



普通高等教育“十一五”国家级规划教材

新世纪大学英语系列教材

听力训练

主编 王敏华

COLLEGE ENGLISH



Upgrading Your Listening

5



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新世纪大学英语系列教材

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编者的话

《大学英语课程教学要求》中明确提出：大学英语的教学目标是培养学生的英语综合能力，特别是听说能力。听说能力在学生今后的学习、工作和社会交往中起着举足轻重的作用，关系着交际的成功与失败。但是，听说能力的提高，并非一蹴而就的事情。在十多年的听力教学中，我们了解了中国学生在英语听力方面存在的一些问题和困惑。带着这些问题和困惑，我们对英语听力教学方面的理论进行了探讨，然后在教学中去实践这些理论，以检验是否行之有效。实践告诉我们，遵循听力理解的规律，采用恰当的听力策略，形成良好的听力习惯(当然还要有一定的英语语言基础)，听力理解的效果会迥然不同。在此基础上，我们开始着手编写本套《听力训练》。在编写本套丛书前，我们也浏览了一些国外的听力教材的编排，借鉴了它们编排中的优点。我们希望本套丛书能对广大读者提高听力理解能力、顺利通过听力考试、流畅地进行交际等方面有所裨益。

《听力训练》共六册，下面就选材、编排等方面来介绍一下这套书的特点。

选材

就内容而言，我们以兴趣和知识性为主；就语言来说，我们尽可能做到循序渐进，从易到难。本套丛书涵盖的话题都是大家耳熟能详的，这在很大程度上便利了听力理解。

编排

《听力训练》每一册书有16单元和4套测验题。

1. 第一、二、三册

第一、二、三册编排相同，每一单元由以下几部分组成：

Before Listening

这一部分由**Read and Answer**、**Your Opinion and Your Prediction**和**Vocabulary Study**组成。**Read and Answer**的编排意图是激活听者相关的背景知识或者是介绍相关的背景知识。背景知识对于听力理解的成功是至关重要的。**Your Opinion**主要是通过提问把听者引到和所要听的材料的话题更接近、更相关的方向，这也是用另一种方法来激活听者的背景知识，为听力理解的成功做铺垫；而**Your Prediction**是让听者综合、利用本单元**Vocabulary Study**和**Listening Exercises**提供的信息对要听的材料内容进行预测，预测的目的之一是让听者在听的时候更好地投入，增加听力理解成功的几率。诸多教学实践证明，激活背景知识和在听之前对内容作预测是行之有效的提高听力理解的方法。**Vocabulary Study**的目的在于尽可能的帮助听者扫除语言上的障碍，或者是帮助激活听者的语言知识。我们没有直接把词义告诉听者，而是编了一些练习，旨在让听者通过做练习更好地记住这些词或词组。

Listening

这一部分由**Yes or No**、**Listening Exercises**和**Listening Strategy**组成。**Yes or No**在于核实预测，如果预测和所听内容不相符合再进行调整。**Listening Exercises**旨在通过形式多样的练

习帮助听者听懂听力材料的内容，并潜移默化地掌握各种听力技能。**Listening Strategy**就每一单元听力材料中的某一点展开，这样使得每一策略切合实际、更可信。在每一个听力策略简要讲解以后，有让听者进行实践的机会。值得指出的是，有些听力策略在六册书中反复出现，这是因为我们觉得类似的策略尤为重要，或者它能帮助听者克服某一个弱点。

After Listening

这一部分由**Text-Related Activity**、**Vocabulary Review**和**Oral Practice**组成。**Text-related Activity**在于让听者在听懂课文内容的基础上，口头表达相关的课文内容，并且就课文内容发表自己的观点和意见，或者讲述自身的经历等。有研究表明，听后就所听内容展开谈论可以进一步理解、消化所听内容。**Vocabulary Review**在于帮助听者尽可能地记住并且运用已经听到过的生词和词组。**Oral Practice**在于让听者在输入的基础上进行输出，说的内容有的和听力材料的某些语言功能相关，有的则和听力材料的话题相关。

综上所述，**Before Listening**是为**Listening**作铺垫，而**Listening**在训练了听力理解的基础上，为**After Listening**提供了输入的内容和量，以便**After Listening**的输出有源可寻，有依有据。所以每一个单元间的各个部分有着有机的联系，是一个完整的体系。

