



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  
高二(下)

主编 张丽莉 马丽



# 高二(下)

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# 第一部分 技法篇

听力测试不同于笔试，听力测试通常没有“检查”这个步骤，要求必须边听边答，因此，做英语听力题一定要掌握相关的技巧和方法，下面就是听力技巧及方法汇总，帮助大家尽可能听懂原文，然后选出正确的答案。

## 一、英语听力满分技巧

### 1. 迅速浏览问题

利用听录音前的时间，迅速看一遍题目，预测短文或对话可能涉及的内容。

### 2. 注意听短文的首句和首段

文章的开首句和开首段，往往是对短文内容的概括，如讲话目的、主要内容、作者、论点、故事发生的时间、地点及事由等。

### 3. 获取对话中的具体信息

注意对话中的一些具体信息，如时间、地点、人物、年代事件、数字等。

### 4. 理解领会对话的意图观点、态度及内容

要特别注意讲话者随时会改变主意和更正说过的话。有时候，更正的话会由其他人说出来。

### 5. 立足于整体

不管听什么材料，注意力一定要集中在整体内容的理解上，千万不能只停留在个别单词或单句上。

### 6. 重点听实词

要把重点放在听关键词即实词上，一边听一边把要点及回答问题的关键词记下来。

## 二、听力学习技巧

下面介绍一下做好听力测试题的“四要”。

### 1. 快读

拿到试卷后马上开始做些前期基本工作，不要单等着听录音，重点放在只可听一遍的前5道小题上。

(1) 浏览试卷。看看全卷（指听力卷）有几道大题，可以听几遍录音。

(2) 掠读题目。了解试题题型，注意题目及要求。

(3) 扫描选项。选项是解题的关键，充分利用听录音前短暂的时间，扫描试题选项，预测所听内容及重点。

### 2. 整听

不要孤立地听一个单词、一个句子，遇到没听懂的题目不要停留，要特别注意录音内容与试题问题顺序出现前后次序不一致的情形。

(1) 听整道题目。应尽量听完每道小题后，再做选择。

(2) 听整个句段。这样则可以结合上下文语境，加深理解。特别在听对话话题时，更应如此。

(3) 听整篇主题。把握了对话及短文的主题，会有助于我们更好地捕捉信息，推测判断。

### 3. 速记

听力测试内容一般包括对话和短文(独白)等,其中短文理解题因其较长,问题灵活多变而难度较大,这就要求我们边听边做好速记——主要是和试题题目密切相关的信息。

(1) 记信息词(关键词)。如短文中的数字、地点、人物、时间和原因。

(2) 记重点词。动词、名词、形容词、副词、连词、介词。

(3) 记疑问点。遇到个别不理解的关键词,可先记下其读音,过后再思考,或是注意下文是否还会提及。

### 4. 巧查

做完题目后,适当而有效的检查是非常重要的,因为不可能再听一遍录音,所以我们可以以下方式检查,确保做完每道试题——重点是作答时有疑惑的题目,确保答卷不留空白。

(1) 借助话题情景。通过文段主题及上下文情景,展开合理推测。

(2) 借助语言知识。运用掌握的句法、词法、语法等知识,进行判断分析。

(3) 借助一般常识。根据我们日常生活和学习中所得到的常识来确认答案。这样,只要我们“读、听、记、查”一气呵成,用好有限时间;眼、耳、手、脑四官并用,注意用脑去“听”,就一定能做好听力试题,取得理想成绩。

## 三、听力应试技巧

听力测试很大程度上反映出被测试者的心理素质。紧张、焦虑、急躁容易产生恐惧心理,影响正常听力水平的发挥,导致反应速度和把握信息的准确性大大降低。因此,同学们在做听力训练时,材料的选择要难易适中,循序渐进。要培养良好的听力习惯,脑记与笔记相结合,掌握正确的听力技巧。

### 1. 猜测技巧

理解语言的过程本身就是一种猜测、估计、预想和想象的相互作用的过程。根据不同的文章体裁选择不同的听力方法,做到领悟主旨大意,概括话题内容。任何一段对话或独白都是围绕一个中心展开的,有的主旨比较明显,有的则需要归纳和概括。

(1) **对话预测**。在听取对话,尤其是 Part A——Short Conversation 时,考生可以按照下例 6w 问题进行预测:

- ① Who are the two speakers?
- ② What is the possible relationship between them?
- ③ When did they have the conversation?
- ④ Where did the conversation take place?
- ⑤ Why do they have the conversation?
- ⑥ What did they plan to do?

