LISTENING PRACTICE FOR CET 4

新 视 角

大学英语四级
听力教程

云 虹 ◎主编

吕军录 郑 晶 梁 勇 ◎副主编

（含MP3光盘）

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上海交通大学出版社
SHANGHAI JIAO TONG UNIVERSITY PRESS

内容提要

　　全国大学英语四、六级考试委员会决定自 2016 年 6 月起对四、六级考试的听力试题作调整。为帮助考生熟悉听力考试改革的目的和新题型,本书对调整后的四级听力考试题型进行分析,并编写了十套练习题,详细解说新的英语四级听力训练注意事项和解题技巧,以帮助广大非英语专业学生应对改革后四级听力考试,提高他们四级考试过关率和实际的英语听力水平。

前 言

一、大学英语四级听力考试调整综述

为了进一步提高听力测试的效度,全国大学英语四、六级考试委员会决定自 2016 年 6 月考试起对四、六级考试的听力试题作局部调整。

四级旧题型

测试内容	测试题型	题量	分值比例
短对话 8 个	选择题(单选)	8 题	8%(每题 1 分)
长对话 2 篇	选择题(单选)	7 题	7%(每题 1 分)
听力篇章 3 篇	选择题(单选)	10 题	10%(每题 1 分)
短文听写	填空题	10 题	10%(每题 1 分)

四级新题型

测试内容	测试题型	题量	分值比例
短篇新闻 3 段	选择题(单选)	7 题	7%(每题 1 分)
长对话 2 篇	选择题(单选)	8 题	8%(每题 1 分)
听力篇章 3 篇	选择题(单选)	10 题	20%(每题 2 分)

调整的具体内容为:
(1) 取消短对话
(2) 取消短文听写
(3) 新增短篇新闻(3 段)

本次调整说明以下问题:
(1) 全国大学英语四、六级考试委员会的改革目的在于加大对考生听力的测试力度,提高听力测试的效度。
(2) 改革后的考试在出题形式上结合了国内外众多考试形式,力图让考试本身最大程度地反映出考生的实际能力和水平。
(3) 调整之后,题型更注重实用性,难度有所提升,听力考试时间缩短到 25 分钟,旧题型是 35 分钟。

二、最新大学英语四级考试听力解题技巧

（一）短篇新闻解析

Section A 由原来的 8 个短对话变为 3 篇新闻听力，每篇新闻之后 2～3 题不等。新闻听力这个题型，曾经是英语专业四级考试（TEM-4）中的一种题型，现在出现在大学英语四级考试中，使试题难度有所增加。

以下面样题为例。样题中给出的三段新闻全部来源于 BBC 新闻，其中第三段新闻由于原文中个别用词超过四级考试范围，故有部分删改和替换。新闻材料给考生带来的难点主要在于：

（1）语速快，口音陌生。考试中的录音仍由四级听力录音员来读，在语速上将适当降低新闻听力的难度，并且一英一美地转换，在口音上会让学生感到相对熟悉。如果直接用新闻原音频，不仅语速快，同时英音也将对平时接触美音较多的同学造成理解影响。

（2）词汇难度大。第一，绝大多数学生听听力材料的时候都是在听词，而新闻中会出现很多地名等专有名词（如 Kenyan，Nairobi，the Ugandan capital Kampala，the Somali group al-Shabab，Will Ross 等），虽然同学们在看听力原文的时候也知道这些词不重要，但是在听的时候可能只会把它们归为"不认识的生词"，从而影响其他信息的获取；第二，新闻中会有很多专业术语和新闻常用语（如 blast，rebel 等），相对于之前短对话题型的场景词来说，难度有一定程度的提升，这将是考试的难点所在。

（3）语言表达过于专业。曾经的短对话题型中句型及表达较口语化，相比而言，新闻中的句型句式在语法结构上会更加严谨和复杂。例如："Many of its 800 stores are likely to close following the company's decision to call in administrators after an attempt to sell the business for a token £1 failed." 以及 "Known for low-priced general goods，Woolworths has struggled in the face of competition from supermarkets expanding beyond groceries and a new generation of internet retailers." 这样长难句的出现，大大增加了学生听力的难度。

三段新闻听力样题详细解析：

Questions 1 and 2 are based on the news report you have just heard.

