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最新大学英语4级考试

听力十天通

上海交通大学 刘萍 总主编

考拉进阶英语教育研究院·四级命题研究组 编 仝云国 王娟 © 主编

108 题专项突破

15 套听力特训

- ▶ 考前10天科学计划
- ▶ 5天讲练+5天集训
- ▶ 每天精选题源练习
- ▶ 全程贯穿听力技巧

本书配有听力原文同步字幕



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MP3版



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考拉进阶英语教育研究院·四级命题研究组 编

主 编：佘云国 王 娟

副主编：张文娟 刘丽君 王海岩



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联系人:曲老师 邮编:266042

网址:www.nenup.com

电子函件:book@bjjxsy.com

读者热线:0532-88913510

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使用说明

USER'S GUIDE

Day 8

24. A) Drive the car as less as possible.
B) Install the expensive window.
C) Open windows for ventilation.
D) Improve the insulation of the house.

选项中出现car, window, house, 可推测问题考查内容与_____有关。

Conversation Two

题源: <http://www.britishcouncil.org>

- M: Sue, energy is a hot topic now, with petrol prices at record highs and gas shortage. What can the average householder do to save money?
W: Well, I think there are two issues.
M: What are these?
W: Well, 23.first let's look at several ways of using renewable energy sources in the home.
M: Then how can I make my home more energy efficient?
W: Well, 24.make sure the roof and walls of your house insulated, and you'll save money on your heating bills. Next look at your windows, do these close well? Do you have draughts? Consider installing double glazing expensive initially, but you'll save in the long term.
M: Ok, so 'insulate' seems to be the key word.
W: Definitely, yes, now as regards actually producing energy in the home, solar power is a solution.
M: Energy from the sun?
W: Yeah. There are two possibilities, we can use photovoltaic cells to convert energy from the sun into electricity. 25.Or solar panels can be used to produce hot water.
M: Which do you recommend for the average British household?
W: Well, of the two I'd recommend solar panels.
M: How much does this cost?
W: Well, for an average house installation costs would be four to five thousand pounds.
M: Too much.
W: Initially yes, but within three years the system will reward you and there are government grants available to help with the installation costs.

24. Q: Which of the following can make more energy efficient?
A) Drive the car as less as possible.
B) Install the expensive window.
C) Open windows for ventilation.
D) Improve the insulation of the house.

设题点: 本题在对话问答处设题。

答案详解 男士问女士如何才能让他的房子更节能。女士回答说要确保房屋屋顶及墙壁是隔热的, 这样会在暖气开销省下不少钱。然后再看窗户是否关好, 有没有通风口, 还要考虑首先安装价格贵的双层玻璃窗, 这样长期算下来会省钱。

猜题技巧 A项为尽可能少开车, 与BCD三项明显表述与房子及窗户的情况有关。根据求同原则, 可判断A项不是正确答案。

五天讲练: 每天三套专项练习, 结合相应的做题步骤及技巧, 依次突破听力各题型。

五天集训: 每天精选三套全真模拟题, 进行集中训练, 模拟真实考试场景。

听前小贴士: 引导您听前根据选项关键词推测问题考查内容, 锁定听音重点。

题源出处: 听力材料与四级真题听力同源同质。

答案出处: 一目了然, 方便您快速对应选项与原文的关系。

常考设题点: 帮您熟悉并掌握真题命题思路。

选项再现: 答案解析中再现题目选项, 方便查找、对比错误选项。

猜题技巧: 让您学会从选项中寻找突破点。

致读者

《大学英语考试4级听力十天通》是专门为考生在短期内突破四级听力而写的参考书,强调实用性,相应目标读者是距离考试还有1~2个月的考生,希望通过10天的突击训练,让心里没底的考生豁然开朗,轻松过关。

本书主要内容

Day 1 考生通过对精选的一套4级考试全真试题听力部分进行自测,可以更客观、更权威地测试出自己当前的听力真实水平,从而在接下来的针对性训练中做到有的放矢。

Day 2—Day 5 先根据听力考试题型短对话、长对话、短文理解和复合式听写进行分类,每天三套精选练习依次突破各个专项。

Day 6—Day 10 每天精选三套综合模拟练习,进行全真模拟演练,有效提高听力水平。

本书独特之处

与其他听力辅导材料相比,本书特别注重学生听力技巧的掌握,真正做到听力实用能力的提高,具体来说,本书在以下方面有所突破:

1. 10天攻克四级听力。本书科学合理地安排复习时间及规划,为考生安排了10天的复习计划,注重实战练习,实用性强。

2. 全程贯穿听力技巧。为了提高考生的答题速度和考试成绩,本书将总结提炼出的最有效的做题步骤、答题技巧、猜题技巧、常考设题点贯穿于整个听力练习中。

3. 精选练习助你高分过关。本书所有练习都是根据4级真题题源进行取材,其结构、篇幅、难度均与四级听力考试保持一致,体现最新命题趋势。

特别值得一提的是本书的录音,聘请专业人士朗读,不仅语音语调规范标准,而且在语速和停顿环节,录音专家们每一分每一秒都精益求精,目的是与真题100%吻合。

致读者

不再犯同一个错误

未来的 10 天一定是令人兴奋的 10 天,在正式开始你的“精彩 10 天”之前,跟大家分享一下考试“心经”,那就是“不要犯同一个错误”。人这一辈子犯新错误的机会不多,稍加留心你就会发现,很多时候,在不同的情况下,自己犯的居然是同一类错误。

引用王菲“笑忘书”里的歌词“从此以后不要犯同一个错误,将这样的感触写一封情书送给我自己”。请从现在开始,记录自己做题的过程,对于每一个错题都认真地分析,研究出错的原因。

自我测评表

自测项目 \ 题 型	短对话	长对话	短文理解	复合式听写	合计
题目数量	8	7	10	11	36
实际答对题数					
粗心失分题数					
没听懂失分题数					
跟不上朗读速度失分题数					
难度失分题数					

失分分析和学习建议

失分分析	1. 粗心失分	学习建议	选 1 说明你做题不够专注,下次要专心 + 细心。
	2. 听不懂失分		选 2 说明你基础不扎实,应找到听力原文,仔细地查清楚每个单词的发音和含义之后,自己多读几遍,然后再听。平时增加听力练习的时间,打好听力基础。
	3. 跟不上朗读速度失分		选 3 说明很多单词在你的耳朵里没有印记。你需要做的是:反复地听,让这些材料不断在你耳边重复,熟到像听到“China”就想到中国。
	4. 难度失分		选 4 说明你对考点不熟悉,应该进一步了解各题型命题规律和答题技巧,配合做模拟题。

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Day
1

大纲解读与真题自测

- ◎ 大纲解读 ▶ 2
- ◎ 真题自测 ▶ 3

大纲解读

四级听力考试要求考生能听懂英语授课,日常英语谈话和一般性题材讲座及英式或美式英语朗读的英语慢速节目,语速每分钟 130 词。

一 四级听力题型一览表

答题顺序	测试内容		测试题型	分值比例	答题时间
继作文、快速阅读之后的第三项	听力对话	短对话	多项选择	15%	35 分钟
		长对话	多项选择		
	听力短文	短文理解	多项选择	20%	
		短文听写	词句听写		

二 各题型介绍

1. Section A (对话题):包括 8 个短对话和 2 组长对话。短对话为一轮对话和一个问题;长对话每组有 3—4 个问题,对话部分共 15 题。每段对话均朗读一遍,每个问题后留有 13 秒的答题时间。对话基本包括衣、食、住、行等日常生活中常见的话题和学校生活的话题。

2. Section B (短文理解题):一般由 3 篇短文组成,每篇约有 200~250 词,只读一遍,每篇 3—4 题,共 10 题,每个问题后留有 13 秒的答题时间。主要测试的是考生的语篇记忆力和整体的听力理解能力。

3. Section C (复合式听写):复合式听写的短文长度一般为 200-250 词,全文通读三遍,要求考生根据听到的内容填写所缺信息。所缺单词必须用原词填写,所缺句子信息既可按原文写,也可用自己的语言表述。

三 选材特点

考拉进阶英语教育研究院·四级命题研究组在分析了大量真题、对比了大量英语报刊、网站、书籍的基础上,最终发现四级考试听力真题的选材特点。

1. 短对话:大多出自非英语母语教程,即 ESL(English as a Second Language)。短对话的出处主要集中在教授英语为第二外语的学生学习英语口语的网站上。

2. 长对话:内容也大多出自 ESL 教程。根据历年真题来看,长对话多出自网站,如 <http://www.britishcouncil.org> 和外国教材,如 *New Headway*。

3. 短文:短文部分又分短文理解和复合式听写两部分。从历年考试真题来看,这两部分的选材出处十分相似。主要集中在美国 VOA 新闻及英、美国家的书籍,如 *The Art of Public Speaking, Communication in Our Lives* 等。

真题自测

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 centre.

