaper out of the man's briefcase.  
B) The briefcase is on top of the newspaper.  
C) The man meant to take an article out of his briefcase.  
D) The man will soon remember what he wanted.
- A) It wasn't a good investment.  
B) It should have lasted longer.  
C) The man should buy new parts for it.  
D) The man won't be able to get it repaired.
- A) To ask for special permission to take a class.  
B) To discuss his grade.  
C) To find out about an introductory course.  
D) To discuss his project.
- A) Proofreading her report.  
B) Trying to ask a complicated question.  
C) Discussing a contract.  
D) Politely refusing to get into an argument.
- 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.
- 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.

7. 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 the last time.
8. 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.

### 样题 7

**Directions:** In this section, you will hear short 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 1** with a single line through the centre.

1. 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.
2. 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.
3. 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.
4. 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.
5. A) He should do more.  
 B) She'd be glad to help him.  
 C) He should be paid.  
 D) He's done a lot.



6. 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.
7. A) Sit down to eat.  
 B) Take the woman's order.  
 C) Look for some apples.  
 D) Remove the woman's unfinished salad.
8. 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.

### 样题 8

**Directions:** *In this section, you will hear short 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 1 with a single line through the centre.*

1. 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.
2. A) Reschedule the meeting.                      B) Cancel his membership.  
 C) Take some time to decide.                      D) Talk to the committee.
3. 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.
4. 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.