1. A) Christmas-time attacks made by Somali rebels.

   B) An explosion at a bus station in central Nairobi.

   C) The killing of more than 70 Ugandans in Kampala.

   D) Blasts set off by a Somali group in Uganda's capital.

   （选项预判：考查事件。）

2. A) On Christmas Eve.

   B) Just before midnight.

   C) During a security check.

D) In the small hours of the morning.

（选项预判：考查时间）

原文：

Kenyan police say one person was killed and 26 injured in an explosion at a bus station in central Nairobi. The blast hit a bus about to set off for the Ugandan capital Kampala. Last July, the Somali group al-Shabab said it was behind the blasts in the Ugandan capital which killed more than 70 people. Will Ross reports from the Kenyan capital.

The explosion happened beside a bus which was about to set off for an overnight journey from Nairobi to the Ugandan capital Kampala. Some eye witnesses report that a bag was about to be loaded onboard, but it exploded during a security check. Windows of the red bus were left smashed, and blood could be seen on the ground beside the vehicle. Just hours earlier, Uganda's police chief had warned of possible Christmas-time attacks by Somali rebels.

问题：

1. What is the news report mainly about?

解析：根据"Kenyan police say one person was killed and 26 injured in an explosion at a bus station in central Nairobi." 得出答案 B）An explosion at a bus station in central Nairobi.

2. When did the incident occur?

解析：根据"but it exploded during a security check." 得出答案 C）During a security check.

Questions 3 and 4 are based on the news report you have just heard.

3. A) It is likely to close many of its stores.

B) It is known for the quality of its goods.

C) It remains competitive in the recession.

D) It will expand its online retail business.

（选项预判：根据 close，stores，quality of goods，competitive，retail business 判断和公司发展经营相关。）

4. A) Expand its business beyond groceries.

B) Fire 25,000 of its current employees.

C) Cut its DVD publishing business.

D) Sell the business for one pound.

（选项预判：动作考查题）

原文：

Woolworths is one of the best known names on the British High Street. It's been in business for nearly a century. Many of its 800 stores are likely to close following the company's decision to call in administrators after an attempt to sell the business for a token £1 failed.

The company has huge debts. The immediate cause for the collapse has been Britain's slide toward recession，which has cut into consumer spending. However，the business had been in trouble for years.

Known for low-priced general goods，Woolworths has struggled in the face of competition from supermarkets expanding beyond groceries and a new generation of internet retailers.

Many of the store group's 25,000 employees are likely to lose their jobs. Some profitable areas such as the DVD publishing business will survive.

问题：

3. What do we learn about Woolworths from the news report?

4. What did Woolworths attempt to do recently?

解析：根据"Woolworths is one of the best known names on the British High Street. It's been in business nearly a century. Many of its 800 stores are likely to close following the company's decision to call in administrators after an attempt to sell the business for a token £1 failed." 可得出第 3 题答案 A）It is likely to close many of its stores. 以及第 4 题答案 D）Sell the business for one pound. 但是其余选项中部分信息也有读到，同学们在听时应留心细节。

Questions 5 to 7 are based on the news report you have just heard.

5. A）All taxis began to use meters.

   B）All taxis got air conditioning.

   C）Advertisements were allowed on taxis.

   D）Old taxis were replaced with new cabs.

6. A）A low interest loan scheme.

   B）Environmentalists' protests.

   C）Taxi passengers' complaints.

   D）Permission for car advertising.

7. A）There are no more irregular practices.

   B）All new cabs provide air-conditioning.

C) New cabs are all equipped with meters.

D) New legislation protects consumer rights.

（选项预判：根据高频词 taxi 和 cab 可知新闻讨论的对象为出租车）

原文：

Cairo is known for its overcrowded roads, irregular driving practices and shaky old vehicles, but also for its air pollution. In recent months, though, environmental studies indicate there have been signs of improvement. That's due in part to the removal of many of the capital's old-fashioned black and white taxis. Most of these dated back to the 1960s and 1970s and were in a poor state of repair.