四套测验题

第一、二册每四单元后有一套测验题，测验题的编排以综合运用前四单元中的听力策略为宗旨，也就是说，四套测验题的设计依据是十六个单元中涉及到的听力策略。

第三册每四单元后有一类测验题，共四套。测验题按照大学英语四级考试的听力题型设计。有了前面两本书的基础，在第三本书的测验中，希望读者综合运用各种策略，顺利通过四级考试。当然考试只是一种手段，最终的目的是为了应用。第一类测验题为短对话，通过解析四级真题，了解短对话的考点，建议相应的技巧，然后提供习题操练。第二类测验题为长对话，通过真题分析，了解长对话的考点，建议相应的技巧，然后提供习题操练。第三类测验题为短文，通过真题分析，了解短文的体裁类型和考点，以及应对策略，并且有针对性地提供操练的习题。第四类测验题为复合听写，针对真题，指出做复合听写题必须注意的事项，并且提供习题操练。

2. 第四、五、六册

第四、五、六册编排相同，每一单元由以下几部分组成：

Before Listening

这一部分由**Your Opinion and Your Prediction**和**Vocabulary Study**组成，设计目的与第一、二、三册对应部分相同。

Listening

这一部分由**Yes or No**、**Listening Exercises**和**Listening Strategy**组成，设计目的与第一、二、三册对应部分相同。

After Listening

这一部分由**Dictation**和**Writing**组成。听写目的之一为后面的写提供帮助；写以听为基础。

综上所述, **Before Listening** 是为**Listening**作铺垫, 而**Listening**在训练了听力理解的基础上, 为 **After Listening**提供了输入的内容和量, 以便**After Listening**的输出(写作)有源可寻, 有依有据。所以每一个单元间的各个部分有着有机的联系, 是一个完整的体系。

四套测验题

第五册每四单元后有一类测验题, 共四类。测验题的编排以综合运用各项听力策略为宗旨, 该册书的四类题目为历届大学英语六级考试真题的听力部分, 按六级考试的题型进行了归类: 短对话、长对话、短文和复合听写。在每一类习题前指出该类题型在真题中的考点以及应对方法。

第四、六册每四单元后有一套测验题。测验题的编排以综合运用各项听力策略为宗旨, 这两册书的各四套题目为历届四、六级真题。

使用

1. 按每一单元的顺序和各个练习的指令做完整个单元。如果是独自做练习, 那么最后练习口语部分也是有用的, 有研究表明独自一人对着墙练, 口语也会有进步, 只要有讲的内容即可。
2. 如果时间比较紧, 来不及做完整个单元的练习, 那么可以忽略**Before Listening**下面的阅读部分, 从**Your Opinion and Your Prediction**开始, 到**Listening Strategy**下面的练习为止, 坚持不懈, 同样受益。
3. 自学时, 视个人的听力水平来决定同一篇材料听几遍。如果有的练习听一遍就能解出答案, 就没必要如指令所要求的听两遍; 反之, 如果听两遍还没完成练习, 则可以继续听第三遍。

本套书可用作各高校现有听说课程的补充资源, 亦可作为课外提高听力能力的自学教材。本套书必将为学生提高英语听力理解能力、从而提高交际能力提供有力的帮助。

读者在使用本套丛书过程中若发现不妥或错误之处, 欢迎批评、指正。

编者

2010年8月

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1

TAKING UP THE CHALLENGE

BEFORE LISTENING

A Your Own Experience and Your Prediction

Think and Answer

1. Adversity happens to all of us, and it happens all the time. Yet the history is full of people who looked at adversity in the face, learned valuable lessons and were able to move ahead. Can you think of some examples?
2. Have you ever had the experience of being stuck in a sad situation and wondered if things could ever change for the better again? How did you cope with it?
3. You will listen to a short passage about how a disabled boy is able to do better than normal ones. Browse all the information available in **Vocabulary Study** and **Listening Exercises** and predict what specific things might be talked about in the passage.

B Vocabulary Study

Before you listen to the passage, read the following sentences carefully and match the underlined words or phrases in the sentences with the Chinese meanings given in the following box.

- | | |
|------------|----------|
| a. 得分 | d. 跑来跑去 |
| b. 呆滞，没有神采 | e. 石膏和支架 |
| c. 足部畸形 | |

1. My son was born with club feet ()
2. The first three years of his life were spent in surgery, casts and braces ()
3. The children in our neighborhood ran around as most children do. ()
4. Although the entire team runs, only the top seven runners have the potential to score points for the school. ()
5. The sweat ran down his face and his eyes were glassy from his fever. ()

LISTENING

A Yes or No

Listen to the passage and find out if what you have predicted has been mentioned in it. Please put a tick (✓) in the box either beside **Yes** or **No**.