(2) **语篇预测**。在 Part B, Longer Conversation 的听力过程中,考生按下列问题展开预测:

- ① What is the topic of the passage?
- ② Who is the speaker?
- ③ What facts did the speaker offer?
- ④ What facts did the speaker fail to offer?

(3) **依靠开篇句预测**。英语听力的第一句话通常会透露整篇的主题,所以考生要善于抓住听力材料的首句信息。

例如: Americans have a popular saying “Time is money”.

从这一句开篇句我们可以预测的信息范围：

- ①这是一篇关于时间的话题。
- ②涉及的对象是美国人。

(4) 根据打印在试卷上的听力试题内容预测。

例如：

- A. Husband and wife.
- B. Waiter and customer.
- C. Student and teacher
- D. Receptionist and guest

根据听力试题，考生可以预测到该对话肯定是侧重于对话人的身份，所以在听力过程中抓住透露双方关系的关键词即可。

## 2. 识别关键词的技巧

(1) 透露说话人身份的关键词。

如果考生可以通过关键词很快判断对话者的关系和身份，将有助于考生有目的地集中注意力，并在脑海中搜索相关背景知识，进一步加深对听力材料的理解。

例如：I just can't believe you are a police officer, Kay. I remember in high school, you always wanted to be a lawyer.

如果考生意识到该对话中的关键词为 in high school, 那么他马上可以意识到这是两个老同学之间的对话。

又例如：Good morning, ladies and gentlemen. Welcome to Universal Studio. I'd like to guide you all the way in the amazing park and share the wonderful moments with you.

这段话的关键词是 guide, park, 从中考生可以推断说话人是导游。

以下是常见的对话者关系：

husband—wife	teacher—student
boss—employee	waiter—customer
doctor—patient	parents—kid
shop assistant—customer	

(2) 透露地点 / 场合的关键词。

考生如果善于捕捉听力材料中的关于地点或场合（即语言环境）的关键词，也有助于他们判断听力材料的主题、说话人之间关系，等等。如果对话中出现 special price, 那么对话很可能发生在商店；treatment, therapy 等词可以透露出医患关系。以下是有关机场或者旅馆的关键词：

check in 入住登记 check out 结账 porter 搬 luggage 行李 book a room 预订房间 double room 双人房 passenger 乘客 economy class 经济舱 business class 公务舱 runway 跑道 passport 护照 flight 航班 stewardess 乘务员

(3) 捕捉数字。

许多听力材料中涉及数字，例如年代、日期、价格、数量等，并且会以基数词、序数词、分数、小数、百分比等形式出现，这就要求考生辨别各种形式的数字，还要熟悉数字之间的关系。例如：

减价：20% off, special offer, special price, 25% discount, sale

原价：regular price, normal price

增长：10% increase in... 1/3 climb in...

下降：23% fall in... 5.5% decrease in...

### 3. 听力速记技巧

听力的第二部分 Longer Conversation 所占时间较长, 如果考生能够培养一定的速记技巧, 有助于保持部分听力内容, 帮助记忆。毕竟长篇对话时间并不算太长, 考生只要进行初级的入门速记锻炼, 不必把听到的所有内容写下来, 只要捕捉一些关键性问题即可, 比如时间、地点、数字以及相关信息等。考生可以尝试以下技巧:

#### (1) 运用速记符号。

例如: ↑ up ↓ down ← left → right = equal

#### (2) 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。

### 4. 时间运用技巧

(1) 充分利用试卷刚发下来, 听力还未播放的宝贵时间, 阅读听力试题, 并用铅笔在听力试题上画出重点(听力的试题部分考生可以在上面涂写, 但是答卷部分禁止)。此刻考生可以运用预测技巧, 对听力内容进行有的放矢的预测。

(2) 切记对于没有听清的试题(尤其是 Part A——Short Conversation) 采取及时放弃的原则, 即随便选择一个选项, 把注意力集中到下一题, 一定要抢在下一题播放之前, 看完下一题的全部 4 个选项, 千万不可纠缠于已播放好的前一题。

## 四、听力测试的主要测试点

听力测试的主要形式有: 对话理解, 短文理解。对话理解是考查学生在一定语境或情景中所表现出的快速反应、推理判断能力; 短文理解则是在此基础上考查学生对一个结构比较完整, 意义相对连贯的语段的理解能力, 是一种高层次、有难度的听力测试形式。高考英语听力考试的测试点包括:

### 1. 理解对话的主旨大意

例: What's the man doing?

