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大学英语 4 级考试词汇

高效训练



国防工业出版社
National Defense Industry Press

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内 容 简 介

本书透析了大学英语四级考试中词汇考核的特点及趋势,根据最新大学英语大纲词汇表提出集中识词法,设计了集中识词表,并结合大学英语四级考试题型精编了40套词汇测试题,旨在使广大考生能在短时间内扩大词汇量,提高词汇应用能力。该书具有很强的考试针对性和实用性,是专门为准备参加大学英语四级考试的考生而编写的。本书也适合参加六级考试、英语专业及考研的学生使用。

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前言

大学英语四、六级考试经过改革,删去了旧题型中的“词汇与结构”部分,把词汇考核融入听力、阅读、翻译等部分。这种“隐性”词汇考核方式使得考生在复习词汇时缺乏针对性,无的放矢。许多考生在临考前只会死背单词,效果很不理想。研究表明:在短时间内大量集中识词,并辅以高效的词汇测试训练,既可以使大脑保持兴奋,刺激学习英语的欲望,又可以正确地进行自我评估,提高词汇学习效率,从而在考试中获得高分。基于此,我们编写了本书。本书具有以下特点:

(1) 经典性。本书的试题例句都是在多年的教学过程中积累下来的,都是从权威的词典、教材及其他英语书籍中摘抄下来的,因此具有经典性、权威性。

(2) 科学性。本书应用了记忆心理学和语言测试学的研究成果,充分考虑考生的学习时间、学习负担、学习焦虑等因素,设计了科学的题型,配置了合理的题量,能在短时间内提高考生的词汇应用能力。

(3) 综合性。本书从句子到篇章,从构词到翻译,全方位、多层次地对学生的词汇能力进行快捷、高效地训练。

(4) 实用性。本书是为准备四级考试的学生编写的,因此所选词汇都是影响听力、阅读、翻译及写作的核心词汇。而且本书借鉴了四、六级考试的选词填空及翻译题型,使得该书更具针对性和实用性。

(5) 灵活性。本书既可用来作短期的强化训练,也可作长期的有计划的学习之用。

使用说明:

(1) 建议在考前三个月使用,每周做三套测试题,每套题控制在 70 分钟以内。

(2) 要认真对待测试分数,正确地进行自我评估,以便及时调整学习进度,改进学习方法,提高学习效率。90 分以上为优秀,说明你的词汇应用能力很强,考试一定能获得高分;70 分—90 分为良,说明你的英语词汇量有了很大的提高,语感很强,考试不用愁;60 分—70 分为中,说明你的英语学习有进步,有希望通过考试,要

再接再厉;60 分以下为不及格,说明你的词汇量还很少,通过考试很困难,要加倍努力。做完题后要认真核对答案,认真分析做错的题目,查找原因,并用笔记本记录下来。

(3) 第二章中的大学英语集中识词表一定要在短时间内背完(最好一个月内),并反复复习,采用“扫雷式”的复习方法,直至消灭生词。这样做测试题的效果会更好,会获得很大的成就感,对通过四六级考试有很大的促进作用。

本书在编写过程中虽经反复修改,难免有疏漏之处,恳请广大读者和专家批评指正。

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【第一节 大学英语四级考试的词汇量要求】

词汇是构筑语言意义不可或缺的材料,又是理解和表达语言意义的重要桥梁。词汇量小,词汇应用能力差,在英语学习过程中必定举步维艰,寸步难行。词汇量的大小直接影响着英语学习者听、说、读、写、译各项语言能力的提高。在四级考试中,词汇量达不到要求,是难以通过或考出好成绩的。大学英语四级考试改革后,词汇考核方式发生了很大的变化。《大学英语四级考试大纲》指出,“大学英语四级考试中,词汇和语法知识将融入各部分试题中,不再单独列项考核”。这种变化似乎降低了词汇的重要性。其实不然,这种“隐性”考核方式更加突显了词汇的重要性,而且无形中增加了考试的难度和学习的难度。那么顺利通过四级考试需要多少词汇量呢?《大学英语四级考试大纲》规定,“要达到大学英语四级考试所考核的各项技能要求,考生掌握的词汇量应达到 4500 个单词和 700 个词组”。《大学英语课程教学要求》中的《大学英语参考词汇表》共收录单词 7676 个,词组 1870 条,分为三个层次:一般要求 4794 个;较高要求 1601 个;更高要求 1281 个。《大学英语四级考试大纲》指出,“词汇范围不超出《大学英语课程教学要求》中一般要求的词汇,超出该范围的关键词汇,影响理解时,则以汉语或英语释义”。