After new legislation demanded their removal from the roads, a low interest loan scheme was set up with three Egyptian banks so drivers could buy new cars. The government pays about $900 for old ones to be discarded and advertising on the new vehicles helps cover repayments.

The idea has proved popular with customers—they can now travel in air-conditioned comfort and because the new cabs are metered, they don't have to argue over fares. Banks and car manufacturers are glad for the extra business in tough economic times. As for the taxi drivers, most are delighted to be behind the wheel of new cars, although there have been a few complaints about switching from black and white to a plain white colour.

问题：

5. What change took place in Cairo recently?

解析：根据"That's due in part to the removal of many of th ecapital's old-fashioned black and white taxis." 可得出答案 D) Old taxis were replaced with new cabs. 注意 removal 和 replace 的同义替换。

6. What helped bring about the change?

解析：根据"a low interest loan scheme was set up with three Egyptian banks so drivers could buy new cars." 得出答案 A) A low interest loan scheme.

7. Why do customers no longer argue with new cab drivers?

解析：根据"because the new cabs are metered, they don't have to argue over fares." 得出答案 C) New cabs are all equipped with meters. 特殊信号词"because"引出的因果细节题。

通过对样题的短篇新闻部分分析可以看出：短篇新闻测试点主要集中在时间、地点、人物、时间、原因、结果、方式等。

（二）长对话技巧

四级考试中长对话分为两篇，共 7 个小题。历年长对话的内容常常涉及校园、租房、

宾馆、求职或者节目访谈等场景,因此考生必须熟悉这些场景下的高频词汇。长对话题型重在考查对话主题、对话人物关系或对话地点场景等。如果对话内容为单一事件的描述,则关注事件的起因、经过、结果等方面;如果对话内容为多个话题,则选择其中的3～4个话题进行细节考查。

1. 听前预测

听前预测对于做好听力长对话题目非常重要。利用放音间隔的时间尽可能地浏览选择项。首先,应通读每题后的选择项。若想有效使用这短短几十秒的放音间隔时间,需把握以下两个原则:

1) 先纵后横

所谓"先纵",就是首先通读每篇后的3～4个小题,找出关键词,前后联系,预测全篇大致主题。"后横",即在仍有时间的情况下,通读各题选项,看看是否存在生词,提取长句的核心意思,以此预测考点和可能的答案。这两步预测都要求学生用笔随时做出标注,划出关键词或简化长句,因为在注意力高度集中的听力过程中,单凭记忆很难记住预测时获得的全部信息,导致在听的过程中需要重新阅读每个选择项。

以2013年12月 Conversation Two 为例:

12. A) Bring him up to date on the current situation in Milan.

   B) Inform him of the arrangements for his trip in Italy.

   C) Fetch the documents signed by Mr. Gartner.

   D) Accompany Mr. Gartner to the Linate airport.

13. A) About 8:30.

   B) About 6:30.

   C) About 5:30.

   D) About 4:15.

14. A) Mr. Gartner from Milan.

   B) Gianni Riva at Megastar.

   C) The company's sales representative.

   D) Gavin from the Chamber of Commerce.

15. A) Travel agent.

   B) Business manager.

   C) Secretary.

   D) Saleswoman.

首先纵向浏览,第12题选是一系列活动,第13、14、15题分别关于时间、人物和职业,可以大致推出本对话和职业有关,其次12题中"通知他意大利的日程安排"、"取文件"、"陪同 Mr. Gartner 去机场"为办公室常见事务,再联系到第15题出现的"secretary"可以得知,对话内容大致为秘书和老板之间的公务日程安排,如:何时何地与何人做某事等等,从而让我们在听时将注意力集中到这些细小的"点"上,起到事半功倍的效果。

2) 分清主次

长对话中的男、女对话双方有主次之分,如一方询问另一方作答时,关键信息多出现

在作答一方,考点自然也就多出于此。因此预测时要注意选项中的人称,确定关键信息在哪一方。

如 2012 年 06 月 Conversation Two 中:

20. A) He repaired bicycles.

   B) He served as a consultant.

   C) He worked as a salesman.

