

北京外国语大学

何维银 杨雅琼 编



# 7天赢定四级听力

超过**300**次的  
超级强化训练  
你, 赢定了!!

特色 ① 7天的时间

特色 ② 归纳听力类  
自测学习状

特色 ③ 学习计划&完成情况记录表  
见证你的步步提升

特色 ④ 先看真题再练习  
分题型各个突破

特色 ⑤ 12小时MP3录音  
超大容量强化听力

## 时间规划

真题自测

80篇强化短对话

Day ③ 20篇强化长对话

Day ④ 30篇强化短文

Day ⑤ 20篇强化复合式听写

Day ⑥ 5套实战演练

Day ⑦ 5套真题实测

录音停顿及播放次数  
与真题录音完全一致

北京外国语大学

何维银 杨雅琼 编



# 7天赢定 四级听力

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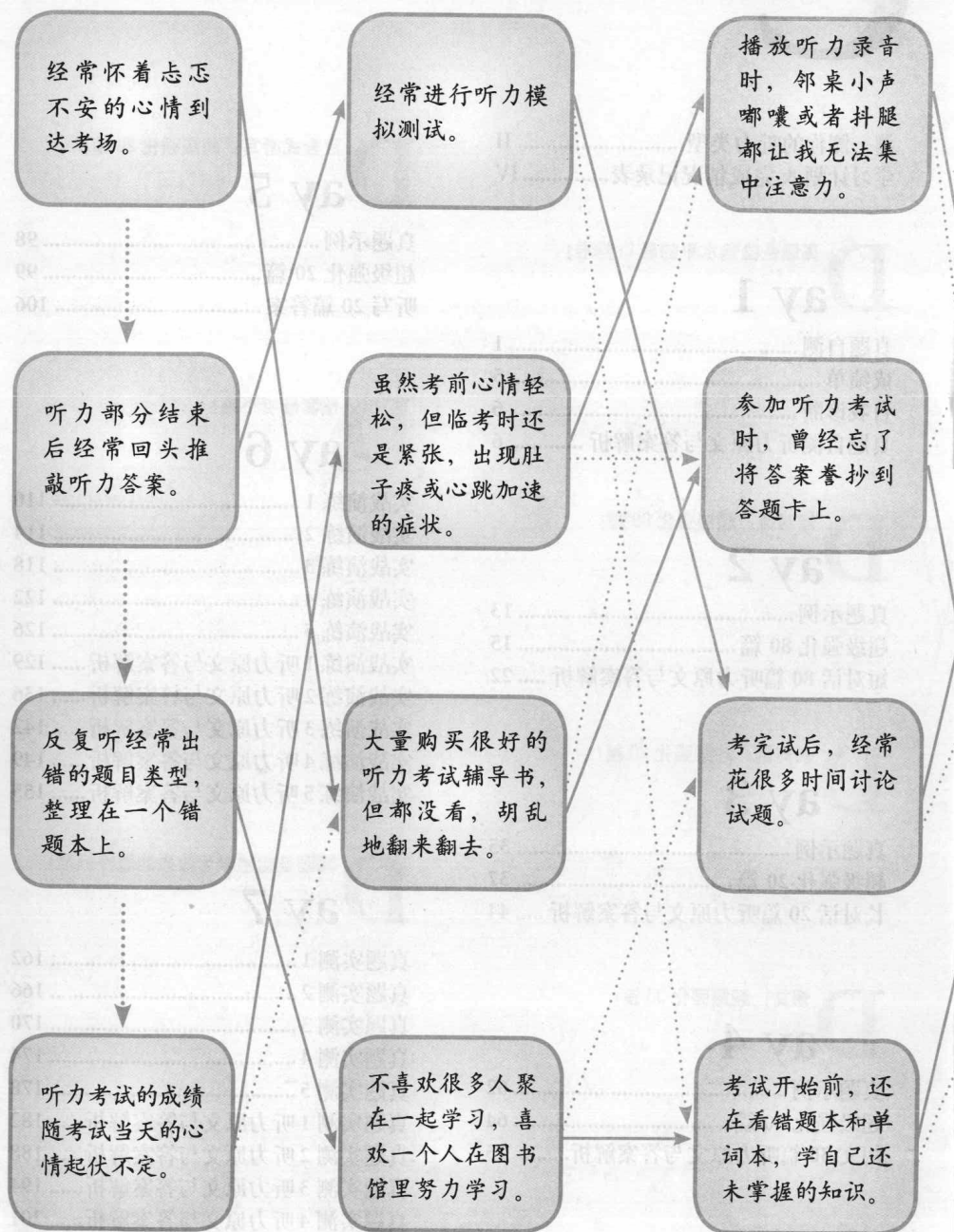
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# 测一测你的听力类型