- A. He's working in a hotel.
- B. He's visiting a young people.
- C. He's travelling around.

听力材料:

W: So, how long have you been here?

M: Just a couple of days, actually, I am on a big journey. You know, I'm visiting all the places of interest here.

### 解析

本题是一位男子谈论到此地的各个名胜观光的情况, 其中的 a big journey、visiting 和 places of interest here 是这位男子谈话的关键, 因此, 考生若对此进行归纳判断就会马上明白此谈话的主旨大意, 选出答案 C。



## 2. 获取对话中具体信息

为了说明和解释主旨，对话或独白中需要一些具体信息，如时间、地点、人物、年代、价钱等，这些信息对理解对话，把握对话主旨是不可缺少的内容，且在试题中占相当大的比例。这类题要求学生在听清，听懂信息的同时，还要对所听到的信息做简单的处理，有时也需要考生进行简单的计算。

例: How will the speakers spend Sunday?

- A. By going swimming. B. By playing volleyball.  
C. By going for a cycle ride.

听力材料:

W: Would you like to come to the beach with us on Sunday, Joe?

M: I don't like swimming much. I may go for a cycle ride.

W: We don't go for swimming. We're going to play volleyball.

M: I'll come with you then.

### 解析

根据原文中的“*We're going to play volleyball.*”和答语“*I'll come with you then.*”可知他们会一起打排球，故选 B。

## 3. 推断对话发生的背景、地点及对话者之间的关系

对对话背景、地点、对话者之间关系的理解程度，体现了一个人对口语语篇的理解能力。

例: Where does the conversation probably take place?

- A. In a school. B. In a hospital.  
C. In a restaurant.

听力材料:

M: I have an appointment to see Dr. Gran for a physical exam.

W: Please have a seat. She is out for lunch and she will be back in a few minutes.

### 解析

根据原文中的“*I have an appointment to see Dr. Gran for a physical exam.*”可知这位男士预约了医生检查身体，因此推断对话是发生在医院，故选 B。

## 4. 理解领会对话的观点、态度及意图

这类考题要求考生不但能理解录音原文的主旨大意，而且还要通过文中的重要细节、具体事实，揣摩、推断说话者的意图、观点和态度等，这类题能测试出考生在听力方面的综合素质。

例: What is the man going to do?

- A. Drop out of school.  
B. Try to get a scholarship.  
C. Continue his studies.

听力材料:

W: I heard you were having problems paying your school fees and may not be able to study next term.

M: I was having some difficulties but I've received a scholarship and things are finally looking up.

根据原文中的“may not be able to study next term”以及答语中的“but I’ve received a scholarship and things are finally looking up”可知因为得到了奖学金，所以学费的问题得到了解决，这位男生会继续他的学业，故选 C。

## 五、如何练习高中英语听力

### 1. 强调话语的整体理解

高考听力测试题的设计主旨是检查考生在语篇层面上对听力材料的理解能力，这种理解必须建立在对语篇的整体理解之上。因为，无论是对话还是独白，没有整体意识是不可能实现细节理解的。

### 2. 强调口头语言的真实性

高考听力测试题的语料是来自生活的真实语料，而不是为了检测知识而专门准备的不具备交际条件的语料。真实的语料是具有真实语境，真实动机，真实心态，真实人际关系和真实交际策略的实际的言语活动。

### 3. 强调社会语言策略的具体把握

考生在接受真实的语料时应当使用适当的社会交际策略，把听的重点放在有目的地获取信息上，在获取信息的过程中，考生应当在整体语篇理解的背景上把各种具体信息联系起来，在头脑中构成真正符合实际情景的心理画面。当然，这需要考生在平时的训练中就逐步积累实施社会语言策略的体验和经验。

### 4. 强调听力技能的熟练运用

听力试题实际上涉及对语境的体验，听的过程中的预测活动，对谈话人社会角色的分辨，对交际策略的实际运用等各项技能的实际运用。由于高考听力语言材料是真实性较强的材料，所以，这种试题就要求学生十分熟练地使用各种听的技能。





听第 8 段材料, 回答第 11 至 13 题。

11. Where are the speakers?  
 A. In Japan.                      B. In China.                      C. In America.
12. What kind of food did the woman want to eat at first?  
 A. Fast food.                      B. Street food.                      C. Home-made food.
13. What will the woman do next?  
 A. Start cooking.                      B. Get changed.                      C. Surf on the Internet.

