

第一章 大学英语四级阅读考试简介

第一节 大学英语四级阅读考试基本要求

国家教育部颁布的《大学英语教学大纲(修订本)》(以下简称《大纲》)规定:大学英语教学的目的是培养学生具有较强的阅读能力和一定的听、说、写、译能力,使他们能用英语交流信息。大学英语教学应帮助学生打下扎实的语言基础,掌握良好的语言学习方法,提高文化素养,以适应社会发展和经济建设的需要。

从对培养目标的要求来看,《大纲》明显地把阅读放在了首位。大学英语四级考试也体现了《大纲》的精神,在 5 个题项中,阅读理解占总分的 40%,时间为 35 分钟。要求考生阅读 4 篇短文,总阅读量在 1 000~1 200 词之间。每篇文章后有 5 个问题,共计 20 个多项选择题,每题的得分为 2 分,总计 40 分。四级阅读主要测试考生以下能力:掌握所读材料的主旨和大意;了解说明主旨和大意的事实和细节;既理解字面的意思,也能根据所读材料进行一定的判断和推论;既理解个别句子的意思,也理解上下文的逻辑关系;根据上下文判断某些词汇和短语的意思,领会作者的观点与态度。

考题选材的原则有两条:一是题材广泛,内容繁多,主要有风土人情、名人轶事、历史掌故、人口新论、环境保护、交通运输、地质勘探、心理卫生、宇宙探索、新兴科学等,但是所涉及的背景知识应能为学生所理解;二是文章的语言难度中等,无法猜测而又影响理解的关键词,若超出《大纲》中四级词汇表的范围,应用汉语注明词义。

四级考试大纲规定阅读理解部分的文章“体裁可多样化，包括记叙文、说明文、议论文等”。但从历年试题中可以看出，纯粹的记叙文很少出现，说明文与议论文占绝大多数。四级考试中的阅读理解部分题型通常比较规范并且相对稳定，只要熟悉它们的出题方法与做法，并进行有针对性的训练，就能大幅度提高成绩。常见的题型主要有细节题、语义题、推断题、态度题、主旨题等。

第二节大学英语四级阅读考试题型简介

一、细节题

细节题又称是非题、辨认事实题，是根据短文提供的信息和事实进行提问的。细节题通常可分为两种。一种细节题，其答案几乎可以直接从短文中获得，正确答案和原文含有相关信息的句子或用词也几乎相同；另一种细节题，要复杂一些，有时在原文中找不到与正确选择相近的词，正确答案可能是原文某一事实的结果、原因、前提等。这类题在四级阅读理解中的比例逐渐加重，各题难度不一。常见的提问方式如下：

Which of the following statements is NOT true?

Which of the following is NOT mentioned in the passage?

Which of the following is (NOT) stated in the passage?

Which of the following is probably NOT considered?

The writer mentions all of the following EXCEPT _____.

Which of the following is NOT included in the passage?

According to the passage, when (where, how, who, which, what, etc.) _____?

The author (or the passage) states that _____.

The author provides in Line ... (or Para ...) an example in order to _____.

The case of ... demonstrated that——.

归结起来细节题有 According 题型,由 According to the passage 或 The passage states that 引导,考查学生对于文章中 Factual (事实) 内容的掌握。数字题型,考查学生对数字的理解能力。一般有以下几种考查方法:直接问时间与数字;涉及文字表达的数字;涉及简单计算。Except 型,该题型俗称‘三缺一’题型,即题目中 4 个选项中有 3 个符合文章内容,剩下一个不符合,题目便是要求选出这个不符合文章内容的选项。

细节题的特点是,正确选择的答案一定要在短文中找到相关的词、词组或句子,有时甚至是段落。选择的依据必须是短文本身提供的信息,而决不可根据自己的主观假设、推测或是自己的观点来决定问题的取舍。