听力考试前，一定花时间复习。

### A: 种子选手

现在还没有取得满意的成绩？不要担心。按照目前的状态继续学下去，你肯定会得高分的。先不要骄傲，让本书来帮助已经做好准备的你拿下听力的249分吧！

认为目前还有很多单词不熟悉，听不出来。

### B: 慢热型

虽然已经非常努力地备考，但成绩总是不理想？那你就是慢热型。不见起色的听力成绩或许会让你灰心丧气，但你只要坚持下去，肯定能取得理想的成绩。让本书为不懈努力的你提供力量支持吧！

在考试中，遇到听不懂、不会做的题时就一直思考，而不跳过去解答下一道题。

### C: 普通人

虽然在准备四级听力考试，但自己也知道好像并没有尽最大的努力，成绩也不那么令人满意。经常下决心“一定要在这个月搞定听力”，但总是三分钟热度？大多数人都属于这种类型。让本书帮助对四级听力并不熟悉的你快速增长实力吧！

在做听力理解时经常分神，漏掉题目。

### D: 考试综合征

平常练习听力比谁都认真，但一到考试当天就非常紧张、心跳加速，最后考试考砸了。你就是这种考试综合征患者。自己这么努力，看到一塌糊涂的成绩肯定很委屈吧？让本书帮助你这个见到试卷就紧张的人自信地踏入考场吧！

### E: 散漫型

你是不是只报名参加考试，但到现在还没有做过任何准备呢？考试之前一个劲儿胡思乱想，自己本来能听懂的句子也可能会听不懂。考试时总觉得时间不够用？你属于散漫型，正在向拿下四级听力考试迈出你的第一步。那就下定决心，努力学习本书吧！

# 学习计划 & 完成情况记录表

这是 7 天的学习计划和完成情况记录表。在完成了本书给你制订的每天的学习任务后，别忘了整理记录完成情况哦！7 天下来，你会看到自己四级听力水平有了质的飞跃！

## Day 1

真题是检验水平的最 in 标准！

真题自测

完成情况记录：

## Day 2

短对话：超级强化 80 篇！

超级强化 80 篇

完成情况记录：

## Day 3

长对话：超级强化 20 篇！

超级强化 20 篇

完成情况记录：

短文：超级强化 30 篇！

超级强化 30 篇

完成情况记录：



复合式听写：超级强化 20 篇！

超级强化 20 篇

完成情况记录：



整套题听下来！

实战演练 1

实战演练 2

实战演练 3

实战演练 4

实战演练 5



真题是检验学习效果的最终标准！

真题实测 1

真题实测 2

真题实测 3

真题实测 4

真题实测 5



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# Day 1

真题是检验水平的  
最in标准!

## 【真题自测】

### Part III Listening Comprehension (35 minutes)

#### Section A

Directions: In this section, you will hear 8 short conversations and 2 long conversations.

At the end of each conversation, one or more questions will be asked about what was said. Both the conversation and the questions will be spoken only once. After each question there will be a pause. During the pause, you must read the four choices marked A), B), C) and D), and decide which is the best answer. Then mark the corresponding letter on Answer Sheet 2 with a single line through the center.

