

大学英语4级 核心技能训练

主编·林俊伟

根据近10年考题归纳四级核心词汇

详细解剖四级各项核心考点

系统分析各项解题逻辑与高分策略

掌握方法增强技能轻松获取高分



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大学英语四级核心技能训练

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前言

做千题,做万题,不如做真题。做真题一定要明白做题的道理。

英语四级考试满分 710 分,425 分为及格。同学们不妨将四级分数分成不同的目标段:500 分、550 分、600 分、650 分。根据自己的水平确定目标,规划备考方案。兵法云:知己知彼,百战不殆。常见考生历经千辛万苦,用尽题海战术,屡败屡战,屡战屡败,对英语四级考试产生了挥之不去的恐惧。请你试试这本书吧。

本书特别为以 550 分至 600 分为目标的考生编写。其核心价值如下:

1. 本书着重对阅读、听力、完型填空、翻译四大部分进行核心考点解剖,系统而精炼地归纳这四部分的高分解题逻辑与策略,置于各章节篇首,期望考生们研读,然后幻化成自身的内功。做遍真题模拟题,只是“鱼乐”而已,掌握解题的方法才是真“渔乐”。

2. 复合式听写、选词填空、完型填空三部分其实是比较容易得分的,得分点在于掌握核心词汇。对历年的真题试卷仔细研究可知,核心词汇的重复率很高。编者已将各部份的核心词汇细选出来,并进行必要的注解。这些核心词汇考生必须……读通,拼写准确,词义、词性、用法等了然于心。万万不必捧一本什么颜色的“宝书”,其实是在浪费时间。

3. 翻译部分 5 句话,用时 5 分钟,占 5%,可以说是送分的考题。然而,由于此部分被置于试卷末端,常被匆匆忙忙又稀里糊涂的考生遗忘或者忽略,胡乱凑个句子完事。本书编者已将历年反复作为翻译考题的句法、词组等分类,以便考生在理解的基础上精练,确保拿到此部分的满分。

参加本书编写的人员还有:孟雅、郑小慧、李璐、罗金妮、杨青、刘艳青、李涛、柳婷婷、周妍、王莲芬、韩莉、赖敏、薛棋文、吴小杰、郭艳萍、秦志娟、张云、李婷、王涛涛等。

林俊伟

中国传媒大学南广学院广园

2011 年 9 月

目 录

第一部分 阅读 Reading Comprehension	1
快速阅读 Reading Comprehension(Skimming and Scanning)	1
快速阅读高效高分方法	1
自测一(2010 年 12 月英语四级快速阅读真题)	1
快速阅读高效高分方法实例解析一	5
自测二(2010 年 06 月英语四级快速阅读真题)	7
快速阅读高效高分方法实例解析二	11
核心练习	12
深度阅读 Reading Comprehension(Reading in Depth)	34
Section A 选词填空	34
选词填空高分做题方法	34
自测一(2010 年 12 月英语四级选词填空真题)	34
选词填空高分做题方法实例解析一	35
自测二(2010 年 06 月英语四级选词填空真题)	36
选词填空高分做题方法实例解析二	37
选词填空核心词汇	38
核心练习	50
Section B 阅读理解	57
阅读理解高分做题方法	57
自测一(2010 年 12 月英语四级阅读理解真题)	57
阅读理解高分做题方法实例解析一	61
核心练习	63
第二部分 听力 Listening Comprehension	89
Section A	89
短对话 Short Conversations	89
短对话听力满分策略	89
自测一(2010 年 12 月英语四级短对话听力真题)	89
短对话听力满分策略应用实例一	90
核心练习	93

