



严格依据考纲要求编写 与最新高考题型接轨



高中英语听力 高一（上）

主 编 万珂舸 罗天抒



高一（上）

主 编 万珂舸 罗天抒

北京出版集团
北京出版社

北京出版集团
北京出版社

图书在版编目(CIP)数据

析聆. 高中英语听力 高一(上) / 万珂舸, 罗天抒主
编. -- 北京 : 北京出版社, 2022. 5

ISBN 978-7-200-17173-0

I. ①析… II. ①万… ②罗… III. ①英语—听说教
学—高中—教学参考资料 IV. ① G634. 413

中国版本图书馆 CIP 数据核字 (2022) 第 078436 号

析聆 高中英语听力 高一(上)
XILING GAOZHONGYINGYU TINGLI GAOYI (SHANG)

主 编: 万珂舸 罗天抒
出 版: 北京出版集团
北 京 出 版 社
地 址: 北京北三环中路 6 号
邮 编: 100120
网 址: www.bph.com.cn
总 发 行: 北京出版集团
经 销: 新华书店
印 刷: 定州启航印刷有限公司
版 次: 2022 年 5 月第 1 版 2022 年 5 月第 1 次印刷
成品尺寸: 210 毫米 × 297 毫米
印 张: 11.5
字 数: 355 千字
书 号: ISBN 978-7-200-17173-0
定 价: 52.00 元

教材意见建议接收方式: 010-58572162 邮箱: jiaocai@bphg.com.cn
如有印装质量问题, 由本社负责调换
质量监督电话: 010-82685218 010-58572162 010-58572393

第一部分 基础篇

一、词汇	1
1. 场景类	1
2. 身份关系类	4
3. 数字与计算类	5
二、语法	6
1. 冠词	6
2. 单复数	6
3. 虚拟语气	6
4. 从句	6
5. 固定句型和结构	6
三、语音	7
1. 单词的连读	7
2. 单词读音的简化与弱化	7
3. 不完全爆破	7
4. 同化	8
四、语调	8
1. 重音	8
2. 语调	8

第二部分 技法篇

一、命题规律	9
二、解题技巧	9
1. 巧抓关键词	9
2. 预测微技巧	11
3. “快”做记录	13

第三部分 实训篇

一、基础训练	15
基础训练（一）	15
基础训练（二）	16
基础训练（三）	18
基础训练（四）	19
基础训练（五）	21
基础训练（六）	22
基础训练（七）	24
基础训练（八）	26
基础训练（九）	27
基础训练（十）	29
基础训练（十一）	30
基础训练（十二）	32
基础训练（十三）	33
基础训练（十四）	35
基础训练（十五）	36
基础训练（十六）	38
基础训练（十七）	40
基础训练（十八）	41
基础训练（十九）	43
基础训练（二十）	44
基础训练（二十一）	46
基础训练（二十二）	48
基础训练（二十三）	49
基础训练（二十四）	51
基础训练（二十五）	53
二、提升训练	54
提升训练（一）	54
提升训练（二）	56

提升训练（三） 58

提升训练（四） 60

提升训练（五） 61

提升训练（六） 63

提升训练（七） 65

提升训练（八） 66

提升训练（九） 68

提升训练（十） 70

提升训练（十一） 71

提升训练（十二） 73

提升训练（十三） 75

提升训练（十四） 77

提升训练（十五） 78

提升训练（十六） 80

提升训练（十七） 82

提升训练（十八） 83

提升训练（十九） 85

提升训练（二十） 87

提升训练（二十一） 88

提升训练（二十二） 90

提升训练（二十三） 92

提升训练（二十四） 93

提升训练（二十五） 95

第四部分 听力录音材料

一、基础训练 97

二、提升训练 134

参考答案 173

第一部分 基础篇

词汇、语法和语音是语言的三要素，它们之间是一种不可分割的关系。

在听力理解过程中，听者需要快速准确地进行词语识别和信息解码，这一过程受多种因素影响，词汇知识便是其一。语法知识是正确理解听到的话语意义的基础，掌握好语法知识是提高听力理解的一个必要条件。

语音知识是外语学习的基础。学习者自身语音知识和能力的高低在很大程度上对听力能力起着决定性作用。

本书从这几个方面探讨如何提高英语听力。

一、词汇

词汇是构建语言的基础。没有足够的词汇量，要想迅速提高英语听力水平，那只能是空谈。因此，掌握英语听力中常考的词汇是十分有必要的。以下为同学们总结了听力中常考的几大类词汇。

1. 场景类

高中英语听力不是很难，对话的场景也不是很多，大部分是同学们熟悉的校园、工作、生活等，很有必要在练习听力之前先掌握一些相关场景类的单词。

(1) 餐馆场景

order 点菜	serve 上菜	change 零钱	Keep the change! 不用找零钱了!
tip 小费	treat 请客 (This is my treat! 我请客!)	go Dutch AA制 (Let's go fifty-fifty.)	
steak 牛排	cheese 奶酪	sandwich 三明治	bacon 腌肉 soup 汤
plain water 自来水 (西餐中洗手用的)	doughnut 多纳圈	appetizer 开胃食品	
dessert 甜品, 水果 (作为正餐的最后一道)		go out for dinner/dinner out 出去吃饭	
snack bar 小吃街; 大排档	hamburger 汉堡包	Coke 可口可乐	French fries 炸薯条
dining hall 餐厅	coffee shop 咖啡馆	restaurant 餐馆	cafeteria 自助餐厅 canteen 餐厅
buffet 自助餐			

(2) 邮局场景

stamp envelope package/parcel 包裹	overweight 超重	extra postage 额外邮资
send/post/deliver a letter/mail 寄/发信	express mail 快件	airmail 航空信件
surface mail 陆地邮寄	open an account 开一个账户	

(3) 图书馆场景

library card 图书证	borrow 借用	lend 把……借给	keep 保存	reader 读者
bookshelf 书架	novel 小说	science fiction 科幻小说		magazine 杂志
periodical/journals 期刊		librarian 图书管理员		catalogue 目录
password 密码	index 索引	back issues 过期报刊	reference books 参考书目	
dictionary 字典	online database 网上数据库	manual 手册	pay a fine 交罚款	
Can I help you?/What can I do for you?				

(4) 医院及健康场景

aspirin 阿司匹林	painkiller 止痛药	injection 注射	vaccine 疫苗	dentist 牙医
nurse 护士	regular doctor/private doctor 私人医生	emergency clinic 急诊室		

ICU (= intensive care unit) 特护病房 ambulance 救护车 clinic 诊所 pharmacy 药房
 treatment 治疗手段 take one's temperature/blood pressure 测量体温/血压 pills/tablets 药丸/药片
 allergic 过敏的 chest infection 胸腔感染 bad eyesight 视力欠佳
 heart attack 心脏病 cold/flu 感冒/流感 have/catch a cold 感冒 pain 疼痛
 headache 头疼 stomachache 胃疼 backache 背疼 sore throat 喉咙痛 cough 咳嗽
 fever 发烧 What's up? (非正式) How is it going?/How are you? 你好吗?

I'm fine. / I feel good/terrific. / I couldn't be better. / Nothing is very wrong with me. 好。

I am not feeling good. / I feel terrible/horrible/awful. / I am not myself these days. 不好。(注意听语气：身体好的时候，语调上扬，语气非常欢快；身体不好的时候，降调，语气非常郁闷。)

【例题】Where does the conversation probably take place?

- A. In the hospital. B. In Mrs. Fox's house.
 C. In the doctor's house.