11. A) The man should visit the museums.
 B) She can't stand the hot weather.
 C) The beach resort is a good choice.
 D) She enjoys staying in Washington.
12. 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.
13. A) Combine her training with dieting.
 B) Repeat the training every three days.
 C) Avoid excessive physical training.
 D) Include weightlifting in the program.
14. A) When she will return home. B) Whether she can go by herself.
 C) Whether she can travel by air. D) When she will completely recover.
15. A) The woman knows how to deal with the police.
 B) The woman had been fined many times before.
 C) The woman had violated traffic regulations.
 D) The woman is good at finding excuses.
16. A) Switch off the refrigerator for a while.
 B) Have someone repair the refrigerator.
 C) Ask the man to fix the refrigerator.
 D) Buy a refrigerator of better quality.

17. A) He owns a piece of land in the downtown area.
 B) He has got enough money to buy a house.
 C) He can finally do what he has dreamed of.
 D) He is moving into a bigger apartment.
18. A) She is black and blue all over.
 B) She has to go to see a doctor.
 C) She stayed away from work for a few days.
 D) She got hurt in an accident yesterday.

Conversation One

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

19. A) She was a bank manager. B) She was a victim of the robbery.
 C) She was a defence lawyer. D) She was a witness to the crime.
20. A) A tall man with dark hair and a moustache.
 B) A youth with a distinguishing mark on his face.
 C) A thirty-year-old guy wearing a light sweater.
 D) A medium-sized young man carrying a gun.
21. A) Identify the suspect from pictures. B) Go upstairs to sign some document.
 C) Have her photo taken for their files. D) Verify the record of what she had said.

Conversation Two

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

22. A) By reading a newspaper ad. B) By seeing a commercial on TV.
 C) By listening to the morning news. D) By calling an employment service.
23. A) She could improve her foreign languages.
 B) She could work close to her family.
 C) She could travel overseas frequently.
 D) She could use her previous experiences.
24. A) Taking management courses. B) Teaching English at a university.
 C) Working as a secretary. D) Studying for a degree in French.
25. A) Prepare for an interview in a couple of days.
 B) Read the advertisement again for more details.
 C) Send in a written application as soon as possible.
 D) Get to know the candidates on the short list.

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 centre.

Passage One

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

26. A) They cannot see the firefighters because of the smoke.
 B) They do not realize the danger they are in.
 C) They cannot hear the firefighters for the noise.
 D) They mistake the firefighters for monsters.
27. A) He travels all over America to help put out fires.
 B) He often teaches children what to do during a fire.
 C) He teaches Spanish in a San Francisco community.
 D) He provides oxygen masks to children free of charge.
28. A) He saved the life of his brother choking on food.
 B) He rescued a student from a big fire.
 C) He is very good at public speaking.
 D) He gives informative talks to young children.
29. A) Firefighters play an important role in America.
 B) Kids should learn not to be afraid of monsters.
 C) Carelessness can result in tragedies.
 D) Informative speeches can save lives.

Passage Two

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

30. A) To satisfy the needs of their family.
 B) To fully realize their potential.
 C) To make money for early retirement.
 D) To gain a sense of their personal worth.
31. A) They may have to continue to work in old age.
 B) They may regret the time they wasted.
 C) They may have nobody to depend on in the future.
 D) They may have fewer job opportunities.
32. A) Making wise use of your time.
 B) Enjoying yourself while you can.
 C) Saving as much as you can.
 D) Working hard and playing hard.

Passage Three

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

33. A) Hardworking students being accused of cheating.
 B) Boy students being often treated as law-breakers.
 C) Innocent people being suspected groundlessly.
 D) Junior employees being made to work overtime.
34. A) Forbidding students to take food out of the restaurant.
 B) Requesting customers to pay before taking the food.
 C) Asking customers to leave their bags on the counters.
 D) Allowing only two students to enter at a time.
35. A) He was taken to the manager. B) He was closely watched.
 C) He was asked to leave. D) He was overcharged.

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.

Writing keeps us in touch with other people. We write to communicate with relatives and friends. We write to (36) _____ our family histories so our children and grandchildren can learn and (37) _____ their heritage. With computers and Internet connections in so many (38) _____, colleges, and businesses, people are e-mailing friends and relatives all the time—or talking to them in writing in online (39) _____ rooms. It is cheaper than calling long distance, and a lot more (40) _____ than waiting until Sunday for the telephone (41) _____ to drop. Students are e-mailing their professors to (42) _____ and discuss their classroom assignments and to (43) _____ them. They are e-mailing classmates to discuss and collaborate on homework. (44) _____.

Despite the growing importance of computers, however, there will always be a place and need for the personal letter. (45) _____.

No matter what the content of the message, its real point is, “I want you to know that I care about you.” (46) _____, but only in the success of human relationships.