二、语义题

语义题,又称解词题、概念题、意释题,是要求考生对短文中的关键词或超纲词、关键短语或句子,在特定语境中充分理解其具体含义,主要测试考生通过上下文理解词语的综合判断能力。语义题通常有 3 种类型。第 1 种是所测试的内容是常用词或常用词组,但在短文中其词义有所引申或扩展。第 2 种是所测试的词虽是常用词,但词义往往是该词的某一容易忽略的意思。第 3 种是所测试的单词是超纲词,主要考查学生猜词的能力。一般来说,这种单词的词义在短文中根据上下文可以找到有关的提示或线索。

在语义题中,4 个选项中的答案,是相应的同义词、同义语,或是短文中短语、句子的复述、释意或概括。其他 3 个干扰项,也是从不同角度对短文中的相应词语进行似是而非的改写,进行不同程度的干扰。常见的提问方式如下:

In Line ... , the word “...” means _____.

The word “...” in Line ... could best be replaced by _____.

From the passage, we can infer that the word “...” means

_____.

As used in the passage, the phrase "... " suggests _____.

The word "... " roughly refers to _____.

The expression "... " is closest in meaning to _____.

The writer uses the word "... " to indicate that _____.

By saying that "... ", the author means _____.

The word "... " in the selection represents _____.

Which of the following has the closest meaning to _____?

According to the passage what is "... "?

The author uses the expression (word, phrase, term) to describe _____.

The sentence "... " means _____.

The sentence "... " can be paraphrased as _____.

What does the sentence "... " imply _____?

归结起来，语义题有五大命题规律。第一，含有指示代词的句中，常有被考查词汇或短语。第二，具体环境中，具有指代上下文意义功能的词汇尤其是名词，常成为考查对象。第三，一词多义的常见词及词组易考。第四，对比处常考。第五，复杂句常考。

回答这类问题时切记，所考词汇的常规含义不是答案，生词的含义只能通过上下文来推断。可以利用同义关系或反义关系来判断。一般说来，所考词汇的附近都有与之相关的线索，所考词汇在文章中被同义词、同位语、定语从句等解释或定义时，所考词汇与线索提示词构成同义关系，一般用 namely, in other words, to put it in another way, this means 等表示。凡是所考词汇与线索提示词之间以下列结构表示转折或对立关系的，二者之间可能构成反义关系，一般用 but, yet, however, although, while, whereas, despite, in spite of, in contrast, on the contrary 等表示。

三、推断题

推断题亦称推论题、推理引申题，要求考生根据文章中的关键

词、短语、结构等进行推断，或要求考生通过阅读某段或几段内容，推断出一个结论。这类题型主要用于测试考生获取文章隐含信息的能力。推断题一般有两种情况：一种是依据短文中提供的信息和事实作出判断；另一种是不仅依据文章提供的信息，还要依据短文的语境、内涵，采用归纳、演绎、逻辑推理等方法，推断出正确答案。答案可以是情节发展的推论，也可以是不言而喻的弦外之音。做这类题时考生应注意 3 个问题：第一，要在文章整体水平上了解全文。第二，紧紧围绕相关部分提供的背景事实和常识进行推理。第三，把握推理的范围，决不能添加主观臆断。常见的提问方式如下：

It can be inferred from the passage that _____.

It can be concluded from the passage that _____.

It is implied but not openly stated that _____.

Which of the following can (NOT) be inferred from the passage?

Where would this passage most probably appear?

The paragraph following this one would most likely deal with _____.

The paragraph proceeding this passage probably states that _____.

The author's purpose of writing the passage is _____.

From the last sentence we can infer _____.

According to the author ... _____.

The ... sentence of Para ... implies that _____.

归结起来，推断类题常含有诸如 infer, imply, conclude, suggest 等词，或围绕文章出题，或围绕文章若干段出题，常在支持主题思想的细节部分，文章或段落的开头处、结尾处或语义转折处设题。对不同的推断题要采用不同的应对措施，例如：做暗示类题时要注意，既然是暗示推理题，那么答案不能一字不差地照搬原文词句，答案应隐含在对原文相关词句进行同义表达或综述的选择项中。做推

论题时，应尽可能在浏览全文后再做，因为这类题的综合性较强。

四、态度题

众所周知，不同体裁、不同题材的文章，其作者写作的态度或语气也是不同的，或严肃，或幽默，或赞美，或嘲讽，或肯定，或否定，或关心，或冷漠；不一而足。态度题就是测试考生是否能正确理解作者或文中某人对某事物所持观点或态度。提问形式有两种，针对全文文章提问，或针对某个具体部分提问。常见的提问方式如下：

The author's attitude towards ... is _____.