录音材料：

W: I'm grateful for what you have done to my son, doctor.

M: That's all right, Mrs. Fox. That's my job. I'm very glad he is recovering so soon.

W: I know he has brought great trouble to you. A million thanks.

解析

根据女士的话 I'm grateful for what you have done to my son, doctor. 和男士的话 That's my job. I'm very glad he is recovering so soon. 可知，对话发生的地点在医院，故选 A。

(5) 电话场景

The line is bad/busy/engaged. It kept a busy line. 电话占线。long distance call 长途电话 collect call 对方付费的电话 put through 接通电话 hold on/up 稍等 Hold the line, please. 请别挂断。Hello! This is ... speaking. Who's speaking?/Who is this? call/telephone/ring/phone sb.; give sb. a call/ring; I'll call back later/again. I'll ring him/her up again. I couldn't get through. Sorry, I'm afraid you have the wrong number.

【例题】Why does Pete call Lucy? (2020 全国 I 卷)

- A. To say that he'll be late.
 B. To tell her about his work.
 C. To invite her to dinner.

录音材料：

M: Hi Lucy. This is Pete.

W: Hi. What's up?

M: Listen, I'm afraid I'll be a little late tonight.

解析

从 This is Pete. 可判断出是打电话的场景，再由男士的话 I'm afraid I'll be a little late tonight. 可知男士来电缘由，故选 A。

(6) 酒店场景

make a reservation 预定房间 reception desk 接待处 check in 入住

check out 结账 single room 单间 suite 套间

Do you have a reservation, sir? Have you got any vacant room? (= Is there any room available here?) 有空房间吗?

All the room are occupied. 房间已满。

Can I have a suite please? How much do you charge for that? Smoking or no smoking? Meals included. 包括饮食。

Can I show you your room? Can I carry your luggage?

(7) 超速场景

speeding May I see your license, please? You will be fined by \$20.

(8) 购物场景

store 杂货店	department store 百货商场	gift shop 礼品店
shopping center 购物中心	size 尺寸	color 颜色 style 样式
price 价格	What color/size/kind do you want?	expensive 昂贵的 cheap 便宜的
high 高的	low 低的	bargain 便宜货
in fashion 流行, 时尚	out of fashion 过时的	popular/fashionable 流行的
pay in cash 用现金支付	pay in check 用支票支付	brand 品牌 counter 柜台
shop assistant 商店营业员	out of stock 脱销/缺货	credit card 信用卡
special offers 特卖	discount 折扣	in stock 有货

【例题】Where are the speakers?(2020 全国 I 卷)

- A. At a swimming pool.
- B. In a clothing shop.
- C. At a school lab.

录音材料:

W: Can I help you?

M: Yes, I'd like to try this jacket on please.

W: OK. The changing rooms are over there.

解析

由男士的话 I'd like to try this jacket on please. 和女士的回答 The changing rooms are over there. 可知对话发生在“服装店”，故选 B。

(9) 天气场景

cloudy 阴天	thunder 打雷	strong/high wind 大风
tornado 龙卷风	typhoon 台风	storm 暴风雨 blizzard 暴风雪

It rains cats and dogs.(=The rain is pouring.) 下着倾盆大雨。

downpour 倾盆大雨	shower 阵雨	clear up 天空放晴	put away clothes 下雨收衣服
---------------	-----------	---------------	------------------------

weather in London/Seattle 意指不好的天气 weather in California 意指好天气

经常和天气相关的情况: vacation 和 flight(航班) (be delayed/cancelled by the bad weather)

(10) 机场场景

flight 航班	Welcome on board 欢迎登机	bound for... 飞往……方向
check in 办理登机手续	behind schedule 晚点	take off 起飞 land 降落

(11) 银行场景

cashier 出纳员	currency 货币	insurance 保险	current account 活期存款账户
saving 存款	deposit account 定期存款账户	credit card 信用卡	
bank account 银行账户	bank loan 银行贷款	interest rate 利率	transfer 转账

(12) 校内学习相关场景

course 课程	subject 科目	degree 学位	lecture 讲座	department 院系
seminar 研讨班	questionnaire 问卷	survey 调查	literature 文学	psychology 心理学
Medicine 医学	sports 运动	assignment 作业	essay 论文	paper 论文
tutor 辅导	professor 教授	evaluation 评价	note 笔记	

2. 身份关系类

(1) 职业

clerk 文员	secretary 秘书	manager 经理	boss 老板	professor 教授
lawyer 律师	businessman 商人	driver 司机	doctor 医生	nurse 护士
headmaster 校长	librarian 图书管理员	engineer 工程师	technician 技术员	farmer 农民
policeman 警察	coach 教练	waiter 服务生	salesman 销售	tailor 裁缝

【例题】What does the man do? (2020 全国 II 卷)

- A. He's a tailor.
B. He's a waiter.
C. He's a shop assistant.

录音材料:

M: Good morning, madam. What can I do for you?

W: Well, the sleeves of this jacket are too long. Can you make them shorter?

M: Let me take a look. OK, I can do it for 20 dollars.

解析

根据女士的话 ... the sleeves of this jacket are too long. Can you make them shorter? 可知，女士要求男士为其将夹克衫的袖子改短，由此推断，男士是一名裁缝，故选 A。

(2) 关系

doctor and patient, teacher and student, father and son, father and daughter, mother and son, mother and daughter, a couple, husband and wife, employer and employee, interviewer and interviewee, salesman and customer, customer and waiter, strangers

【例题】What is the probable relationship between the speakers? (2019 全国 II 卷)

- A. Husband and wife.
B. Employer and employee.
C. Shop assistant and customer.

录音材料:

W: I'm going out for shopping. Do you need anything?

M: Oh, dear. I can't find my umbrella. Can you buy one?

W: Shouldn't it be in the cupboard?

M: I just checked. It wasn't there.

W: Impossible. That was where I usually put it. Did you check the balcony?

M: Yes, of course. Couldn't find it. Well, just get a new one then.

解析

由两人对话时的用语及态度以及所提及的一些场景如壁橱、阳台等方面，可推测对话发生在家里，对话双方为夫妻，故选 A。

3. 数字与计算类

我们生活在数字的世界里，每时每刻都要与各种数字打交道。从人口数量、价格、速度、高度、产量、时刻、年代、日期到比例、温度、银行账号、电话号码，生活中充满了各种数字。正因为如此，数字与计算在英语听力考试中占有相当的比重。培养自己的耳朵对英文数字的敏感度，是听力训练中一项必不可少的基本功。英语听力试题所涉及的数字包括年代、时间、年龄、距离、速度、价格、数量等，要求回答某事在什么时间发生；或某人在什么时间做某事；或某物的数量是多少，价格几何等。

(1) 加减法计算

录音信息中出现的数字之间的关系往往用 more, less, late, early, fast, slow, before, after, have, start, begin, spend, miss, leave, increase, add, borrow, lend 之类的词或介词短语来表示，能否捕捉到录音中的数字及它们之间的关系信息至关重要。

【例题】When will the flight arrive? (2020 全国 II 卷)

A. At 18:20.

B. At 18:35.

C. At 18:50.

录音原文：

W: Excuse me. Could you tell me what time Flight AF35 gets in?

M: Well, it's due in at 6:20 pm, but the announcement said just now that it has a 30-minute delay because of the bad weather.

