



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
高三（冲刺）

主编 万珂舸 张丽莉



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第一部分 技法篇

一、考纲分析

听力与口语交际息息相关，是与外国友人交际过程中必不可少的一种语言能力。根据《高中英语课程标准》(2017年版2020年修订)，听力理解主要考查考生从口语语篇中获取信息和观点的能力，其素材大多来源于实际生活，围绕一个有关日常生活的话题展开，要求考生听懂有关日常生活中所熟悉话题的对白和短文。考生应做到以下几点。

1. 理解主旨大意

任何一段对话或短文总会围绕一个主旨或主题展开。有时主旨大意会比较明确，有时则会贯穿整个对话或短文，需要考生自己去归纳和总结。

2. 听辨重音、节奏和语调

重音、节奏、语调等往往能反映出不同人的说话特征，也赋予了不同人的情感特征。听者常常能通过讲话人的连读、弱读、重音转移等语音变化和陈述句、各类疑问句、感叹句等各种句式在不同情境中的语调变化，识别出他的态度、观点和情绪状态。

3. 获取事实性的具体信息

对话或短文中总会出现一些具体信息，如时间、地点、人物等。这些信息是理解对话或短文必不可少的内容，而且其中的一些重要信息或关键词也很可能是解题的关键。

4. 根据内容进行简单推断

考生根据对话内容理解语境及语意，这对于推断对话发生的场合以及说话者之间的关系起着重要作用，而这种推理能力在一定程度上体现出一个人的理解能力。

5. 理解说话者的意图、观点或态度

一般来讲，说话者所说的话是明示或暗示着自己的意图、观点或态度的。说话者一般通过提出或回答问题来直接或间接地说明自己的意图，阐述自己的观点，表明自己的态度。听力理解题一般就会针对这些方面的内容进行设问。有时说话者的意图或观点是明说出来的，有时则隐含在对话的字里行间，需要听者自己去揣摩或根据相关信息进行推理。因此，考生的理解能力和推理能力变得非常重要。

二、命题规律

1. 材料分析

整个听力材料中一般没有生僻的超纲词汇，都是最常用、简单的词汇和短语，且句子的句式结构简单，但所包含的信息量大。听力题的语速较慢，发音清晰；材料简单易懂，有明确的语境，比较口语化；短对话读一遍，长对话和短文读两遍。

2. 题型分析

听力理解部分共设20道小题，每小题1.5分，由10段语言材料构成。前5题为5段对话，一般是男女二人短对话，每段对话仅读一遍；后15题为5段语言材料，为长对话或短文，读两遍，听力部分总词数为800~1000词，最长的一段语言材料不超过200词。语速适中，平均每分钟朗读130~150词。对话或短文的话题覆盖了《高中英语课程标准》中所列出的所有话题。

每道小题的题干简短，方便学生审题；每道小题后设A、B、C三个选项，每个选项的长度、语言结

构相似或一致；干扰项所给出的信息干扰性强。

三、高考听力考试解题指导及考查的知识点和应试技巧

考试解题指导

1. 调节情绪，保持良好的心理状态

2. 读题预览预测，变被动为主动

(1) 预览

- ①拿到试卷，在填涂完姓名及准考证号后的剩余时间预览；
- ②在播放试音小乐曲及试音材料时预览；
- ③在介绍第一节试题的做法时预览；
- ④在每段对话或短文播放前的5秒钟时间内预览。

(2) 预测

- ①根据题目中的语言信息预测；
- ②抓住关键词预测。

3. 抓大放小，紧盯关键词句

通常只要捕捉到关键的词句就能找出问题的答案，不要盲目地逐词逐句地听。

4. 熟悉听力常见词汇，形成思维定势，对症下药

高考英语听力的设疑方式是相对稳定的。比如说，常在故事情境发生的主要要素上设疑。一般来说，特定场景的用语和关键词是基本固定的，考生在平时的训练中应多加留意。

5. 多感官协调，把握速记要领，增加得分空间

考生在平时训练时，要养成多感官协调运作的好习惯，学会用自己熟悉的符号速记材料中提到的年、月、日、星期、钟点、年龄、距离、价格等关键信息，并在脑海中及时换算。

6. 学会放弃，避难就易，不放过任何可得分

高考英语属于能力选拔型考试，英语听力的语速、语音、语调的特点，在交际中出现的连读、爆破、辅音浊化等一系列语言现象以及材料中可能涉及的语法，如部分否定、虚拟语气、表示转折、让步等的特殊句型和情态动词的特殊用法等，使得一部分考生应接不暇，难以听懂，这是很正常的。遇到这种情况，考生要学会放弃，避难就易，不放过任何可得分。

高考听力考查的知识点和应试技巧

(一) 数字时间题

此类试题，主要考查考生根据读音辨认时间、数字的能力以及了解多个数据之间的关系并进行计算的能力。对话中出现的数字有可能是价格、日期、时间、数量、年龄、门牌号等。

1. 数字类

数字类问题包括辨别类和计算类两种：

(1) 辨别类: 电话号码、门牌号、航班号、车牌号等。考生可采取听写记录所需数字。要注意区分 -teen 和 -ty、four 和 five 等相同、相近、相似、易混词的读音; 要能够快速辨别多位数, 如电话号码、门牌号等。