The attitude of the author towards ... is one of the ...

Which of the following best describes the author's view ... ?

The author probably thinks (holds, believes, insists) that _____.

What is the tone of the passage?

What is the writer's tone in writing this passage?

The tone of the passage can best be described as _____.

The author gives the impression that _____.

According to the author _____.

一般说来，态度题的选项分为以下 3 种：

第一，褒义词：optimistic, admiring, positive, wonder, support, useful, interesting, enthusiasm 等。

第二，中性词：indifferent, impassive, uninterested, ambivalent, neutral, apathetic, humorous, disinterested 等。

第三，贬义词：disgust, critical, negative, tolerant, disappointment, sarcastic, pessimistic, depressed, ironic, cynical 等。

此外，对于文体的鉴别词有：formal, informal, casual。

对于气氛的鉴别词有：cheerful, gloomy, frightening, exciting, stuffy。

回答这类问题时，考生要细读文章，分清文中的褒义词、中性词和贬义词，只要掌握了这些词，就能判断各种观点。要区分不同的观

点，尤其是要找出作者的观点，考生要注意文中出现的直接引语和间接引语，引语中出现的观点一般是说话人而非作者的观点，作者的观点一般用 in my view, in my opinion, personally, I think, I hold 等表示。

五、主旨题

主旨题又叫主题大意题。顾名思义，主旨题要求考生找到一篇文章或一个段的中心思想，主要考查考生对整篇短文或其中某个段落内容的理解能力。涉及短文标题的测试也属主旨题。这类题一般有 3 种出题方式：main idea 类型，main topic 类型以及 purpose 类型。不论是直接问文章的中心思想、主题，还是要求给文章选一个合适的标题，或者是问作者写此篇文章的目的，都要求考生能概括文章的中心思想。常见的提问方式如下：

Which of the following best states the theme of the passage?

Which of the following best summarizes the main idea of the passage?

The main idea (point) of the passage is _____.

This passage is primarily concerned with _____.

What does the passage mainly discuss?

The best title for this passage would be _____.

Which of the following is the best (the most appropriate) title for the passage?

The main topic of this passage (paragraph) is _____.

归结起来，主旨题有两种出题形式：或用陈述句表达；或用特殊疑问句表达。在所设计的问题中，往往用到以下几个词：subject 或 topic；main idea, central thought 或 central theme；title；purpose；unifying 等。这种要求回答全文或段落的大意或中心思想的题，答案往往在主题句中。主题句多位于段落开头（演绎型主题句），也可能在段落最后（归纳型主题句），也有少数在段落中间。若从主题句中找不到答案，必须经反复阅读进行归纳和总结才能找出答案。

在回答标题类的问题时，考生须牢记，标题必须反映文章的中心思想，选择时应从文章的主题着手，寻找文中的关键词以及出现频率高的词，从而确定文章的标题。在回答写作目的类的问题时，考生可以从分析文章的体裁入手。假如文章列举某事的后果、危险性和困难等，警示常常成为这类文章的写作目的；假如文章指出应该做什么，不应该做什么，那么劝导和建议往往成为这类文章的写作目的。

主旨题的干扰项有 3 大特点：

第一，只是局部信息，或是一句没有展开论述的话，或是某一段的中心思想。包含局部信息的选项不能成为主旨题的答案。

第二，概括范围太宽，即此选项把文章的内容过于一般化，包含的内容超出或多于文章阐述的内容，或是文章所没有的具体的内容。

第三，无关信息，由文章本身无法推断出来的信息，即文章中未提到或找不到根据的信息。

第三节 大学英语四级阅读考试试题分析

Passage One

Questions 1 to 5 are based on the following passage :

In the 1960s, medical researchers Thomas Holmes and Richard Rahe developed a checklist of stressful events. They appreciated the tricky point that any major change can be stressful. Negative events like “serious illness of a family member” were high on the list, but so were some positive life-changing events, like marriage. When you take the Holmes-Rahe test you must remember that the score does not reflect how you deal with stress—it only shows how much you have to deal with. And we now know that the way you handle these events dramatically affects your chances of staying healthy.