11. A) He has proved to be a better reader than the woman.  
B) He has difficulty understanding the book.  
C) He cannot get access to the assigned book.  
D) He cannot finish his assignment before the deadline.
12. A) She will drive the man to the supermarket.  
B) The man should buy a car of his own.  
C) The man needn't go shopping every week.  
D) She can pick the man up at the grocery store.
13. A) Get more food and drinks.  
B) Ask his friend to come over.  
C) Tidy up the place.  
D) Hold a party.
14. A) The talks can be held any day except this Friday.  
B) He could change his schedule to meet John Smith.  
C) The first-round talks should start as soon as possible.  
D) The woman should contact John Smith first.
15. A) He understands the woman's feelings.  
B) He has gone through a similar experience.

- C) The woman should have gone on the field trip.
- D) The teacher is just following the regulations.
- 16. A) She will meet the man halfway.
- B) She is sorry the man will not come.
- C) She will ask David to talk less.
- D) She has to invite David to the party.
- 17. A) Few students understand Prof. Johnson's lectures.
- B) Few students meet Prof. Johnson's requirements.
- C) Many students find Prof. Johnson's lectures boring.
- D) Many students have dropped Prof. Johnson's class.
- 18. A) Check their computer files.
- B) Make some computations.
- C) Study a computer program.
- D) Assemble a computer.

*Questions 19 to 22 are based on the conversation you have just heard.*

- 19. A) It allows him to make a lot of friends.
- B) It requires him to work long hours.
- C) It enables him to apply theory to practice.
- D) It helps him understand people better.
- 20. A) It is intellectually challenging.
- B) It requires him to do washing-up all the time.
- C) It exposes him to oily smoke all day long.
- D) It demands physical endurance and patience.
- 21. A) In a hospital.
- B) At a coffee shop.
- C) At a laundry.
- D) In a hotel.
- 22. A) Getting along well with colleagues.
- B) Paying attention to every detail.
- C) Planning everything in advance.
- D) Knowing the needs of customers.

*Questions 23 to 25 are based on the conversation you have just heard.*

- 23. A) The pocket money British children get.
- B) The annual inflation rate in Britain.
- C) The things British children spend money on.
- D) The rising cost of raising a child in Britain.
- 24. A) It enables children to live better.
- B) It goes down during economic recession.

- C) It often rises higher than inflation.
  - D) It has gone up 25% in the past decade.
25. A) Save up for their future education.
- B) Pay for small personal things.
  - C) Buy their own shoes and socks.
  - D) Make donations when necessary.

## Section B

*Directions: In this section, you will hear 3 short 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). Then mark the corresponding letter on Answer Sheet 2 with a single line through the center.*

### Passage One

*Questions 26 to 29 are based on the passage you have just heard.*

26. A) District managers.
- B) Regular customers.
  - C) Sales directors.
  - D) Senior clerks.
27. A) The support provided by the regular clients.
- B) The initiative shown by the sales representatives.
  - C) The urgency of implementing the company's plans.
  - D) The important part played by district managers.
28. A) Some of them were political-minded.
- B) Fifty percent of them were female.
  - C) One third of them were senior managers.
  - D) Most of them were rather conservative.
29. A) He used too many quotations.
- B) He was not gender-sensitive.
  - C) He did not keep to the point.
  - D) He spent too much time on details.

### Passage Two

*Questions 30 to 32 are based on the passage you have just heard.*

30. A) State your problem to the head waiter.
- B) Demand a discount on the dishes ordered.
  - C) Ask to see the manager politely but firmly.
  - D) Ask the name of the person waiting on you.

- 31. A) Your problem may not be understood correctly.  
B) You don't know if you are complaining at the right time.  
C) Your complaint may not reach the person in charge.  
D) You can't tell how the person on the line is reacting.
- 32. A) Demand a prompt response.  
B) Provide all the details.  
C) Send it by express mail.  
D) Stick to the point.