(2) 计算类: 计算时间、价格、距离、速度、年龄、人或物的数量等; 听懂数字间的关系, 更要听清问题, 因为对运算信息的考查通常寓于问题中; 注意数字运算有关的单词或短语; 注意时间是 60 进制, 还要注意百分数、倍数等的数量词。

常见的提问方式有:

- ① How old is the man?
- ② How long does it take them to get there if they take a plane?
- ③ How did the man go to Japan?
- ④ How did they feel about the train?
- ⑤ How much will the woman pay...?
- ⑥ How many people are there in...?
- ⑦ Is her age fifteen or fifty?
- ⑧ What's the distance between...?

关键词: more, less, as much(many) as, another, double, a couple of, to, past, quarter, half, dozen, couple, thirty percent, three times, century...

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, 这就要求考生既能辨别各种形式的数字, 还要熟知各个数字之间的关系。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...

2. 时间类

时间类题型中, 当对时间进行提问时, 有时不用数字而用表示时间的短语来表示, 考生应注意以下几点:

(1) 根据表示时间的关联词来判断事件发生的时间, 如: before, after, when, while, then, until, later, right away, immediately, as soon as possible 等。

(2) 掌握年、月、日、星期等时间的表达方法。注意一些表示时间的词, 如 quarter, a couple of days, eve, fortnight (two weeks), dawn (daybreak), dusk (time just before it gets quite dark) 等。同时注意英、美不同的时间表达方式, 如: 2:15 读作 a quarter past two(英) 或 two fifteen(美); 2:30 读作 half past two(英) 或 two thirty(美) 等。

(3) 有时文中通过从句或短语表示时间, 而不出现具体表示时间的数字或表示时间概念的单词, 这种情况也要引起注意。例如: "Aren't you glad the term's over?" 可以判断出时间为 "at the end of the term"。

常见的提问方式有:

- ① When does the conversation take place?
- ② When does the man want to leave?
- ③ How long did it take the man to...?
- ④ When did the football match start?

关键词: ago, before, after, when, until, later, immediately, quarter, a couple of days, fortnight, decade...



小技巧

解题的关键是听清并记录对话中的数字与相关运算信息。具体步骤是在听到数字后立即将其记下或在选项中找到，并在旁边记录相关信息；熟知各个数字之间的关系，然后根据提问快速运用相应的加减乘除运算得出正确答案。

请看下面的实例：

When will the flight arrive?

A. At 18:20. B. At 18:35. C. At 18:50.

录音材料：

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

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

解析

答案为 C。根据男士的话 “Well, it's due in at 6:20 p.m. But the announcement said just now that it has a 30-minute delay because of the bad weather.” 可知，该航班原本应该在下午 6 点 20 分到达，但是广播通知由于天气原因航班延误了 30 分钟，即在下午 6 点 50 分到达，故选 C。

点拨

- ① 题干中的 arrive 是材料中 get in 的同义转述；
- ② 考生需要听出材料中 due in at 这三个词之间的连读，这是解题的关键；
- ③ 答案未使用材料中的十二进制表达法，而是换算成二十四进制，需要学生进行简单的推理。

(二) 对话场景题

此类试题考查多为 where(表地点)开头的特殊疑问句，要求考生根据关键词的含义，结合生活常识进行逻辑推断，从而准确推断出对话发生地点。例如：听到 “menu” “food” 和 “order” 等词就可判断出对话发生在饭店；听到 “size” 或 “wear” 就可判断在服装店；听到 “stamp” “post” 和 “mail” 就可判断在邮局；听到 “gas” 和 “fill” 就可判断在加油站；听到 “What's wrong with you?” 或 “Nothing serious.” 就可判断在医院或诊所；听到 “fare” 和 “conductor” 就可判断在汽 / 火车上；听到 “film” 就可判断在电影院；听到 “play” 就可判断在剧院；听到 “accident” “turn right” cross the street” 和 “traffic light” 就可判断在街道上等。

地点题选项一般由表示地点的名词或 “介词 + 地点名词” 组成。有些地点是对话中直接提到的，有些是需要根据对话的内容来判断的，还有的是两者兼而有之。这类题型常考查的地点一般为机场、实验室、学校、商店、车站、图书馆、餐馆、医院、邮局等。

常见的提问方式有：

- ① Where does this conversation probably take place?
- ② Where did it happen?

③ Where is...?

④ What kind of store is she going to?

