

CET-6 保命班讲义

2021.12

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六级时间分配

| 试卷结构 | 测试内容 | 测试题型 | 题目数量 | 分值比例 | 考试时间 |
|------|----------|---------|------|------|--------|
| 写作 | 写作 | 短文写作 | 1 | 15% | 30 分钟 |
| 听力理解 | 长对话 | 选择题（单选） | 8 | 8% | 30 分钟 |
| | 听力篇章 | | 7 | 7% | |
| | 讲话/报道/讲座 | | 10 | 20% | |
| 阅读理解 | 词汇理解 | 选词填空 | 10 | 5% | 40 分钟 |
| | 长篇阅读 | 匹配 | 10 | 10% | |
| | 仔细阅读 | 选择题（单选） | 10 | 20% | |
| 翻译 | 汉译英 | 段落翻译 | 1 | 15% | 30 分钟 |
| 合计 | | | 57 | 100% | 130 分钟 |

第一部分 写作

一、短句的写法

A man comes.

He is attractive.

I love him.

I will give him a dog.

It can make him happy.

二、被动

很多人认为合作比个人能力更重要。

Cooperation is claimed to be more crucial than personal ability.

人们普遍认为网购已经成为一种流行趋势。

Online shopping is argued to be a popular trend among the young and the old.

在过去几十年里，政府采取了各种措施防止灾害发生。

Various measures, in the past decades, have been taken to prevent disasters.

最近，中国科学院(Chinese Academy of Sciences) 出版了关于其最新科学发现与未来一年展望的年度系列报告。

An annual report about its latest scientific findings and the prospect of the next year was recently published by Chinese Academy of Science.

三、并列句

常见的逻辑关系词

第一，表示因果（世界上最重要的一种关系就是因果关系）

1.表示原因

because, in that, as, since

because of = be responsible for = due to = owing to = thanks to

2.表示结果

so = hence = therefore = thereby = thus = consequently = in consequence = as a result / consequence

第二，表示对比

1.表示“相似性的”对比

likewise = similarly = equally = simultaneously = at the same time = in the meanwhile

2.表示“差异性的”对比

but = by contrast = conversely = alternatively = on the contrary = on the other hand = otherwise = while = whereas

第三，表示递进

besides = also = in addition = moreover = furthermore = apart/aside from

to put it another way = put another way = in other words

换句话说（有补充解释说明的作用）

第四，表示让步

- ① despite = in spite of = notwithstanding = although = though = as = while = even (if) = much as （用于句首）虽然 = granting/granted that
- ② certainly = of course = indeed = it is true that... 的确
- ③ undoubtedly = there is no doubt that...毫无疑问的是.....
- ④ It may be true that... 或许真实的是.....
- ⑤ There is no denying that ...不可否认的是.....
- ⑥ In effect/fact/reality = indeed = virtually 实际上，事实上，的确

第五，表示条件

- ① if = providing/provided/suppose/supposing that 如果，假如
- ② in case of = in the event of 万一.....

第六，表示目的

to = in order to = so as to

第七，表示引出新对象

- ① About = concerning = regarding = with regard to = as for/to = in respect of 关于
- ② in terms of 就.....而论，在.....方面
- ③ when it comes to ... 当提到.....时

第八，表示强调

- ① Above all = most important
- ② In effect/fact/reality = indeed = virtually 事实上，实际上，的确，其实

第九，表示总结

- ① On the whole = all in all = overall = in conclusion/summary/general = generally (speaking) = as a whole = mainly = substantially = to sum up = conclude = come to the conclusion 总的来说
- ② in short/brief = in a word 简而言之
- ③ in any case = at any rate = anyway 总之，无论如何

第十，表示举例

Like = such as = for instance/example = take/consider/think of/remember ... (as an example) = a good case in point is... = from ... to ... (to ...) = to illustrate = as an illustration

1. 在过去一千年里，乌镇的水系和生活方式并未经历多少变化，是一座展现古文明的博物馆。

In the past thousand years, the water system and the lifeway of Wuzhen have not gone through many changes. Therefore, it now is the museum to show ancient civilization.

2. 在山东潍坊市，风筝不仅仅是玩具，而且还是这座城市文化的标志。

In Weifang, Shandong, kites are not only toys but also symbols of culture of the city.

3. 这些资金用于改善教学设施、购买书籍，使 16 万多所中小学受益。资金还用于购置音乐和绘画器材。现在农村和山区的儿童可以与沿海城市的儿童一样上音乐和绘画课。(2014 年四级)

These funds are used to improve educational facilities, purchase books and more than 160 thousand primary schools and middle schools benefit from it. In addition, the fund is to be used for purchasing music and painting facilities. As a consequence, nowadays the children in the rural areas can have the music and painting classes as same as the children in the coastal cities do.

4. 由于这个传统，许多年轻人婚后继续与父母同住。今天，这个传统正在改变。随着住房条件的改善，越来越多年轻夫妇选择与父母分开住。但他们之间的联系依然很密切。许多老年人仍然帮着照看孙辈。年轻夫妇也抽时间探望父母，特别是在春节和中秋节等重要节日。

As a result of this tradition, many young people continue to live with their parents after marriage. By contrast, today, the tradition is changing. With the improvement of housing conditions, an increasing number of young couples choose to live apart from their parents. Nevertheless, the connection between them remains strong. Many old people still have to look after their grandchildren. At the same time, young couples also get around to visit their parents, especially during the holidays, such as the spring festival and Mid-autumn Festival.

四、复合句

1. 主语从句

例：

大学教育极大地促进了社会的进步是显而易见的。

It is beyond dispute that university education promotes the progress of our society obviously.

常见句式结构：It is...that...

- ① It is common knowledge that...
- ② It is my belief that... = I think that...
- ③ It is self-evident that...
- ④ It has been found that...
- ⑤ It is beyond dispute that...

- ⑥ It is universally acknowledged that...
- ⑦ It has been widely accepted that...
- ⑧ It is generally agreed that...

2. 同位语

Garbage sorting, a necessary behavior to control pollution, proves quite crucial throughout china.

Hunting for jobs, a hot topic among undergraduates, has become the public concern recently.

Optimism, an active mentality, plays a key role in the general routine of everyday living.

3. 定语和定语从句

I love this kind girl.

I love the girl of kindness.

I love the girl as kind as an angel.

I love the girl being as kind as an angel.

I love the girl who keeps so kind.

例:

①中国结最初是由手工艺人发明的，经过数百年不断的改进，已经成为一种优雅多彩的艺术和工艺。

The Chinese knot was originally invented by the craftsmen, which has become a kind of elegant and colorful arts and crafts after hundreds of years of continuous improvement.

②乌镇是浙江的一座古老水镇，坐落在京杭大运河畔。这是一处迷人的地方，有许多古桥、中式旅店和餐馆。

Wuzhen, which is an ancient water town of Zhejiang province, is located near the Beijing-Hangzhou Grand Canal, which is really a charming place with many ancient bridges, Chinese style hotels and restaurants there.