### Passage Three

*Questions 33 to 35 are based on the passage you have just heard.*

- 33. A) Fashion designer.  
B) Architect.  
C) City planner.  
D) Engineer.
- 34. A) Do some volunteer work.  
B) Get a well-paid part-time job.  
C) Work flexible hours.  
D) Go back to her previous post.
- 35. A) Few babysitters can be considered trustworthy.  
B) It will add to the family's financial burden.  
C) A babysitter is no replacement for a mother.  
D) The children won't get along with a babysitter.

### Section C

*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 numbered from 36 to 43 with the exact words you have just heard. For blanks numbered from 44 to 46 you are required to 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, you should check what you have written.*

Almost every child, on the first day he sets foot in a school building, is smarter, more (36) \_\_\_\_\_, less afraid of what he does not know, better at finding and (37) \_\_\_\_\_ things out, more confident, resourceful, persistent and (38) \_\_\_\_\_ than he will ever be again in his schooling—or, unless he is very (39) \_\_\_\_\_ and very lucky for the rest of his life. Already, by paying close attention to and (40) \_\_\_\_\_ with the world and people around him, and without any school-type (41) \_\_\_\_\_ instruction, he has done a task far more difficult, complicated, and (42) \_\_\_\_\_ than anything he will be asked to do in

school, or than any of his teachers has done for years. He has solved the (43) \_\_\_\_\_ of language. He has discovered it—babies don't even know that language exists—and (44) \_\_\_\_\_. He has done it by exploring, by experimenting, by developing his own model of the grammar of language, (45) \_\_\_\_\_ until it does work. And while he has been doing this, he has been learning other things as well, (46) \_\_\_\_\_, and many that are more complicated than the ones they do try to teach him.

### 【成绩单】

#### 正确答案

11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
C	A	C	A	A	D	C	D	B	D	D	B	A	C	B
26	27	28	29	30	31	32	33	34	35					
A	D	B	B	C	D	D	B	A	C					

36. curious      37. figuring      38. independent      39. unusual  
 40. interacting      41. formal      42. abstract      43. mystery  
 44. he has found out how it works and learned to use it appropriately  
 45. by trying it out and seeing whether it works by gradually changing it and refining it  
 46. including many of the concepts that the schools think only they can teach him

#### 计算得分

全国大学英语四、六级考试委员会并未公布官方的计分说明。本书现提供的计分方法仅供参考：

Section A 与 Section B 每题算 1 个，共 25 个；Section C 共 11 题，单词 2 题算 1 个，句子每题算 2 个，共 10 个。

标准分 = 得分 \* 10 \* 0.35 (听力题在新四级考试整个试卷中的比重为 35%)

答对	35	34	33	32	31	30	29	28	27	26	25	24	23
得分	71	68	65	63	61	59	57	55	53	51	50	49	48
标准分	248.5	238	227.5	220.5	213.5	206.5	199.5	192.5	185.5	178.5	175	171.5	168

答对	22	21	20	19	18	17	16	15	14	13	12	11	10
得分	47	46	45	44	44	43	42	41	40	39	38	37	36
标准分	164.5	161	157.5	154	154	150.5	147	143.5	140	136.5	133	129.5	126

答对	9	8	7	6	5	4	3	2	1	0			
得分	36	35	34	34	33	32	31	30	30	29			
标准分	126	122.5	119	119	115.5	112	108.5	105	105	101.5			

## 【自我诊断】

你答对了几道题？得了多少分？

### Level 1 0~5 个 基础还比较薄弱哦！多加加油！

你还处在听力学习的最初级阶段，单词、句型的积累还非常少，达不到四级考试的要求。针对自己几乎“一穷二白”的现状，你应该努力练习四级常见单词、表达和句型的听记，抓紧时间进行泛听与精听的结合训练，争取在短期内实现较大的飞跃！