听第 9 段材料, 回答第 14 至 16 题。

14. What is Karen?  
 A. A teacher.                      B. A babysitter.                      C. A saleswoman.
15. What do we know about the man?  
 A. He speaks in public every day.  
 B. He is familiar with education.  
 C. He is good at giving speeches.
16. What is the man's suggestion?  
 A. Practicing in front of a mirror.                      B. Making full preparation.  
 C. Being well dressed.

听第 10 段材料, 回答第 17 至 20 题。

17. Why is Tuesday a problem for Mr.Clark?  
 A. He has classes on that day.  
 B. He has a business trip on that day.  
 C. He has a teachers' meeting on that day.
18. How will the students go to the museum?  
 A. By bus.                      B. By train.                      C. By car.
19. How much does a student pay for a museum ticket in a student group?  
 A. \$20.                      B. \$15.                      C. \$12.
20. What can we learn from the talk?  
 A. The museum is closed on weekends.  
 B. Students have to get to the school at 9:00.  
 C. Students are going on the school trip on Thursday.



基础训练 (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 woman think of the cleaner's job?  
 A. Boring.                      B. Exciting.                      C. Dangerous.
2. What may the weather be like now?  
 A. Rainy.                      B. Sunny.                      C. Cloudy.
3. Where is Lisa going this afternoon?  
 A. The bookstore.                      B. The café.                      C. Her cousin's home.



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## 边听边记

4. How will they go to the airport?

- A. By bus.                      B. By taxi.                      C. By underground.

5. Why doesn't the woman buy the coat?

- A. It is expensive.                      B. The size doesn't fit her.  
C. She doesn't like the color.

**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 woman's real problem?

- A. She feels headache.                      B. She feels frightened.  
C. She feels very stressed.

7. What food is considered as low stress food?

- A. Apples and grapes.      B. Hamburgers.                      C. French fries.

听第 7 段材料，回答第 8、9 题。

8. Where will the girl meet her uncle and cousins?

- A. In the railway station.                      B. At the taxi station.  
C. In the train.

9. Where did the girl spend her summer vacation last year?

- A. At her uncle's.                      B. In the forest.                      C. At home.

听第 8 段材料，回答第 10 至 12 题。

10. What is Jim doing now?

- A. Using the iPad.                      B. Watching TV.                      C. Reading a book.

11. When will the activities in the zoo end each day?

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

12. What's the most probable relationship between the speakers?

- A. Guide and tourist.                      B. Mother and son.  
C. Husband and wife.

听第 9 段材料，回答第 13 至 16 题。

13. How did the man feel at first?

- A. Proud.                      B. Nervous.                      C. Excited.

14. What is the man about to do?

- A. Accept a prize.                      B. Make a speech.                      C. Receive a degree.

15. Where will the speakers go for a holiday tomorrow?

- A. London.                      B. Paris.                      C. Beijing.

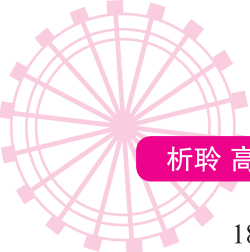
16. Who are the speakers?

- A. Family members.                      B. Schoolmates.                      C. Teacher and student.

听第 10 段材料，回答第 17 至 20 题。

17. Which brand held the first place in the smart phone market in India in Q4 of 2019?

- A. Xiaomi.                      B. Samsung.                      C. Vivo.



18. How many more Samsung's smart phones were sold in India in 2019 than in 2018?

- A. 158 million. B. 45 million. C. 13 million.

19. What mainly helped Vivo beat Samsung in the Indian smart phone market?

- A. Its sales channel. B. Its high popularity. C. Its low-priced phones.

20. How were Xiaomi's smart phones sold before in India?

- A. In physical stores. B. Through online channels. C. Online and offline as well.