③功夫是中国武术的俗称。中国武术的起源可以追溯到自卫的需要、狩猎活动以及古代中国的军事训练。它是中国传统体育运动的一种，年轻人老年人都练。

Kung Fu is the common name of Chinese martial arts which can be traced back to self-defense needs, hunting activities and military training in ancient China. Besides, it is a traditional Chinese sport that both the young and the elderly can practise.

④剪纸（paper cutting）是中国最为流行的传统民间艺术形式之一。中国剪纸有一千五百多年的历史，在明朝和清朝时期（the Ming and Qing Dynasties）特别流行。

Paper cutting is one of the most popular arts in china which has a 1.5thousand year history and was quite

famous in the Ming and Qing Dynasties.

⑤中国人自古以来就在中秋节庆祝丰收，这与北美庆祝感恩节非常相似。

Chinese have had the tradition to celebrate harvest in the Middle-Autumn, which proves quite similar with Thanksgiving Day in North America.

4. 状语和状语从句

① I love my girlfriend.

② Keeping pets can cultivate the kindness of children although they sometimes bring much trouble for their owners.

- or because taking care of those little animals needs patience and care.

- or when there exists only a child in one family.

- or by taking a shower or talking with those little animals.

③ They are singing songs although they have had class for the whole day.

They, a group of young men, who will take part in the examination of CET-6 are singing songs which were once popular when we were young.

5. 三大经典句型

1) 强调句型 it is...that...

Nothing is more important than self-reliance in a competitive international environment.

就是因为你，我没有通过六级考试。

Because of you, I failed in CET-6.

It is because of you that I failed in CET-6.

就是有很多的因素可以解释我的观点。

There exist numerous factors to account for my argument.

2) 虚拟语气

If you are a tear in my eye, I will never shed it.

3) 倒装

① 否定词位于句首时

我从来没有这样开心过。

Never have I been so happy.

在任何情况下我们绝不能忽略.....的重要性/严重性

Under no circumstances can we fail to pour attention into... (gravity/ severity)

② 含有 so...that...结构的句子，将 so 引导的部分位于句首时

这个问题是如此重要以至于我们要给与足够的重视。

The issue is so grave that we cannot fail to pour attention to it.

So grave is the issue that.....

在大学校园中，浪费这个问题是如此的严重以至于不得不引起（arose）我们的注意了。

So serious is waste that it has to arouse our attention.

③only 引出的状语位于句首时

只有以这种方式，我们才能解决这个问题。

Only in this way can we settle the issue/relieve the phenomenon.

6.句子的改写和扩写

1) 我绝不嫁给你。

2) 自行车很重要

句子扩写：

I love Liu Xiaoyan.

I, a university student from Beijing, have loved Liu who is the most graceful and elegant English teacher I have ever seen since I met her for the first time.

Smile makes people love you.

Smile, the best means for communicating, makes people who may look serious and distant love you at the first sight.

Pollution keeps exceedingly serious.

Pollution, a global issue which threatens almost every one, keeps exceedingly serious with the rapid urbanization.

五、文章

【历年真题】

1. For this part, you are allowed 30 minutes to write an essay on the importance of motivation and methods in learning. You can cite examples to illustrate your views. You should write at least 150 words but no more than 200 words.

There exists, among teenagers and youngsters, a hot debate on the importance of motivation and methods in learning. From my perspective, it is motivation and methods that prove to be more crucial than the study itself.

Quite a few factors, as a matter of fact, could account for my opinion. As the primary element, Motivation can make us brave in front of difficulties. If we desire to complete heavy tasks smoothly, it is motivation that would make us be confronted with troubles without fear. One of Chinese famous businessmen, Mayun, is a good case in point. Before he became the top man known to all, he had failed thousands of times. With motivation, he might got nothing. Besides, proper methods are also crucial. because right ways enable you to attain what you want rapidly and effectively. The more efficiently you study, the greater success you will achieve.

In a word, motivation and methods play a vital role in the study of youngsters. So parents should educate their kids to study with a right method and motivation. As a university student, we should explore more effective ways to learn. Only in such ways of thinking can our work be done rapidly and comfortably.

2. For this part, you are allowed 30 minutes to write an essay on the importance of having a sense of community responsibility. You should write at least 150 words but no more than 200 words.

There is no doubt that the issue about community responsibility has caused wide public attention recently. From my perspective, it is indispensable both in social development and individual improvement.

It is quite a few causes that could account for my argument. First and foremost, not only is a strong sense of community responsibility helpful to develop harmonious interpersonal relationships but also is beneficial to personal development. As we all know, the sound working atmosphere and interpersonal

relationships among employees are crucial to both physical and mental pleasure. In addition, community responsibility can improve efficiency in the fast-paced modern society where time is money and efficiency holds the key to success. As a saying goes, "united, we stand; divided, we fall". So great importance should be attached to the cultivation of the sense of community responsibility and we will eventually benefit from it.

From what has been mentioned above, we can safely draw the conclusion that the sense of community responsibility is a kind of good personal quality, which deserves our attention. So it is worth of our attention under modern conditions. Only in this way can we have a harmonious society.

1. 议论文

1) 第一段引出主题的句子:

- ① Recently the issue / problem of...has been in the limelight (处于关注的中心) / brought into focus / brought to public attentive (留意的, 关心的) concern...
- ② Recently with the development / advance / progress of science and technology, the phenomenon of... has aroused wide concern.
- ③ Nowadays, it is undeniable that.....has almost become the biggest concern of the present-day world.
- ④ What is your idea as to...?
There exist varying / a variety of points concerning it.

2) 第一段表示个人观点的表达:

In my opinion / as far as I am concerned / for my part / from my perspective / it keeps my perspective that

3) 第二段分析原因的总起句:

- ① The majority of people would agree that sth has its deep roots.
- ② It is superficially a simple phenomenon, but when subjected to analysis, it has its fundamental reasons.
- ③ There stand at least two reasons, from my perspective, for the present phenomenon.
- ④ As we know, recognizing a problem is the first step in finding a solution.
- ⑤ There exist numerous elements being responsible for the issue.
- ⑥ The reason for this is not far to seek.

⑦ There are arguments for why

4) 第二段无话可说怎么办?

① 分类论证

the importance of mutual understanding and respect in interpersonal relationships

In a dormitory, if every member could understand and respect each other, they might become more creative and effective in their study. In addition, it is such mutual understanding in interpersonal relationships that will result in a warm campus environment. In the end, there would be less conflict throughout our country. How desirable the vision is!

例：为什么培养孩子迎接挑战的能力?

Although numerous cases are available for this argument, the following one about my teacher Liu is the most suitable. She was born in a poor family with three siblings. Furthermore, she, years later, failed to realize her dream to attend an esteemed university even though she studied hard during her senior high school. Under such situations, she has never given herself up, being convinced that “from the gutter, we can still look up at stars”. And what she believes is that poverty is never scaring. What we should be afraid is that your minds are needy. It is through years of endeavors that her dream came true. Still, she keeps my spiritual mentor. So the story vividly tells us that it is necessary that students should be encouraged to develop the ability to meet challenges.

② 因果论证

Why should students be encouraged to develop effective communication skills?