By the early 1970s, hundreds of similar studies had followed Holmes and Rahe. And millions of Americans who work and live under stress worried over the reports. Somehow, the research got boiled down to a memorable message. Women's magazines ran headlines like "Stress Causes Illness!" If you want to stay physically and mentally healthy, the articles said, avoid stressful events.

But such simplistic advice is impossible to follow. Even if stressful events are dangerous, many — like the death of a loved one — are impossible to avoid. Moreover, any warning to avoid all stressful events is a prescription (处方) for staying away from opportunities as well as trouble. Since any change can be stressful, a person who wanted to be completely free of stress would never marry, have a child, take a new job or move.

The notion that all stress makes you sick also ignores a lot of what we know about people. It assumes we're all vulnerable (脆弱的) and passive in the face of adversity (逆境). But what about human initiative and creativity? Many come through periods of stress with more physical and mental vigor than they had before. We also know that a long time without change or ~~challenge~~ can lead to boredom, and physical and mental strain,

1. The result of Holmes-Rahe's medical research tells us _____.
 - A. the way you handle major events may cause stress
 - B. what should be done to avoid stress
 - C. what kind of event would cause stress
 - D. how to cope with sudden changes in life
2. The studies on stress in the early 1970's led to _____.
 - A. widespread concern over its harmful effects

- B. great panic over the mental disorder it could cause
 - C. an intensive research into stress-related illnesses
 - D. popular avoidance of stressful jobs
3. The score of the Holmes-Rahe test shows _____.
- A. how much pressure you are under
 - B. how positive events can change your life
 - C. how stressful a major event can be
 - D. how you can deal with life-changing events
4. Why is “such simplistic advice” (Line 1, Para. 3) impossible to follow?
- A. No one can stay on the same job for long.
 - B. No prescription is effective in relieving stress.
 - C. People have to get married someday.
 - D. You could be missing opportunities as well.
5. According to the passage people who have experienced ups and downs may become _____.
- A. nervous when faced with difficulties
 - B. physically and mentally strained
 - C. more capable of coping with adversity
 - D. indifferent toward what happens to them

【短文大意】

这是一篇说明文。文章围绕压力这一主题展开，指出生活中任何重大事件，不论是积极的，还是消极的，都可能给人带来压力。作者同时指出压力不仅具有负面影响，更有积极作用，经受过许多挫折，承受过许多压力的人具有更强的心智。

【答案解析】

1. 答案为 C 项。细节推理题。依据文章第 1 段第 2 句话后半部分“... any major change can be stressful”，以及随后表示正面事

件和负面事件的举例，可得知 C 项正确。文章只是指现象，并未告知应该做什么来避免压力；更没有教你怎样应付生活中的突变，所以 B、D 项错误。A 项的意思是：你处理重大事件的方式会导致压力。我们从文章中无法得知。

2. 答案为 A 项。推断题。该题问“20 世纪 70 年代早期对压力的研究导致（引起）_____”。题干出现在第 2 段开头，解题依据应该是“*And millions of Americans who work and live under stress worried over the reports.*”（几百万生活和工作在压力之下的美国人对这些报道非常担忧）。由此看出，A 项意思与这句话相同，故 A 项正确。B 项中 *mental disorder* 和 *great panic* 都无法从原文中推断出。C 项说，“（导致）对压力相关的疾病的深入研究”；D 项说“（导致）大家普遍避免从事有压力的工作”。都不符合文章内容，均应排除。