答案速查

Section A & Section B									
11	12	13	14	15	16	17	18	19	20
D	D	C	C	C	B	C	D	D	A
21	22	23	24	25	26	27	28	29	30
A	A	B	C	C	D	B	A	D	C
31	32	33	34	35					
A	A	C	D	B					
Section C									
36. preserve	37. appreciate	38. households	39. chat						
40. convenient	41. rates	42. receive	43. submit						
44. They are also sharing information about concerts and sports events as well as jokes and their philosophies of life									
45. A handwritten note to a friend or a family member is the best way to communicate important thoughts									
46. This writing practice brings rewards that cannot be seen in bank accounts									

听力原文 & 答案详解

Section A

11. M: Oh my god! The heat is simply unbearable here. I wish we've gone to the beach instead.

W: Well, with the museums and restaurants in Washington, I'll be happy here no matter what the temperature.

Q: What does the woman mean?

- A) The man should visit the museums.
 B) She can't stand the hot weather.
 C) The beach resort is a good choice.
 D) She enjoys staying in Washington.

Tip 选项中出现 visit, hot weather, beach 等, 可推测问题考查内容与旅游的地点或天气有关。

答案详解 男士说华盛顿的气温让人难以忍受, 并认为本应该选择去海边; 女士觉得华盛顿有很多博物馆和餐馆, 尽管温度很高, 她也愿意待在华盛顿。

12. 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?

- 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.

Tip 选项中出现 company, job, feedback, opinion, work 等, 可推测问题考查内容和工作所获得的反馈或意见有关。

答案详解 男士问女士的工作状况, 女士说自己学习了很多新东西, 但希望上司能给自己一些反馈, 即上司对她的工作的意见。

13. 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?

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

Tip 选项中出现 training, repeat, avoid, physical training 等, 可推测问题考查内容与健身训练及其注意事项有关。

答案详解 女士请男士为她制定一份健身训练计划; 男士建议运动不能过量, 他说自己在三天里做了相当于两周的举重训练的运动量, 结果自己受伤了。

14. M: I have an elderly mother and I'm worried about her going on a plane. Is there any risk?

W: Not if her heart is all right. If she has a heart condition, I'd recommend against it.

Q: What does the man want to know about his mother?

- A) When she will return home.
- B) Whether she can go by herself.
- C) Whether she can travel by air.
- D) When she will completely recover.

Tip 选项中出现 when, whether, she 以及后面的动作词, 可推测问题考查内容与某女士的情况有关。

答案详解 男士说自己的母亲年事已高, 并询问女士他的母亲乘坐飞机有无危险。

15. M: Why didn't you stop when we first signaled you at the crossroads?

W: Sorry, I was just a bit absent-minded. Anyway, do I have to pay a fine?

Q: What do we learn from the conversation?

- A) The woman knows how to deal with the police.
 B) The woman had been fined many times before.
 C) The woman had violated traffic regulations.
 D) The woman is good at finding excuses.

Tip 选项中出现 the woman, police, fined, violated traffic regulations, 可推测问题考查内容与女士违反交通法规和受处罚有关。

答案详解 男士说他在交叉路口处示意女士停车,为什么她却并没有停;女士说自己刚才有点走神,并询问是不是需要交罚款,由此可知女士违反了交通规则。

16. M: I'm no expert, but that noise in your refrigerator doesn't sound right. Maybe you should have it fixed.

W: You're right. And I suppose I've put it off long enough.

Q: What will the woman probably do?

- A) Switch off the refrigerator for a while.
 B) Have someone repair the refrigerator.
 C) Ask the man to fix the refrigerator.
 D) Buy a refrigerator of better quality.

Tip 选项中出现 switch off, repair, fix, refrigerator 等,可推测问题考查内容与冰箱的使用或修理有关。

答案详解 男士说冰箱的声音听上去不正常,并建议女士去修理一下;女士赞同男士的建议,并说自己拖了很长时间。

17. M: I did extremely well on the sale of my downtown apartment. Now, I have enough money to buy that piece of land I've had my eye on and build a house on it.

W: Congratulations! Does that mean you'll be moving soon?

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

- A) He owns a piece of land in the downtown area.
 B) He has got enough money to buy a house.
 C) He can finally do what he has dreamed of.
 D) He is moving into a bigger apartment.

Tip 选项中出现 he, land, house, apartment 等,可推测问题考查内容与男士的房产有关。

答案详解 男士说自己在市中心的公寓卖得很好,现在有足够的钱去买下自己梦想已久的一片地,并在上面建一栋房子。have one's eye on“看中,想要得到”。