   D) He coached in a racing club.

21. A) He wanted to be his own boss.

   B) He found it more profitable.

   C) He didn't want to start from scratch.

   D) He didn't want to be in too much debt.

其中两道题的主语都为 He,因此对话中女性多提出问题,男性多作答复,听的过程中就需要特别注意男性所回答的内容。

2. 边听边记,抓住要点

长对话的篇幅较长,想要将全部内容都清楚地记在脑子里,几乎是不可能的。考生只有听一遍的机会,只能边听边记边作答。

1) 考点均匀分布 抓住首尾句

长对话后设的 3～4 个小题一般均匀地分布在对话的每个回合,极少出现某一个回合包含两个考点的情况。在长对话中,第一轮对话(对话的开头)往往引出话题,它对整个对话的内容起一个概括和提示的作用,实际上是说话人所谈论的中心话题,是回答主旨题以及场景题的依据所在。

结尾处往往涉及建议、决定或某种行为等,它对整个对话起到一个总结的作用。长对话的最后一轮话题是针对对话的结尾设题,故留意最后一题的关键动词就成了解题的关键。

2) 话题转换多为出题点,做到视听一致

长对话中,对话双方往往出现多个一问一答,而每个问答的转换处正是长对话的出题重点,因此听的过程中要留意所问问题的核心内容,结合之前的预测,迅速判断听到的内容是否与试卷上的题目有关。此外与短对话不同,长对话一般不会用同音或近音词给学生设置干扰,正确选项通常就是对话原文的照搬或是同义转述,其答案就是紧接问题之后的答语,基本原则就是"听到什么选什么"。

以 2013 年 12 月 Conversation Two 为例:

对话共设了 4 个问题:

22:What is the woman's occupation?

23:What do we learn about MR Angelino's business at its beginning ?

24:What did MR Angelino say about advertising in business ?

25:What does the man say contribute the success of the business ?

出题人在对话开头设问。对话一开头女士提到:"Good evening, and welcome to this

week's Business World, a program for and about business people. Tonight we have Mr. Angelino who..."因此推断出她的职业是一个节目主持人 D）Hostess of the weekly "Business World"。

随后女士转换话题："Tell us, MR Angelino, how did you get started？"男子回答："I started off with a small diner, I did all the cooking myself and my wife waited on tables, it was really too much work for two people"，得出正确选项为 B）He and his wife did everything by themselves。

紧接着原文中女子又问到："Do you advertise?" "Oh，yes. I don't have any TV commercials because they are too expensive. but I have advertised a lot on radio and in local newspapers."对应第 24 题选项 B）"He advertises a lot on radio and in newspapers"，符合"听到什么选什么"原则。

最后一轮话题转换：W："Why do you believe you've been very successful?"，男子回答"I always served fresh possible food, and I make the atmosphere as comfortable and as pleasant as I can so that my customers will want to come back again"，因此正确选项为 B）The restaurant atmosphere。

3）重复率较高的词或短语多成为考点

对话的主要内容理所当然会得到说话人的强调，而一个非常重要且明显的强调方式就是重复，故重复的词语往往能够揭示对话的主题。

如 2011 年 6 月真题 Conversation Two 中第 24 题：

24. A) He hardly needs to do any advertising nowadays.

　　B) He advertises a lot on radio and in newspapers.

　　C) He spends huge sums on TV commercials every year.

　　D) He hires children to distribute ads in shopping centers.

选项中重复出现了"advertising""advertises""ads"这些单词，可见此题与广告有关，而后面问题"What does Mr. Angeleno say about advertising his business?"也证实了这一点。

3. 注意使用缩略语

记笔记一定要迅速，而要想在有限的时间内尽可能比较全面地记录重点信息，使用一定的缩略语和熟悉的符号是十分必要的，主要有以下几种方法：

1）利用数学符号。

如 equal 写成"＝"；"≠"表示"unequal"；"↑"代表 increase/up；"↓"表示 decrease/drop/dip/fall；"←"表示原因 result from/because/since/for/as；"→"代表导致的结果 lead to/result in/has become/turn into；"≈"代表 about/almost；"＞"表示 more than；"＜"表示 less than；"＋"代表 include/cover；"－"则是 exclude 等。