高考听力的对话内容场景基本上都是考生所熟悉的，有校园、生活、工作、各种社交场所。了解一些场景下的常用语和常见表达对解题是很有帮助的。对这些常用词汇和短语不仅要知其本身的意思，还要知道他们的同义表达方式。这是因为现在听力试题一般不会在选项中出现对话中的原词和词组。以下场景是对话当中所占比例最大的，掌握了这些场景下的常用短语和表达方式，也就从词汇和短语方面抓住了解题的关键。

常用的关联词语有：

Bank: account, cash, check, savings

School: campus, dorm, grades, lecture, paper, exam, playground, teacher

Restaurant: menu, soup, drink, order, bill

Station: train, time table

Post office: parcel, package, stamp, postage, letter, airmail

Hospital: cold, fever, pain, cough, trouble, temperature

Hotel & airport: check in, check out, porter, luggage, book a room, double room, passenger, economy class, business class, runway, passport, flight, stewardess



小技巧

1. 仔细辨对话中的相关词。
2. 抓住对话中表示空间关系的介词或介词短语，它们多与地点和方向有关。如 at a hotel, in the post office, at the hospital, at a restaurant, in the library, in the bank, at the airport 等。
3. 注意对话中的声东击西和顺序干扰的现象。

请看下面的实例：

Where does the conversation probably take place?

A. In a supermarket. B. In the post office. C. In the street.

录音材料：

M: Excuse me. How can I get to the nearest supermarket?

W: It's on Penning Road. Go past the post office and it's on your left.

解析

答案为 C。根据男士的话 “How can I get to the nearest supermarket?” 和女士的回答 “It's on Penning Road. Go past the post office and it's on your left.” 可知，男士向女士询问如何到达最近的超市，女士在给男士指路，由此可推断对话最可能发生在大街上，故选 C。

(三) 推断题

推断类题型不仅包括推断数字和地点，还常考查学生对人物身份、关系、人物态度、情感以及事件原因的推断。一般来说，此类题通常出现在短对话中。

1. 人物关系与职业

此类题的选项一般为表示职业或身份的名词或由两个名词构成的表示人物关系的并列词组。对话中不会直接提到某人的职业或关系，通常只用一些相关词作为暗示。主要考查考生能否根据对话内容、说话者的语气及态度等判断说话人的职业或身份。

常考查的人物关系：师生、朋友、夫妻、父女、母子、同事、同学、邻居、老板与职员、医生与病人、司机与乘客等。

常见的提问方式有：

- ① Who are the speakers?
- ② What's the probable relationship between the two speakers?

常考查的人物职业：医生、工人、教师、司机、秘书、服务员、售货员、图书管理员、警察、工作人员、作家、经理、学生等。

常见的提问方式有：

- ① What is the man's (woman's) job(occupation, profession)?
- ② What is the person's probable job?
- ③ Who is the woman(man) speaking to?
- ④ What's the profession of the man?
- ⑤ Who is the woman most probably speaking to?
- ⑥ Who is the speaker?
- ⑦ What is his(her) job?
- ⑧ What does he(she) do?



小技巧

- (1) 熟悉常见的职业相关词，抓住了这些与说话人职业相关的词，也就等于抓住了关键词。
- (2) 通过关键词并结合对话的语气判断说话人的职业或身份。

请看下面的实例：

What does the man do?

- 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. Okay, I can do it for 20 dollars.

解析

答案为 A。根据女士的话 “Well, the sleeves of this jacket are too long. Can you make them shorter?” 和男士的话 “Let me take a look. Okay, I can do it for 20 dollars.” 可知，女士的夹克袖子太长，想让男士裁短，男士表示同意并收取 20 美元的费用，由此可推断男士应该是一名裁缝，故选 A。

2. 谈话人的观点、意图和态度

该类型题目对话中经常涉及一方对另一方或某一事件、观点、言论、行为的态度和反应，或赞成或反对，或满意或失望。要求考生根据对话者说话的语音、语调、语气以及谈话内容，判断出说话者对某人、某事物的看法或态度。

常见的提问方式有：

- ① What does the man(woman) say about/think of...?
- ② How does the man(woman) feel about/like...?
- ③ What's the man's(woman's) opinion about...?
- ④ What is the man's(woman's) attitude toward the conversation?
- ⑤ How does the man(woman) feel?
- ⑥ The man's(woman's) feeling toward the subject can be best described as...



小技巧

(1) 语音语调。英语中，语调主要有升调、降调两种，降调（尤其是在一般疑问句和反意疑问句中）通常表示说话人的态度是肯定、赞同的，而升调（特别是在陈述句或特殊疑问句中）表示对事物的怀疑、惊讶或否定。

(2) 提示词和关键词。考生可以根据一些提示性的语言或相关的词语进行判断，如 I think..., It seems to me that..., As far as I'm concerned, I could say..., It is/sounds true that...。同时还要注意表示否定、转折和虚拟等含义的指示词。如：I'd be fired if I accepted your offer. 所表达的是拒绝。

(3) 从字里行间判断。听力材料中有时这种意图观点是明说出来的，有时则渗透在字里行间，考生在听懂对话的基础上，依据语气，充分理解其言外之意和所反映出来的态度。

请看下面的实例：

How does John like the cookies?

- A. They are bitter.
- B. They are awful.
- C. They are delicious.

录音材料：

W: John, where are the cookies? Don't tell me you ate them all!

M: Yes, I did. I couldn't help it.

W: I thought you didn't like cookies.

