



普通高等教育“十三五”规划教材

韩 伟 主 编

# 大学英语听力 实训教程 (第三版)

ENGLISH LISTENING PRACTICE



科学出版社

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# 大学英语听力实训教程

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北 京

## 内 容 简 介

本书参考大学英语四、六级考试听力部分题型编写,紧扣考试大纲,旨在通过针对性训练提高学生的英语听力能力。本书包括24个单元,每个单元3个部分:听力理解,包括3篇短新闻、2个长对话、3篇短文;短文听写填空以及课外拓展。本书所选听力理解涉及体育、历史、经济、法律等方面,短文多来自经典美文、名人演讲等,便于全方位训练学生的英语听力能力。

本书适合作为高等院校各专业英语四、六级考试参考用书,也可作为英语培训机构或具有一定基础的英语学习者的学习资料。

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# 前言

为了适应我国高等教育新的发展形势，深化教学改革，提高教学质量，教育部颁布了《大学英语课程教学要求》。提出培养学生的英语综合能力，特别是听说能力，使其能在今后的工作和社会交往中用英语有效地进行口头和书面信息的交流。为体现新的教学要求的精神，全国大学英语四、六级考试也进行了相应的调整，从考试内容到题型都有了变化。2015 年大学英语四、六级考试再次进行了改革，其中听力部分题型做出了重大调整。

现行题型的听力部分分值比重高达 35%，总体而言，难度较大，对考生提出了较高的要求。因此，学习者更应该注意语言基本功，从提高实际英语能力出发，循序渐进，切实打下良好的听力基础。

## 一、大学英语四级等级考试听力简介

新四级考试的听力部分是整个试卷的第二部分，在写作之后，过程为 25 分钟左右。整个部分的分值占总成绩的 35%，具体情况如下表所示。

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

## 二、听力技巧简介

### （一）影响学生听力理解的主要因素

- （1）语音：很多学生自身发音不够准确，这对其辨别听到的内容构成了很大的障碍。
- （2）语速：由于大多数老师在课堂上授课语速较慢，学生接触的听力材料又不够多，所以遇到较快语速的听力材料，适应起来有一定的困难。
- （3）语法：学生自身语法基础的薄弱也会影响其对听力材料的理解。
- （4）词汇：学生英语词汇量的大小及掌握的熟练程度，也是影响其听力水平的一个因素。
- （5）文化差异：不少学生缺乏对西方文化背景知识的了解，如习语、典故等，听力理解过程中也会有一定困难。
- （6）心理因素：紧张、焦虑、恐惧等心理状态会对听力理解造成较大的影响。

### （二）听力技巧

#### 1. 听前：浏览+预测

在录音播放之前，抓紧时间浏览给出的选项和文字资料，并尽量从中发现一些背景

信息和解题线索,这对之后的解题有很大的帮助。

## 2. 听中:抓住主题和关键

在整个听音过程中,要尽量全神贯注,沉着应战。在听懂大意的基础上,抓住重点,并力求快速记录一些关键词或重要信息。

## 3. 听后:辨别异同,果断作答

听完后,根据记忆和记录,快速在选项中寻找符合原文的一项,不要反复犹豫,应尽量果断。

# 三、教材的构成与特点

## (一) 构成

本书由 24 个单元组成,每个单元分为 3 个部分。

第一部分 (Listening Comprehension): 四级模拟训练,包括 3 段短篇新闻,2 个长对话和 3 篇短文理解。题型分布和题目数量参考四级考试,难度与四级考试相仿。

第二部分 (Dictation): 复合式听写 1 篇,录音播放 3 遍,要求学生填充短文中所缺的单词或词组。短文听写 1 篇,100 字左右,录音播放 4 遍,第一遍常速,学生理解大意;第二遍和第三遍,每句有停顿,学生写答案;第四遍,常速,自我检查。

第三部分 (Fun Time): 推荐用于课外扩展的歌曲及影视作品。

## (二) 特点

本书具有鲜明的特色,它为学生独立学习提供了一个良好的平台,也是学生备考四、六级考试的必要材料。

(1) 紧扣大纲,针对性强。本书形式上完全贴合四级题型,包括短篇新闻、对话和短文,可供学生模拟练习和实战训练。

(2) 选材科学,代表性强。本书内容涉及日常生活、社会习俗、体育、历史、文化、经济、法律以及科学技术等方面,使考生能够在备考过程中有的放矢,事半功倍。

(3) 使用方便,操作性强。本书提供免费的录音文件,学习者可在电脑上使用,也可使用 MP3 收听。

(4) 匠心独具,趣味性强。本书的编写体系别具一格,除了四级模拟实战练习外,还特别增加了段落听写与课外扩展内容。所选段落多来自经典美文、励志短文、名人演讲等,课外扩展部分选取了比较经典的歌曲及影视资料,学生可自行搜索相关音频或视频进行自学,在紧张学习之余也享受英语学习带来的乐趣。

在编写本书的过程中,编者得到很多一线教师及外籍教师的无私帮助,在此深表感谢。另外,由于编者水平有限,书中难免有疏漏之处,恳请广大读者和同行不吝赐教。

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# 听力实训

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# Unit 1

## Part I Listening Comprehension

### 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).

*Questions 1 and 2 will be based on the following news item.*

1. A) Israel's water shortages.  
B) California's water pollution.  
C) Israel's offer to help California deal with drought.  
D) Relationship between Israel and the US.
2. A) Technology.      B) Knowledge.      C) Support.      D) All of above.