长对话 Long Conversations	99
长对话听力高分策略	99
自测一(2010 年 12 月英语四级长对话听力真题)	100
长对话听力高分策略应用实例一	101
核心练习	104
Section B	111
短文 Short Passages	111
短文听力高分策略	111
自测一(2010 年 12 月英语四级短文听力真题)	111
短文听力高分策略应用实例一	112
短文听力高分策略应用实例二	113
短文听力高分策略应用实例三	113
核心练习	116
Section C	122
复合式听写 Compound Dictation	122
复合式听写高分策略	122
自测一(2010 年 12 月英语四级复合式听写真题)	122
复合式听写高分策略应用实例一	123
复合式听写核心词汇	124
核心练习	128
第三部分 完形填空 Cloze	133
完形填空高分做题方法	133
自测一(2010 年 12 月英语四级完形填空真题)	133
完形填空高分做题方法实例解析	135
完形填空核心词汇	136
核心练习	165
第四部分 翻译 Translation	174
翻译高分得分要点	174
2006,06—2011,06 翻译真题考点分类	174
第五部分 参考答案	178

第一部分 阅读

Reading Comprehension

快速阅读

Reading Comprehension (Skimming and Scanning)

快速阅读高效高分方法

快速阅读 (skimming and scanning) 主要考查学生快速捕捉信息及对所读文章的基本理解能力, 一般不涉及推理、演绎、综合等深层次理解。阅读与答题方法如下:

1. 快速浏览文章各段小标题 (有的文章没有小标题, 建议标出各段序号) 并确定关键词。
2. 快速浏览 1—10 题的题干并确定关键词。
3. (在多数情况下) 按照问题顺序与文章各段小标题或段落序号对应。
4. 快速浏览问题所在段落, 捕捉问题关键词在某段的对应信息。
5. 在四个选项中快速选定意义相同或相近的选项为答案。
6. 8—10 题是填空题, 必须从文章中选出符合问题句意的词。一般情况下应根据问题句子的实际情况对所填词语作相应的词性变化。

自测一 (2010 年 12 月英语四级快速阅读真题) (15 minutes) (10%)

Directions: In this part, you will have 15 minutes to go over the passage quickly and answer the questions on Answer Sheet 1. For questions 1—7, choose the best answer from the four choices marked [A], [B], [C] and [D]. For questions 8—10, complete the sentences with the information given in the passage.

A Grassroots Remedy

1. Most of us spend our lives seeking the natural world. To this end, we

walk the dog, play golf, go fishing, sit in the garden, drink outside rather than inside the pub, have a picnic, live in the suburbs, go to the seaside, buy a weekend place in the country. The most popular leisure activity in Britain is going for a walk. And when joggers (慢跑者) jog, they don't run the streets. Every one of them instinctively heads to the park or the river. It is my profound belief that not only do we all need nature, but we all seek nature, whether we know we are doing so or not.

2. But despite this, our children are growing up nature-deprived (丧失). I spent my boyhood climbing trees on Streatham Common, South London. These days, children are robbed of these ancient freedoms, due to problems like crime, traffic, the loss of the open spaces and odd new perceptions about what is best for children, that is to say, things that can be bought, rather than things that can be found.

3. The truth is to be found elsewhere. A study in the US: families had moved to better housing and the children were assessed for ADHD-attention deficit hyperactivity disorder (多动症). Those whose accommodation had more natural views showed an improvement of 19%; those who had the same improvement in material surroundings but no nice view improved just 4%.

4. A study in Sweden indicated that kindergarten children who could play in a natural environment had less illness and greater physical ability than children used only to a normal playground. A US study suggested that when a school gave children access to a natural environment, academic levels were raised across the entire school.

5. Another study found that children play differently in a natural environment. In playgrounds, children create a hierarchy (等级) based on physical abilities, with the tough ones taking the lead. But when a grassy area was planted with bushes, the children got much more into fantasy play, and the social hierarchy was now based on imagination and creativity.

6. Most bullying (恃强凌弱) is found in schools where there is a tarmac (柏油碎石) playground; the least bullying is in a natural area that the children are encouraged to explore. This reminds me unpleasantly of Sunnyside School in Streatham, with its harsh tarmac, where I used to hang about in corners fantasising about wildlife.