解析

答案为 C。由女人的话 “Don't tell me you ate them all!” 和男孩的话 “Yes, I did. I couldn't help it.” 可知男孩把曲奇饼干都吃掉了，并且男孩说他是情不自禁的，由此可推断是男孩认为曲奇饼干太好吃了，所以情不自禁全部吃掉了。故选 C。

3. 原因与结果

因果关系类主要对原因进行提问，常与材料中表示原因的句子形成因果关系。因此要注意 because, for, since, as, so that 等引导的句子或短语。



小技巧

(1) 直接型：第一个人以 why 提问，第二个人回答。对于此类题目，只要注意听清楚第二个人的答句，就能比较轻松地选出正确答案；

(2) 间接型：因果关系的表达比较含蓄，要在理解对话的语意、语境的基础上，悟出其中的因果关系；

(3) 要特别注意 yes 或 no 后面的进一步解释；

(4) 掌握表示原因的常用表达，如 because/since/as/now that+ 从句，because of/thanks to/ due to/result from+ 名词短语，That's because+ 从句等；

(5) 掌握表示结果的常用表达，如 so/thus/therefore+ 从句，that's why+ 从句，so/such... that+ 从句，as a result of/result in+ 名词短语等。

请看下面的实例：

Why is the man anxious?

A. He hasn't prepared well for the coming exam.

B. There is something wrong with his brain.

C. He got a poor exam result.

录音材料：

W: Hey, you look concerned. What's on your mind?

M: The final exam. I'm not fully prepared yet.

W: Well, don't worry too much. You still have three days. You still have time to learn things by heart anyway.

解析

答案为 A。由 The final exam. I'm not fully prepared yet. 可知这个男人对即将到来的考试还没完全准备好，所以才会看起来很焦虑。故选 A。

4. 主旨与要义

该类题多为 What (表内容) 开头的特殊疑问句。

常见的提问方式有：

- ① What are the speakers mainly discussing?
- ② What's the passage mainly about?
- ③ What's the topic of the passage?
- ④ What are the two speakers doing?
- ⑤ What is the dialogue (conversation) about?



小技巧

对此类题，抓住短文的前两句话并作好简要记录往往很重要，因为前两句话往往是开宗明义的主题句，即使不是主题句，也对全文理解有重要的意义。

请看下面的实例：

What are the two speakers mainly talking about?

A. Electronic waste. B. Soil pollution. C. Recycling benefits.

录音材料：

M: Hi, what will you do with your broken cellphone?

W: I'll throw it away. I don't need it any more.

M: Don't throw away electronic waste carelessly! It's dangerous to the environment!

W: You mean I should keep these useless things at home?

M: I'm not saying that. But do you know that every year a lot of useless computers and cellphones will ruin the soil?

W: Oh, I see. So what do you think I should do then?

M: You can sell the phone, and it can be recycled.

W: All right. I think you are right. I'll do that.

M: Great.

解析

答案为 A。通读对话可知对话者在说有关电子垃圾的事，故选 A。

高考听力常用词汇汇总

一、餐厅就餐

appetizer 开胃小吃	bacon 咸猪肉	beer 啤酒	bowl 碗	breakfast 早餐
brunch 早午餐	butter 黄油	cafe 咖啡馆	cafeteria 自助餐厅	cheese 奶酪
chicken 鸡肉	chocolate 巧克力	coffee 咖啡	cook 厨师	cup 杯子
delicious 可口的	dessert 甜点	dinner 正餐	drink 饮料	fish 鱼
fork 叉子	fruit 水果	glass 玻璃杯	hot 热的	hungry 饿的
juice 水果汁饮料	KFC 肯德基	knife 刀	lunch 午餐	McDonald's 麦当劳
meat 肉	menu 菜单	milk 奶	mutton 羊肉	pizza 比萨饼
pate 盘子	pork 猪肉	pudding 布丁	reserve 预订	restaurant 餐馆
salad 色拉	salty 咸的	sandwich 三明治	soup 汤	sour 酸的
Starbucks 星巴克	steak 牛排	supper 晚餐	sweet 甜的	tablecloth 桌布
taste 品尝	tea 茶	thirsty 渴的	tip 小费	vegetable 蔬菜
waiter 男服务员	waitress 女服务员	wine 葡萄酒		

二、购物场景

bargain 讨价还价	brand 品牌	change 开价	cheap 便宜的	closed 关门的
colour 颜色	complain 抱怨	cost 费用	counter 柜台	customer 顾客
deliver 递送	discount 折扣	expensive 昂贵的	fashionable 流行的	pay 付款
price 价格	quality 质量	quantity 数量	receipt 收据	shop 商店
size 尺寸	style 样式	supermarket 超市	weight 重量	worth 值……钱
add up to 总数是	bank card 银行卡	credit card 信用卡	department store 百货商店	
for sale 待售	in cash 现金付款	in fashion 流行	out of fashion 过时	
sell out 卖完	try on 试穿			