解析

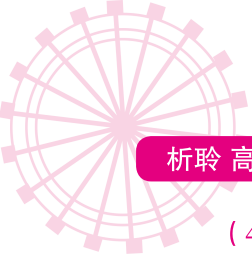
碰到数字题目的时候，考生应该意识到材料中会出现两个及以上的数字，这就需要在听的时候明确各个数字对应的内容。由 it's due in at 6:20 pm 可知飞机本应该是下午 6:20 到达，再结合 it has a 30-minute delay 可知，飞机晚点 30 分钟，所以飞机下午 6:50 到达，故选 C。

(2) 乘除法计算

乘除法的数字一般不超出心算和速算的范围。数字之间的关系常用具有倍数和百分数意义的名词、形容词、副词或动词来表达。注意下列单词或词组：times, twice, couple, pair, a pair of, half, double, quarter, one-third of 等。

(3) 混合运算

这是一种比较复杂的计算题型，通常出现在价格的计算问题上。听录音时对于对话中的数字，哪些是直接已知条件，哪些是间接已知条件，通过何种步骤求得要问的结果，要有一个清醒的数字认识。



(4) 近音、近形数字的辨认及其他

有些试题中的书面选择项排列出几个与录音信息中近音、近形的数字，用以混淆视听，迷惑考生，以考查考生对数字的辨别能力。做这类题的办法是边听边记，排除干扰项，逐步缩小“包围圈”；数字用不同表达法代表同一概念也是听力测试中常用的命题方法。如：

a quarter to twelve eleven forty-five 11:45
the other day a few days ago
24:00 twenty-four

二、语法

在听力学习中，很多学生往往只注重单词的记忆，因此造成的结果就是只听清楚了几个单词的意思，而对整个句子的具体内容一知半解。长此以往，对学生听力的提高起不到任何作用，也会导致学生对听力学习产生畏惧感，逐渐失去信心。因此，在听力学习过程中，我们必须重视对语法意识的培养。

1. 冠词

冠词在听力材料中往往弱读，尤其当冠词出现在句中时，无论如何不能忽略冠词的应用。例如：My uncle John founded the company in the 1960s. 该句中时间状语 in the 1960s 中的定冠词 the 和 1960 后面的 s 一旦被听者忽略，就可能把原本的“20 世纪 60 年代”错误地理解为“在 1960 年”。

2. 单复数

在听力过程中不仅要注意名词的单复数，还要注意谓语动词的单复数，特别是一般现在时第三人称单数的使用。如：The Blacks like going abroad for holiday. 句中主语 The Blacks 指的是 Black 一家人不是 Black 一个人。

3. 虚拟语气

虚拟语气是听力过程中最容易迷惑听者的一个语法现象。一旦没有意识到虚拟语气的存在，则会出现与实际情况相反的理解。如：I wish I had passed the exam. 句中的虚拟语气 wish 后的宾语从句使用过去完成时，表示与过去事实相反的情况，这句话告诉我们“我”其实并没有通过这次考试。

4. 从句

英语中的从句运用也是很常见的，如宾语从句，定语从句，主语从句，表语从句，状语从句，同位语从句等。只有把握各种从句的构成特征，清楚分辨各类从句，才能准确理解听力材料的含义。如：Tom’s suggestion that Bill should give up smoking has been ignored. 句中，that 引导的是一个同位语从句，解释说明了 Tom 的提议的具体内容。

5. 固定句型和结构

英语中有很多固定句型和结构，只要掌握了这些句型的构成，牢记这些句型的含义，在听力理解中一定能起到事半功倍的效果。

常见的有：

So+ 助动词 + 主语，表示前面句子所说的情况适合后面句子，这一结构的否定式是 Neither/Nor+ 助动词 + 主语。

the last + 名词可以表示强烈的否定意义，如：This is the last place where I expected to meet you. 我万万没想到会在这儿碰到你。

It is/was ... that/who ... 强调句型，如：It is Professor Wu that sent me the letter.

三、语音

1. 单词的连读

单词的连读是听力中常见的现象。所谓连读，是指在口语中，如果前一个单词的结尾为辅音，而后一个单词的开头为元音，则这两个单词一般可以连着发音。

(1) 单词词尾以字母 l 后跟元音开头的发音进行连读。

Will it do any good to you?

She'll say shook all over.

I'm calling to cancel a meeting we scheduled for this afternoon. (2020 全国卷 I)

(2) /r/ 后跟元音开头的词，前后意思连贯，一般要连读。

Shaun read the letter over and over.

Take care of the patients.

(3) 两个单词分别以辅音结尾和以元音开头，一般要连读。

Paula took it for granted that he would succeed.

The group broke up at two.

How can I get to the nearest supermarket? (2020 全国卷 I)

Go past the post office and it's on your left. (2020 全国卷 I)

2. 单词读音的简化与弱化

(1) 读音简化。英语口语中，大量采用简化的形式，这无疑增加了听力的难度，因此必须熟记一些常用的简化形式，如：

I'm, You're, He's, She's, They're, Who's

She'll, You'd, wasn't, haven't, don't, couldn't 等。

(2) 读音弱化。弱化是指在英语口语中，原来的重读音节转变为弱读音节，主要有以下两种：

A. 大多数情况下，单词中有以 /æ/, /ɒ/ 等重读形式出现的音，往往可以弱读成 /ə/ 来代替。

例词：was, that, than, an, at, have, from, for, can, as, and

I can imagine that wouldn't last for long.

We think of him as our friend.

You could have said everything within two pages. (2020 全国卷 I)

My wife suggested that I try my hand at painting for children's book. (2020 全国卷 I)

B. 单词中以 /i:/ 为重读音节时，往往可以弱读成 /ɪ/。

例词：the, me, be, been

It has been three years since she left me.

The old man passed me without saying a word.

3. 不完全爆破

不完全爆破是连贯语流中自然产生的语音现象，出现在一口气读完的一个语音单位内部，即单词内部或一组意义上和语法上紧密联系的词。在朗读句子或某些单词时，爆破音 /p/, /b/, /t/, /d/, /k/, /g/ 在一定情况下不必爆破出来，就是说气流不必冲破阻碍，而只是发音器官在口腔中形成阻碍，稍作停顿后马上过渡到后面的音，这种现象叫不完全爆破。

完全爆破在两个相邻单词之间出现的情况非常多：

① 爆破音中的任何两个爆破音相邻时，前一爆破音失去爆破。如 a bi(g) car 等。

② 爆破音中的任何一个后接摩擦音 /f/, /s/ 等时，前面的爆破音失去爆破。如 I didn'(t) say so.

③ 爆破音后接 /t/, /d/, /tr/, /dr/ 时, 前面的爆破音失去爆破。如 a grea(t) change 等。

④ 爆破音后接 /m/, /n/, /l/ 时, 前面的爆破音失去爆破。如 a bi(t) more expensive 等。

Bu(t) the TV works beautifully now. You shoul(d) get a medal for your work. (2020 全国卷 I)

It wasn'(t) hard at all. (2020 全国卷 I)

How much do you want to spen(d), sir? (2020 全国卷 I)

So if I want(e)d to paint for a book, I'(d) nee(d) to write one on my own. (2020 全国卷 I)

4. 同化

音的同化, 是在较快的语速中, 前后两个词连读, 语音互相影响而产生的语音变化。音的同化, 可以使发音省力, 说话流畅。它常出现在快语速口语中, 而在正式场合和语速慢的时候不一定会出现。了解它们有助于提高听力水平, 注意我们说话时不必刻意同化, 它在加快语速时自然产生。

主要是以下三种方式:

辅音 [d] 与 [j] 相邻时, 被同化为 [dʒ]: Woulddyou...?