2）利用数字和其他固定符号

能用数字或其他固定符号代表的词全部用阿拉伯数字或符号，这样既能节约时间，又能避免拼写错误，如：twenty 写成 20；nineteen eighty four 记作 1984；＄＝dollar；£

= pound；11 in the morning = 11 am；11 in the evening = 11 pm 等。

3）创造自己的速写符号

在平时的训练中也可以使用和创造一些符合自己习惯的缩略语和符号，如 u 可代表 understand(ing)；m 可代表 mean(ing)；m = minute；s = second；h = hour；imp. = important/importance；nec. = necessary 等，听的过程中不必纠结单词是否拼写错误，只要自己能够明白这些符号所代表的意思即可。

（三）短文理解听力技巧

短文听力一般篇幅比较长，而且问题又出现在整个材料读完之后，所以对很多考生来说，若完全听完材料，再听问题最后选择，就很容易忘记刚刚在材料中所听到的内容，尤其是当考查一些细节题目的时候。针对这一情况，我们提供如下四种方法，在听材料的同时选出答案来。分别是：首尾法、视听一致原则、替换法、短词题解题法。

1. 首尾法

根据统计，一篇听力材料，比较容易出题的地方是这篇材料的前几句和后几句。而且分别针对的是这篇材料所对应题目的第一道和最后一道。因此，对于"慢热型（听过几句话之后，才能集中起注意力来，但这时很可能第一道题目的正确答案已经被读过）"的同学来说，从材料的第一句话就要开始注意听。一旦错过了正确答案针对的那句话，就可能没有机会选出正确选项了。下面举一个典型的例子：

以 2009 年 6 月的四级考试第三篇短文听力为例：

Q32：Why is life said to be difficult for Hollywood kids?

Q35：What will probably have negative effects on the lives of Hollywood kids?

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.

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.

In Hollywood, everybody wants to be rich, famous and beautiful. Nobody wants to be old, unknown and poor. For Hollywood kids, life can be difficult, because they grow up in such an unreal atmosphere. Their parents are ambitious and the children are part of the parents' ambitions. （首段）...Hollywood has always been the city of dreams. The kids there live unreal lives where money, beauty and pleasure are the only gods. Will children around the world soon start to think the same? Or do they already? （末段）

根据首段和末段的内容，我们很容易分析出，32 题的答案是 A，35 题的答案是 B。

2. 同义替换法

如上题,在长对话和短文听力这两种题型中,约有 30％的题目采用了替换法,采用同义的短语或单词替换。我们依旧以历年真题中比较典型的一篇短文听力为例,这篇短文听力共有相对应的四道题目,都可以用我们的替换法解答。

14. A) He didn't like physics any more.

B) His eyesight was too poor.

C) Physics was too hard for him.

D) He had to work to support himself.(D)

15. A) He was not happy with the new director.

B) He was not qualified to be an engineer.

C) He wanted to travel.

D) He found his job boring.(A)

16. A) He wanted to work with his friend.

B) He enjoyed traveling around the world.

C) He wanted to go to Spain.

D) He was rejected by the engineering firm.(C)

17. A) He enjoyed teaching English.

B) He wanted to earn more to support his family.

C) The owner of the school promised him a good position.

D) He could earn more as a teacher than as a travel agent.(B)

听力原文(部分)及问题如下

When I was at school，my ambition was to be a pilot in the Air Force. But my eyesight wasn't good enough. So I had to give up the idea. I went to university and studies physics. I wanted to stay on there and do research，but my father died at about that time. (14)So I thought I'd better get a job and earn my living. I started working in an engineering firm. I expected to stay in that job for a long time. But then，they appointed a new managing director.(15) I didn't get on with him，so I resigned and applied for a job with another engineering company. ...He offered me a job in Spain.(16) And I've always liked Spain，so I took it. I worked in the travel agency for two years and then they wanted to send me to South America. But I had just got married. So I decided to stay here. (17)Then we had a baby and I wasn't earning enough to support the family. So I started giving English lessons at a school in the evening. ...