*Questions 3 to 5 will be based on the following news item.*

3. A) 146.      B) 156.      C) 166.      D) 176.
4. A) Early Monday.      B) Early Tuesday.      C) Early Wednesday.      D) Early Thursday.
5. A) The attackers dressed themselves as Kurdish soldiers.  
B) The attackers set off a car bomb.  
C) Turkey was involved in the attack.  
D) The attack had been lasting for almost a whole day.

*Questions 6 to 8 will be based on the following news item.*

6. A) Los Angeles.      B) Boston.      C) New York City.      D) Huston.
7. A) Because there are angels in L.A.  
B) Because people in L.A. look like angels.  
C) Because people in L.A. hope there are angels in their city.

D) Because the city's name means "the angels" in Spanish.

8. A) The Big Orange.

B) City of Flowers and Sunshine.

C) The Big Apple.

D) The Entertainment Capital of the World.

## Section B

**Directions:** In this section, you will hear two long conversations. At the end of each conversation, you will hear three or 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 9 to 12 are based on the conversation you have just heard.*

9. A) Buying a car.

B) Selling car insurance.

C) Renting a car.

D) Repairing a car.

10. A) Health insurance.

B) Life and accident insurance.

C) Car insurance.

D) Fire insurance.

11. A) His driver's license and credit card.

B) His insurance policy and credit card.

C) His ID card and credit card.

D) His driver's license and insurance policy.

12. A) To get the service early.

B) To choose the model he likes.

C) To get unlimited miles.

D) To get a discount and some free drive.

### Conversation Two

*Questions 13 to 15 are based on the conversation you have just heard.*

13. A) Because she was interested in computer science.

B) Because she really had talent in computer science.

C) Because she thought it would be easier to find a well-paid job in that area.

D) Because she loved information technology.

14. A) Because she adopted her tutor's advice.

B) Because she was too busy.

C) Because she didn't have talent in arts.

D) Because she really disliked arts.

15. A) Every week.

B) Every two weeks.

C) Every month.

D) Every night.

## Section C

**Directions:** In this section, you will hear three passages. At the end of each passage, you will hear some questions. Both the passage 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).

### Passage One

*Questions 16 to 18 are based on the passage you have just heard.*

16. A) To chat with an assistant in a bookshop.  
B) To take a walk in the streets.  
C) To make some appointment in a bookshop.  
D) To stay reading books of various kinds in a bookshop.
17. A) On your entering the shop.  
B) Just before you finish reading.  
C) Only when you want to find out where a particular section is.  
D) When you are reading.
18. A) Time spent in a bookshop can be enjoyable only for book-lovers.  
B) There are only a few places where it is possible to escape the realities of life.  
C) People go to bookshops to buy books.  
D) A book with an attractive design must be interesting.

### Passage Two

*Questions 19 to 21 are based on the passage you have just heard.*

19. A) It is quite new.  
B) It is very dangerous.  
C) It is quite safe.  
D) It is traditional.
20. A) Mountain climbing.  
B) Hiking.  
C) Trail riding.  
D) Fishing.
21. A) Their interest in physical activities.  
B) Their interest in dangerous experiences.  
C) Their interest in nature and outdoor activities.  
D) Their interest in tourist sites.

### Passage Three

*Questions 22 to 25 are based on the passage you have just heard.*

22. A) Touring.  
B) Traveling for business.

- C) On vacation. D) Writing.
23. A) Commercial, transient and vacation hotels.  
B) Transient, vacation and resort hotels.  
C) Transient, resort and residential hotels.  
D) Vacation, resort and residential hotels.
24. A) About 13 000. B) About 30 000.  
C) About 300 000. D) About 3 000.
25. A) It is a small single room.  
B) It is meant for the use of one person.  
C) It is meant for the use of two persons.  
D) It is meant for the use of a group of persons traveling together.

## Part II Dictation

### Section A Compound Dictation

**Directions:** In this section, you will hear a passage three times. When the passage is read for the first time, you should listen carefully for its general idea. When the passage is read for the second time, you are required to fill in the blanks with the exact words you have just heard. Finally, when the passage is read for the third time, you should check what you have written.