### Level 2 6~15 个 良好的开端是成功的一半！打好更坚实的英语基础吧！

你的英语基础还不够扎实，需要正确的学习方法。语法和词汇对你的提升比较重要，要全面梳理语法知识，记牢四级考试要求的单词、短语与搭配。如果能轻松地度过这个阶段，你就可以通过我们为挑战四级高分的应试者准备的“实战演练”。

### Level 3 16~25 个 需要更及时地多加练习！

在这一阶段，你对听到的大部分单词应该都学习并记忆过了，但有时可能只是觉得耳熟，却不能在大脑中快速地反应出来，这样就会影响下一句的理解。这时，你需要：1. 加深自己对单词、句型等的把握；2. 调整好自己的应试心态和方法，注意把握整体意思，不要“执著”地琢磨某一个单词或句子的意思。而这些，都要通过更多的练习题来帮助你完成。本书为你准备了充足的练习机会。

### Level 4 26~35 个 现在要做的是最后冲刺！

如果你是这个阶段的应试者，为了能更进一步地确保实际考试时能接近满分，希望你好好利用本书的所有练习来进行最后冲刺。尤其是最后的五套“实战演练”和五套“真题实测”，更能助你完成最后的检测和备考冲刺。听力部分 249 分的满分，现在是你的了！

## 【真题自测听力原文与答案解析】

### Part III Listening Comprehension

#### Section A

11. W: Just imagine! We have to finish reading 300 pages before Monday! How can the professor expect us to do it in such a short time?

- M: Yeah, but what troubles me is that I can't find the book in the library or in the university bookstore.
- Q: What does the man mean?
- C 女士说他们得在周一前读 300 页的书, 教授给的时间太短了。男士表示赞同, 同时说他的难处是在图书馆和学校的书店都找不到这本书, 因此答案为 C。
12. M: Do you think I could borrow your car to go grocery shopping? The supermarkets outside the city are so much cheaper. I'd also be happy to pick up anything you need.
- W: Well, I don't like to let anyone else drive my car. Tell you what, why don't we go together?
- Q: What does the woman mean?
- A 男士想借女士的车去郊区买东西, 因为郊区超市的东西便宜很多。女士不愿借给他, 而是建议两人同去, 因此答案为 A。
13. M: Forgive the mess in here. We had a party last night. There were a lot of people and they all brought food.
- W: Yeah, I can tell. Well, I guess it's pretty obvious what you'll be doing most of today.
- Q: What does the woman think the man will do?
- C 男士对脏乱表示抱歉, 解释说是因为昨天晚上有聚会。女士说能看得出来, 很明显今天他会干什么了, 言外之意是她认为男士会打扫屋子, 因此答案为 C。
14. W: What time would suit you for the first-round talks with John Smith?
- M: Well, you know my schedule. Other than this Friday, one day is as good as the next.
- Q: What does the man mean?
- A 女士问安排哪一天和 John Smith 进行第一轮谈话比较合适, 男士说除了周五哪天都可以, 因此答案为 A。
15. W: I was so angry yesterday! My biology teacher did not even let me explain why I missed the field trip. He just wouldn't let me pass!
- M: That doesn't seem fair. I'd feel that way too if I were you.
- Q: What does the man imply?
- A 女士向男士抱怨老师没给她解释缺席实地考察原因的机会就让她不及格, 男士表示赞同, 说换做是他也会生气的, 因此答案为 A。
16. M: I really can't stand the way David controls the conversation all the time. If he is going to be at your Christmas party, I just won't come.
- W: I'm sorry you feel that way, but my mother insists that he come.
- Q: What does the woman imply?
- D 男士说如果 David 去圣诞聚会的话, 他就不去了, 女士说她妈妈坚持让 David 来, 由此可知 D “她不得不邀请 David” 为正确答案。