为了证实这一要求,我们利用词频软件对历年的四级真题作了统计,把人名、地名和派生词算在一起,总计 6710 个词。可见,要顺利通过四级考试或考出好成绩,词汇量最好要达到 5000 个。以下是精选的 100 个历年真题中出现的核心高频词,供考生参考和自测。

- | | | | |
|---------------|---------------|--------------------|-----------------|
| 1. aggressive | 7. urgent | 13. beneficial | 19. frustration |
| 2. attribute | 8. unique | 14. alert | 20. endurance |
| 3. assumption | 9. valid | 15. discrimination | 21. alteration |
| 4. candid | 10. vacant | 16. abound | 22. bunch |
| 5. capacity | 11. erosion | 17. whereas | 23. markedly |
| 6. universal | 12. vibration | 18. eruption | 24. virtually |

25. tremble	44. humid	63. ingredient	82. genuine
26. deprive	45. minor	64. tendency	83. circulation
27. alternative	46. haunt	65. undertake	84. pursuit
28. waterproof	47. cautious	66. willingness	85. inherent
29. excessive	48. respective	67. striking	86. commit
30. slightly	49. assessment	68. witness	87. acquaint
31. regarding	50. equivalent	69. baffle	88. immense
32. consistent	51. interference	70. distinguish	89. classify
33. acquire	52. devise	71. bankruptcy	90. compensate
34. adaptation	53. humble	72. leak	91. cease
35. concerning	54. boost	73. maintenance	92. oppress
36. withstand	55. decoration	74. perspective	93. deliberate
37. flourish	56. noticeable	75. guarantee	94. boundless
38. fertile	57. accumulation	76. launch	95. incompatible
39. betrayal	58. neglect	77. characterize	96. indicative
40. blend	59. accessible	78. adoption	97. collision
41. blur	60. discharge	79. involvement	98. justify
42. addiction	61. imitation	80. imperative	99. collaboration
43. interaction	62. casualty	81. affirmation	100. optimistic

【第二节 四级考试听力部分的词汇考核】

听是语言交际中获取信息的重要手段。《大学英语四级考试大纲》指出,“听力理解部分考核学生获取口头信息的能力,包括理解主旨大意、重要事实和细节、隐含意义,判断话语的交际功能、说话人的观点、态度等”。现在把《大学英语四级考试大纲》中听力部分考核的技能转述如下:

A 理解中心思想和重要细节

- 1 理解中心思想
- 2 听懂重要的或特定的细节
- 3 判断说话人的观点、态度等

B 理解隐含的意思

- 4 推论隐含的意义

5 判断话语的交际功能

C 借助语言特征理解听力材料

6 辨别语音特征,如从连续的话语中辨别语音、理解重音和语音语调等

7 理解句间关系,如比较、原因、结果、程度、目的等

大学英语四级考试听力理解部分要求考生“能听懂英语授课,能听懂日常英语谈话和一般性题材讲座,能基本听懂慢速英语节目,语速为每分钟 130 词左右,能掌握其中心大意,抓住要点。能运用基本的听力技巧帮助理解”,达到《教学要求》中的一般要求。

这些技能要求对考生的词汇量提出了挑战。大学英语四级考试提高了听力考核的比例,分值占 35%,不仅内容增加了,而且难度也加大了。我们对历年四级真题的听力材料作了统计,四级词汇覆盖率为 3728 词(包括派生词)。以下是从真题中精选的 100 个听力难词,供大家参考。