If university students can develop effective communication skills, they will make more friends. In addition, the more friends they have, the more comfortable life they will have on campus. As a result, they will have a better learning environment, which consequently lead to a more harmonious context throughout the nation.

例：四级（2020 年 12 月）

“changes in the way of transportation”

5) 第三段总结措施段:

措施：我们/政府/家长/学校

举例：

Students, from their early age, could be educated to cultivate the awareness that methods of learning

are more important than learning itself.

Authorities could broadcast the importance of community responsibility in public.

2. 谚语警句型

【2020-7-六级】

Directions: For this part, you are allowed 30 minutes to write an essay on the saying: The best preparation for tomorrow is doing your best today. You should write at least 150 words but no more than 200 words.

There exists a famous saying that the best preparation for tomorrow is to do your best work today. Simple as the saying sounds, it informs readers that one doesn't need to worry about the future if he can make efforts to do the current job now.

As we know, recognizing a problem is the first step in finding a solution. It is generally believed that taking immediate action is of great importance. Doing good work today enables people to achieve their great goals step by step. let us visualize an undergraduate who keeps indulged in his illusion of passing the examination of postgraduates without any efforts and hard work. What would he achieve in the end? He would attain nothing but failures. The same situation exists for quite a few grown-ups who aspire to gain fame and wealth but never seek to put their fantastic plans into practice immediately.

Therefore, it is by some means that we must take actions to pursue our goals. On one hand, kids can be educated by their parents to put dreams into action. On the other hand, teenagers are supposed to put our efforts into every single day and never look down upon little things. Only in this way can we fulfill our dreams.

【2020-9-六级】

Directions: For this part, you are allowed 30 minutes to write an essay on the saying Wealth of the mind is the only true wealth. You should write at least 150 words but no more than 200 words.

When it comes to wealth, ideas may differ among men and women in all walks. From my perspective, I approve the argument that it is wealth of the mind that keeps the only true wealth.

Although numerous cases are available for this argument, the following one about my teacher Liu is the most suitable. She was born in a poor family with three siblings. Furthermore, she, years later, failed to realize her dream to attend an esteemed university even though she studied hard during her senior high school. Under such situations, she has never given herself up, being convinced that “from the gutter, we can still look up at the stars.” And what she disagreed is that poverty is never scaring; what we should scare is that your minds are needy. It is through years of endeavors that her dream came true. Still, she keeps my spiritual mentor. So the story vividly tells us that wealth of minds is more essentially valued than funds.

To conclude, it is high time for teenagers and youngsters to pursue mental richness because there is no boundary about the wealth of money. Only by thinking like this can we become more optimistic and lead a harmonious life.

第一段：引出主题+解释你的理解

引出主题常用表达

with respect to / with regard to / when it comes to /

People's arguments vary from person to person.

People may have diverse perspectives on it.

Attitudes differ from person to person.

There are different opinions among people as to...

3. 书信作文

【四级 2019-12】

For this part, you are allowed 30 minutes to write a letter to a foreign friend who wants to learn Chinese. Please recommend a city to him. You should write at least 120 words but no more than 180 words.

Dear my friend,

I am delighted to know that you have a strong desire to learn Chinese in recent days. Therefore, the letter, to be honest, is to recommend a city to you.

When the idea occurs to me, the first city flashing in my mind is Beijing, the capital of China. Firstly, there exists an authentic language environment which plays a key role in the process of language learning. As a result, as a modern city, it provides an excellent language environment for language

learners. Besides, in one of the biggest cities, people are open-minded, hospitable, and inclusive. You will soon find that you can make friends with them quickly.

Finally, I hope that you could take my suggestions into serious consideration, and I am looking forward to your reply at your earliest convenience. Good luck to you with all aspects of life.

Yours sincerely,

Li Ming

第二部分 翻译

翻译内容

中国历史 / 文化 / 经济 / 社会

文章长度

六级 180-200 words

30words 15 分

一、评分标准

本题满分为 15 分，成绩分为六个档次：13-15 分、10-12 分、7-9 分、4-6 分、1-3 分和 0 分。各档次的评分标准见下表：

| | |
|---------|---|
| 13-15 分 | 译文准确表达了原文的意思。用词贴切，行文流畅，基本上无语言错误，仅有个别小错。 |
| 10-12 分 | 译文基本上表达了原文的意思。文字通顺、连贯，无重大语言错误。 |
| 7-9 分 | 译文勉强表达了原文的意思。用词欠准确，语言错误相当多，其中有些是严重语言错误。 |
| 4-6 分 | 译文仅表达了一小部分原文的意思。用词不准确，有相当多的严重语言错误。 |
| 1-3 分 | 译文支离破碎。除个别词语或句子，绝大部分文字没有表达原文意思。 |
| 0 分 | 未作答，或只有几个孤立的词，或译文与原文毫不相关。 |

二、英汉差异对比

1. 汉语意合，英语形合

什么是汉语的句子？

什么是英语的句子？

逻辑关系词的使用

- | | | | |
|----------------|--------------|-----------------|------------------|
| • similarly | equally | likewise | at the same time |
| • nevertheless | conversely | on the contrary | by contrast |
| • therefore | consequently | as a result | |
| • besides | furthermore | moreover | in addition |

2. 英语多被动，汉语多主动

何时用被动？

何时无被动？

3. 英语多长句，汉语多短句

总结：短句变长句的方法

三、翻译方法

1. 方法 1：非谓语动词

长江流经多种不同的生态系统，是诸多濒危物种的栖息地，灌溉了中国五分之一的土地。（2017 年四级）

The Yangzi River, flowing through different ecological systems, keeps the habitat of plentiful endangered animals, irrigating one fifth of China's land.

乌镇是浙江的一座古老水镇，坐落在京杭大运河畔。这是一处迷人的地方，有许多古桥、中式旅店和餐馆。
Wuzhen, an ancient water town of Zhejiang province, is located near the Beijing-Hangzhou Grand Canal, which is really a charming place with many ancient bridges, Chinese style hotels and restaurants there.

2. 方法 2：从句

人们还会在门上粘贴对联（couplets）对联的主题有健康，发财和好运。（2013 年六级）

Doors will be decorated with couplets whose topics are involved in health, wealth and good luck.

大熊猫是熊科中最罕见的成员，主要生活在中国西南部的森林里。

Pandas which mainly live in the forest of southeast in China are the rarest members of the bear family.

中国人自古以来就在中秋节庆祝丰收，这与北美庆祝感恩节非常相似。

Chinese have had the tradition to celebrate harvest in the Middle-Autumn, which proves quite similar with Thanksgiving Day in North America.

3. 方法 3：连词

在过去一千年里，乌镇的水系和生活方式并未经过多少变化，是一座展现古文明的博物馆。

In the past thousand years, the water system and the life way of Wuzhen have not gone through many changes. Therefore, it now is the museum to show ancient civilization.

在山东潍坊市，风筝不仅仅是玩具，而且还是这座城市文化的标志（2016 年四级）

In Weifang, Shandong, kites are not only for entertainment but also symbols of culture of the city.