辅音 [t] 与 [j] 相邻时, 被同化为 [tʃ]: Can'ttyou...?

辅音 [s] 与 [j] 相邻时, 被同化为 [ʃ]: Misssyou

Miss Miller, coulddyou tell me how I can improve the article? (2020 全国卷 I)

This type of question also shows thattyou're interested in them. (2020 全国卷 I)

四、语调

重音与语调在英语口语中都是表达说话者情感的方式, 可以表达不同的含义, 以及强调、感叹、激动、漠不关心、高兴、不耐烦、生气、反驳、怀疑、后悔等多种情感。

1. 重音

重音包括单词重音和句子重音两类, 单词重音如:

'record 唱片 (名词) re'cord 记录 (动词)

句子重音如:

I am a group member. 强调是“我”。

I 'am a group member. 强调“我现在是”。

I am a 'group member. 强调是“组员”。

2. 语调

(1) 用升调表示疑问。英语口语中, 疑问句一般以升调结尾, 但有时陈述句等句子也使用升调结尾, 表示对某事存疑。

例句: He'll be sure what to do if there's a ↗ problem.

这个句子以升调来结尾, 表示说话人对前述内容的怀疑。

(2) 用升调或降调表示期待、赞同、推测、虚拟等语气。

期待对方赞同自己的观点时, 句尾往往使用升调, 如:

... don't you ↗ think so?

表示推测、有把握时, 句尾往往用降调, 如:

We will be there on time. ↘

表示虚拟语气的时候, 语气较重, 句尾一般也使用降调, 如: How I wish I could see him again. ↘

第二部分 技法篇

一、命题规律

1. 听力测试是考查学生准确理解口头语言能力的测试。因此，它的结构不像书面语言那么严谨，它的特点是句子短，重复率高，冗余信息多。听力测试的材料往往比阅读材料要容易，基本上没有超纲的单词，但会出现陌生的地名、人名。

2. 大多数听力材料来源于英语国家的生活会话，题材广泛，涉及英语国家日常生活的许多方面，有明显的口语特征，听起来自然真实。

3. 对话或独白都通过具体的语言内容表明一个特定的语境。理解语境是把握所听内容的关键，是理解材料内容的前提。

4. 语速一般为 150 ~ 170wpm。

二、解题技巧

1. 巧抓关键词

(1) “转折” 是关键

说话时，一般先陈述别人的观点、看法，然后用一个转折来叙述自己的想法。因此，转折词 but 之后常成为听力考试的考点，考生必须要紧抓转折后面的内容，才能准确答题。

【例题】What time is it now?

A. 7:50. B. 8:10. C. 8:30.

听力材料：

W: Let's Hurry up.

M: Why?

W: Class starts at 8:10.

M: But there's twenty minutes left.

解析

根据 But 后面的内容就可推断出答案为 A。

(2) “建议、看法” 是关键

有时，对话的一方感到忧虑不安，另一方提出建议，而这个建议往往就是考点，考生可不要忽视。

【例题】How can the man improve his article? (2020 全国卷 I)

A. By deleting unnecessary words.

B. By adding a couple of points.

C. By correcting grammar mistakes.

听力材料：

M: Miss Miller, could you tell me how I can improve this article? I got a B plus.

W: ... There's just too much repetition. You could have said everything within two pages.

解析

从女士的话可知她对男士的建议是删除不必要的内容，故选 A。

(3) “否定” 是关键

对“否定”的考查，主要体现在两个方面：一是考查对不同的观点、看法的理解；二是对形式否定而实则肯定的理解。

【例题】What does the man think of the hotel?

- A. Too simple. B. Best here. C. Very poor.

听力材料：

W: The hotel is a little too simple.

M: However, you can't find a better one here.

解析

从 can't ... better 可知，男士认为“它在这个地方已经是最好的了”，于是答案选 B。

(4) “虚拟语气” 是关键

虚拟语气表示与客观事实相反或相违背的情况。肯定的虚拟语气表示否定的意义，而否定的虚拟语气表示肯定的事实，对它的理解常是听力考试的考点。

【例题】What happened to the man?

- A. He was chosen. B. He was not chosen. C. He would have been chosen.

听力材料：

Had you not made such a mistake, you would have been chosen, too.

解析

根据听力材料的语气可知答案选 B。

(5) “情况、结论” 是关键

某人或某事的情况以及对发生这种情况的结论都可成为听力考试中的考点。听力考试时，就要注意对情况、结论的把握。

(6) “比较等级” 是关键

事物间的比较常是听力考试的考点，在听的过程中，必须注意形容词、副词的比较级和最高级的应用。

(7) “并列、递进” 是关键

听力考试中常对并列的事物、递进的关系进行考查。因此，考生在听的过程中，应根据情况把握 and, or 等连接的事物以及对 what's more, what's worse 的理解。

【例题】What does the speaker recommend at the end of his lecture? (2020 全国卷 I)

- A. Asking open-ended questions.
B. Feeling free to change topics.
C. Making small talk interesting.

听力材料:

... Besides, it's better to ask open-ended questions.

解析

抓住 Besides 关键词即可得出答案。

(8) “举例” 是关键

为了把问题说得清楚、明白, 常用举例方法, 而举例就成为了听力考试的考点。考试时, 考生就得注意 for example, such as, for instance, like, namely, that is 等词或短语。

(9) “问题及回答” 是关键

一般说来, 问题是信息的提示点, 而回答是听力考试的考点。但是, 有时反问句用来表示说话人的态度、意图, 从而也成为考点, 考生应特别注意。

(10) “因果关系” 是关键

谈话中, 事情发生的原因和结果常是听力考试的考点, 考生应注意原因的表达方式, 如除 because 外, 还有 since, as, for 等; 表示结果的有 so, so that, as a result, in the end 等。

【例题】Why does the man want to see Mr. Stone? (2019 全国卷 II & III)

- A. To discuss a program.
- B. To make a travel plan.
- C. To ask for sick leave.

听力材料:

M: I need to talk about my new program with him before he leaves. It's urgent. So, would this afternoon be OK?

W: Let me see ...

解析

So 是关键词, So 前面的内容明显是原因, 男士想要见 Mr. Stone 是为了谈论项目, 故选 A。

迅速抓取关键词的几个步骤:

- a. 拿到试卷后要争分夺秒快速浏览试卷, 了解题目的要求, 做到心中有数, 做好答题准备。
- b. 认真听录音, 听的过程中不要受个别生词的困扰, 要抓住大意, 捕捉关键词。
- c. 边听录音边做标记, 尤其是在听到时间、数量、地点等词的时候要做速记。
- d. 不要浪费间隔时间, 充分利用这些时间看下面的题目, 这样才能及时变被动为主动。
- e. 答完题之后要复查, 如果没有录音或者其他有把握的依据, 不要轻易改动初选答案。复查时要注意时态、单复数等问题。

2. 预测微技巧

听力练习是一种心理过程, 其独有的特征要求学生在听的过程中运用相应的策略, 以便及时准确理解说话者的信息, 因此在听力练习中进行听力预测技巧的锻炼是非常有必要的。这种预测分为听前预测、听中预测和听后预测三部分。

(1) 听前预测

听前预测, 即借助题干和选项, 对对话或独白谈论的主要话题、下文即将出现的内容等做出预测。

听前预测做得好，学生在播放听力之前会带着很多信息进入听力，避免在听力中完全依赖听力材料，避免出现“眉毛胡子一把抓”的无侧重局面。因此，学生应加强听前预测训练，从而短时间内获得进入听力前的大量信息，消除对听力材料的陌生感。

【例题】What is the woman busy doing? (2020 全国卷 I)

- A. Working on a paper.
- B. Tidying up the office.
- C. Organizing a party.