- | | | | |
|------------------|--------------------|-------------------|----------------|
| 1. vacancy | 22. insufficient | 43. watchful | 64. stylish |
| 2. respectively | 23. fascinate | 44. motion | 65. moderate |
| 3. talkative | 24. exaggerate | 45. reproduce | 66. transfer |
| 4. suspicion | 25. transformation | 46. eventually | 67. facility |
| 5. queue | 26. disloyalty | 47. especially | 68. financial |
| 6. universal | 27. tricky | 48. neglect | 69. severe |
| 7. proportion | 28. reputation | 49. negotiable | 70. heritage |
| 8. resourceful | 29. philosophical | 50. malfunction | 71. synthetic |
| 9. multicultural | 30. unconscious | 51. negative | 72. fiercely |
| 10. handle | 31. glimpse | 52. grind | 73. survival |
| 11. prospect | 32. funeral | 53. accelerate | 74. remedy |
| 12. immigration | 33. impressive | 54. vessel | 75. guilty |
| 13. uniform | 34. quote | 55. undergo | 76. drawback |
| 14. flexibility | 35. publicity | 56. surgery | 77. foster |
| 15. unwinable | 36. transmit | 57. symptom | 78. budget |
| 16. exhaustion | 37. volcanic | 58. indispensable | 79. recruit |
| 17. occupational | 38. elegant | 59. coordinate | 80. qualify |
| 18. sheer | 39. indifferent | 60. hostile | 81. succession |
| 19. priority | 40. nationwide | 61. minimum | 82. motivation |
| 20. relieve | 41. gaze | 62. privacy | 83. voluntary |
| 21. efficiency | 42. tolerate | 63. obsession | 84. furnish |

- | | | | |
|-------------------|-----------------|-----------------|----------------|
| 85. ineffective | 89. invisible | 93. repetitive | 97. adjust |
| 86. psychological | 90. hospitalize | 94. vague | 98. feedback |
| 87. blockade | 91. homogeneous | 95. relatively | 99. identical |
| 88. interfere | 92. facilitate | 96. informative | 100. formation |

那么听力如何考词汇呢？词汇量对听力考试有没有影响？下面我们将通过真题进行分析。

四级听力短对话信息量相对较小，是考生得分容易的题型，但不可轻视，对词汇量还是有一定的要求。请看以下真题：

〔2007 年 12 月第 11 题〕

对话原文：

W: I ran into Sally the other day. I could hardly recognize her. Do you remember her from high school?

M: Yeah, she was **a little out of shape** back then. Well, has she lost **a lot of weight**?

Q: What does the man remember of Sally?

题目：

- | | |
|-----------------------------------|---|
| A) She used to be in poor health. | B) She didn't do well at high school. |
| C) She was popular among boys. | D) She was somewhat overweight . |

此题答案为 D)。对话中的 a little out of shape 和 a lot of weight 表达较简单，但选项 D) 中的 somewhat overweight 有一定难度，尤其是 somewhat 一词，许多考生很生疏，无从判断。实际上此题考查考生对同义词的理解能力，如果考生的词汇应用能力比较强，那么不难理解 somewhat 的意思就相当于 a little; overweight 传达了 out of shape 和 a lot of weight 的意思。

〔2008 年 6 月第 12 题〕

对话原文：

W: May I see your ticket, please? I think you're sitting in my seat.

M: Oh, you're right. My seat is **in the balcony**. I'm terribly sorry.

Q: Where does conversation most probably take place?

题目：

- | | |
|----------------|----------------|
| A) On a train. | B) On a plane. |
|----------------|----------------|

C) In a theater.

D) In a restaurant.

此题答案为 C)。此题很干脆,直接考查考生的听力词汇量,如果考生知道 balcony 相当于剧院的“楼座或包厢”,可不假思索地作出判断。

〔2008 年 6 月第 16 题〕

对话原文:

W: Have you seen the movie *The Departed*? The plot was so **complicated** that I really got lost.

M: Yeah, I felt the same, but after I saw it a second time, I could put all the pieces together.

Q: How did the two speakers find the movie?

题目:

A) Extremely tedious.

B) **Hard to understand.**

C) Lacking a good plot.

D) Not worth seeing twice.

