

2024下

我是瑞斯拜四级

四六级我只看瑞斯拜
where there is a will, there is a way.



听力

课程观看B站：我是瑞斯拜



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写在前面

亲爱的同学，听力是一项输入性的技能。除了需要一定词汇基础之外，对基本的语音现象也有所了解。如连读，弱读，吞音这类的现象。这在我的课程中均会讲解。你不必每个语音现象都听出来，但是了解这些现象对你的听力口语提高很有帮助。在四六级考试中听力占分较高，为总分的**35%**。但是想要及格却不是特别难，在课程中会给大家讲解基本的做题方法，听力选项的技巧，以及复习策略。大家在学会方法后考试前刷至少**10**套以上真题，这样听力才会比较稳定能及格。如果听完课还觉得不够的话可以参考往年课程，都在我的**B**站收藏有合集。方法都一样，选取的例题不一样。

总之大家有任何问题都可以在评论区留言，或者在**B**站直接@我，我在录课的空余会抽空解答大家的问题的。

第一套:

新闻题: section A 1-7

- 1.A) Because of the smoke and heat damage.
B) Due to a fire alarm in their apartments.
C) Due to the water used to extinguish the flames.
D) Because of the collapse of the three-story building.
- 2.A) Helping search for the suspect of the crime.
B) Rescuing the businessmen trapped in the building.
C) Checking town records for the property developer.
D) Investigating the cause of the incident.

- 3.A) It plays a less important role in one's health than nutrient intake.
B) It impacts people's health to a lesser degree than sun exposure.
C) It is associated with people's mental health conditions.
D) It is linked with older adults' symptoms of depression.
- 4.A) It was indefinite.
B) It was systematic.
C) It was straightforward.
D) It was insignificant.

5.A) It has helped solve several murder cases.

B) It has become a star police dog in Beijing.

C) It has surpassed its mother in performance.

D) It has done better than naturally bred dogs.

6.A) To speed up investigation into criminal cases.

B) To test the feasibility of cloning technology.

C) To cut down training expenses.

D) To reduce their training time.

7.A) Cloning is too complicated a process.

B) The technology is yet to be accepted.

C) Cloning is ethically controversial.

D) The technology is too expensive.

题型二：长对话

8.A) He read it somewhere online.

B) He heard about it from a coworker.

C)He read an article reviewing it.

D)He watched a TV series based on it.

9.A) His publications. B) His first book.

D) His address. D) His name.

10.A) Collect a lot more data. B) Relax a bit less often.

D) Clarify many new concepts. D) Read more reference books.

11.A) Find out the show's most interesting episodes.

B) Watch the series together with the woman.

C) Get an e-copy of the book to read.

D) Check to see when the show starts.

12.A) To check the prices of his farm produce.

B) To ask the way to the Newcastle City Hall.

C) To inquire about the vegetarian food festival.

D) To seek the man's help with her work on the farm.

13.A) Bakers. B) Vendors. C) Vegetarians. D) Organisers.

14.A) The issuing of certificates to vendors.

B) The completion of the baking task.

C) The festival they are organising.

D) The deadline for application.

15.A) The closing date of submission. B) The website of his company.

D) The details of the ceremony. D) The organiser's address.

题型 3 篇章:

- 16.A) Most scenic sites have been closed.
B) Access to official camp sites is limited.
C) Health experts advise going outdoors.
D) People have more time during the summer.
- 17.A) It is strongly opposed by nearby residents.
B) It leads to much waste of public money.
C) It has caused environmental concerns.
D) It has created conflicts among campers.
- 18.A) Look for open land in Scotland.
B) Leave no trace of their camping.
C) Avoid getting close to wilderness.
D) Ask for permission from authorities.

19. A) They outcompete mythical creatures.
B) They usually mind their own business.
C) They truly exist in the Amazon region.
D) They resemble alarmingly large snakes.
20. A) Scar tissue from dolphins fighting.
B) Skin infection from water pollution.
C) Unhealed wounds from snake bites.
D) Swimming along in seasonal floods.
21. A) It has been shrinking at an astonishing pace.
B) It has been placed under international protection.
C) It has been appealing to both freshwater and sea dolphins.
D) It has been abandoned as a battleground for male dolphins.

