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Absolute TOEFL

直通托福预备教程： 听说

Foundation

新东方教育科技集团有限公司
美国本科考试研究院
编著

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Gregory Tarvin

Sarah Wilson

Richard Wu

范 猛

梁小伟

滕 达

田 园

叶支欧

周 一

序言

新东方创立之初有这样一句口号：新东方要成为出国留学的桥梁。转眼间 24 年过去了，出国留学已经成为学生求学路上的一个常规选项，而不再是少数人与命运博弈的“留洋梦”。如今中国的父母热衷于送孩子远赴另一块大陆，接受不一样文化背景下的教育，出国求学的平均年龄也越来越小。在留学产业蓬勃发展的同时，身处这一高速发展行业的我们，看着课堂上那一张张稚嫩的面孔不时心生困惑：孩子，你为什么去留学？你真的准备好了吗？

在大多数人的眼中，留学等于“镀金”，海归等于高薪。然而，我认为“千里求学”这件事情，从来都不仅仅是为了“学成归来”找份好工作——尽管这符合人们对留学回报的预期。但我更希望的是，学生们通过海外留学将自己锻炼成为放眼世界的全球性人才，在更高的立足点上，以足够强大的姿态拥抱这个日新月异的世界。

未来的时代是更加全球化的、多种文化交融的时代，海外留学无疑给孩子们提供了一个了解不同文化的有效途径。而了解一种文化、融入一方生活，最直接也是最重要的方式就是掌握他们的语言。语言能力提高也是留学能带给中国学生的不可替代的收获。孩子多掌握一门语言，视野就不会仅局限于中国，接纳的信息也不再局限于同一种声音。

在语言从知识普及成为技能的今天，与过去专注提升学生考试分数有所不同的是，我们有了新的更为重要的课题，那就是：如何让走出去的孩子的英语能力与汉语达到同等水平，既能写出漂亮的书面论文，也能与当地居民无障碍地口头交流，让学生的语言应用能力和考试分数画上名副其实的等号。这就在教学产品的提供方面给我们带来了更多的机遇与挑战。

多年来，新东方始终把自己定义为教育机构，既然是教育机构，教学的产品与质量是必不可少的，这是我们能够提供给学生实现他们人生价值的最重要的两个途径。深刻理解中国学生的真正需求，设计符合科学有效的语言学习模式的教学内容，创新与实用相结合，并且落实最终教学产品的实际应用，是新东方每一位投身于研发的老师的职责所在。

把教育和品质做到极致，教为本，育为根，让更多的中国学生获得世界优秀大学的认同与接纳。这正是我们开启新时期语言考试研究的推动力，也是我们提供的每一个研发成果的意义之所在。

俞敏洪

新东方教育科技集团董事长

前言 Preface

TOEFL 全名为“Test of English as a Foreign Language”，是由美国教育考试服务中心（ETS）研发推广的英语能力测试，中文音译为“托福”。托福所提供的语言成绩不仅可以帮助考生申请美国高等院校，也可以成为考生正确学习英语的指南。

目前，托福考试以互联网为依托进行机考，称为 iBT（internet-Based Test），其整体设计旨在综合评估考生在英语听、说、读、写四项技能方面的综合能力。近几年，托福考试的整体难度逐渐增加，而考生群体则走向低龄化。考生们需要在准备托福考试的过程中打下坚实的基础，因而对于托福预备阶段资料的需求也亟待满足。

《直通托福预备教程》系列丛书包括《直通托福预备教程：读写》《直通托福预备教程：听说》两册，以北美优秀教辅书为参考，结合考生对于托福预备阶段备考的真实需求，由新东方美国本科考试研究院联合一线托福教师设计并编写，极具权威性和针对性，适合托福考试零基础或英语语言基础薄弱的考生，帮助其打好语言基础。

本书为《直通托福预备教程：听说》，共有 15 个单元，覆盖听力和口语考试中的不同场景和话题。

1. 学习框架：每一个单元包含三部分，分别是对话（Conversation）、讲座（Lecture）和综合练习（Practice），由浅入深，帮助考生综合训练听说能力。

Part 1：对话的背景知识以热身问题配以图片的形式导入，帮助考生了解相关话题，有效建立场景意识；同时预测材料内容，减少听力练习部分的背景阻碍。筛选对话中的核心词汇和功能性词汇，给出中英释义、例句和同义词，并配有相应练习，帮助考生扫除生词障碍。此外，每一个单元都有不同的发音要点讲解和练习，回归到英语语音学习的根本。

Part 2：和对话相比，讲座难度增加。同样也精选并解析了讲座中的核心词汇和功能性词汇，并配有相应习题。

Part 3：在上述两个部分的练习基础上，考生已经接收了大量的语料输入。因此，此部分以综合练习为主，按照不同的单元话题，对考生的听力和口语进行综合性演练，包含听力、讨论和辩论等等。