Questions 14 to 17 are based on the passage you have just heard.

14. Why did the man give up studying physics?

15. Why did the man resign from the engineering firm?

16. Why did the man take the job at the travel agency?

17. Why did the man start to teach English part time?

第 14 和 15 题是在同义短语结构上的替换。

第 14 题，正确答案是 D，是把原文中的结构"earn my living"换成了选项中的"support himself"，其含义是"谋生"。(D)

第 15 题，正确答案是 A，是把原文中的结构"not get on with somebody"换成了选项中的"not happy with somebody"，其含义是"与某人相处得不好"。

第 16 和 17 题是在句义上的替换。

第 16 题，正确答案是 C，是把原文中的结构"I've always liked Spain"换成了选项中的"He wanted to go to Spain"。

第 17 题，正确答案是 B，是把原文中的结构"I wasn't earning enough to support the family."换成了选项中的"He wanted to earn more to support his family"。

3. 视听一致原则

这个方法在之前的长对话部分已经说明，此处不再赘述。

4. 短词题解题法

短词题指的是选项只由极少量单词构成，很多时候只有一个单词。解答这种题目采用的方法是"重复法"，即，哪个选项中的单词被读到的次数最多就为正确选项。另外，短词题的重复法不仅可以用于短文听力，而且可以用于长对话，例如 2007 年 12 月第 24 题：

A) Translator.   B) Travel agent.

C) Language instructor.   D) Environmental engineer.

其中，A 选项中的 translator 被读到了 3 次，可判断为正确选项。而其他单词均未被读到。

总体来说，听力改革后，我们可以看出，CET 考试已经越来越注重考查学生真实的听力水平，考试的技巧性正在逐步降低。考试的内容也更加强调实用性，逐步打破中国学生以应试为目的的学习方式。考试难度有所提升，进一步向托福、雅思等国际权威考试接近。希望本书的出版能够帮助考生更好地应对大学英语四级听力考试。

编　者

目　录

Unit 1

Section A

Directions: *In this section, you will hear three news reports. At the end of each news report, you will hear two or three questions. Both the news report 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).*

News Report One

Questions 1 and 2 are based on the news report you have just heard.

1. A) A recent explosion incident happened in Washington DC.
   B) A shooting incident happened in Washington Navy Yard.
   C) An introduction of a former Navy Reserve sailor in U.S.
   D) The description of public reaction to a shooting incident.

2. A) He managed to run away after the shooting.
   B) He was a former navy sailor around forties.
   C) He was specialized in information technology.
   D) He had never committed any crimes before.

News Report Two

Questions 3 and 4 are based on the news report you have just heard.

3. A) It landed on Mars twelve months ago.
   B) It has driven less than 1.6 km^2 on Mars.
   C) The name of the device is "Discovery".
   D) The size of the device is about a truck.

4. A) An ancient riverbed and a small lake.
   B) Certain evidence for flying creatures.
   C) Some used scientific instruments.
   D) Some elements necessary for life.

News Report Three

Questions 5 to 7 are based on the news report you have just heard.

5. A) Most countries have thorough plans on controlling antibiotics.

B) Many people believe that antibiotics are useful against virus.

C) Few people use antibiotics because they know their dangers.

D) The overuse of antibiotics won't result in resistance to them.

6. A) People use antibiotics because they are cheap.

B) Mr. Penn supports wide use of antibiotic drugs.

C) People can buy antibiotics without a prescription.

D) Most doctors suggest people use antibiotic drugs.

7. A) Danger of the overuse of antibiotics.

B) A recent study conducted by the WHO.

C) The reason people like antibiotic drugs.

D) What we can do to keep a healthy life.

Section B

Directions: *In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation 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).*

Conversation One

Questions 8 to 11 are based on the conversation you have just heard.

8. A) She is too exhausted to concentrate.

B) She keeps thinking about the seminar.

C) She isn't interested in the book at all.

D) She doesn't understand the content.

9. A) She thinks the course is useless.

B) She likes the course less and less.

C) The course is too difficult for her.

D) The course itself is really boring.

10. A) Chemistry.

B) English.

C) Psychology.

D) Philosophy.