Instructors at American colleges and universities use many different teaching methods. Some instructors give (1) \_\_\_\_\_ every day. They grade homework. Students in their classes have to take many (2) \_\_\_\_\_ and a midterm exam. Other instructors give only writing tasks. Some teachers always follow a course (3) \_\_\_\_\_ and usually use the textbook. Others send students to the library for their work and ask them to make (4) \_\_\_\_\_ in class.

The (5) \_\_\_\_\_ in some classrooms is very formal. Students call their instructors “Professor Smith”, “Mrs. Jones”, and so on. Some teachers wear business clothes and give lectures. Other classrooms have an (6) \_\_\_\_\_ style. Students and teachers discuss their ideas. Instructors dress (7) \_\_\_\_\_, and students call them by their first names, and American teachers are not alike in their teaching styles.

At most American colleges and universities, students have easy access to (8) \_\_\_\_\_ for learning and recreation. Students can often use typewriters, tape recorders, video machines and computers at labs and learning centers. Books, notebooks and other things are (9) \_\_\_\_\_ at campus stores. They can get advice on their problems from (10) \_\_\_\_\_ and individual help with their classes from tutors. Students can relax and have fun on campus, too. Some schools have swimming pools and tennis courts. Most have snack bars or cafeterias.

## Section B Passage Dictation

**Directions:** Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given two minutes to check through your work once more.

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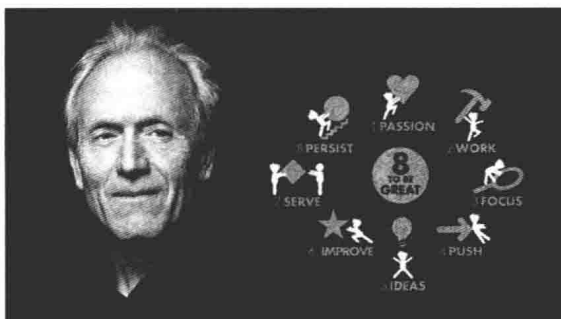
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## Part III Fun Time

Listen to a speech from TED by Richard St. John, “Eight secrets of success”, try to understand the meaning.

*Introduction to the speaker*

A self-described average guy who found success doing what he loved, Richard St. John spent more than a decade researching the lessons of success and distilling them into eight words, three minutes and one successful book. In his books and talks, he shares a wealth of wisdom from the world’s most successful people — knowledge that can help others succeed in their own way, whether it’s escaping poverty, building a business, raising a family, or changing the world.





# Unit 2

## Part I Listening Comprehension

### 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).

*Questions 1 and 2 will be based on the following news item.*

1. A) For domestic use. B) For military use.  
C) For technical use. D) For industrial use.
2. A) The robot dog's name is Alex.  
B) The robot dog is owned by Andy Rubin, who helped create Android.  
C) The robot dog is much heavier than the real dog.  
D) The real dog is afraid of the robot dog.

*Questions 3 to 5 will be based on the following news item.*

3. A) No more than 15. B) At least 50.  
C) No more than 50. D) More than 100.
4. A) About 15. B) About 50. C) At least 100. D) More than 100.
5. A) Another bus. B) A truck. C) A private car. D) A train.

*Questions 6 to 8 will be based on the following news item.*

6. A) 1 billion euros. B) 2 billion euros.  
C) 10 billion euros. D) 20 billion euros.
7. A) The shape of the building is unique.  
B) The stadium has 68 000 seats.  
C) The style of the stadium is traditional.  
D) The surrounding of the stadium is covered by a green forest.
8. A) In 2017. B) In 2018. C) In 2019. D) In 2021.



## Section B

**Directions:** In this section, you will hear two long conversations. At the end of each conversation, you will hear three or 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 9 to 12 are based on the conversation you have just heard.

9. A) He looked for reference books in the library.      B) He answered lots of phone calls.  
C) He went to the music festival.      D) He watched a video.
10. A) A schedule for summer holiday.  
B) An introduction of musical instruments.  
C) A trip to Spain.  
D) A music festival.
11. A) 30%.      B) 40%.      C) 50%.      D) 60%.
12. A) Free dinners.      B) Free snacks.      C) Free gifts.      D) Free booklets.

### Conversation Two

Questions 13 to 15 are based on the conversation you have just heard.

13. A) They are talking about a corporate business trip.  
B) They are gossiping about their boss.  
C) They are talking about their colleagues.  
D) They are talking about promotion.
14. A) The team will hold a ceremony in Germany.  
B) The team will have a holiday in Germany.  
C) Candidates for the team will be evaluated very strictly.  
D) Only the leaders can join the team.
15. A) The members will get a salary raise.  
B) The members will have a long holiday.  
C) The members will be praised by the company.  
D) The members will probably get a promotion.

## Section C

**Directions:** In this section, you will hear three passages. At the end of each passage, you will hear some questions. Both the passage and the questions will be spoken only once. After you hear