3. 答案为 A 项。细节题。该题简单。依据为第 1 段第 7 行“*it only shows how much you have to deal with.*”A 项表达得明确无误。

4. 答案为 D 项。细节题。该题问这样过于简单的建议为什么不能接受的原因。考生只要正确理解第 3 段的意思即可选对答案。第 3 段的大意是：但这样过于简单的建议是不可能接受的。即使造成人们紧张的事件很危险，但有许多也是不可避免的，像你所爱的人死去。而且，任何回避压力的忠告使你远离麻烦的同时也失去了机会。因为任何变化都可能带来压力。一个想完全没有紧张压力的人只能永远不结婚生子，永远不找新工作或搬迁。

5. 答案为 C 项。细节理解题。考生首先需要正确理解题干中的“*ups and downs*”一词，意思是“幸运与不幸的交替”。在这篇文章中可理解为“种种挫折，磨难”。解题依据为最后一段第 4 行“*Many come through periods of stress with more physical and mental vigor than they had before.*”A 项说“面对困难会变得紧张”，B 项说“会变得身心紧张”，这两项和作者的意图相反。而 D 项“对发生在他们身上的事情无动于衷”显然不符合原文。

Passage Two

Questions 6 to 10 are based on the following passage:

Most episodes of absent-mindedness — forgetting where you left something or wondering why you just entered a room — are caused by a simple lack of attention, says Schacter. “You’re supposed to remember something, but you haven’t encoded it deeply.”

Encoding, Schacter explains, is a special way of paying attention to an event that has a major impact on recalling it later. Failure to encode properly can create annoying situations. If you put your mobile phone in a pocket, and don’t pay attention to what you did because you are involved in a conversation, and you’ll probably forget that the phone is in the jacket now hanging in your wardrobe (衣柜). “Your memory itself isn’t failing you,” says Schacter. “Rather, you didn’t give your memory system the information it needed.”

Lack of interest can also lead to absent-mindedness. “A man who can recite sports statistics from 30 years ago,” says Zelinski, “may not remember to drop a letter in the mailbox.” Women have slightly better memories than men, possibly because they pay more attention to their environment, and memory relies on just that.

Visual cues can help prevent absent-mindedness, says Schacter. “But be sure the cue is clear and available,” he cautions. If you want to remember to take a medication (药物) with lunch, put the pill bottle on the kitchen table—don’t leave it in the medicine chest and write yourself a note that you keep in a pocket.

Another common episode of absent-mindedness: walking into a room and wondering why you’re there. Most likely, you were

thinking about something else. "Everyone does this from time to time," says Zelinski. The best thing to do is to return to where you were before entering the room, and you'll likely remember.

6. Why does the author think that encoding properly is very important?
 - A. It helps us understand our memory system better.
 - B. It enables us to recall something from our memory.
 - C. It expands our memory capacity considerably.
 - D. It slows down the process of losing our memory.
7. One possible reason why women have better memories than men is that _____.
 - A. they have a wider range of interests
 - B. they are more reliant on the environment
 - C. they have an unusual power of focusing their attention
 - D. they are more interested in what's happening around them
8. A note in the pocket can hardly serve as a reminder because _____.
 - A. it will easily get lost
 - B. it's not clear enough for you to read
 - C. it's out of your sight
 - D. it might get mixed up with other things
9. What do we learn from the last paragraph?
 - A. If we focus our attention on one thing, we might forget another.
 - B. Memory depends to a certain extent on the environment.
 - C. Repetition helps improve our memory.
 - D. If we keep forgetting things, we'd better return to where we were.

10. What is the passage mainly about?
- A. The process of gradual memory loss.
 - B. The causes of absent-mindedness.
 - C. The impact of the environment on memory.
 - D. A way of encoding and recalling.