三、医院就医

ambulance 救护车	aspirin 阿司匹林	backache 背痛	bandage 带	cancer 癌
capsule 胶囊	clinic 诊所	cut 伤口	dentist 牙医	disease 疾病
disorder 紊乱	dizzy 头晕目眩的	doctor 医生	drug 药物	flu 流感
headache 头痛	hospital 医院	hurt 弄伤	infect 传染	
ICU (Intensive Care Unit) 特护 / 重症病房	injury 伤	lung 肺	patient 病人	nurse 护士
operation 手术	pain 疼痛	pale 苍白的	symptom 症状	physician 内科医生
recover 康复	stomachache 胃痛	surgeon 外科医生	vitamin 维生素	tablet 药片
toothache 牙疼	transplant 移植 (手术)	treatment 治疗	balanced diet 饮食均衡	
emergency room/department 急诊室	first aid 急救	give an injection 注射, 打针		
have a cold 得了感冒	have a cough 咳嗽	have a fever 发烧	heart attack 心脏病	lose weight 减肥
make an appointment 预约	medical result 诊断结果		physical examination 体检	
regular doctor 私人医生	show your tongue 伸出舌头		side effect 副作用	
sore throat 嗓子痛	take medicine 吃药			
take one's temperature/blood pressure 测量体温 / 血压			visiting hours 探病时间	
waiting room 等候室; 候诊室				

四、学校生活

absent 缺席的	author 作者	bookshelf 书架	borrow 借	campus 校园
canteen 食堂	catalogue 目录	classroom 教室	dean 系主任	department 系
deadline 最后期限	dormitory 宿舍	homework 家庭作业	journal 期刊	keep 保留
lab 实验室	late 迟到的	librarian 图书馆管理员	magazine 杂志	newspaper 报纸
novel 小说	overdue 过期未还的	playground 操场	professor 教授	quiz 小测验
renew 续借	return 归还	review 复习	scholarship 奖学金	score 分数
teacher 教师	test 测试	writer 作家	Bachelor's degree 学士学位	
Doctor's degree 博士学位	library card 借书证		Master's degree 硕士学位	
pay a fine 交罚款	picture book 图画书		reading room 阅览室	
reference book 参考书	science fiction 科幻小说			

五、旅游信息

abroad 在国外	beach 沙滩	direction 方向	fantastic 极好的	fascinating 激动人心的
foreigner 外国人	guide 导游	holiday 假期	journey 旅行	lake 湖泊
map 地图	mountain 高山	museum 博物馆	nature 大自然	river 河流

scenery 风景	souvenir 纪念品	stranger 陌生人	temple 寺庙	thrilling 引人入胜的
tourist 游客	voyage 航行	waterfall 瀑布	zoo 动物园	go sightseeing 观光
travel agency 旅行社				

六、交通状况

airport 机场	airsick 晕机的	airway 航线	board 登上	boat 小船
bake 刹车	bus 公共汽车	captain 机长	car 汽车	conductor 售票员
crossroads 十字路口	customs 海关	destination 目的地	fare 票价	fine 罚金
luggage 行李	passenger 乘客	passer-by 路人, 行人	passport 护照	pilot 飞行员
plane 飞机	platform 月台	stop 车站	suitcase 手提箱	taxi 出租车
ticket 车票; 门票	timetable 时刻表	wheel 车轮	air crash 空难	boarding card 登机牌
booking office/ticket office 售票处		break down 出故障		
by plane/airplane/air 乘飞机	by bike/bicycle 乘自行车		by boat/ship/sea 乘船	
by coach 乘长途汽车	by land 由陆路		by subway/underground 乘地铁	
by train/express train 乘火车 / 特快列车	departure time 起飞时间			
driving licence 驾照	drop sb. off 把某人放下			
flat tire 爆胎	flight attendant 空乘人员		give sb. a ride 让某人搭便车	
non-stop/direct flight 直航	on foot 步行		one way/single ticket 单程票	
over speed 超速	ring road 环线		round trip ticket 往返票	
run the red light 闯红灯	rush hour 高峰时间		safe landing 安全着陆	
security check 安全检查	traffic lights 交通信号灯		traffic jam 交通阻塞	
traffic rules 交通规则	railway station/train station 火车站		waiting room 候车室	
first class/business class/economy cabin 头等舱/商务舱/经济舱				

七、天气情况

cloudy 多云的	cool 凉爽	downpour 倾盆大雨	flood 洪水	fog 雾
hot 炎热的	lightning 闪电	mild 温和的	rainy 多雨的	shower 阵雨
snow 雪	snowstorm 暴风雪	stormy 暴风雨的	sunshine 阳光	thunder 打雷
typhoon 台风	warm 暖和的	wet 潮湿的	windy 有风的	

八、邮政业务

address 地址	airmail 航空邮递	attach 附件	envelop 信封	insurance 保险
overweight 超重的	parcel 包裹	postage 邮费	stamp 邮票	telegram 电报
express mail 快件	extra postage 额外邮资		registered letter 挂号信	
surface mail 陆地邮寄	zip code 邮政编码			

九、银行业务

account 账户	coin 硬币	dollar 美元
exchange 兑换	euro 欧元	interest 利息
penny 便士	pound 英镑	RMB(¥) 人民币
business hour 营业时间	cash a check 兑现支票	deposit money 存钱
draw money 取钱	interest rate 利率	open an account 开户
pocket change 零钱, 小钱	savings account 储蓄账户	withdraw money 取钱



十、酒店入住

accommodation 住处	ball 舞厅	bar 酒吧	lift 电梯	plug 插头
registration 登记	restroom 厕所	shower 淋浴	suite 套房	tip 小费
business center 商务中心	check in 登记办理入住手续	check out 结账退房	room number 房间号	
double room 双人间	reception desk 接待处	single room 单人间		
room service 客房服务				

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听第 8 段材料, 回答第 10 至 12 题。

10. What probably is the woman?

- A. A driver. B. A teacher. C. A reporter.