2. 内容来源：教材以托福听力和口语考试中经常出现的校园及生活话题为基础，由教学经验丰富的外教编写，并配有地道美语录音，帮助考生打下良好的听力及口语基础，从而更加顺利地进入到下一个阶段的学习。

3. 场景话题：本书的场景话题在最大程度上模拟真实的北美校园和生活场景，具体包括：

Unit 1: My Family

Unit 2: My Home

Unit 3: My Hobbies

Unit 4: My Friends

Unit 5: My Schedule

Unit 6: My City

Unit 7: My Travels

Unit 8: My Community

Unit 9: My Classes

Unit 10: My Childhood and Memories

Unit 11: Business

Unit 12: Art

Unit 13: Health

Unit 14: Environment

Unit 15: Emotions

4. 书中所有听力均附有原文，所有练习均提供答案，辅助考生进行学习。

祝愿所有考生在本书的帮助下都能够顺利地通过 TOEFL 考试。

新东方教育科技集团有限公司

美国本科考试研究院

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My Family





Conversation: My Lazy Brother

Part

1

Warm-up



▶ Who are the members of a family? Name as many as you can.

▶ Who is in your family?

● I have a _____.

I have two brothers.

I have a pet dog.

I have no brothers or sisters.

▶ Which family member(s) do you live with?

● I live with my _____.

I live with my mother, father, sister...

NO.	Words	Definitions & Example Sentences	Synonyms
1	wrong <i>adj. /rɔ:ŋ/</i>	<p>① 错误的; 失常的 behavior/something that is not morally good or correct</p> <p>② He apologized because he knew that he was wrong.</p>	incorrect false untrue mistaken
2	problem <i>n. /'prɔ:bləm/</i>	<p>① 问题; 困难 something that causes difficulty or is hard to deal with</p> <p>② Ben has been having problems in his classes at school.</p>	difficulty complication dilemma obstacle
3	lazy <i>adj. /'leɪzi/</i>	<p>① 懒惰的 uninterested in work, activities or exertion</p> <p>② The lazy child refused to clean his room.</p>	idle inactive
4	couch <i>n. /kaʊtʃ/</i>	<p>① 长沙发; 睡椅 a sofa; a long piece of furniture that two or more people can sit on at once</p> <p>② I laid on the couch and fell asleep.</p>	sofa
5	rude <i>adj. /ru:d/</i>	<p>① 粗鲁的; 无礼的 impolite; without respect toward others and their feelings</p> <p>② The waiter was so rude that we left the restaurant.</p>	impolite disrespectful inconsiderate
6	fail <i>v. /feɪl/</i>	<p>① 失败 unable to succeed at something that one has attempted</p> <p>② You didn't study, so it's no surprise that you failed the exam.</p>	flunk
7	pressure <i>n. /'preʃər/</i>	<p>① 压力 physical or mental distress; the force produced when one thing pushes against something else</p> <p>② Tom quit his job because there was too much pressure.</p>	stress burden
8	frustrating <i>adj. /'frʌstreɪtɪŋ/</i>	<p>① 令人沮丧的 causing feelings of annoyance or anger</p> <p>② Sitting in traffic every day is very frustrating.</p>	disappointing baffling depressing discouraging
9	accept <i>v. /ək'sept/</i>	<p>① 接受 to receive or to take something that is offered</p> <p>② I have decided to accept the job offer.</p>	obtain take get
10	scholarship <i>n. /'skɔ:lərʃɪp/</i>	<p>① 奖学金 an amount of money given to a student to help pay for their education that doesn't need to be repayed</p> <p>② My daughter received a scholarship from the University of British Columbia.</p>	fellowship
11	genius <i>n. /'dʒi:niəs/</i>	<p>① 天才; 天赋 an extremely smart or talented person</p> <p>② The 12 year old boy is a musical genius.</p>	talent gift intellect

NO.	Words	Definitions & Example Sentences	Synonyms
12	compare v. /kəm'per/	释 对比; 比较 to examine similarities and differences between different things 例 We compared many houses before choosing one to buy.	contrast
13	proud adj. /praʊd/	释 自豪的, 得意的 happy or pleased with something you have done, another person or something you own 例 She is very proud of her husband's success at work.	—
14	annoying adj. /ə'nɔɪɪŋ/	释 讨厌的, 恼人的 irritating; causing slight anger 例 That construction next door is so annoying .	irritating bothersome aggravating troublesome
15	freedom n. /'fri:dəm/	释 自由 the right or condition of being able to do whatever you want to 例 I think she gives her children too much freedom .	independence