- 22.A) About 58% of young adults call parental support the new normal.
B) Most adult children enjoy increasing sources of financial support.
C) A full 70% of the young adults cannot afford to buy a car by themselves.
D) Most early adults cannot sustain their lifestyles without parental support.
- 23.A) It renders them dependent .
B) It causes them to lose dignity.
C) It makes them mentally immature.
D) It hinders them from getting ahead.
- 24.A) It challenges one's willpower. B) It results from education.
D) It calls for due assistance. D) It defines adulthood.
- 25.A) Current lifestyles. B) Poor budgeting.
C) College loans. D) Emergency expenses.

第二套:

Questions 1 and 2 are based on the news report you have just heard.

1.A)It hit a bird shortly after takeoff.

B)Its crew members went on strike.

C)It narrowly escaped a plane crash when turning around.

D)Its captain got slightly injured during the forced landing.

2.A)Panic.

C)Relieved.

B)Nervous.

D)Contented.

Questions 3 and 4 are based on the news report you have just heard.

3.A)He is now kept in a secure area.

C)He has been caught a second time.

B)He has escaped the zoo once again.

D)He finally disappeared six days ago.

4.A)Squeezed.

C)Disappointed.

B)Threatened.

D)Frustrated.

Questions 5 to 7 are based on the news report you have just heard.

5.A) It is condemned as a crazy idea.

B)It is enriching the city's night life.

6.A) Avoid entering one-way streets

B) Ensure the safety of pedestrians,

7.A) To ease the city's busy traffic.

B) To bring new life into the city.

C)It is questioned by local residents.

D)It is giving rise to safety concerns.

C) Follow all the traffic rules drivers do.

D) Give way to automobiles at all times.

C) To add a new means of transport.

D) To reduce the city's air pollution.

Section B

Questions 8 to 11 are based on the conversation you have just heard.

- 8.A)Take it seriously.
B)Discuss it regularly.
C)Make it sound scary.
D)Talk about it openly.
- 9.A)By shopping around for the best deals.
B)By making abstract sums relevant.
C)By citing concrete examples.
D)By visiting discount stores.
- 10.A)Paying their kids to help with housework.
B)Setting kids a good example by sharing chores.
C)Giving kids pocket money according to their needs.
D)Urging kids to deposit some of their gift money.
- 11.A)The importance of cutting down family expenses.
B)The need to learn important lessons from her elders.
C)The delight in seeing their savings grow.
D)The necessity of saving into a pension.
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Questions 12 to 15 are based on the conversation you have just heard.

- 12.A)He is a successful businessman.
B)He reviews books on political affairs.
C)He has published a new bestseller.
D)He has worked in several banks.
- 13.A)The man's ideas about education.
B)The man's academic background.
C)The man's attempts at drawing public attention.
D)The man's proposals to solve economic problems.
- 14.A)To reduce students' financial burden.
B)To motivate all students to be successful.
C)To give students incentive to excel in economics.
D)To provide remedies for students' poor performance.
- 15.A)Improving school budgeting.
B)Increasing tuition fees.
C)Seeking donations.
D)Raising taxes.

Section C

Directions: In this section, you will hear three passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on Answer Sheet 1 with a single line through the centre.

Questions 16 to 18 are based on the passage you have just heard.

16. A) To show his sympathy towards people always being busy,
B) To prevent people from complaining about being "busy".
C) To call on busy people to take care of themselves.
D) To help busy people to sort out their priorities,
17. A) Avoid saying we are busy.
B) Reflect on their true purpose.
C) Describe our schedule in detail.
D) Respond as most busy people do.
18. A) To show their achievements resulted from great efforts
B) To prove they stand out as accomplished professionals.
C) To cover up their failure to achieve some purpose
D) To tell others a complete lie about their inability.

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

- 19.A)They will help one reduce fear. C)They will be less challenging after a time.
B)They should become so popular. D)They should cover so many different types.
- 20.A)To break one's ultimate limits. C)To avoid dangerous mistakes.
B)To stop being extremely afraid. D)To enjoy the sports to the full.
- 21.A)By allowing our motivation to be at an all-time high. C)By burning as many as 300 calories per hour.
B)By stopping us hurting the same muscles repeatedly. D)By enabling us to get an all-over workout.

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

- 22.A)It is natural. C)It is personal.
B)It is instrumental. D)It is vital.
- 23.A)To guard against being perceived negatively. C)To conceal personality preferences.
B)To prevent themselves from being isolated. D)To maintain workplace harmony.
- 24.A)It helps to enhance team spirit. C)It helps to resolve problems.
B)It stimulates innovative ideas. D)It facilitates policy-making.
- 25.A)An innovative mind. C)Mutual trust.
B)Corporate culture. D)A healthy mentality

第三套 Section A 题型1 新闻报道

Directions: In this section, you will hear three news reports. At the end of each news report, you will hear two or three questions. Both the news report and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 1 and 2 are based on the news report you have just heard.