11. How long does it take the man to get to school by bike?

- A. About an hour. B. Half an hour. C. Fifteen minutes.

12. What does the man think of the traffic in the city?

- A. Excellent. B. Terrible. C. Normal.

听第 9 段材料, 回答第 13 至 16 题。

13. When is the woman supposed to finish her essay?

- A. By this Saturday. B. By next Monday. C. By next Friday.

14. Why is the woman behind with her writing class?

- A. She is ill. B. The course is too difficult.

C. She is busy with her reading task.

15. What does the man think of his college life?

- A. Busy. B. Boring. C. Colourful.

16. What is the woman probably going to do on the 28th?

- A. Visit an exhibition. B. Attend a party. C. Watch a play.

听第 10 段材料, 回答第 17 至 20 题。

17. Why did Fagin come to the speaker?

- A. To rent her house. B. To buy her house.

C. To decorate her house.

18. Why was the speaker hesitant about Fagin's offer?

- A. She disliked him. B. The money was not much.

C. They'd damage some of her garden.

19. How long did it take to prepare the house for the film?

- A. Four days. B. A month. C. Two months.

20. What did the speaker do when the crew left?

- A. She watched a film. B. She visited her relatives.

C. She repainted the living room.



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 is John Smith?

- A. A writer. B. A teacher. C. A reporter.

2. What are the speakers talking about in general?

- A. A trip. B. Food. C. The weather.

3. What will the man do first?

- A. Learn more about prices. B. Find a supplier.

C. Do reports.





18. What season is it in Juarez?
A. Spring. B. Summer. C. Autumn.
19. What are the elderly advised to do?
A. Take a walk in the afternoon.
B. Keep their homes cool.
C. Drink plenty of water.
20. What is the speaker doing?
A. Hosting a radio program. B. Conducting a seminar.
C. Forecasting the weather.



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. Where was the woman brought up?
A. In England. B. In India. C. In China.
2. What are they talking about?
A. A traffic accident. B. A fire. C. A crime.
3. When will the meeting be held?
A. At 11:30. B. At 12:00. C. At 1:00.
4. What does the woman suggest doing?
A. Celebrating Chinese New Year.
B. Making a special Chinese dinner together.
C. Learning how to eat better.
5. What relation is the man to the woman?
A. Her customer. B. Her co-worker. C. Her boss.

第二节 听下面 5 段对话或短文。每段对话或短文后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或短文前，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。每段对话或短文读两遍。

听第 6 段材料，回答第 6、7 题。

6. What kind of scarf does the woman take?
A. The silk scarf. B. The wool scarf. C. The cotton scarf.
7. How much does the woman should pay for the scarf?
A. \$ 75. B. \$ 67.5. C. \$ 65.

听第 7 段材料，回答第 8、9 题。

8. Why did the man watch TV?
A. Because he had nothing to do.
B. Because he was bored of working.
C. Because he was interested in sports.

边听边记

边听边记

9. Where will the man invite the woman to go?
A. The restaurant. B. The supermarket. C. The Starbucks.
- 听第 8 段材料, 回答第 10 至 12 题。
10. What does the man think have changed in his hometown?
A. The environment. B. His friends. C. Job opportunities.
11. What is the man's personal life like?
A. He is single. B. He has children. C. He doesn't have a wife.
12. When does the man plan to return to his job?
A. In a year. B. In three months. C. In about half a month.
- 听第 9 段材料, 回答第 13 至 16 题。
13. What is HS2?
A. A road. B. A railway line. C. An airport.
14. What stage is HS2 at?
A. Planning. B. Building. C. Using.
15. What does China offer to do for HS2?
A. Reduce the cost.
B. Cut down the building time.
C. Make it become more wonderful.
16. How does the man feel about Chinese projects?
A. Worried. B. Indifferent. C. Impressed.
- 听第 10 段材料, 回答第 17 至 20 题。
17. Why does the speaker mention the percentage of the grade?
A. To stress the second paper's importance.
B. To attract attention to his lecture.
C. To explain the course outline.
18. How many words should the second paper have?
A. About 1,500. B. About 2,500. C. About 4,000.
19. What advice does the speaker give to the listeners?
A. Write about ancient civilizations.
B. Broaden the areas of the paper's theme.
C. Focus on the status and role of the women.
20. What should the listeners do next?
A. Listen to a lecture. B. Ask the speaker questions.
C. Decide on their paper's topic.



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. Who might the man go to a movie with?
A. The woman. B. His daughter. C. The man's wife.