📍 Vocabulary Exercises

I. Fill in the blank with the most appropriate word, pluralizing the word or changing the verb tense if necessary.

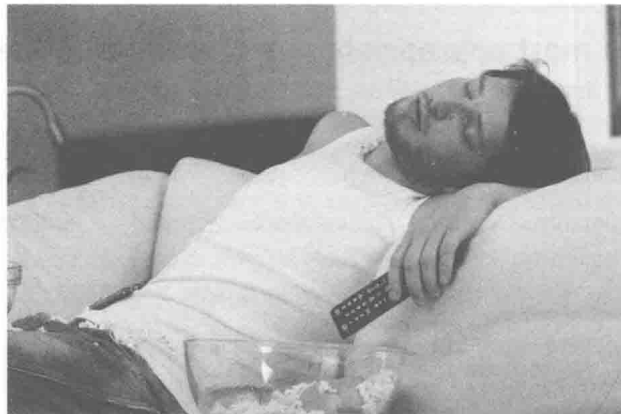
wrong problem lazy couch rude fail pressure frustrating
 accept scholarship genius compare proud annoying freedom

1. My parents have been putting _____ on me to go to university.
2. You don't have to be a _____ to know that this is a bad idea.
3. My manager has _____ my business proposal.
4. I did great on my exam, and I only got three questions _____.
5. Please stop talking while I am trying to study; it's very _____.
6. We will not go back to that restaurant, because the waitress was very _____.
7. My sister is so _____ that she just sits on the couch and watches TV every day.
8. Thousands of students have applied for this _____, but only five can get it.
9. His family is very _____ of his success.
10. Alanna's parents always _____ her with her brother.

II. Match the word to its definition or synonym.

- | | |
|------------|---|
| 1. wrong | a) sofa |
| 2. problem | b) not correct or right |
| 3. lazy | c) to get or take something |
| 4. couch | d) difficulty or trouble with something |
| 5. rude | e) the ability to do what you want |
| 6. proud | f) not polite |
| 7. accept | g) happy with something you or someone has done |
| 8. freedom | h) not wanting to move or do any kind of activity |

Conversation (注：听力原文即后面“Speaking Practice”的对话，全书同)



I. Listen to the parts of a conversation and fill in the blanks. U1-C-P1

1. He's so lazy. He got back a _____ ago, and all he's done is lie on the couch, watch _____, and eat. And he's so rude too. I can't stand being around him.
2. Yeah, if he were working hard in _____, I could understand needing to relax. But he never goes to _____, and he's failing all of his courses! My parents won't even speak up. And now they're pressuring me to get a summer _____, but not him.
3. And it could be worse. My _____ Stephanie just got accepted to university on a full scholarship. She's so _____. And you know me. I study, but my grades are just okay.

II. Listen to the conversation, then select the correct answer from the choices. 🎧 U1-C-P2

1. What problem does Courtney have?

- a) Her parents are giving her brother a lot of pressure.
- b) She has not seen her brother in a long time.
- c) Her brother stays at home doing nothing and is rude.
- d) Her brother is not cleaning the house.

2. What does Courtney mean when she says this?

[Ugh... don't ask]

- a) she doesn't want him to ask.
- b) she is too busy to talk.
- c) she is angry at Max.
- d) she is very upset about something.

3. What does Courtney imply about her parents?

- a) They do not talk about her brother.
- b) They like her brother more.
- c) They don't think her brother is doing anything wrong.
- d) They do not treat her and her brother the same.

4. What will Courtney probably do next?

- a) talk to her parents
- b) get a summer job
- c) talk to her brother
- d) take a trip

5. Why does Max mention his sister?

- a) to show Courtney that the situation could be worse

- b) to explain that his sister is a genius
- c) to explain that he is proud of his sister
- d) to show Courtney that her brother could work harder

6. How do Max and Courtney feel about going to university?

- a) They think there is too much pressure.
- b) They are excited for the freedom.
- c) They both hope to win scholarships.
- d) They do not want to go.

 **Speaking Practice**

Practice the dialogue below with a partner.

My Lazy Brother

Max: Hey Courtney! How are you?

Courtney: Ugh...Don't ask...

Max: *What's wrong?*

Courtney: My brother is back from university for the summer.

Max: That's great, right?

Courtney: No, it's not!

Max: What's the **problem**?

Courtney: He's so **lazy**. He got back a week ago, and all he's done is lie on the **couch**, watch TV, and eat. And he's **rude** too. I *can't stand* being around him.

Max: Oh wow...

Courtney: Yeah, if he were working hard in school, I could understand needing to relax. But he never goes to class, and he's **failing** all of his courses! My parents won't even *speak up*. And now they're **pressuring me** to get a summer job, but not him.

Max: How **frustrating**! Maybe you should get a job... then you wouldn't need to be at home around your brother.