7. But children are frequently discouraged from involvement with natural

spaces, for health and safety reasons, for fear that they might get dirty or that they might cause damage. So, instead, the damage is done to the children themselves; not to their bodies but to their souls.

8. One of the great problems of modern childhood is ADHD, now increasingly and expensively treated with drugs. Yet one study after another indicates that contact with nature gives huge benefits to ADHD children. However, we spend money on drugs rather than on green places.

9. The life of old people is measurably better when they have access to nature. The increasing emphasis for the growing population of old people is in quality rather than quantity of years. And study after study finds that a garden is the single most important thing in finding that quality.

10. In wider and more difficult areas of life, there is evidence to indicate that natural surroundings improve all kinds of things. Even problems with crime and aggressive behaviour are reduced when there is contact with the natural world.

11. Dr William Bird, researcher from the Royal Society for the Protection of Birds, states in his study, "A natural environment can reduce violent behaviour because its restorative process helps reduce anger and impulsive behaviour." Wild places need encouraging for this reason, no matter how small their contribution.

12. We tend to look on nature conservation as some kind of favour that human beings are granting to the natural world. The error here is far too deep: not only do humans need nature for themselves, but the very idea that humanity and the natural world are separable things is profoundly damaging.

13. Human beings are a species of mammals (哺乳动物). For seven million years they lived on the planet as part of nature. Our ancestral selves miss the natural world and long for contact with non-human life. Anyone who has patted a dog, stroked a cat, sat under a tree with a pint of beer, given or received a bunch of flowers or chosen to walk through the park on a nice day, understands that.

14. We need the wild world. It is essential to our well-being, our health, our happiness. Without the wild world we are not more but less civilised. Without other living things around us we are less than human.

Five ways to find harmony with the natural world

Walk: Break the rhythm of permanently being under a roof. Get off a stop earlier, make a circuit of the park at lunchtime, walk the child to and from school, get a dog, feel yourself moving in moving air, look, listen, absorb.

Sit: Take a moment, every now and then, to be still in an open space. In the garden, anywhere that's not in the office, anywhere out of the house, away from the routine. Sit under a tree, look at water, feel refreshed, ever so slightly renewed.

Drink: The best way to enjoy the natural world is by yourself; the second best way is in company. Take a drink outside with a good person, a good gathering; talk with the sun and the wind with bird song for background.

Learn: Expand your boundaries. Learn five species of bird, five butterflies, five trees, five bird songs. That way, you see and hear more; and your mind responds gratefully to the greater amount of wildness in your life.

Travel: The places you always wanted to visit: by the seaside, in the country, in the hills. Take a weekend break, a day-trip, get out there and do it: for the scenery, for the way through the woods, for the birds, for the bees. Go somewhere special and bring specialness home. It lasts forever, after all.

注意:此部分试题请在答题卡1上作答。

1. What is the author's profound belief?
 - A) People instinctively seek nature in different ways.
 - B) People should spend most of their lives in the wild.
 - C) People have quite different perceptions of nature.
 - D) People must make more efforts to study nature.
2. What does the author say people prefer for their children nowadays?
 - A) Personal freedom.
 - B) Things that are natural.
 - C) Urban surroundings.
 - D) Things that are purchased.
3. What does a study in Sweden show?
 - A) The natural environment can help children learn better.
 - B) More access to nature makes children less likely to fall ill.
 - C) A good playground helps kids develop their physical abilities.
 - D) Natural views can prevent children from developing ADHD.