此题答案为 B)。根据对话情景,一开始就考查考生对 complicated 词义的理解,有一定词汇基础的考生比较容易作出判断,意为“难懂的,复杂的”。

〔2009 年 6 月第 15 题〕

对话原文:

W: I heard about your promotion, you must be **thrilled**.

M: Not really, the new office is huge, but the word load has doubled.

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

题目:

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.

此题答案为 D)。考生首先必须理解 thrilled 的词义,意为“激动的”,才能作出正确的选择,因为选项 B)和 C)的干扰性太强。

〔2009 年 12 月第 16 题〕

对话原文：

W: I've been working out the gym since January. I was a bit out of shape.

M: You look terrific. It seems that your effort has **paid off**.

Q: What does the man imply about the woman?

题目：

A) She must have paid a lot for the gym.

B) She is known to have a terrific figure.

C) Her gym exercise has **yielded good results**.

D) Her effort to keep fit is really praiseworthy.

此题答案为 C)，考查考生对词组 pay off 的理解，意为“实现，得到回报”，恰好 C) 项的 yielded good results 具有同样的意思。

〔2010 年 12 月第 12 题〕

对话原文：

M: How's the new job going?

W: Well, I'm learning a lot of new things, but I wish the director would give me some **feedback**.

Q: What does the woman want to know?

题目：

A) Her new responsibilities in the company.

B) What her job prospects are.

C) What the customers' feedback is.

D) The director's **opinion** of her work.

此题答案为 D)，考查考生对复合词 feedback 的理解，意为“反馈”，D) 项的 opinion 传达了这个意思。

〔2010 年 12 月第 13 题〕

对话原文：

W: Can you help me work out a physical training program John?

M: Sure, but whatever you do, be careful not to **overdo** it. Last time I had two weeks worth of weightlifting in three days and I hurt myself.

Q: What does the man suggest the woman do?

题目:

- A) Combine her training with dieting.
- B) Repeat the training every three days.
- C) Avoid **excessive** physical training.
- D) Include weightlifting in the program.

此题答案为 C), 难度较大, overdo 属超纲词, 大纲词汇表中没有收录。此题考查考生的构词能力, 对前缀 over 的理解, 意为“过度”, C) 项的 excessive 与之同义。

长对话信息量加大, 难度比短对话大。但在词汇考查方式上, 与短对话相似, 例如 2009 年 12 月的 Conversation Two:

对话原文:

W: So why exactly does your job have a reputation for being stressful?

M: Stress is generally driven by the feeling of being out of control of a situation, and the feeling of a situation controlling you. **Trading in financial markets combines both.**

W: How do you relax in the evening?

M: I very rarely do anything work-related. So it's easy to escape the markets. I generally go to the gym or go for a run, especially if I've had a bad day. **I always cook a meal rather than have a take-away. To do something my brain would regard as creative.**

W: Do you think what you do to relax is an effective way to beat stress?

M: I don't think there's a specific rule about how to beat stress. I generally find that what I do is effective for me.

W: Would you consider changing your job because of the high-stress factor?

W: I have considered leaving my job due to stress-related factors. **However, I do think that an element of stress is a good thing, and if used the right way, it can actually be a positive thing.**

W: What do you enjoy about the stressful aspects of your job?

M: Having said all that, I do actually enjoy an element of uncertainty. I enjoy a mental challenge. Trading generates a wide range of emotions sec-

ond by second. How you deal with and manage those emotions dictates short, medium, and long term trading performance and success.

Questions 23 to 25 are based on the conversation you've just heard.

23. What is the man's job?
24. Why does the man prefer to cook a meal rather than have a take-away?
25. What does the man say about an element of stress in his job?