听力材料:

M: You look pretty busy. What's up?

W: We're putting together an office party this Friday evening. There'll be about 30 people and I'm the organizer.

M: Nice. But it's probably best not to overwork yourself. Enjoy.

解析

根据题干可知，此处问的是“女士忙于干什么”，带着这个问题有针对性地听，就不难发现 We're putting together an office party this Friday evening. 是答案所在，即女士忙于筹备公司聚会，故选 C。

(2) 听中预测

听中预测，是指在听的过程中，通过关键词、说话者的语音语调等对材料内容进行预测，在预测的同时，包含对听前预测的分析、修正、整理及再预测。

【例题】What do we know about the speakers? (2020 全国卷 I)

- A. They are colleagues.
- B. They are close friends.
- C. They've never met before.

听力材料:

W: Hello, Helen Smith speaking. Can I help you?

M: Hello, this is David. Could I speak to Mike, please?

W: I'm afraid he's not available at the moment. Would you leave a message?

M: Yes, I'm calling to cancel a meeting we scheduled for this afternoon.

W: OK. Let me take this down. Could I have your name again?

M: Certainly. It's David Stone.

解析

在听的过程中，留意对话双方的语气不难发现对话发生在较正式的工作场合，抓住女士的话 Let me take this down. Could I have your name again? 可以预测，对话双方关系较为陌生，结合选项不难选出正确答案。

(3) 听后预测

听后预测，是指听者在听完材料后利用所听到的信息对之前的预测进行补充或修正。有时，预测并

不会非常准确。因此，听者必须根据后续捕捉到的信息对之前的预测进行分析、推理、修正，从而得出全部的信息，这样对材料的理解就会更全面。

【例题】Who is Clifford? (2020 全国卷 I)

- A. A little girl.
- B. The man's pet.
- C. A fictional character.

听力材料:

W: A big dog celebrates a big birthday this year. Clifford, the big red dog, first appeared 50 years ago along with Emily Elizabeth, the little girl who loves him. Today we have Norman Bridwell to talk with NPR's Reporter on his dog's 50th birthday.

...

M: Um, the woman pointed to a painting I'd done, of a little girl with a big red dog, and she said, "Maybe that's a story." And I went home and over that weekend I wrote the story—*Clifford the Big Red Dog* ...

解析

本题难度较大，需要建立在对全文的理解上才能推出答案。根据对话内容，尤其是 the woman pointed to a painting I'd done, of a little girl with a big red dog, and she said, "Maybe that's a story." And I went home and over that weekend I wrote the story—*Clifford the Big Red Dog* 可知，Clifford 是 Norman 创作的故事里的角色大红狗的名字，也就是说，Clifford 是 Norman 虚构的一个角色。对话中提到 a little girl, his dog 等两个干扰信息，学生如果只基于片面的预测，很容易误选 A 或 B。

3. “快” 做记录

英语的听力一般是比较快的，想要完全记下来是不可能的，同学们要学会速记，以下将为同学们介绍一些英语听力笔记速记的相关技巧，希望对大家有所帮助。

(1) 不要大量记录文字 (汉字、单词)，而要使用符号来表示意思 (缩写、图形)

Eg: “我同意” 记作 “I ✓”;

“观点，看法一致” 记作 “☉ same”;

“economic development” 记作 “经 ↑”

↑ 表示 “上升、快速上升、快速发展、快速上涨等”;

↓ 表示 “下降、减少、急剧下降、急速下跌等”;

↗ 表示 “缓慢上升，缓慢发展、缓慢上涨等”;

← 表示 “返回，倒退等”;

→ 表示 “达到，至，导致，前进等”;

⊕ 表示 “加，增加，此外，另外，又加之”;

— 表示 “减少，减”;

> 表示 “多于，大于，强于”;

∴ 表示 “因为，由于”;

∴ 表示 “所以，因此”;

= 表示 “等于，相同，与……相同”

↑ up ↓ down ← left → right = equal

t 表示 thousand ; m 表示 million ; b 表示 billion ; 1st 表示 first。



- (2) 不要横着写，而要竖着写，竖起来记有利于保持数量等信息之间的逻辑关系。
- (3) 逻辑关系要清楚了，不要记流水账。
- (4) 发明并运用字母的缩写形式。考生可以在平时训练时，本着便于记忆、快速、容易联想的原则，发明一些只需自己明白的字母搭配来表示相应的信息。

例如：Ex—expensive lg—large eq—earthquake ys—yesterday 通过运用这些字母和符号，帮助考生储存信息，帮助回忆。

缩略词的写法：

a. 拿掉所有元音

MKT: market	MGR: manager	MSG: message
STD: standard	RCV: receive	

b. 保留前几个字母

INFO information	INS insurance	EXCH exchange
I owe you IOU	Instead of I/O	

c. 保留开头和结尾的发音字母

WK week	RM room	PL people
---------	---------	-----------

d. 根据发音

R are	THO though	THRU through
-------	------------	--------------

e. 较长单词的处理办法

- ism 简写为 m 例如：socialism sm
- tion 简简写为 n 例如：standardization (标准化) stdn
- cian 简简写为 o 例如：technician tech o
- ing 简写为 g 例如：marketing (市场营销) MKTg
- ed 简写为 d 例如：accepted acptd
- able/ible/ble 简写为 bl 例如：available avbl
- ment 简写为 mt 例如：amendment amdmt
- ize 简写为 z 例如：recognize regz
- ful 简写为 fl 例如：meaningful mnfl

第三部分 实训篇

一、基础训练



基础训练 (一)



第一节 听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

- What are the speakers talking about?
A. A group of dancers. B. A dance competition. C. A TV program.
- Where are the two speakers going?
A. To a farm. B. To a restroom. C. To a field.
- How does the woman feel about the journey?
A. Satisfied. B. Uncertain. C. Upset.
- What have the parents been looking for?
A. A hay. B. A needle. C. Their baby.
- What do we know about the weather in the woman's hometown?
A. It seldom snows heavily. B. It seldom rains heavily.
C. It never snows.

第二节 听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料，回答第 6、7 题。

- Why was the man in hospital?
A. He had his arm hurt. B. He was seriously ill.
C. He had a physical exam.
- Where was the man most probably going that day?
A. To his office. B. To the classroom.
C. To the hospital.

听第 7 段材料，回答第 8、9 题。

- What is the woman probably doing when talking with the man?
A. Reading a questionnaire.
B. Reading a survey discovery.
C. Reading a health magazine.
- What can we learn from the conversation?
A. Many people think personalities most unattractive.
B. Many people think feet least attractive.
C. Many people think eyes most unattractive.

边听边记



10. What is the woman doing now?

11. What does James Douglas do?

- A. An actor. B. A programmer. C. A driver.

12. What is the number of the children in James Douglas' family?

- A. One. B. Six. C. Seven.

听第9段材料，回答第13至16题。

13. What is the girl shopping for?

- A. A present for her mother. B. A present for a friend.
C. A present for her father.

14. How much is the black wallet?

- A. \$49.95. B. \$40.95. C. \$44.95.

15. Why doesn't the girl like the brown wallet?

- A. There isn't a place to put pictures. B. It's too big and heavy.
C. She doesn't like the color.