【短文大意】

这是一篇说明文，讲述了导致健忘的诸多原因，如注意力不集中、缺乏兴趣等，并提出克服健忘的一些对策，譬如利用视觉提示等。

【答案解析】

6. 答案为 B 项。语义题。关键词为 encoding，由第 2 段第 1 句可知：Encoding has a major impact on recalling it later，也就是说，encoding 可以帮助“回忆”，B 项正是此意。

7. 答案为 D 项。细节题。由题干迅速定位到第 3 段末句，即……可能因为她们对周围环境更加注意，而记忆正依赖于此。D 项：“她们对发生在她们周围的事情更感兴趣”与原文表达的意思一致，是正确答案。A 项：她们有广泛的兴趣，B 项：她们更依赖环境，C 项：她们在集中注意力方面有不寻常的能力，都不是文中提到的原因，均非正确答案。

8. 答案为 C 项。推断题。第 2 段举例说明：如果你把移动电话放到口袋里……你可能会忘记……因为你专心于一场谈话。同理，可以推知，如果把一张纸条放入口袋，你可能也会把它忘记，因为它不在你的视野内。C 项是正确答案。A 项：它会很容易丢失，B 项：它不够清晰，D 项：它可能会与其它事物相混，原文均未提及，均不对。

9. 答案为 B 项。推断题。问题为：从最后一段我们了解到什么？文章最后一段谈到：另外一种心不在焉的普遍的事情是：走进一间屋子却疑惑自己为什么进来。很可能你在想其他事。“每个人偶尔都会这样，”Zelinski 说。最好是回到你未进屋子前的地方，这样

你可能会记起来。概括起来：记忆在一定程度上依赖周围环境。这正是 B 项所表达的意思。

10. 答案为 B 项。主旨题。文章一开始就指出了心不在焉的原因，以后几段又利用举例等方法对此进一步说明。总之，没有离开 absent-mindedness ,因此,选项中也应有此关键词,只有 B 项符合题目要求。

第二章 模拟练习

Model Test One

Passage One

Questions 1 to 5 are based on the following passage :

Perhaps no other thing has such power to lift the poor out of his poverty, the wretched out of his misery, to make the burden-bearer forget his burden, the sick his suffering, the sorrower his grief, the downtrodden his degradation, as books. They are friends to the lonely, companions to the deserted, joy to the joyless, hope to the hopeless, good cheer to the disheartened, a helper to the helpless. They bring light into darkness, and sunshine into shadow. We may be poor, socially ostracized, shut out from all personal association with the great and the good, and yet be in the best society in books. We may live in palaces, converse with princes, be familiar with royalty, and associate with the greatest and noblest of all time. The trend of many a life for good or ill, for success or failure, has been determined by a single book. The books which we read early in life are those which influence us most.

The greatest advantage of books does not always come from what we remember of them, but from their suggestiveness. A good book often serves as a match to light the dormant(潜在的) powder within us. There is explosive material enough in most of us if we

can only reach it. A good book or a good friend often serves to wake up our latent possibilities. Books often excite thought in great writers, even upon entirely different subjects. We often find in books what we thought and felt, could we have expressed ourselves. Indeed, we get acquainted with ourselves in books. We discover one feature in Emerson, another lineament in Shakespeare, an expression in Homer, a glimpse of ourselves in Dante, and so on until we spell out our whole individuality. True, we get many pleasing reflections of ourselves from friends, many mirrored deformities from our enemies, and a characteristic here and there from the world; but in a calm and unbiased way we find the most of ourselves, our strength, our weakness, our breadth, our limitations, our opinions, our tastes, our harmonies and discords, our poetic and prosaic (没有诗意的) qualities, in books.

We form many of our opinions from our favorite books. The author whom we prefer is our most potent teacher; we look at the world through his eyes. If we habitually read books that are elevating in tone, pure in style, sound in reasoning, and keen in insight, our minds develop the same characteristics.

1. Which of the following is closest in meaning to the phrase “the best society” (Lines 9~10, Para. 1)?
 - A. The best community.
 - B. The most influential association.
 - C. The favorite system.
 - D. The upper class.
2. The statement “A good book or a good friend often serves to wake up our latent possibilities.” in Para. 2 implies that a good book _____.