- 1.A) Their brains work in harmony.

B) They are generally the same age.

2.A) It can be touching

B) It is hard to predict.
- C) Their interests are quite similar.

D) They have the same ethnic background.

C) It can work both ways.

D) It resembles family ties.

Questions 3 and 4 are based on the news report you have just heard.

- 3.A) Search for their half-brothers.

B) Identify their biological fathers.

4.A) They were both given up for adoption.

B) They were born to the same mother.
- C) Find out more about their ancestry.

D) See whether they are actually related.

C) They flew 737 airplanes as pilots.

D) They were both 60 years of age.

Questions 5 to 7 are based on the news report you have just heard.

5. A) One of his friends was caught littering. C) The beautiful beach was spoiled with lots of trash.
B) Other tourists refused to join in the cleanup. D) The kilometer-long beach was practically deserted.
6. A) A passerby. C) The beach authorities.
B) A local woman. D) One of the five tourists.
7. A) The tourists' good deed was not noticed by the locals.
B) Some natives were selling poor-quality food to tourists.
C) The number of tourists to the beach is on a steady decline.
D) It was tourists not natives who were cleaning up the beach.

题型B 长对话

Section B

Directions: In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter **on Answer Sheet I** with a single line through the centre.

Questions 8 to 11 are based on the conversation you have just heard.

8. A) He has to play football with workmates. C) He is going to visit a friend.
B) He has got some books to read. D) He is physically unfit for it.
9. A) To teach kids about animal protection. C) To see some rare animals in cages.
B) To learn how popular zoos could be. D) To give her little nephew a treat.
10. A) He enjoys excellent health. C) He coaches tennis players every week.
B) He is keen on extreme sports. D) He spends most of his time in the gym.
11. A) Tending to his swollen ankle. C) Writing three book reports.
B) Concentrating on reading. D) Planning Christmas celebrations.

Questions 12 to 15 are based on the conversation you have just heard.

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|---|---|
| 12.A)It is being debated by hundreds of retirees. | C)It partly records his own experience. |
| B)It is attracting many people's attention. | D)It argues for postponing retirement. |
| 13.A)One should foresee a financial crisis. | C)One should have one million dollars to retire. |
| B)One should trust financial planners'figures. | D)One should start saving as early as possible. |
| 14.A)It doesn't need to be permanent. | C)It helps to reduce travel expenses. |
| B)It shouldn't be considered risky. | D)It is the way to quit a job one hates. |
| 15.A)By keeping close contact with one's employers. | C)By investing half of one's monthly income. |
| B)By retiring when one reaches sixty years old. | D)By following the counsel of financial planners. |

全文听写：

Section C 题型C: 篇章

Directions: In this section, you will hear three passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet I** with a single line through the centre.

Questions 16 to 18 are based on the passage you have just heard.

16. A) They tended to be easily anticipated by those belonging to their own race.
B) They tended to be arbitrarily judged by individuals of opposing groups.
C) They were readily shared among members of the same social or racial group.
D) They were influenced by the presence of someone from an outsider group.
17. A) When they tried to make a positive impression on the researchers.
B) When an unknown student from another university was present.
C) When an experimenter from the research team took notice.
D) When they were offered both candy and fruit as a snack.
18. A) By advertising its social benefits. C) By supporting struggling consumers.
B) By teaching consumers diet strategies. D) By maintaining its positive image.

全文听写:

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

19.A)The academic and learning issues struggling students encounter.

B)The risk students face due to a history of mental health problems.

C)The effect of interacting with therapy dogs on students under pressure.

D)The work universities are doing to help students succeed academically.

20.A)Their communicative skills.

C)Their academic networking.

B)Their executive functioning.

D)Their leadership capacities.

21.A)Rid students of their anxiety.

C)Contribute little to typical students' success.

B)Add to some students' stress.

D)Help students with mental issues pull through.

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

22.A)Work hard and plan carefully.

C)Aim high and expect great results.

B)Attempt to succeed at any cost.

D)Remain optimistic even in difficulty.

23.A)Regarding failure as something inevitable.

C)Venturing into sectors never explored before.