17. W: You're taking a course with Professor Johnson. What's your impression so far?  
M: Well, many students could hardly stay awake in his class without first drinking a cup of coffee.  
Q: What does the man imply?  
C 男士选了 Johnson 教授的课, 女士问他对这门课的印象, 男士说许多学生不先喝杯咖啡的话就几乎不能保持清醒, 言外之意是这门课太枯燥了, 因此答案为 C。
18. W: Have you ever put a computer together before?  
M: No, never. But I think if we follow these instructions exactly, we won't have much trouble.  
Q: What are the speakers going to do?  
D 男士说从来没有组装过电脑, 不过如果严格按照说明做的话, 应该没什么困难。由此可知男士准备组装电脑, 故答案为 D。

### Conversation One

- W: What sort of hours do you work, Steve?  
M: Well, I have to work very long hours, about eleven hours a day.  
W: What time do you start?  
M: I work 9 to 3, then I start again at 5:30 and work until 11, six days a week. So I have to work very unsocial hours.  
W: And do you have to work at the weekend?  
M: Oh, yes, that's our busiest time. I get Wednesdays off.  
W: What are the things you have to do and the things you don't have to do?  
M: Uh, I don't have to do the washing-up, so that's good. I have to wear white, and I have to keep everything in the kitchen totally clean.  
W: What's hard about the job?  
M: You are standing up all the time. When we are busy, people get angry and sharp, but that's normal.  
W: How did you learn the profession?  
M: Well, I did a two-year course at college. In the first year we had to learn the basics, and then we had to take exams.  
W: Was it easy to find a job?  
M: I wrote to about six hotels and one of them gave me my first job, so I didn't have to wait too long.  
W: And what's the secret of being good at your job?  
M: Attention to detail. You have to love it. You have to show passion for it.  
W: And what are your plans for the future?  
M: I want to have my own place when the time is right.

Questions 19 to 22 are based on the conversation you have just heard.

19. What does the man say about his job?

B 对话一开始就是有关男士工作时间的对话。男士说他每天得工作很长时间，大约 11 个小时，因此答案为 B。

20. What does the man think is the hardest part of his job?

D 女士问男士工作的难处，男士说一天到晚得站着工作，并且一方面要承担繁忙的工作，一方面要面对人们的怒气。由此可知，他的工作对体力和耐心都是个挑战，故答案为 D。

21. Where did the man get his first job after graduation?

D 男士说毕业后给六个宾馆写信求职，其中一个录用了他，因此答案为 D。

22. What does the man say is important to being good at his job?

B 女士询问干好这项工作的秘诀时，男士说到了要注意细节，因此答案为 B。

### Conversation Two

W: Now you've seen this table of figures about the pocket money children in Britain get?

M: Yes. I thought it was quite interesting, but I don't quite understand the column entitled change. Can you explain what it means?

W: Well, I think it means the change from the year before. I am not a mathematician, but I assume the rise from 70p to 90p is a rise of 25 percent.

M: Oh yes, I see. And the inflation rate is there for comparison.

W: Yes. Why do you think the rise in pocket money is often higher than inflation?

M: I am sorry I've no idea. Perhaps parents in Britain are too generous.

W: Perhaps they are. But it looks as if children were not better off in 2001 than they were in 2002. That's strange, isn't it? And they seem to have been better off in 2003 than they are now. I wonder why that is.

M: Yes, I don't understand that at all.

W: Anyway, if you had children, how much pocket money would you give them?

M: I don't know. I think I'll probably give them 2 pounds a week.

W: Would you? And what would you expect them to do with it?

M: Well, out of that, they have to buy some small personal things, but I wouldn't expect them to save to buy their own socks, for example.

W: Yes, by the way, do most children in your country get pocket money?

M: Yeah, they do.

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

23. What is the table of figures about?

A 对话一开始女士就点明表格是关于英国儿童的零花钱的，因此答案为 A。

24. What do we learn from the conversation about British children's pocket money?

C 女士问男士为何他认为孩子们的零花钱常比通胀率涨得多，因此答案为 C。