4. Children who have chances to explore natural areas _____.
 A) tend to develop a strong love for science
 B) are more likely to fantasise about wildlife
 C) tend to be physically tougher in adulthood
 D) are less likely to be involved in bullying
5. What does the author suggest we do to help children with ADHD?
 A) Find more effective drugs for them.
 B) Provide more green spaces for them.
 C) Place them under more personal care.
 D) Engage them in more meaningful activities.
6. In what way do elderly people benefit from their contact with nature?
 A) They look on life optimistically.
 C) They are able to live longer.
 B) They enjoy a life of better quality.
 D) They become good-humoured.
7. Dr. William Bird suggests in his study that _____.
 A) humanity and nature are complementary to each other
 B) wild places may induce impulsive behaviour in people
 C) access to nature contributes to the reduction of violence
 D) it takes a long time to restore nature once damaged
8. It is extremely harmful to think that humanity and the natural world can be _____.
9. The author believes that we would not be so civilised without _____.
10. The five suggestions the author gives at the end of the passage are meant to encourage people to seek _____ with the natural world.

快速阅读高效高分方法实例解析一

(2010 年 12 月英语四级快速阅读真题)

采菊东篱下，悠然见南山。亲近大自然，身心最营养。

本文各段几乎没有小标题，因此要快速浏览 1—10 题的题干并确定关键词。
各题关键词如下：

1. What is the author's *profound belief*?
2. What does the author say people *prefer for* their *children* nowadays?
3. What does a *study in Sweden* show?

4. *Children* who have chances to *explore* natural areas _____.
5. What does the author suggest we do to *help* children with *ADHD*?
6. In what way do *elderly people* benefit from their contact with nature?
7. *Dr William Bird* suggests in his study that _____.
8. It is extremely harmful to think that *humanity and the natural world* can be _____.
9. The author believes that we would *not* be *so civilised* without _____.
10. *The five suggestions* the author gives at the end of the passage are meant to *encourage* people to seek _____ with the natural world.

先将文章各段标上序号。根据问题顺序及关键词,在文章中依各段顺序快速确定该题关键词所在段落以及前后内容,最后用排除法确定四个选项中的正确答案。

第一题的关键词 *profound belief* 出现在第一段最后一句,其主要观点是 *we need and seek nature*,与 A 项 *people seek nature* 相符合。

第二题的关键词 *children* 首先出现在第二段第一行。快速往下浏览可知 *what is best for children* 与另一个关键词 *prefer* 相符合, *things that can be bought* 与 D 项同义。 *buy* 与 *purchase* 同义。

第三题的关键词 *study in Sweden* 在第四段段首。原文中的 *indicate* 与问题中的 *show* 同义,可知答案信息就在其后面。句中的 *less illness* 与 B 项中的 *less likely to fall ill* 同义。

第四题的关键词 *explore* 出现在第六段段中,此句句意与 D 项近义。

第五题的关键词 *ADHD* 首次出现在第三段,快速浏览发现该段内容与本题选项无关。关键词 *ADHD* 再次出现在第八段,点明了 *nature gives benefits to ADHD children* 这个结论。因此,我们要做的就是本题选项 B。

第六题的关键词 *elderly people* 出现在第九段段首,强调 *nature* 给予人生的 *quality*,而不是 *quantity of years*(寿命),与 B 项吻合。

第七题的关键词 *Dr. William Bird* 出现在第十一段段首,原文用了动词 *state*,与问题中的 *suggest* 近义。选项 C 与 *William Bird* 的观点一致。

第八题的解法是:根据文章段落顺序与问题顺序基本一致的原则,在第十二段可以轻松找到第八题的关键词 *humanity and the natural world*,往下读便是答案 *separable things* 所在。原文用词 *damaging* 与问题中的 *harmful* 近义。

第九题的关键词在第十四段中。解题方法同第八题。

第十题的答案就在本文唯一的小标题中,五个建议的具体内容就不必看啦。

四级考试中有不少题都是送分的,遗憾的是你对四级考试一直误解,想得太多

了。智者千虑,必有一失。

答案:

1. A 2. D 3. B 4. D 5. B 6. B 7. C 8. separable things
9. the wild world 10. harmony

➡ 自测二(2010年06月英语四级快速阅读真题)(15 minutes)(10%)

Caught in the Web

1. A few months ago, it wasn't unusual for 47-year-old Carla Toebe to spend 15 hours per day online. She'd wake up early, turn on her laptop and chat on Internet dating sites and instant-messaging programs—leaving her bed for only brief intervals. Her household bills piled up, along with the dishes and dirty laundry, but it took near-constant complaints from her four daughters before she realized she had a problem.