B)Trying out innovative marketing strategies.

D)Being willing to experiment with novel ideas.

24.A)Expect future success so as to move forward.

C)Distinguish between good and bad risks.

B)Learn from our failure and forge ahead.

D)Examine our strategies and find out weaknesses.

25.A)Fresher offers.

C)More challenges.

B)Safer operation.

D)Less competition.

Questions 1 and 2 are based on the news report you have just heard.

- 1.A)He noticed the driver was too young to drive.
B)He found there was no one sitting at the wheel.
C)He thought something must be wrong with the driver.
D)He saw the driver changing lanes much too frequently.
- 2.A)Buy a sports car.
B)Drive across town.
C)Leave California.
D)Visit his sister.

Questions 3 and 4 are based on the news report you have just heard.

- 3.A)How they change the way we shop.
B)How they alter human skeletons.
C)How they cause increased headaches.
D)How they affect our communication.
- 4.A)It loosens.
B)It brightens.
C)It hardens.
D)It softens.

Questions 5 to 7 are based on the news report you have just heard.

- 5.A)Create Internet pages for him.
B)Ask a local pet shop to adopt him.
C)Name an orange tree after him.
D)Hold a birthday party for him.
- 6.A)He is a bold and aggressive pet.
B)He pays regular visits to village shops.
C)He once bit a doctor's receptionist.
D)He likes to sit on the hairdresser's chair.
- 7.A)He is fond of luxury cat food.
B)He likes to stay in villagers'houses.
C)He knows everybody in the village.
D)He often seeks food around her pub.

Section B

Questions 8 to 11 are based on the conversation you have just heard.

- 8.A) Who to order the food.
B) Whether to have sandwiches.
C) When to go for their meal.
D) Where to have their lunch.
- 9.A) In the shopping center nearby.
B) In the expensive Italian style diner.
C) At the Sandwich Place on Camden Street.
D) At the American restaurant they frequent.
- 10.A) There is to be a conference call.
B) She has to meet with her boss then.
C) There will be crowds of people waiting for her.
D) She will have a photo taken with Brigitte Clark.
- 11.A) She doesn't deem homemade soup tasty.
B) She doesn't think his wife cooks well.
C) She feels Jeremy would rather dine out.
D) She has found the soup smells terrible.

全文听写:

Questions 12 to 15 are based on the conversation you have just heard.

12. A) A landlady
B) A waitress.
C) A receptionist.
D) A saleswoman.
13. A) He was involved in a terrible car accident last April. C) He is expected to undergo a knee operation.
B) He has much difficulty getting up and down stairs. D) He prefers to stay next door to the children.
14. A) To please his parents-in-law. C) To satisfy his curiosity.
B) To find the best trip for his kids. D) To compare prices.
15. A) Visit a local art gallery. C) Take some photos of the islands.
B) Go on a boat trip D) Try her hand-made clothing.

Section C

Questions 16 to 18 are based on the passage you have just heard.

16. A) They are more intelligent than many of us. C) They have begun to affect our social behavior.
B) They have already become our new friends. D) They play increasingly more important roles.
17. A) Whether it might have any effect on the way we negotiate.
B) Whether it might actually outperform human negotiators.
C) Whether it can facilitate business transactions.
D) Whether it can speed up legal procedures.
18. A) Choose to be tough. C) Use deceptive strategies.
B) Sympathize with their opponent. D) Appear to be pleasant.

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

19. A) They were perceived differently by some academics.
B) They still existed six months after the course ended.
C) They varied greatly among the course participants.
D) They were only measurable within seven weeks.
20. A) They can be easily seen among participants in a healthy weight range.
B) They should be attributed to participants' change in diet behaviors.
C) They are linked to cooking confidence and cooking satisfaction.
D) They actually result from eating more fruits and vegetables.
21. A) Gender.
B) Confidence.
C) Health.
D) Practice.

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

22.A)It keeps others away.

B)It causes discomfort.

23.A)It makes us feel uncomfortable.

B)It renders the acquaintance a stranger.

24.A)In personal space.

B)In social space.

25.A)When we begin to feel fear.

B)When we develop a sense of space.

C)It remains visible.

D)It varies in size

C)It brings the acquaintance closer to us.

D)It causes the bubble around us to vanish.

C)Within a distance of 18 inches.

D)Over 2 feet away from one another.

C)When we are 3 or 4 years old.

D)When we enter our teens.

第五套 Questions 1 and 2 are based on the news report you have just heard.