Yes ☐ **No** ☐

B Listening Exercises

I. Listen and choose the best answer to each question you hear.

1. a. He would be able to walk normally without treatment.
b. He would never run well without treatment.
c. He would not be able to walk even with treatment.
d. He would never run well even with treatment.
2. a. He went out for a cross-country team.
b. He ran more than his team members every day.
c. He felt he was inferior to his peer boys.
d. He thought he could be a member of the team.
3. a. Two. b. Three. c. Two to three. d. Four to five.
4. a. We never told Joey about his illness for fear of breaking his heart.
b. The doctor's diagnosis was apparently wrong.
c. Joey was the youngest on the team list.
d. Joey was the last on the team list but he made it.

II. Listen again and write down the answers to the following questions.

1. Had Joey been able to walk normally by the time he was eight?

_____.

2. What didn't Joey's parents tell him?

- a. _____ ;
- b. _____ ;
- c. _____ ;
- d. _____ ;

3. What do you think contributed to Joey's success?

_____.

重复出现的词或句和大意、主题有关

在本单元的听力练习材料中，我们听到一句反复出现的话，即：“We never told him that he ... So he didn't know.”。双足有残疾的男孩一次又一次地挑战极限，父母从来不告诉他因为他双足有残疾而做不到正常孩子能做的，因此男孩凭着坚忍不拔的毅力超越了正常的孩子所能做到的，这是故事的大意。毅力、超越自我、超越别人是故事所反映的主题。那句反复出现的话和大意、主题都相关。所以，抓住反复出现的词或句，然后注意这些词或句涉及到了哪几个方面，再把这几个方面综合起来，我们就基本能听懂大意和主题了。

Practice

Listen to two short passages and answer the following questions.

Passage One

1. What is repeatedly heard?
2. What is the passage mainly about?

Passage Two

1. What is repeatedly heard?
2. What is the passage mainly about?

AFTER LISTENING

A Compound Dictation

Listen to a passage for three times. When it is read for the first time, you should listen carefully for its main idea. When it is read for the second time, fill in the blanks numbered from 1 to 8 with the exact words you have just heard. For blanks numbered from 9 to 11, fill in the missing information. For these blanks, you can either use the exact words you have just heard or write down the main points in your own words. Finally, when the passage is read for the third time, check what you have written.

In a season dedicated to hope and expectant longing, it is good to name the fact that for some of us, life is very 1) _____. For some, there are 2) _____ painful realities before us. More and more, 3) _____ dilemmas are tearing us apart. If we have lost a loved one, if we are in the middle of a deteriorating or 4) _____ relationship or trying to cope with a broken one, 5) _____ can cloud our hope. If we are facing a 6) _____ health crisis or if we struggle to endure a 7) _____ condition, we can find ourselves nearly 8) _____ emotionally and spiritually.

The word “perseverance” can put us off, especially if it comes from someone who doesn’t seem to understand what we are suffering. 9) _____

The actual Latin root of the word “persevere” can help us. There are three parts of the word: per - se - vere. Loosely translated it says: “by means of the truth.” 10) _____. What truth? The truth of who we are and what our life is about. That’s why Advent can be a season of perseverance, as well as a season of hopeful longing. 11) _____.

B Writing

Write a short composition on the topic “Success Is a Choice”. You are required to write at least 120 words, and base your composition on what you have learned from this unit. You can start by analyzing why Joey could succeed. Then you can use Joey’s example to verify that success is a choice.

2

AN AGEING WORLD

BEFORE LISTENING

A Your Own Experience and Your Prediction

Think and Answer

1. Have you ever thought of living to 100, healthy and happy? Why or why not?
2. Are you afraid of ageing? And what do you think of the global ageing problem, since the number of old people (over 60 years old) is expected to be more than 6 billion by 2050?
3. There are a lot of problems linked to ageing, from hearing and vision problems to problems like just paying the bills. Is there anything we can do about it?
4. You will listen to a short passage about the ageing problem. Browse all the information available in **Vocabulary Study** and **Listening Exercises** and predict what specific things might be talked about in the passage.

B Vocabulary Study

Before you listen to the passage, read the following sentences carefully and match the underlined words or phrases in the sentences with the Chinese meanings given in the following box.