这些资金用于改善教学设施、购买书籍，使 16 万多所中小学受益。资金还用于购置音乐和绘画器材。现在农村和山区的儿童可以与沿海城市的儿童一样上音乐和绘画课。

These funds are used to improve educational facilities and purchase books, and more than 160 thousand primary schools and middle schools benefit from it. In addition, the fund is to be used for purchasing music and painting facilities. As a consequence, nowadays the children in the rural areas can have the music and painting classes as same as the children in the coastal cities do.

四、翻译步骤

1. 以意群为单位读句子，确定句子的时态和语态
2. 确定句子的主干，非主干部分用定语或状语来翻译
3. 每句话翻译完之后都要看该句话和下句话的逻辑关系，加逻辑关系词

【2021-6 六级】

海南是仅次于台湾的中国第二大岛，是位于中国最南端的省份。海南岛风景秀丽，气候宜人，阳光充足，生物多样，温泉密布，海水清澈，大部分海滩几乎全年都是游泳和日光浴的理想场所，因而被誉为中国的四季花园和度假胜地，每年都吸引了大批中外游客。海南 1988 年建省以来，旅游业、服务业、高新技术产业飞速发展，是中国唯一的省级经济特区。在中央政府和全国人民的大力支持下，海南将建成中国最大的自由贸易试验区。

Hainan, China's second largest island after Taiwan, is the southernmost province in China. There are beautiful scenery, pleasant climate, abundant sunshine, diverse organisms, abundant hot springs and clear water. Most of the beaches are ideal places for swimming and sunbathing almost all year round. Therefore, Hainan Island is known as the garden of the four seasons and a holiday resort in China, attracting a large number of tourists from home and abroad every year. Since its establishment in 1988, Hainan has witnessed rapid development of tourism, service industry and high-tech industry. Hainan is the only provincial special economic zone in China. With the strong support of the central government and people throughout the country, Hainan will be built into China's largest pilot free trade zone.

【2015-12 六级】

在中国，父母总是竭力帮助孩子，甚至为孩子做重要决定，而不管孩子想要什么，因为他们相信这样做是为孩子。结果，孩子的成长和教育往往屈从于父母的意愿。如果父母决定为孩子报名参加一个课外班，以增加其被重点学校录取的机会，他们会坚持自己的决定，即使孩子根本不感兴趣。

然而在美国，父母很可能会尊重孩子的意见，并在决策时更注重他们的意见。

中国父母十分重视教育或许值得称赞。然而，他们应向美国父母学习在涉及教育时如何平衡父母与子女间的关系。

Parents in China are always trying to help their children, even to make the most important decision for them, regardless of what the children really want, because parents believe it's all for the benefit of their children. This has led to the result that the children's growth and education tend to give way to their parents' wishes.

Once the parents decide to sign up an after-school class for their children in order to increase their chance of being admitted to a good school, they will stick on their decision, even their children have no interest in it at all.

In America, however, parents tend to respect their children, especially when making decisions. Perhaps it is commendable that Chinese parents lay much importance on education, but Chinese parents still need to keep the balance between the parents and children in the perspective of education as the American parents do.

第三部分 阅读理解

一、传统阅读（仔细阅读）

1. 时间： 8 分钟/篇

2. 指导原则：

1) 读首段以及各段的首句，把握文章的中心

2) 顺序原则

出题顺序与行文顺序一致

3. 题型分类：

(1) 主旨题：

(2) 细节题

1) 特点

用主旨做不出来的题都是细节题

2) 方法

定位

a. 关键词定位

b. 顺序定位

3) 正确答案特征

a. 位置：定位句+定位句的前后句

b. 细节题的正确答案一定来自于文中某句话

作者态度题不选词：

indifferent

biased

prejudiced

detached

neutral

pessimistic

subjective

puzzled

confused

1. 例题

【2020 年 12 月】

Imagine that an alien species landed on Earth and, through their mere presence, those aliens caused our art to vanish, our music to homogenize, and our technological know-how to disappear. That is effectively what humans have been doing to our closest relatives—chimps (大猩猩)

Back in 1999, a team of scientists led by Andrew Whiten showed that chimps from different parts of Africa behave very differently from one another. Some groups would get each other's attention by rapping branches with their knuckles (指关节), while others did it by loudly ripping leaves with their teeth.

The team identified 39 of these traditions that are practiced by some communities but not others a pattern that, at the time, hadn't been seen in any animal except humans. It was evidence, the team said, that chimps have their own cultures

It took a long time to convince skeptics that such cultures exist, but now we have plenty of examples of animals learning local traditions from one another.

But just when many scientists have come to accept the existence of animal cultures, many of those cultures might vanish. Ammie Kalan and her colleagues have shown, through years of intensive fieldwork that the very presence of humans has eroded the diversity of chimp behavior. Where we flourish, the cultures wither. It is a bitterly ironic thing to learn on the 20th anniversary of Whiten's classic study.

"It's amazing to think that just 60 years ago, we knew next to nothing of the behavior of our sister species in the wild," Whiten says. "But now, just as we are truly getting to know our primate (灵长类) cousins, the actions of humans are closing the window on all we have discovered."

"Sometimes in the rush to conserve the specie, I think we forget about the individuals," says Cat Hobaiter, a professor at the University of St. Andrews.

"Each population, each community, even each generation of chimps is unique. An event might only have a small impact on the total populattion of chimps, but it may wipe out an entire community-an entire culture. No matter what we do to habitat or support population growth, we may never be able to restore that culture."

No one knows whether the destruction of chimp culture is getting worse. Few places have tracked chimp behavior over long periods, and those that have are also more likely to have protected their animals from human influence.

Obviously conservationists need to think about saving species in a completely new way-by preserving animal traditions as well as bodies and genes. "Instead of focusing only on the conservation of genetically based entities like species, we now need to also consider culturally based entities," says Andrew Whiten.

51. What does the author say we humans have been doing to chimps?

A) Ruining their culture.

B) Accelerating their extinction.

C) Treating them as alien species.

D) Homogenizing their living habits.

52. What is the finding of Andrew Whiten's team?

A) Chimps demonstrate highly developed skills of communication.

B) Chimps rely heavily upon their body language to communicate.

C) Chimps behave in ways quite similar to those of human being.

D) Different chimp groups differ in their way of communication.

53. What did Ammie Kalan and her colleagues find through their intensive fieldwork?

A) Whiten's classic study has little impact on the diversity of chimp behavior.

B) Chimp behavior becomes less varied with the increase of human activity.

C) Chimps alter their culture to quickly adapt to the changed environment.

D) It might already be too late to prevent animal cultures from extinction.

54. What does Cat Hobaiter think we should do for chimp conservation?

A) Try to understand our sister species behavior in the wild

B) Make efforts to preserve each individual chimp community

C) Study the unique characteristics of each generation of chimps

D) Endeavor to restore chimp habitats to expand its total population.

55. What does the author suggest conservationists do?

A) Focus entirely on culturally-based entities rather than genetically-based ones

B) Place more stress on animal traditions than on their physical conservation

C) Conserve animal species in a novel and all-round way.

D) Explore the cultures of species before they vanish.