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|---|---|
| 1.A) A free car show. | C) A sports competition. |
| B) A yearly concert. | D) A pipe band contest. |
| 2.A) Improve the image of Glasgow city. | C) Contribute a lot to the local economy. |
| B) Enrich the local culture of Glasgow. | D) Entertain people in local communities. |
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Questions 3 and 4 are based on the news report you have just heard.

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| 3.A) Surprising rise in global sea levels. | C) Changing weather patterns in summer. |
| B) Dangerous ice melts in Greenland. | D) Record growth of Greenland's ice sheets. |
| 4.A) It began in late May. | C) It started a month earlier than usual. |
| B) It lasted three months. | D) It ended a month earlier than before. |

Questions 5 to 7 are based on the news report you have just heard.

5. A) Bundles of £ 20 notes kept turning up.
B) A villager was searching for his lost cash.
C) Local policemen came across bundles of £ 20 notes.
D) A bundle containing thousands of pounds got stolen.
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|--|--|
| 6.A) They give it to charity. | C) They hand it over to the local government. |
| B) They return it to the finder. | D) They place a notice in <i>The Northern Echo</i> . |
| 7.A) They cooperated well with the police. | C) They were puzzled by the mystery. |
| B) They enjoyed a fairly affluent life. | D) They had a strong community spirit. |
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Section B 题型2 长对话

Directions: In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 8 to 11 are based on the conversation you have just heard.

8. A) Excited. C) Indifferent.
B) Delighted. D) Strange.

9. A) Search for the meaning of their life. C) Call on their relatives and friends.
B) Look back on their years at school. D) Talk about future plans with friends.

10. A) He prefers to have them shown on social media.
B) He loves them but does not want to make a fuss.
C) He enjoys celebrating others' birthdays rather than his own.
D) He looks forward to receiving presents from his close friends.

11. A) Hold it on a modest scale to remove birthday anxieties.
B) View it as a chance for people to socialize and have fun.
C) Extend invitation to those he trusts most.
D) Make it an occasion to collect donations.

Questions 12 to 15 are based on the conversation you have just heard.

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|---------------------------------------|--|
| 12. A) It was absolutely exhausting. | C) There was too long a delay. |
| B) There was a terrible smell. | D) She got off at the wrong station. |
| 13. A) She hasn't saved enough money. | C) She hasn't passed the driving test yet. |
| B) She is worried about traffic jams. | D) She is used to taking public transport. |
| 14. A) They are popular. | C) They are a bit expensive for her. |
| B) They are dangerous. | D) They are environmentally friendly. |
| 15. A) By bus. | C) By renting a bike. |
| B) By jogging. | D) By sharing a ride. |

Section C 题型3 篇章

Directions: In this section, you will hear three passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once.

After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 16 to 18 are based on the passage you have just heard.

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|---|---|
| 16. A) He is a sign language interpreter. | C) He doesn't like speaking at meetings. |
| B) He is a deaf person working in IT. | D) He doesn't use email or text messages. |
| 17. A) Improved communication skills. | C) Big advances in sign language. |
| B) Speech recognition technology. | D) Transformation in the IT industry. |
| 18. A) He can avoid being mistaken. | C) He can understand with ease. |
| B) He can take notes on the spot. | D) He can see the speakers' images. |

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

- 19.A) To find pure white walls shining. C) To get a hug from family members.
B) To enter a house well looked after. D) To see cheerful colours all around.

20.A) Choosing a colour because it is fashionable.

- B) Painting the interior of their cupboards.
C) Doing the painting job all by themselves.
D) Designing all window frames the same way.

21.A) Fit most of the cupboards into walls.

- B) Hang landscape paintings all around.
C) Match the room's ceiling with all the furniture in colour.
D) Paint the wooden frameworks and walls the same colour.

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

22.A) Children must read at least 3 times a week.

- B) Reading is a habit every child can develop.
C) Reading to their children is important.
D) Children should start reading at age 3.

23.A) The number of books they have read by age four.

- B) The speed of their brain development in infancy.
C) The number and quality of books parents read to them in infancy.
D) The quality and quantity of time parents spend playing with them.

24.A) Books with specifically labeled images. C) Books describing the lives of animals.

- B) Books with pictures of dolls and toys. D) Books telling very interesting stories.

25.A) Read as many books as possible to their children.

- B) Choose carefully what to read to their children.
C) Share experience with other parents.
D) Create picture books for their children.

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