16. What does the girl decide to buy?

- A. A black wallet. B. A brown belt. C. A tie.

听第 10 段材料，回答第 17 至 20 题。

17. Why did the speaker and her parents first move to the U.S.?

- A. To live with their family. B. To find good jobs.
C. To learn English.

18. What did the speaker want to be?

- A. A market owner. B. A doctor. C. A teacher.

19. Where did the speaker go to college?

- A. In Los Angeles. B. In San Francisco. C. In New York City.

20. How does the speech probably make the students feel?

- A. Worried. B. Encouraged.

- ### C. Disappointed.



第一节 听下面 5 段对话，每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

1. What does John find difficult in learning German?

- A. Pronunciation. B. Vocabulary. C. Grammar.

2. What is the probable relationship between the speakers?

- A. Workmates.
- B. Brother and sister.

- ### C. Teacher and student.

16

● ● ● ● ● ● ● ●

边听边记

边听边记

3. Where does the conversation probably take place?

A. In a bank. B. At a ticket office. C. On a train.

4. What are the speakers talking about?

A. A restaurant. B. A street. C. A dish.

5. What does the woman think of her interview?

A. It was tough. B. It was interesting. C. It was successful.

第二节 听下面 5 段对话或独白，每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料，回答第 6、7 题。

6. When will Judy go to a party?

A. On Monday. B. On Tuesday. C. On Wednesday.

7. What will Max do next?

A. Fly a kite. B. Read a magazine. C. Do his homework.

听第 7 段材料，回答第 8、9 题。

8. What does the man suggest doing at first?

A. Going to a concert. B. Watching a movie.

C. Playing a computer game.

9. What do the speakers decide to do?

A. Visit Mike. B. Go boating. C. Take a walk.

听第 8 段材料，回答第 10 至 12 题。

10. Which color do cats see better than humans?

A. Red. B. Green. C. Blue.

11. Why do cats bring dead birds home?

A. To eat them in a safe place.

B. To show off their hunting skills.

C. To make their owners happy.

12. How does the man sound at the end of the conversation?

A. Grateful. B. Humorous. C. Curious.

听第 9 段材料，回答第 13 至 16 题。

13. Who is Macy?

A. Ed's mother. B. Ed's teacher. C. Ed's friend.

14. How does Ed usually go to kindergarten?

A. By car. B. On foot. C. By bus.

15. What does Ed enjoy doing at the kindergarten?

A. Telling stories. B. Singing songs. C. Playing with others.

16. What do the teachers say about Ed?

A. He's clever. B. He's quiet. C. He's brave.

听第 10 段材料，回答第 17 至 20 题。

17. At what age did Emily start learning ballet?

A. Five. B. Six. C. Nine.



- 

基础训练（三）



1. What are the two speakers going to buy?
A. Bread. B. Cheese. C. Eggs.
2. How does the woman find the fish?
A. Just so-so. B. Bad. C. Quite good.
3. What does the woman mean?
A. Mark should go on with the game.
B. Mark should draw pictures on the computer.
C. Mark should review his lessons.
4. Where does the conversation take place?
A. In the bookstore. B. In the library. C. In the classroom.
5. Why doesn't Jane eat her chocolate cake?
A. She doesn't like chocolate. B. She has trouble with her tooth.
C. She has no teeth.

听第 6 段材料，回答第 6、7 题。

- 听第7段材料，回答第8至10题。

8. What can the woman be?
- A. A waitress at a hotel. B. The secretary of Mr. Black.
- C. The assistant of Professor Green.

边听边记

[illegible]

边听边记

9. How could the man get in touch with Mr. Green?
A. Ask the woman to find the Blackwood Hotel.
B. Dial 809.
C. Dial 114 to find the telephone number of the Blackwood Hotel.

10. Why did the man ask the woman to change the dollar?
A. To pay for the information. B. To make a phone call.
C. To go to the hotel by bus.

听第 8 段材料，回答第 11 至 13 题。

11. What's the probable relationship between the two speakers?
A. Friends. B. Strangers. C. Husband and wife.
12. How did the woman find her stay there?
A. Boring. B. Wonderful. C. Adventurous.
13. What does the man ask the woman to do when she gets home?
A. Send him an email. B. Write a letter to him. C. Give him a call.

听第 9 段材料，回答第 14 至 17 题。

14. What is the man doing?
A. Selling his house. B. Looking for a house.
C. Looking for work.
15. How long has the woman lived in the house?
A. 19 years. B. 8 years. C. 20 years.
16. Why does the woman want to sell the house?
A. She wants to move abroad.
B. She wants to move to the countryside.
C. She hopes to get a lot of money.
17. How much does the house cost?
A. \$6,850. B. \$6,815. C. \$7,850.

听第 10 段材料，回答第 18 至 20 题。

18. How old was Rose when she left school?
A. 16. B. 17. C. 18.
19. What did Rose learn in the college?
A. Computer. B. English. C. Typing.
20. How much will the office pay Rose in three months if she gets the job?
A. \$30. B. \$27.
C. \$20.



基础训练 (四)



第一节 听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

1. What does the man prefer?
A. Apples. B. Oranges. C. Bananas.



- ## 边听边记

16. How much does the woman pay for the items?

A. 6 pounds. B. 10 pounds. C. 12 pounds.

17. How will the woman probably go home?

- A. On foot. B. By bus. C. By car.

听第 10 段材料，回答第 18 至 20 题。

18. Why is the speaker making a speech?

- A. She is retiring. B. She has won a prize.

C. She will set up her business.

19. How long has the speaker worked for the school?

- A. For 12 years. B. For 18 years. C. For 25 years.

20. Who is the most important person the speaker met at the school?

- A. Her husband. B. A wise teacher.

C. A star student.



基础训练（五）



第一节 听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

1. When does the train leave?

- A. At 8:30. B. At 9:00. C. At 8:00.

2. What is the probable relationship between the speakers?

- A. Workmates. B. Strangers. C. Friends.

3. Why does the woman call the man?

- A. To buy a TV set. B. To repair the fridge.

C. To praise the service.

4. How will the woman go to the subway station?

- A. By bus. B. By taxi. C. On foot.

5. What is the boy going to do first?

- A. Have supper. B. Watch TV. C. Review his lesson.

第二节 听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料，回答第 6、7 题。

6. What is John Peterson?

- A. An office worker. B. A college student.

C. An office manager.

7. What do the speakers mainly talk about?

- A. Their business. B. Their workmate.

C. Their college life.

听第 7 段材料，回答第 8、9 题。

8. What can we say about the man?

- A. He is helpful. B. He is curious. C. He is generous.

边听边记



9. What will the woman probably do next?

- A. Call her husband. B. Apologize to the man. C. Move to another.

听第 8 段材料，回答第 10 至 12 题。

10. What is the relationship between the speakers?

- A. Teacher and student. B. Mother and son.

C. Tour guide and tourist.

11. When will the speakers go to the art exhibition?

- A. On Wednesday. B. On Friday. C. On Sunday.

12. What is free of charge?

- A. The tickets. B. The bus fares. C. Food and drinks.

听第9段材料，回答第13至16题。

13. Why do the speakers like John Cash's music?

- A. Because it is crazy music. B. Because it is old country music.

C. Because it is new country music.

14. What does the woman think of present country music?

- A. Noisy. B. Popular. C. Acceptable.

15. What does the woman want to be?

- A. A guitarist. B. A violinist. C. A pianist.