2. "I was starting to feel like my whole world was falling apart—kind of slipping into a depression," said Carla. "I knew that if I didn't get off the dating sites, I'd just keep going," detaching (使脱离) herself further from the outside world.

3. Toebe's conclusion: She felt like she was "addicted" to the Internet. She's not alone.

4. Concern about excessive Internet use isn't new. As far back as 1995, articles in medical journals and the establishment of a Pennsylvania treatment center for overusers generated interest in the subject. There's still no consensus on how much time online constitutes too much or whether addiction is possible.

5. But as reliance on the Web grows, there are signs that the question is getting more serious attention: Last month, a study published in *CNS Spectrums* claimed to be the first large-scale look at excessive Internet use. The American Psychiatric Association may consider listing Internet addiction in the next edition of its diagnostic manual. And scores of online discussion boards have popped up on which people discuss negative experiences tied to too much time on the Web.

6. “There’s no question that there’re people who’re seriously in trouble because they’re overdoing their Internet involvement,” said psychiatrist (精神科医生) Ivan Goldberg. Goldberg calls the problem a disorder rather than a true addiction.

7. Jonathan Bishop, a researcher in Wales specializing in online communities; is more skeptical. “The Internet is an environment,” he said. “You can’t be addicted to the environment.” Bishop describes the problem as simply a matter of priorities, which can be solved by encouraging people to prioritize other life goals and plans in place of time spent online.

8. The new CNS Spectrums study was based on results of a nationwide telephone survey of more than 2,500 adults. Like the 2005 survey, this one was conducted by Stanford University researchers. About 6% of respondents reported that “their relationships suffered because of excessive Internet use.” About 9% attempted to conceal “nonessential Internet use,” and nearly 4% reported feeling “preoccupied by the Internet when offline.”

9. About 8% said they used the Internet as a way to escape problems, and almost 14% reported they “found it hard to stay away from the Internet for several days at a time.”

10. “The Internet problem is still in its infancy,” said Elias Aboujaoude, a Stanford professor. No single online activity is to blame for excessive use, he said. “They’re online in chat rooms, checking e-mail, or writing blogs. [The problem is] not limited to porn (色情) or gambling” websites.

11. Excessive Internet use should be defined not by the number of hours spent online but “in terms of losses,” said Maressa Orzack, a Harvard University professor. “If it’s a loss [where] you’re not getting to work, and family relationships are breaking down as a result, then it’s too much.”

12. Since the early 1990s, several clinics have been established in the U. S. to treat heavy Internet users. They include the Center for Internet Addiction Recovery and the Center for Internet Behavior.

13. The website for Orzack’s center lists the following among the psychological symptoms of computer addiction:

- Having a sense of well-being (幸福) or excitement while at the computer.
- Longing for more and more time at the computer.
- Neglect of family and friends.

- Feeling empty, depressed or irritable when not at the computer.
- Lying to employers and family about activities.
- Inability to stop the activity.
- Problems with school or job.

14. Physical symptoms listed include dry eyes, backaches, skipping meals, poor personal hygiene (卫生) and sleep disturbances.

15. People who struggle with excessive Internet use maybe depressed or have other mood disorders, Orzack said. When she discusses Internet habits with her patients, they often report that being online offers a “sense of belonging, and escape, excitement [and] fun,” she said. “Some people say relief... because they find themselves so relaxed.”

16. Some parts of the Internet seem to draw people in more than others. Internet gamers spend countless hours competing in games against people from all over the world. One such game, called World of Warcraft, is cited on many sites by posters complaining of a “gaming addiction.”