【2020 年 12 月】

Every five years, the government tries to tell Americans what to put in their bellies. Eat more vegetables. Dial back the fats. It's all based on the best available science for leading a healthy life. But the best available science also has a lot to say about what those food choices do to the environment, and some researchers are annoyed that new dietary recommendations of the USDA (United States Department of Agriculture) released yesterday seem to utterly ignore that fact.

Broadly, the 2016 – 2020 dietary recommendations aim for balance: More vegetables, leaner meats and far less sugar.

But Americans consume more calories per capita than almost any other country in the world. So the things Americans eat have a huge impact on climate change. Soil tilling releases carbon dioxide, and livery vehicles emit exhaust. The government's dietary guidelines could have done a lot to lower that climate cost. Not just because of their position of authority: The guidelines drive billions of dollars of food production through federal programs like school lunches and nutrition assistance for the needy.

On its own, plant and animal agriculture contributes 9 percent of all the country's greenhouse gas emissions. That's not counting the fuel burned in transportation, processing, refrigeration, and other way points between farm and belly. Red meats are among the biggest and most notorious emitters, but trucking a salad from California to Minnesota in January also carries a significant burden. And greenhouse gas emissions aren't the whole story. Food production is the largest user of fresh water, largest contributor to the loss of biodiversity, and a major contributor to using up natural resources.

All of these points and more showed up in the Dietary Guidelines Advisory Committee's scientific report, released last February. Miriam Nelson chaired the subcommittee in charge of sustainability for the report, and is disappointed that eating less meat and buying local food aren't in the final product. "Especially if you consider that eating less meal, especial y red and processed, has health benefits," she says.

So what happened? The of ficial response is that sustainability falls too far outside the guidelines' of icial scope, which is to provide "nutritional and dietary information."

Possibly the agencies in charge of drafting the decisions are too close to the industries they are supposed to regulate. On one hand, the USDA is compiling dietary advice. On the other, their clients are US agriculture companies.

The line about keeping the guidelines' scope to nutrition and diet doesn't ring quite right with researchers. David Wallinga, for example, says, "In previous guidelines, they've always been concerned with things like food security—which is presumably the mission of the USDA. You absolutely need to be worried about climate impacts and future sustainability if you want secure food in the future."

51. Why are some researchers irritated at the USDA's 2016 – 2020 Dietary Guidelines?

- A) It ignores the harmful effect of red meat and processed food on health.
- B) Too much emphasis is given to eating less meat and buying local food.
- C) The dietary recommendations are not based on medical science.
- D) It takes no notice of the potential impact on the environment.

52. Why does the author say the USDA could have contributed a lot to lowering the climate cost through its dietary guidelines?

- A) It has the capacity and the financial resources to do so.
- B) Its researchers have already submitted relevant proposals.
- C) Its agencies in charge of drafting the guidelines have the expertise.
- D) It can raise students' environmental awareness through its programs.

53. What do we learn from the Dietary Guidelines Advisory Committee's scientific report?

- A) Food is easily contaminated from farm to belly.
- B) Greenhouse effect is an issue still under debate.
- C) Modern agriculture has increased food diversity.
- D) Farming consumes most of our natural resources.

54. What may account for the neglect of sustainability in the USDA's Dietary Guidelines according to the

author?

- A) Its exclusive concern with Americans' food safety.
- B) Its sole responsibility for providing dietary advice.
- C) Its close ties with the agriculture companies.
- D) Its alleged failure to regulate the industries.

55. What should the USDA do to achieve food security according to David Wallinga?

- A) Give top priority to things like nutrition and food security.
- B) Endeavor to ensure the sustainable development of agriculture.
- C) Fulfill its mission by closely cooperating with the industries.
- D) Study the long-term impact of climate change on food production.

二、长篇阅读

解题步骤 （15 分钟）

1. 看大标题，小标题

了解文章中心，推测文章大概内容及作者态度

例如 University Branch Out
大学业务拓展

2. 找题干中的定位词 回头定位

提示：一次性把 10 句话中关键词全标注出来

1) 专有名词：

时间 地点 数字 人名 地名 国家名

2) 固定概念：合成词、专业概念、特别说法、具体的名词

e.g. take-to-self pronoun

3) 如以上定位线索没有，则是：

常用动词、极端词、最高级、形容词、副词

4) 文章的中心词不能拿来定位

3. 重叠选项，得出答案

注意：找出明显定位词后，最好阅读一下该句子意思，和选项是否意思一致。

4. 查漏补缺

找不到定位的就最后再做

读每段的重点句：

1) 段首段尾句

2) 段中转折词，因果词，递进词后

注意：已对应两个句子的段落，可不用再阅读

一般有 7-8 个左右句子可明显定位

1. 举例：【2020 年 12 月六级】

Why lifelong learning is the international passport to success

36. Students should develop the key skills before they start a project.

H) The most critical skills will be developed before the project even starts, in the form of boot camps (短期强化训练), while the rest can be fostered along with the project, putting them to immediate use and thus providing a rich learning context.

37. By acquiring reasoning skills in the first few years of college, students can lay a foundation for lifelong learning.

E) The Bachelor's degree could be your passport to lifelong learning. For the first few years, student would 'learn to learn' and get endowed with reasoning skills that remain with them for the rest of their lives.

38. The easy access to learning and rapid technological changes have brought the traditional model of education under challenge.

B)Students meet at the university campus (unity of action) during their 20s (unity of time). This classical model has traditionally produce universities, but it is now challenged by the digitalisation of society—which allows everybody who is connected to the internet to access learning—and by the need to acquire skills in step with a fast-changing world.

39. Unbelievable as it may seem, part-time students constitute a considerable portion of the student body in many universities across the world.

K) Sound like science fiction? In many countries, part-time studying is not exceptional: on average across OECD countries, part-time students in 2016 represented 20 per cent of enrolment in tertiary

education. In many countries, this share is higher and can exceed 40 per cent in Australia, New Zealand and Sweden.

40. Some social and managerial skills, which are not easily automated, will be of great importance to students' future careers.

I) In addition to technical capabilities, the very nature of projects develops axial and entrepreneurial skills, such as design thinking, initiative taking, team leading, activity reporting or resource planning. Not only will those skills be actually integrated into the curriculum but they will be very important to have in the future because they are difficult to automate.

41. A new model of college education should provide students with the knowledge and skills that will make them more inventive and capable of lifelong learning.

C) The university model needs to evolve. It must equip students with the right skills and knowledge to compete in a world where value will be derived largely from human interaction and the ability to invent and interpret things that machines cannot', as the English futurist Richard Watson puts it. By having foundational knowledge and up-to-date skills, universities will provide students with the future-proof skills of lifelong learning, not just get them 'job-ready'.

42. A mixed student body may change the classroom dynamics and benefit learning.

J)Second, freshly graduated students would mix with professionally experienced ones. This would change the classroom dynamics, perhaps for the best. Project-based learning with a mixed team reflects the reality of the professional world and could therefore be a better preparation for it.

43. The question of who will bear the cost of lifelong learning is a topic of constant debate.

N) Even if time were not an issue, who will pay for lifelong learning: That's the eternal debate: should it be the learner's responsibility, that of his employer, or of the state?