16. Where does the conversation probably take place?

- A. In the bathroom. B. In the studio. C. In the concert.

听第 10 段材料，回答第 17 至 20 题。

17. Why do people around the world celebrate Christmas?

- A. To have good food. B. To attract foreigners.

C. To have great fun.

18. What do foreigners probably do during the Dragon Boat Festival?

- A. Eat cakes. B. Race dragon boats. C. Enjoy the moon.

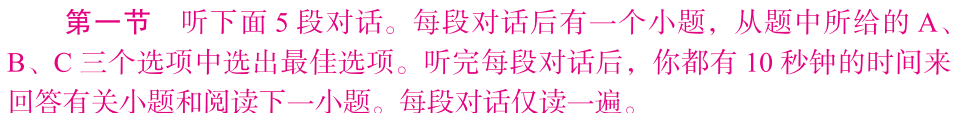
19. How many dragon boat teams are there in Canada?

- A. 60. B. 30. C. 50.

20. What attracts foreigners about the Dragon Boat Festival?

- A. Team spirit. B. Happiness.

C. Excitement.



1. What time does the museum close on Sundays?

- A. At 3:00 pm. B. At 4:00 pm. C. At 5:00 pm.

2. What does the man mean?

- A. He's willing to help out. B. He has his hands full.

C. He almost loses the suitcase.

边听边记

3. What is the man persuading the woman to do?
A. Have less meat. B. Buy him a burger.
C. Eat out with him.
4. How will the woman probably go to the gallery?
A. By bus. B. By subway. C. By car.
5. In what aspect is the man weak in Chinese?
A. Reading. B. Writing. C. Speaking.

第二节 听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料，回答第 6、7 题。

6. What does the man think of horror movies?
A. Exciting. B. Frightening. C. Boring.
7. What new hobby will the woman start?
A. Skiing. B. Reading. C. Playing music.

听第 7 段材料，回答第 8、9 题。

8. What is Tom busy doing?
A. Raising money. B. Writing a lab report.
C. Giving classes to children.
9. Who might be able to help Tom this week?
A. Mike. B. Jane. C. Cathy.

听第 8 段材料，回答第 10 至 12 题。

10. Where are the speakers?
A. In Sydney. B. In Toronto. C. In Los Angeles.
11. What does Simon plan to do after graduation?
A. Study further. B. Run a hotel. C. Work in a company.
12. What does Lucy major in?
A. Law. B. Business. C. Management.

听第 9 段材料，回答第 13 至 16 题。

13. Why are the speakers excited in the beginning?
A. They park near the shopping mall.
B. They are lucky to take the umbrella.
C. They find the shopping mall easily.
14. What would the man like to have for lunch?
A. Fries. B. Chicken sandwiches.
C. The lamb burger.
15. What will the speakers do right after lunch?
A. Learn Spanish. B. Do some shopping. C. Go to the museum.
16. How will the speakers go to the museum probably?
A. By car. B. By bike. C. On foot.



17. How long have Earth Boxes been in market?

- A. About 15 years. B. About 25 years. C. About 30 years.

18. What can Earth Boxes be used to do in poor countries?

- A. Solve hunger problems. B. Improve soil conditions.

C. Teach students science.

19. What is the advantage of Earth Boxes?

- A. Saving much space. B. Purifying much water.

C. Making crops grow fast.

20. Why are Earth Boxes used in middle school?

- A. To learn math well. B. To grow vegetables.

C. To do some experiments.



第一节 听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

1. Whose bike is the oldest?

- A. Betty's. B. Bob's. C. The man's.

2. What does the woman mean?

- A. She hurt her feet. B. She has recovered.

C. She needs an operation soon.

3. What is Jane doing?

- A. Planning a tour. B. Calling her mother. C. Asking for leave.

4. How did the girl go to school?

- A. By bike. B. By bus. C. On foot.

5. What are the speakers mainly talking about?

- A. Photos. B. A fishing trip. C. The boy's dad.

第二节 听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料，回答第 6、7 题。

6. What is the man complaining about?

- A. His mail has been delayed.

B. He is sick of his work.

C. His mail has gone to the wrong place.

7. What is the woman trying to do?

- A. Encourage the man.

B. Comfort the man.

C. Persuade the man.

边听边记

边听边记

听第 7 段材料，回答第 8 至 10 题。

8. Where does the conversation probably take place?

- A. At the woman's apartment.
- B. At the police station.
- C. At school.

9. Why does the man come over?

- A. To question the thief.
- B. To search for a person.
- C. To look into a burglary.

10. What does the man ask the woman to do?

- A. Find out what's gone.
- B. Check the windows.
- C. Look for fingerprints.

听第 8 段材料，回答第 11 至 13 题。

11. Why does the woman call the man?

- A. To ask for a ride.
- B. To deal with an emergency.
- C. To seek cures for the disease.

12. What is wrong with the woman?

- A. She has a headache.
- B. She can't fall asleep.
- C. She runs a temperature.

13. What will the woman do before the man comes?

- A. Walk a few blocks.
- B. Unlock the back door.
- C. Take out her driver's license.

听第 9 段材料，回答第 14 至 17 题。

14. What does the man plan to bring?

- A. Meat.
- B. Fruit salad.
- C. A chocolate cake.

15. When is the party?

- A. On Friday.
- B. On Saturday.
- C. On Sunday.

16. What will the woman provide?

- A. Wine.
- B. The main food.
- C. Vegetable salad.

17. When will the man arrive?

- A. At about 8:30.
- B. At about 9:00.
- C. At about 9:30.

听第 10 段材料，回答第 18 至 20 题。

18. What will the speaker do first?

- A. Give out the test paper.
- B. Collect the phones.
- C. Hand out the tape.

19. How many questions are there on the test paper in total?

- A. 10.
- B. 20.
- C. 100.

20. How does the speaker feel about the listeners?

- A. Afraid.
- B. Confident.
- C. Doubtful.



13. Why was the girl upset?

- A. She had two same books delivered. B. She hasn't got her new books.
C. She didn't find the books she needed.
14. What kind of mistake has the girl made?
A. She gave a wrong address. B. She ordered a wrong book.
C. She keyed in the wrong number in the order.
15. What is the man's opinion on shopping online?
A. It is inconvenient sometimes. B. It costs less money.
C. It provides a wide range of choices.
16. What is the woman's attitude towards shopping online?
A. Neutral. B. Negative. C. Supportive.

听第 10 段材料，回答第 17 至 20 题。

17. What book did the speaker buy on the show?
- A. One about making cookies. B. One about making cakes.
- C. One about making bread.
18. What advice did the speaker get from the central market?
- A. How to choose fish.
- B. How to cook a lunch with meat.
- C. How to make cookies in two minutes.
19. What food did the speaker like most?
- A. Chilean food. B. Chinese food. C. Canadian food.
20. What is the opening hours of the Good Food Show on Saturday?
- A. From 8:00 am to 8:00 pm. B. From 9:00 am to 8:00 pm.
- C. From 10:00 am to 6:00 pm.

二、提升训练



第一节 听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

1. What's the conversation mainly about?
A. The Lantern Festival. B. The Dragon Boat Festival.
C. The Chongyang Festival.
2. How will the man go to the station?
A. By bicycle. B. By bus. C. By train.
3. What will the woman do on Saturday?
A. Visit a park. B. Play basketball.
C. Go skateboarding.