- | | |
|-------------|-------------|
| a. 比例 | f. 培养; 鼓励 |
| b. 慢性的, 长期的 | g. 法定的; 强制的 |
| c. 残疾 | h. 使...放慢速度 |
| d. 对老年人歧视的 | i. 参与社会活动 |
| e. 人口统计学的 | j. 预期寿命 |

k. 生育率
l. 基础设施

m. 察觉, 发现
n. 前所未有的

1. Women have a higher life expectancy than men. ()
2. The rise in number of elder citizens and the fall in fertility rate would certainly cause social problems. ()
3. The industry park provides excellent services aside from infrastructures ()
4. The tax increases in proportion to the amount you earn. ()
5. It's part of the government's job to collect reliable demographic data and carry out censuses (人口普查). ()
6. The earthquake caused an unprecedented number of deaths. ()
7. They have to place a brake on the economy as it has been growing too fast. ()
8. Older people want to be more socially engaged and accepted by others. ()
9. The offence carries a mandatory life sentence. ()
10. The club's aim is to foster better relations within the community. ()
11. It's wrong and to have ageist attitude toward older citizens. ()
12. He is moving slowly and quietly to avoid detection. ()
13. She swims well despite her disabilities. ()
14. He had a chronic cough. ()

LISTENING

A Yes or No

Listen to the passage and find out if what you have predicted has been mentioned in it. Please put a tick (✓) in the box either beside **Yes** or **No**.

Yes ☐ **No** ☐

B Listening Exercises

I. Listen and choose the best answer to each question you hear.

1.
 - a. In the developed world.
 - b. In the developing world.
 - c. In low or middle-income countries.
 - d. In high-income countries.
2.
 - a. A challenge to social and health care systems.
 - b. A decrease in the number of working age people.
 - c. A rapid growth in economies of all countries.
 - d. A decrease in the number of newly-born babies.
3.
 - a. Keep them happy.
 - b. Keep them busy.
 - c. Keep them healthy.
 - d. Keep them feel needed.
4.
 - a. Ageing.
 - b. Depression.
 - c. Acute diseases.
 - d. Chronic diseases.
5.
 - a. To create age-friendly environments.
 - b. To create physical environments.
 - c. To change young people's attitudes.
 - d. To change older people's attitudes.

II. Listen again and write down the answers to the following questions or fill in the blanks to answer the questions.

1. What is the problem discussed in the passage?

_____.

2. What are the causes of the problem?

a. _____;

b. _____.

3. What will the problem result in?

An unprecedented demand on _____ paid for by _____, consequently, a significant brake on _____.

4. What are the possible solutions?
- Prevention of chronic disease.
 - _____;
 - _____.

Listening Strategy

问题、起因、后果和解决方案

在本单元的听力练习中，我们听了一篇关于人口老龄化的短文。短文主要围绕老龄化问题展开，谈到了问题的现状、起因、后果以及解决问题的方案。一般以谈论某个社会或民生问题为主的短文都会包含以上诸要点。听这样的短文，如果能听明白这些要点就听懂了主要意思。

Practice

Listen to a short passage and fill in the blanks in the following chart with the missing information.

| | |
|--|--|
| Problem | 1) _____ |
| Areas especially seriously affected | Africa, 2) _____ |
| Cause of the problem in the above areas | 3) _____, not available |
| Effects of the problem | 4) _____ like diarrhea; 5) _____ |
| Solution | A new technology for 6) _____, called ion 7) _____, using 8) _____ |

AFTER LISTENING

A Compound Dictation

Listen to a passage for three times. When it is read for the first time, you should listen carefully for its main idea. When it is read for the second time, fill in the blanks numbered from 1 to 8 with the exact words you have just heard. For blanks numbered from 9 to 11, fill in the missing information. For these blanks, you can either use the exact words you have just heard or write down the main points in your own words. Finally, when the passage is read for the third time, check what you have written.

“Bonus period” vital for the preparation for the severe ageing problem

Professor Yuan Xin from Institute of Population and Development in Nankai University said that from 1990 to 2033 is a period of “population bonus” for China. Since the drop of birth rate makes the 1) _____ of child 2) _____ decline rapidly and ageing population is still small, such a period is 3) _____ to the economic development.

The 4) _____ force from 2010 to 2013 will reach its peak of 900 million. And after that the bonus will turn into 5) _____, which means the ageing population that needs care will increase rapidly.

It is said that twenty years starting from 2030 is the 6) _____ time for ageing process in China. Therefore, the country should get 7) _____ by taking the 8) _____ of “population bonus period for coping with the severe ageing problem”.

Establishing a sound social security system is the precondition

9) _____. It is a long-cycle problem and needs a long time for solution.

The tendency of population increase has been effectively brought under control thanks to China’s adherence to the one-child policy. It is estimated that China’s total population by 2030 is expected to reach 1.465 billion and 10) _____

The report has also pointed out that China has lagged far behind in terms of awareness, material as well as regulation for coping with the ageing problem and the solution to such problem should be included into the national development strategy in the future. The medical care resources and a complete social security system for the ageing population require an early attention. 11) _____

B Writing

Write a short composition on the topic “What Can We Do about the Ageing Problem?”. You are required to write at least 120 words, and base your composition on what you have learned from this unit. You can start by stating the consequences of population ageing and then think of some possible solutions.