题目:

23. A) A training coach. B) A trading adviser.
C) A professional manager. D) **A financial trader.**
24. A) He can save on living expenses. B) **He considers cooking creative.**
C) He can enjoy healthier food. D) He thinks take-away is tasteless.
25. A) It is something inevitable. B) It is frustrating sometimes.
C) It takes patience to manage. D) **It can be a good thing.**

这是一个关于工作压力的对话,由女士发问,男士回答并介绍自己应对压力的办法。整个对话四级词汇密集度很高。23 题的答案为 D),直接考查词汇 financial;24 题的答案为 B),直接考查词汇 creative;25 题的答案为 D),此题换用同义词 good,考查考生对 positive 的理解。

听力短文是词汇密集度最高的题型,也是难度最大的题型。此部分考查考生的记忆力、归纳概括能力以及词汇应用能力。对于听力短文,考生若没有一定的词汇基础,甚至读都读不懂,更不用说听懂。举 2009 年 6 月的 Passage One 为例:

Attracting and feeding wild birds are **entertaining activities** that have long been enjoyed by people all over the world. Feeding birds has become so popular that prepared feed mixtures are readily available. We feed birds for many reasons. **Many pleasant hours can come from watching birds.** A hobby often develops into a serious study of their habits. Accurate identification of birds is usually the first goal. But observations that an amateur bird-watcher can make are really limitless. There is, however, responsibility associated with bird feeding, including a **disease hazard**. Attracting numbers of birds continually to the same spot can be **harmful to them**, particularly species that pick food from the ground **contaminated by the droppings of other birds**. In winter feeding efforts are most satisfying to people and are of greatest benefit to birds. During this time when fewer natural foods are available and air temperatures are lower, extra feeding can keep a bird warm and well. Once begun, feeding should never stop during these lean

months. If you start a local increase of birds, be prepared to do what may be required to eliminate hazards to those you want to befriend. **A constant supply of food should be given until the cold is over and spring has come.** If feeding is stopped during severe weather, birds used to relying upon the feeders must starve.

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

26. What does the speaker say about bird watching?
27. What does the speaker say about birds fed continually on the same spot?
28. What does the speaker suggest we do in feeding birds in winter?

题目:

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

这是一篇说明文。文章首先指出喂鸟是一项深受人们喜爱的娱乐活动,然后分析了由此产生的责任和注意事项。26 题的答案为 A), entertaining 一词与 pleasant 同义,可立即作出判断。27 题的答案为 B),关键词为 hazard, harmful 及 contaminate,考查考生的词汇整合能力。28 题的答案为 D),直接考查考生对 constant 词义的理解。

举 2009 年 12 月的 Passage Three 为例:

It's logical to suppose that things like good labor relations, good working conditions, good wages and benefits and job security motivate workers, but one expert, Fredrick Herzberg argued that such conditions do not motivate workers. They are merely satisfiers. **Motivators, in contrast, include things such as having a challenging and interesting job, recognition and responsibility.** However, even with the development of computers and robotics, **there're always plenty of boring, repetitive and mechanical jobs and lots of unskilled people** who have to do them.

So how do managers motivate people in such jobs? **One solution is to give them some responsibilities, not as individuals, but as a part of a team.** For example, some supermarkets can buy office stuff to people who fill the shelves, and the people who work at the check out into a team, and let them decide what product lines to stock, how to display them and so on. Many people now talk about the importance of a company's shared values or culture with which all the staff can identify, for example, being the best hotel chain, or making the best, the most user-friendly or the most reliable products in a particular field. **Such values are more likely to motivate workers than financial targets which automatically only concern a few people.** Unfortunately, there's only a limited number of such goals to go around and by definition, not all the competing companies in that industry can seriously plan to be the best.

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

- 32: What can actually motivate workers according to Fredrick Herzberg?
33: What does the speaker say about jobs in the computer era?
34: What do some supermarkets do to motivate their employees?
35: Why does the speaker say financial targets are less likely to motivate workers?

题目:

32. A) Job security. B) Good labour relations.
 C) **Challenging work.** D) Attractive wages and benefits.
33. A) **Many tedious jobs continue to be done manually.**
 B) More and more unskilled workers will lose jobs.
 C) Computers will change to nature of many jobs.
 D) Boring jobs will gradually be made enjoyable.
34. A) Offer them chances of promotion.
 B) Improve their working conditions.
 C) Encourage them to compete with each other.
 D) **Give them responsibilities as part of a team.**
35. A) They will not bring real benefits to the staff.
 B) **They concern a small number of people only.**
 C) They are arbitrarily set by the administrators.
 D) They are beyond the control of ordinary workers.

本文属于商务英语, 词汇密集度较高, 有一定难度。32 题的答案为 C), 文中