44. To the traditional subjects of math and physics should be added a new discipline which combines computer science with statistics and other components.

F) Therefore, a new discipline blending computer programming, statistics and machine learning should be added to the traditional foundational topics of mathematics and physics. These three pillars would allow you to keep learning complex technical subjects all your life because numeracy (计算) is the foundation upon which everything else is eventually built.

45. Students who are burdened with family duties might choose to take online courses.

M) This could fix the main organisational challenges for the university, but not for the learners, due to lack of time, family obligations or funds. Here, online learning might be an option because it allows you to save your 'travel time', but it has its limits.

三、选词填空

步骤：（7--8 分钟）

1. 标注选项中单词的词性，归类；
2. 看文章首句，了解文章中心；
3. 根据每个空出现的位置判断需要填的单词的词性；
4. 把对应词性的选项带入，符合意思一致即正确答案。

举例：【2020 年 12 月】

- | | | | |
|--------------|------------------|---------------|----------------|
| A) amazing | I) sentimentally | B) closer | J) spiritually |
| C) driven | K) temptations | D) engaged | L) thrifter |
| E) malignant | M) tickled | F) oppressing | N) unique |
| G) premises | O) vulnerable | H) random | |

Social distancing is putting people out of work, canceling school and tanking the stock market. It has been 26 by fear, and it is creating even more fear as money problems and uncertainty grow.

- | | | |
|-----------|------------|------------|
| C) driven | D) engaged | M) tickled |
|-----------|------------|------------|

However, at its core is love, and a sacrifice to protect those most 27 to the coronavirus' (冠状病毒) effects—the elderly, people with compromised immune systems, and those whose life-saving resources would be used up by a 28 epidemic

- | | | | | | |
|----------------|------------|------------|---------------|---------------|----|
| 27. A) amazing | B) closer | D) engaged | E) malignant | F) oppressing | H) |
| random | M) tickled | N) unique | O) vulnerable | | |

28 同上 adj

Americans make life-saving decisions every day as a matter of course. We cut food into bite-sized pieces, we wear seatbelts, and we take care not to exceed the speed limit. But social distancing is 29 in that it is completely self-sacrificing.

- | | | | | |
|----------------|-----------|------------|--------------|---------------|
| 29. A) amazing | B) closer | D) engaged | E) malignant | F) oppressing |
|----------------|-----------|------------|--------------|---------------|

H) random M) tickled N) unique O) vulnerable

Those who will benefit may be the elderly relatives of the 30 person we didn't pass in Starbucks, on the subway, or in the elevator.

30. A) amazing B) closer D) engaged E) malignant F) oppressing
H) random M) tickled N) unique O) vulnerable

Social distancing is millions of people making hundreds of sacrifices to keep the elderly alive. It doesn't include the 31 to run from society or make an excuse to avoid one's obligations such as life-saving medical work or the parental obligation to buy groceries.

31. K) temptations G) premises

What it does include is applying love through caution. And in doing so, it offers an 32 opportunity for those who care about the elderly to find new ways to love them.

32. A) amazing D) engaged F) oppressing

If we're not 33 as much in our normal work or school, we have extra time to call parents and grandparents.

33. A) amazing B) closer D) engaged F) oppressing M) tickled
N) unique O) vulnerable

We can also ask elderly relatives how to best support them 34 and use our sacrifices as an opportunity to bring us, our community and the world 35.

34. I) sentimentally J) spiritually

35. B) closer F) oppressing M) tickled L) thriftier

第四部分 听力

一、听力锦囊一：视听一致+题文同序

(一) 做题方法

方法一：闭眼听完再做

方法二：边看边做边听

(二) 视听一致

1. 如何“视”：

脑：四不要——不急躁；不抠生词；不乱翻译；不久留；

眼：眼珠活起来——横看不同点+默读（名词，动宾短语，否定，比较级，最高级）；
——竖看相同点。

2. 如何“听”：

耳：原则——题文同序

选项单词读到越多，多为正确选项。（注意同义替换）

当选项中某单词被读到，该题目就开始。

(三) 做题应用

例 1：【2020 年 12 月】

5. A) It isn't so enjoyable as he expected.
B) It isn't so motivating as he believed.
C) It doesn't enable him to earn as much money as he used to.
D) It doesn't seem to offer as much freedom as he anticipated.
6. A) Not all of them care about their employees behaviors.
B) Few of them are aware of their employees feelings.
C) Few of them offer praise and reward to their employees.
D) Not all of them know how to motivate their employee.
7. A) Job satisfaction. B) Self-awareness.
C) Autonomy. D) Money.

例 2: 【2021 年 6 月】

1. A) Weird. B) Efficient. C) Tolerant. D) Toxic.
2. A) They are arrogant. C) They are ambitious.
B) They are ignorant. D) They are accommodating.
3. A) They can think big. C) They can break conventions.
B) They can air their views. D) They can work flexible hours.
4. A) It can alter people's mindsets. C) It enables people to learn and grow.
B) It can lead to new discoveries. D) It is conducive to critical thinking.

参考录音文本

例 1: 【transcript】

W: How do you like being self-employed?

M: There are obvious benefits, (5) though I don't seem to have the freedom I anticipated as I just don't seem able to decline work offers. And working alone, there have been times I've found that money alone provides insufficient motivation. Have you experienced the same since you began working for yourself?

W: Sometimes unlike the rest of the workforce who have managers to prompt motivation, whenever they're feeling lazy or bored, we self-employed workers perform our jobs without a manager to lift our spirits. There's no one around to offer praise or initiate collaboration, no one to make greater use of our interests and talents.

M: That's a fact. Not every manager behaves with such awareness and care, of course. (6) And certainly not all managers have a clue how to motivate people. Still, having a manager nearby at least indicates there's an opportunity. They'll be decent enough to look out for you when your energy and focus begin to deplete.

W: (7) The motivator I value, most is autonomy. I've learned not to sacrifice my prized autonomy by working all hours of the day and by saying to every client request.

Q5. What does the man say about his life of being self-employed?

Q6. What does the man say about managers?

Q7. What do both speakers value most about self-employment?

例 2: 【transcript】

M: How are you enjoying your new job?

W: So far so good. I don't miss having managers who deliver blunt, harsh feedback in the name of efficiency.

M: From the way you described your last company, no wonder they had a problem with high staff turnover.

W: Yeah, I couldn't wait to get out of there once my contract expired. (1) The problem with a company culture that prizes directness above all else is that it creates a toxic culture of brilliant jerks that drives people out and erodes itself from within.

M: (2) **My company's managers tend to be accommodating and kind**, overlooking mistakes or issues so as not to hurt feelings. Issues often get ignored there until they build up and reach a crisis point.

W: That's not surprising. My new company seems to employ a feedback policy that combines compassion and directness. (3) **Employees have the power to speak up, give feedback, disagree and discuss problems in real time**. It seems to help us to course correct, improve and meet challenges while also building teams that collaborate and care for one another.

M: But that would be based on an atmosphere of mutual trust, wouldn't it? Otherwise, people might interpret feedback as some kind of personal attack.