17. Andrew Heidrich, an education network administrator from Sacramento, plays World of Warcraft for about two to four hours every other night, but that’s nothing compared with the 40 to 60 hours a week he spent playing online games when he was in college. He cut back only after a full-scale family intervention (干预), in which relatives told him he’d gained weight.

18. “There’s this whole culture of competition that sucks people in” with online gaming, said Heidrich, now a father of two. “People do it at the expense of everything that was a constant in their lives.” Heidrich now visits websites that discuss gaming addiction regularly “to remind myself to keep my love for online games in check.”

19. Toebe also regularly visits a site where posters discuss Internet overuse. In August, when she first realized she had a problem, she posted a message on a Yahoo Internet addiction group with the subject line: “I have an Internet Addiction.”

20. “I’m self-employed and need the Internet for my work, but I’m failing to accomplish my work, to take care of my home, to give attention to my children,” she wrote in a message sent to the group. “I have no money or insurance to get professional help; I can’t even pay my mortgage (抵押贷款) and face losing everything.”

21. Since then, Toebe said, she has kept her promise to herself to cut back on her Internet use. "I have a boyfriend now, and I'm not interested in online dating," she said by phone last week. "It's a lot better now."

注意:此部分试题请在答题卡1上作答。

1. What eventually made Carla Toebe realize she was spending too much time on the Internet?
 - A) Her daughter's repeated complaints.
 - B) Fatigue resulting from lack of sleep.
 - C) The poorly managed state of her house.
 - D) The high financial costs adding up.
2. What does the author say about excessive Internet use?
 - A) People should be warned of its harmful consequences.
 - B) It has become virtually inevitable.
 - C) It has been somewhat exaggerated.
 - D) People haven't yet reached agreement on its definition.
3. Jonathan Bishop believes that the Internet overuse problem can be solved if people _____.
 - A) try to improve the Internet environment
 - B) become aware of its serious consequences
 - C) can realize what is important in life
 - D) can reach a consensus on its definition
4. According to Professor Maressa Orzack, Internet use would be considered excessive if _____.
 - A) it seriously affected family relationships
 - B) one visited porn websites frequently
 - C) too much time was spent in chat rooms
 - D) people got involved in online gambling
5. According to Orzack, people who struggle with heavy reliance on the Internet may feel _____.
 - A) discouraged
 - B) pressured
 - C) depressed
 - D) puzzle
6. Why did Andre Heidrich cut back online gaming?
 - A) He had lost a lot of money.
 - B) His family had intervened.

- C) He had offended his relatives.
D) His career had been ruined.
7. Andrew Heidrich now visits websites that discuss online gaming addiction to _____.
A) improve his online gaming skills
B) curb his desire for online gaming
C) show how good he is at online gaming
D) exchange online gaming experience
8. In one of the messages she posted on a website, Toebe admitted that she _____.
9. Excessive Internet use had rendered Toebe so poor that she couldn't afford to seek _____.
10. Now that she's got a boyfriend, Toebe is no longer crazy about _____.

快速阅读高效高分方法实例解析二

(2010 年 06 月英语四级快速阅读真题)

小楼昨夜又通宵，网事知多少？问君能有几多愁，却似一江春水网中流。

本文各段没有小标题，因此要快速浏览 1—10 题的题干并确定关键词。各题关键词如下：

1. What eventually made *Carla Toebe* realize she was spending *too much time* on the Internet?
2. What does the author say about *excessive Internet use*?
3. *Jonathan Bishop* believes that the Internet overuse problem can be solved if people _____.
4. According to *Professor Maressa Orzack*, Internet use would be considered excessive if _____.
5. According to *Orzack*, people who struggle with heavy reliance on the Internet may feel _____.
6. Why did *Andre Heidrich* cut back online gaming?
7. *Andrew Heidrich* now visits websites that discuss online gaming addiction to _____.
8. In one of the messages she posted on a website, *Toebe admitted* that she _____.
9. Excessive Internet use had rendered *Toebe so poor* that she couldn't afford to