边听边记

This image shows a single sheet of white paper with horizontal blue lines, similar to standard notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

边听边记

4. What will the man try to do?

A. Study harder.

B. Make everything clear.

C. Take time to understand.

5. Why can't Lucy have dinner with Frank tonight?

A. She doesn't feel well.

B. She has to work overtime.

C. She prefers to eat at home.

第二节 听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料，回答第 6、7 题。

6. What does the woman think of the photos?

A. Just so-so.

B. Too bad.

C. Excellent.

7. How many cities has the man been to?

A. 20.

B. 15.

C. 10.

听第 7 段材料，回答第 8 至 10 题。

8. What are the speakers mainly talking about?

A. Hobbies.

B. Travel plans.

C. Water sports.

9. What does the woman dislike?

A. Sailing.

B. Fishing.

C. Swimming.

10. Where does the man suggest staying?

A. On a boat.

B. In a hotel.

C. In a cabin.

听第 8 段材料，回答第 11 至 13 题。

11. Why is the woman late?

A. She got up late.

B. She sent her child to school.

C. She had her mobile phone repaired.

12. When was the woman supposed to have a meeting?

A. At 8:00.

B. At 9:00.

C. At 9:30.

13. What does the man offer to do for the woman?

A. Change her working hours.

B. Pick up her son from school.

C. Attend a meeting instead of her.

听第 9 段材料，回答第 14 至 17 题。

14. What is the probable relationship between the speakers?

A. Strangers.

B. Schoolmates.

C. Workmates.

15. Where are the speakers?

A. In Chicago.

B. In Bangkok.

C. In New York.



16. What did the man do in Seoul at night sometimes?

- A. He tried different restaurants.
- B. He went to the night market.
- C. He visited some temples.

17. What does the man say about Singapore?

- A. It's very easy to go around.
- B. It's very cheap to live there.
- C. It's a really exciting and modern place to live.

听第 10 段材料，回答第 18 至 20 题。

18. When does the tour start?

- A. At 9:30.
- B. At 10:00.
- C. At 12:30.

19. Where do the listeners gather and begin the tour?

- A. In the gift shop.
- B. In the coffee shop.
- C. In the campus bookstore.

20. What are the listeners advised to do?

- A. Stop taking pictures.
- B. Stay with the group all the time.
- C. Putting away their mobile phones.



提升训练（二）



第一节 听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

1. What does the man probably like?

- A. Playing basketball.
- B. Rock-climbing.
- C. Swimming.

2. What will Dorothy do on the weekend?

- A. Go out with her friend.
- B. To meet a friend.
- C. Work on her paper.

3. What can we learn from the conversation?

- A. The man missed the lecture completely.
- B. The man was late for the lecture.
- C. The man doesn't attend the lecture.

4. Why doesn't the girl lend a pen to the boy?

- A. She does not have any pens.
- B. She left her pen at home.
- C. She has only one pen and has to use it.

5. What does the woman do?

- A. An engineer.
- B. An official.
- C. A teacher.



Handwriting practice lines for the '边听边记' section.

第二节 听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料，回答第 6、7 题。

6. What is the man praising the woman for?

- A. Her boots. B. Her handbag. C. Her skirt.

7. Why does the man want to know the store's name?

- A. To buy a skirt for his girlfriend.
B. To introduce it to his friends.
C. To buy a pair of boots for himself.

听第 7 段材料，回答第 8 至 10 题。

8. How does the man feel after the interview?

- A. Nervous. B. Hopeful. C. Disappointed.

9. How many people will be chosen for the job in the company?

- A. Twenty-eight. B. Twenty-six. C. Two.

10. What do the man's parents expect him to do?

- A. To find a job near home.
B. To get the job he has just applied for.
C. To work in a big city.

听第 8 段材料，回答第 11 至 13 题。

11. When was the last time the two speakers met each other?

- A. A few years ago. B. Last summer. C. Last Christmas.

12. What do we know about Mr. White's kids?

- A. Joe is now interested in sports.
B. Billy has broken his arms badly.
C. Joe is learning to play the violin.

13. What is Mrs. White learning now?

- A. Cooking. B. French. C. Typing.

听第 9 段材料，回答第 14 至 17 题。

14. What is the woman going to be?

- A. A part-time waitress.
B. A full-time secretary.
C. A part-time teacher.

15. Why does the woman want to leave Park Hotel?

- A. She can't earn much money there.
B. She is too busy to work full time.
C. It is far from her university.

16. On which day should the woman work all day?

- A. On Friday. B. On Sunday. C. On Saturday.

17. When will the woman start working?

- A. On May 8. B. On May 3. C. On May 1.

边听边记



18. Why did the speaker go to Tanglewood's Festival?

- A. Because she won a prize.
B. Because she went to college there.
C. Because her family vacationed there.
19. How long does the summer musical season last?
A. About a month.
B. About nine weeks.
C. About three months.
20. What's the advantage of sitting outside according to the speaker?
A. It is less crowded.
B. The tickets are cheaper.
C. It has better sound system.



第一节 听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

1. What present does the woman send the man?
A. A little cat. B. A toy car. C. A nice cake.
2. What kind of person is Stan?
A. He is selfish. B. He is cold. C. He is helpful.
3. Who will arrive today?
A. Mary. B. Susan. C. Bob.
4. Where does the conversation probably take place?
A. At a station. B. At a restaurant. C. In a library.
5. Why does the man hold a party?
A. To celebrate the birth of a child.
B. To celebrate his buying an old house.
C. To celebrate his moving into a new house.

第二节 听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料，回答第 6、7 题。

6. What are the speakers talking about?
A. Magazines. B. Paintings. C. Scenery.
7. Which one is painted by George Anderson?
A. The Summer Flowers. B. The Swiss Mountains.
C. The Lovely Windows.

边听边记

听第 7 段材料，回答第 8、9 题。

8. How long did Marco Polo travel?

- A. For 13 years. B. For 17 years. C. For 24 years.

9. What does the man suggest the woman do at the end?

- A. Read a storybook about Xuanzang.
B. Write an essay about Marco Polo.
C. Imagine the life in ancient times.

听第 8 段材料，回答第 10 至 12 题。

10. Where did the woman move when she was young?

- A. To America. B. To Mexico. C. To Japan.

11. What will the woman probably do after graduation?

- A. Join a company. B. Become a lawyer. C. Run her own hotel.

12. Who is studying management?

- A. Jim. B. Daisy. C. Zoe.

听第 9 段材料，回答第 13 至 16 题。

13. What are the speakers talking about?

- A. How to laugh. B. How to tell jokes.

C. How to make people surprised.

14. What makes the woman feel embarrassed (尴尬的)?

- A. Her jokes are not appreciated.
B. Her friends often laugh at her.
C. Her parents don't understand her.

15. What does the man suggest to the woman?

- A. Laughing loudly while telling jokes.
B. Telling jokes to the right person.
C. Not using body language.

16. What can we learn from the conversation?

- A. The woman doesn't understand her friends at all.
B. When the man tells jokes, his friends seldom laugh.
C. The man is better at telling jokes than the woman.

听第 10 段材料，回答第 17 至 20 题。

17. What is the speaker doing?

- A. Advertising a resort. B. Going on a zoo tour.
C. Introducing a village.

18. Where can people watch their children playing?

- A. In the Tea Room. B. In the gift shop. C. In the fields.

19. How much does a family ticket cost?

- A. 4 pounds. B. 6 pounds. C. 17 pounds.

20. What are the listeners advised to do?

- A. Bring the pets along.
B. Book the tickets earlier.
C. Pay attention to the signs.

边听边记