W: True. Without an atmosphere of trust, feedback can create stress and self-doubt. But I think when we get feedback from someone we trust, we understand that the feedback isn't some kind of personal attack. It's actually a kind of support, because it's offered in the spirit of helping us improve. I think sometimes people need to shift their mindsets around how they receive feedback.

M: Yes. (4) **Constructive feedback, after all, is how we learn and grow**. It's the basis for healthy parenting, lasting friendships, career development, and so much more. If we shelter our children, friends and colleagues from information that might enrich and enhance their lives, we're not being caring. We're actually doing harm to them.

W: That's exactly right.

Q1. How does the woman describe her previous company's culture?

Q2. What does the man say about his company's managers?

Q3. What does the woman say the employees in her new company can do?

Q4. What does the man say about constructive feedback?

二、听力锦囊二：四原则解锁长对话

（一）解题原则

1. 抓头原则

2. 对话原则

（1）问题在于找节奏定位

（2）答句常出题重首尾

3. 关键词原则

① 极端词

first, firstly, at first, at least, only...

② 最高级

most, most important, best, worst

③ 逻辑关系词

因果关系：

because, because of, since, as, for, due to, owing to, main reason...

转折关系:

however, but, unfortunately

递进关系:

besides; apart from; in addition; furthermore; what's more; moreover

举例关系:

for example/for instance/such as

结论观点:

① 人物观点 (人名+介绍+动词+that)

② experts/professors/scientists say

③ study/research/evidence shows

4. 重复原则 (某一选项中词汇被重复读到)

(二) 做题应用

例 3: 【2021 年 6 月】

5. A) He kept looking for the best place to stay.
B) He met many tourists from other countries.
C) He had a great time sightseeing and relaxing.
D) He managed to visit a different city each day.
6. A) Prioritize what is essential to their best advantage.
B) Stretch out the process in search of the optimal.
C) Deliberate the consequences that may occur.
D) Take all relevant factors into consideration.
7. A) Time pressure. C) Modern technology.
B) Tight budget. D) Fierce competition.
8. A) Research as many different options as possible. C) Focus on what is practical.
B) Avoid going over the same options repeatedly. D) Trust their gut instinct.

例 4: 【2020 年 9 月】

5. A) They can predict future events. C) They have cultural connotations.
B) They have no special meanings. D) They cannot be easily explained.
6. A) It was canceled due to bad weather. C) She dreamed of a plane crash.
B) She overslept and missed the flight. D) It was postponed to the following day.
7. A) They can be affected by people's childhood experiences.
B) They may sometimes seem ridiculous to a rational mind.

- C) They usually result from people's unpleasant memories.
 - D) They can have an impact as great as rational thinking.
8. A) They call for scientific methods to interpret.
- B) They mirror their long-cherished wishes.
 - C) They reflect their complicated emotions.
 - D) They are often related to irrational feelings.

参考录音文本

例 3: 【transcript】

W: How was your holiday? Not too many other tourists around, were there?

M: No, very few, relatively. (5) **But I found myself moving from one accommodation to another, trying to find the perfect place.** It made me realize that indecision is a big problem for me. Instead of relaxing, I was looking for the best spot.

W: It seems you suffer from “fear of better options”. I've read about it. It describes this loop of indecision as part of our programming. (6) **Essentially, we have this tendency to keep stretching out the decision-making process.** Because as human beings, we are hardwired to optimize. We have always looked to get the best things we can as a sort of survival of the fittest. Optimizing isn't the problem, but rather the process that we go through.

M: Well, that makes me feel better. (7-1) **But I think thanks to technology, we can make comparisons more easily and have more access to choice and customization.** We can now see what we could have, how we might get it and what others have that we might want. We keep looking over and returning to the same options, again and again.

W: Yes. (7-2) **Fear of better options offers little benefit. It's an ailment of abundance.** You must have choices to have that fear of missing out on better options.

M: Yes. I need to note when I'm worrying about inconsequential things, I guess. If I'm spending too much time worrying over what to have for lunch, I'm robbing myself of the energy to focus on the things that matter.

Q5. What does the man say about his holiday?

Q6. What does the woman say people tend to do when making decisions?

Q7. What has made decision making increasingly difficult?

Q8. According to the woman, what should people do when making important decisions?

例 4: 【transcript】

M: Do you think dreams have special meanings?

W: No. **I don't think they do.** (5)

M: I don't either, but some people do. I would say people who believe that dreams have special meanings are superstitious, especially nowadays. In the past, during the times of ancient Egypt, Greece or China, people used to

believe that dreams could foresee the future. But today, with all the scientific knowledge that we have, I think it's much harder to believe in these sorts of things.

W: My grandmother is superstitious, and she thinks dreams can predict the future. Once, (6) **she dreamed that the flight she was due to take the following day crashed.** Can you guess what she did? She didn't take that flight. She didn't even bother to go to the airport the following day. Instead, she took the same flight but a week later. And everything was fine of course. No plane ever crashed.

M: How funny! Did you know that flying is actually safer than any other mode of transport? It's been statistically proven. People can be so irrational sometimes.

W: Yes, absolutely. But, even if we think they are ridiculous, (7) **emotions can be just as powerful as rational thinking.**

M: Exactly. People do all sorts of crazy things because of their irrational feelings. But in fact, some psychologists believe that our dreams are the result of our emotions and memories from that day. I think it was Sigmund Freud who said that children's dreams were usually simple representations of their wishes, things they wished would happen. (8) **But in adults', dreams are much more complicated reflections of their more sophisticated sentiments.**

W: Isn't it interesting how psychologists try to understand using the scientific method something as bazaar as dreams? Psychology is like the rational study of irrational feelings.

Q5: What do both speakers think of dreams?

Q6: Why didn't the woman's grandmother take her scheduled flight?

Q7: What does the woman say about people's emotions?

Q8: What did psychologist Sigmund Freud say about adults' dreams?

三、听力锦囊三：四原则攻克篇章

（一）解题原则

1. 抓头原则

2. 关键词原则

① 极端词

first, firstly, at first, at least, only...

② 最高级

most, most important, best, worst

③ 逻辑关系词

因果关系：

because, because of, since, as, for, due to, owing to, main reason, result from, the reason why;

so, therefore, lead to, result in, contribute to...

转折关系:

however, but, unfortunately

递进关系:

besides; apart from; in addition; furthermore; what's more; moreover

举例关系:

for example/for instance/such as

数字:

decade=10 years

one fifth=20%

50%=half

3. 结论原则

① 人物观点 (人名+介绍+动词+that)

② experts/professors/scientists say

③ study/research/evidence shows

Indicate, find, believe, conclude, identify, reveal, discover, suggest, argue, report, it turns out....

4. 重复原则 (某一选项中词汇被重复读到)

听到逻辑关系词, 快速匹配, 匹配不上就接着听, 不要回想。

(二) 做题应用

例 5: 【2020 年 12 月】

9. A) Try to earn as much money as possible.

B) Invest shrewdly in lucrative businesses.

C) Save one-fifth of their net monthly income.