基础训练 (三)



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 think of John? A. Foolish. B. Greedy. C. Jealous.
2. What do we know about the man? A. He doesn't like his job. B. He will not give up his job. C. He has a large family to support.
3. What is the man going to do? A. Visit his friends. B. Fetch his luggage. C. Pick up the woman.
4. How long does it usually take John to finish a book? A. A month. B. Two weeks. C. A week.
5. Why does the woman feel angry? A. She was punished. B. Her son was beaten. C. The boy made a mistake.

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 has the man been doing? A. Working in the lab. B. Writing a report. C. Collecting some information.
7. What is the man going to write about? A. The environment. B. VR technology. C. The government.

听第 7 段材料，回答第 8、9 题。

- 8. When are the book club meetings usually held? A. On Fridays. B. On Saturdays. C. On Sundays.



Lined area for taking notes during the listening exercise.







边听边记

12. How many bedrooms does the man prefer to have?  
A. Two. B. Three. C. Four.
- 听第 9 段材料，回答第 13 至 16 题。
13. Where did Mary find the wallet?  
A. On a playground. B. In a parking lot. C. In a shopping mall.
14. What is inside the wallet?  
A. A photo of a person.  
B. Some paper and an ID card.  
C. Some money and business cards.
15. Who does the wallet probably belong to?  
A. An old lady. B. A grown man. C. A young boy.
16. How will Mary get in touch with the wallet's owner?  
A. By making a telephone call.  
B. By asking the police for help.  
C. By waiting where she found it.

听第 10 段材料，回答第 17 至 20 题。

17. When did Vincent van Gogh move to France?  
A. In 1889. B. In 1888. C. In 1886.
18. Where is *The Starry Night* painted?  
A. In a hospital. B. In a museum. C. In a park.
19. What has *The Starry Night* inspired today?  
A. French culture. B. American movies.  
C. Museums in New York City.
20. What is true about the owner of the painting?  
A. They want to sell it.  
B. They bought it in 1941.  
C. They don't show it all the time.



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. When should the man arrive at Paul's house?  
A. 7:35. B. 8:00. C. 8:25.
2. What is the probable relationship between the speakers?  
A. Colleagues. B. Teacher and student.  
C. Husband and wife.
3. What is Paul probably doing now?  
A. Having a holiday. B. Taking tests. C. Preparing for tests.
4. When will the conference begin?  
A. At 7:30. B. At 8:30. C. At 9:00.



5. What does the man think of those students cheating in the exam?  
 A. He feels sorry for them.  
 B. He believes it's right to punish them.  
 C. He thinks those students should serve others.

**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. How does the girl feel about making a speech?  
 A. Nervous.                              B. Confident.                              C. Excited.
7. What did the boy do to prepare for his speech?  
 A. He kept every word in mind.  
 B. He wrote an 800-word passage.  
 C. He wrote down the main points.

听第 7 段材料，回答第 8、9 题。

8. What is the man forbidden to do in the game?  
 A. Say a word.                              B. Make gestures.                              C. Open his eyes.
9. How does the man feel in the end?  
 A. Confident.                              B. Uncertain.                              C. Satisfied.

听第 8 段材料，回答第 10 至 12 题。

10. What is Isabel's?  
 A. A restaurant.                              B. A toy shop.                              C. A clothing shop.
11. Who bought an evening dress?  
 A. Cindy.                              B. Wendy.                              C. Mrs. Miles.
12. What will the speakers do first?  
 A. Refuel the car.                              B. Go to a party.                              C. Have lunch.

听第 9 段材料，回答第 13 至 16 题。

13. Where are the speakers?  
 A. In a theater.                              B. In a studio.                              C. In a cinema.
14. What does Peter think of classical plays?  
 A. They are boring.                              B. They are challenging.  
 C. They are wonderful.
15. What helps Peter remember the words in a play?  
 A. The talent he was born with.  
 B. The training he got at university.  
 C. The experience he gained on stage.

16. How does Peter feel about watching his performances on TV?  
 A. Satisfied.                              B. Embarrassed.                              C. Disappointed.

听第 10 段材料，回答第 17 至 20 题。

17. How long has the speaker lived in a big city?  
 A. One year.                              B. Ten years.                              C. Eighteen years.




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