边听边记

- 15. Why does the woman want to take the compass(指南针) herself?
A. She feels it cool to take it herself. B. She wants to go to a forest alone.
C. She wants to know her present position.
- 16. What will they probably do after the conversation?
A. Buy an umbrella. B. Go to the man's office.
C. Go to the supermarket.
- 听第10段材料，回答第17至20题。
- 17. Who would like to make small talk according to the speaker?
A. Relatives. B. Strangers. C. Visitors.
- 18. Why do people have small talk?
A. To express opinions. B. To avoid arguments.
C. To show friendliness.
- 19. Which of the following is a frequent topic in small talk?
A. Politics. B. Movies. C. Salaries.
- 20. What does the speaker recommend at the end of his lecture?
A. Asking open-ended questions. B. Feeling free to change topics.
C. Making small talk interesting.



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. Why can't the woman have the food?
A. She doesn't like it. B. She has had enough.
C. She wants to lose weight.
- 2. What did Carl do?
A. He designed a medal. B. He fixed a TV set. C. He took a test.
- 3. What does the man do?
A. He's a tailor. B. He's a waiter. C. He's a shop assistant.
- 4. When did the man leave for home?
A. At ten. B. At eleven. C. At ten thirty.
- 5. How can the man improve his article?
A. By deleting unnecessary words. B. By adding a couple of points.
C. By correcting grammar mistakes.

第二节 听下面5段对话或短文。每段对话或短文后有几个小题，从题中所给的A、B、C三个选项中选出最佳选项。听每段对话或短文前，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。每段对话或短文读两遍。

- 听第6段材料，回答第6、7题。
- 6. Where is the conversation probably taking place?
A. In a book store. B. In a library. C. On a book show.



- 7. What can we learn from the conversation?
 - A. The woman will telephone the man later.
 - B. The man wants a book about science.
 - C. The man doesn't get the book he wants.

听第 7 段材料，回答第 8、9 题。

- 8. What did the man complain about?
 - A. The hot weather.
 - B. The busy work.
 - C. The awful work.
- 9. What is the woman hoping for?
 - A. It is getting dark very soon.
 - B. The temperature is falling down.
 - C. It will rain in no time.

听第 8 段材料，回答第 10 至 12 题。

- 10. How did the man feel about his performance today?
 - A. Greatly encouraged.
 - B. A bit dissatisfied.
 - C. Terribly disappointed.
- 11. What did the man say helped him overcome the problem?
 - A. Patience.
 - B. Luck.
 - C. Determination.
- 12. What is the woman doing?
 - A. Conducting an interview.
 - B. Holding a press conference.
 - C. Hosting a ceremony.

听第 9 段材料，回答第 13 至 16 题。

- 13. Where does the conversation probably take place?
 - A. In a lecture room.
 - B. At a club.
 - C. At a party.
- 14. Why is the woman familiar with this area?
 - A. She grew up here.
 - B. She has studied the map.
 - C. She often hangs out here.
- 15. What might the man major in?
 - A. Business.
 - B. Computer science.
 - C. Biology.

听第 10 段材料，回答第 17 至 20 题。

- 16. How did the woman deal with the bad weather?
 - A. By going to bars.
 - B. By going downtown.
 - C. By watching movies.
- 17. When did Fred McGill start the competition?
 - A. In 2014.
 - B. In 2017.
 - C. In 2018.
- 18. How many people took part in the competition this year?
 - A. At least 100.
 - B. At least 120.
 - C. At least 200.
- 19. Who is the competition intended for?
 - A. Students in music school.
 - B. Teens with musical talents.
 - C. Songwriters.
- 20. What will the audience do next?
 - A. Join the speaker on stage.
 - B. Sing a song together.
 - C. Listen to a song.





11. What benefits Mary most in her job?
A. Her wide reading. B. Her leaders' guidance. C. Her friends' help.
 12. Who will Mary talk about next?
A. Her teacher. B. Her father. C. Her mother.
- 听第9段材料，回答第13至16题。
13. Why does the man seldom do exercise?
A. He lacks motivation. B. He has a heart problem.
C. He works all the time.
 14. What does Jacob Sattelmair probably do?
A. He's an athlete. B. He's a researcher. C. He's a journalist.
 15. Why does the woman speak of a study?
A. To encourage the man. B. To recommend an exercise.
C. To support her findings.
 16. How much time will the man probably spend exercising weekly?
A. 300 minutes. B. 150 minutes. C. 75 minutes.

- 听第10段材料，回答第17至20题。
17. Who is the speaker probably talking to?
A. Movie fans. B. News reporters. C. College students.
 18. When did the speaker take English classes?
A. Before he left his hometown. B. After he came to America.
C. When he was 15 years old.
 19. How does the speaker feel about his teacher?
A. He's proud. B. He's sympathetic. C. He's grateful.
 20. What does the speaker mainly talk about?
A. How education shaped his life. B. How his language skills improved.
C. How he managed his business well.

二、提升训练



提升训练 (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。

1. When does this conversation take place?
A. 2:00 pm. B. 12:00 noon. C. 11:00 am.
2. Where does the conversation probably take place?
A. In a library. B. In a bookstore. C. In the classroom.
3. What does the man take the picture for?
A. For a newspaper. B. For a magazine. C. For a book.
4. Where is the man going on Saturday evening?
A. To a live play. B. To a film show. C. To an art exhibition.



边听边记





5. What do we learn from this conversation?
- A. The plane will leave at 9:14.
- B. The woman has just missed her flight.
- C. The plane's departure time remains unknown.

第二节 听下面 5 段对话或短文。每段对话或短文后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或短文前，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。每段对话或短文读两遍。

听第 6 段材料，回答第 6、7 题。

6. What is the relationship between the speakers?
- A. Two customers. B. Hairdresser and customer.
- C. Salesperson and customer.

7. What kind of hairstyle does the woman want?

- A. She wants to cut her hair to shoulder length.
- B. She wants to cut her hair very short.
- C. She wants to get her hair colored.

听第 7 段材料，回答第 8、9 题。

8. Why is Jeanie here earlier?

- A. To meet her friend. B. To have a class.
- C. To go over her homework.

9. What's Jack's attitude toward the test?

- A. He is calm. B. He worries about it. C. He has to get an A.

听第 8 段材料，回答第 10 至 12 题。

10. Where does this conversation take place?

- A. In a restaurant. B. In a hospital. C. At the office.

11. When does the woman get a pain in stomach?

- A. About an hour after she has eaten.
- B. About an hour before she has eaten.
- C. Just when she begins to eat.

12. What can you conclude about the woman's husband from this conversation?

- A. He eats very quickly.
- B. He doesn't eat as quickly as his wife.
- C. He sometimes eats more slowly than his wife.

听第 9 段材料，回答第 13 至 16 题。

13. Why does the woman meet the man?

- A. To look at an apartment. B. To deliver some furniture.
- C. To have a meal together.

14. What does the woman like about the carpet?

- A. Its color. B. Its design. C. Its quality.

15. What does the man say about the kitchen?

- A. It's a good size. B. It's newly painted. C. It's adequately equipped.

16. What will the woman probably do next?

- A. Go downtown. B. Talk with her friend. C. Make payment.

听第 10 段材料，回答第 17 至 20 题。

17. Where did the strange noise come from?

- A. Pieces of paper on the window. B. A baby in the waste basket.

C. A mouse under a piece of paper.

18. When did the noise disturb the person?

- A. In the middle of her sleep. B. Just as she turned off the light.

C. After she washed and went to bed.

19. What did she first do when she found the noise came from the waste paper basket?

- A. She kicked the basket. B. She closed the door.

C. She turned on the light.

20. What did she do after she put the basket outside the door?

- A. She closed the door. B. She went to bed again.

C. She didn't go to bed until the next morning.



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 want the woman to get?

- A. His groceries. B. His dinner. C. His clothes.

2. What is the man trying to do?

- A. Mail something. B. Order fast food delivery.

C. Book a flight to Chicago.

3. Where does the conversation take place?

- A. In a restaurant. B. In a barber shop. C. In a movie theater.

4. What is the woman like according to the man?

- A. She is helpful. B. She is careless. C. She is lazy.

5. What is the probable relationship between the speakers?

- A. Coach and player. B. Friends. C. Mother and son.

第二节 听下面 5 段对话或短文。每段对话或短文后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或短文前，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。每段对话或短文读两遍。

听第 6 段材料，回答第 6、7 题。

6. What does the man cook for dinner?

- A. A pizza. B. A hamburger. C. A sandwich.

7. Where will they probably have their dinner?

- A. At home. B. At a restaurant. C. In the man's office.

边听边记

A series of horizontal lines provided for taking notes during the listening exercise.

边听边记

听第7段材料, 回答第8、9题。

8. What is the woman telling her father about?

- A. Her visit to Greenwich Village. B. Her plan for her holiday.
- C. Her sightseeing experience.

9. When is the woman going to see a show?

- A. On her last night. B. Next weekend. C. Tomorrow.

听第8段材料, 回答第10至12题。

10. What kind of gas will the woman buy?

- A. Regular. B. Plus. C. Super.

11. How will the woman pay for her gas?

- A. With cash. B. By credit card. C. By phone.

12. How does the woman probably feel at the end?

- A. Disappointed. B. Grateful. C. Embarrassed.

听第9段材料, 回答第13至16题。

13. When is the carpentry class on Tuesday?

- A. From six to nine. B. From five to eight. C. From three to six.

14. Which level classes does the woman choose?

- A. Beginner level. B. Intermediate level. C. Advanced level.

15. How often will the woman have the classes?

- A. Once a week. B. Twice a week.
- C. Three times a week.

16. When will the classes end?

- A. At the beginning of October.
- B. In the middle of October.
- C. In the middle of November.

听第10段材料, 回答第17至20题。

17. What attracted 25,000 posts on Weibo on Monday evening?

- A. The videos of the elephants' funny actions.
- B. The photos of Yunnan's scenery.
- C. The pictures of the group sleeping.

18. What did the elephants do during the journey?

- A. They visited a car wash.
- B. They burst into farms for food.
- C. They slept in an old man's home.

19. How many male adults are in the elephant group now?

- A. Three. B. Six. C. Nine.

20. Why might the elephants make the journey according to Nilanga Jayasinghe?

- A. Their leader may be lost.
- B. They are attracted by tasty food.
- C. They are disturbed in their home ranges.