D) Restrain themselves from high-risk investments.

10. A) Cut 20% of their daily spending.

C) Try to stick to their initial plan.

B) Ask a close friend for advice.

D) Start by doing something small.

11. A) A proper mindset.

C) An optimistic attitude.

B) An ambitious plan.

D) A keen interest.

例 6: 【2021 年 6 月】

9. A) It is beneficial to poor as well as rich communities.

B) It is conducive to children's future development.

C) It is welcome to parents but not to children.

- D) It is not of much help to younger children.
10. A) It may put some students in remote areas at a disadvantage.
 B) It gives the majority of students ready access to their teachers.
 C) It effectively improves the learning quality of students in rural areas.
 D) It can bridge the learning gap between kids of different backgrounds.
11. A) Diligent students tend to do their homework independently.
 B) The focus of homework should always be on school subjects.
 C) Doing homework exerts a positive effect on kids' personality development.
 D) The benefits of doing homework vary widely from individual to individual.

例 7: 【2020 年 9 月】

12. A) He found there had been little research on their language.
 B) He was trying to preserve the languages of the Indian tribes.
 C) His contact with a social worker had greatly aroused his interest in the tribe.
 D) His meeting with Gonzalez had made him eager to learn more about the tribe.
13. A) He taught Copeland to speak the Tarahumaras language.
 B) He persuaded the Tarahumaras to accept Copeland's gifts.
 C) He recommended one of his best friends as an interpreter.
 D) He acted as an intermediary between Copeland and the villagers.
14. A) Unpredictable. B) Unjustifiable. C) Laborious. D) Tedious.
15. A) Their appreciation of help from the outsiders.
 B) Their sense of sharing and caring.
 C) Their readiness to adapt to technology.
 D) Their belief in creating wealth for themselves.

参考听力文本

例 5: 【transcript】

To achieve financial security, how much you save is always more important than the amount you earn or how shrewdly you invest. (9) **If you are under 30 years old, your goal should be to save 20% of your monthly income after tax deductions.** This is irrespective of how much you earn. Approximately 50% should be reserved for the essential like food and accommodation. Through mainly 30% is for recreation and entertainment. But for many young people, it'll be difficult to designate such a large proportion of their income for savings. (10) **If you find it hard to save any money at all, start by cutting all unnecessary spending.** Allocate at a tiny amount of 1 or 2 percent for savings, and gradually increase that amount. Always keep that 20% goal in mind for prevent yourself from becoming complacent. It can be challenging to stick to such a strict plan. **But if you adopt the**

right mindset, you should be able to make it work for you. So, what should you be doing with the money that you saving? Some must be kept easily accessible in case you need some cash in emergency. The largest proportion should be invested retirement plans. Either for the young employer or privately. And you can keep some money for high risk but potentially lucrative investments. Dividends can be re-invested or used to purchase something you like. By following this plan, you should hopefully be able to enjoy your life now, and still be financially secure in future.:

Q9. What are people under thirty advised to do to achieve financial security?

Q10. What should people do if they find it difficult to follow the speakers' advice on their financial plan?

Q11. What does the speaker think is important for achieving financial security?

例 6: 【transcript】

The role of homework in classrooms is not a new debate. Many parents and teachers are ardent supporters of homework. But do all students benefit from homework? (9) **A 2006 research paper suggested some correlation between the amount of homework done by a student and future academic achievement for middle and high school students. But not so much for younger kids.** A Stanford study in 2014 suggested the same was true for students in California's affluent communities. The findings challenged the idea that homework was inherently good. The researchers concluded that there was an upper limit to the correlation between homework and achievement, suggesting that high school students shouldn't be doing more than two hours of homework a night. And the most valuable kind of homework for elementary level children was simply assigned free reading.

The topic gets more complicated when we talk about the divide between rural and urban communities. (10) **Studies found that in remote areas, the poor quality or lack of Internet access can put students at a disadvantage because 70% of teachers in these areas assign homework that requires Internet access.** But one in three households doesn't have Internet. Experts assert homework requiring the Internet isn't fair.

While the debate continues about the effect of homework on academic achievements, there are studies focusing on other benefits of homework. (11) **A study in Germany found that homework could have an effect on students' personalities, suggesting that doing homework might help kids to become more conscientious and independent learners.**

Q9. What did the 2006 research find about homework?

Q10. What do experts think of homework requiring Internet access?

Q11. What conclusion could be drawn from the study in Germany?

例 7: 【transcript】

The idea to study the American Indian tribe -- Tarahumaras, came to James Copeland in 1984, (12) **when he discovered that very little research had been done on their language.** He contacted the tribe member through a social worker who worked with the tribes in Mexico. At first, the tribe member named Gonzalez was very reluctant to cooperate. He told Copeland that no amount of money could buy his language. But after Copeland

explained to him what he intended to do with his research and how it would benefit the Tarahumaras, Gonzalez agreed to help. (13) **He took Copeland to his village and served as an intermediary.** Copeland says, thanks to him, the Tarahumaras understood what their mission was and started trusting us.

(14) **Entering the world of Tarahumaras has been a laborious project for Copeland.** To reach their homeland, he must strive two and half days from Huston Taxes. He loads up his vehicle with goods that the tribe's men can't easily get and gives the goods to them as a gesture of friendship. The Tarahumaras, who don't believe any humiliating wealth, take the food and share among themselves.

For Copeland, the experience has not only been academically satisfying but also has enriched his life in several ways. "I see people rejecting technology and living a very hard, traditional life, which offers me another notion about the meaning of progress in the western tradition," he says, "I experienced the simplicity of living in nature that I would otherwise only be able to read about. (15) **I see a lot of beauty and their sense of sharing and concern for each other.**"

Q12: Why did James Copeland want to study the American Indian tribe -- Tarahumaras?

Q13: How did Gonzalez help James Copeland?

Q14: What does the speaker say about James Copeland's trip to the Tarahumaras village?

Q15: What impresses James Copeland about the Tarahumaras tribe?

四、听力锦囊四：四原则攻克讲座

（一）解题原则

1. 抓头原则

2. 关键词原则

① 极端词

first, firstly, at first, at least, only...

② 最高级

most, most important, best, worst

③ 逻辑关系词

因果关系：

because, because of, since, as, for, due to, owing to, main reason, result from, the reason why;
so, therefore, lead to, result in, contribute to..

转折关系：

however, but, unfortunately

递进关系：

besides; apart from; in addition; furthermore; what's more; moreover

举例关系:

for example/for instance/such as

数字:

decade=10 years

one fifth=20%

50%=half

3. 结论原则

① 人物观点 (人名+介绍+动词+that)

② experts/professors/scientists say

③ study/research/evidence shows

4. 重复原则 (某一选项中词汇被重复读到)

听到逻辑关系词, 快速匹配, 匹配不上就接着听, 不要回想。

(二) 做题应用

例 8: 【2021 年 6 月】

19. A) They have better dietary habits.
B) They bear fewer social responsibilities.
C) They are born with a stronger ability to socialize.
D) They are better able to survive or handle disease.
20. A) They have a limited reproductive ability.
B) They depend on adequate sleep to thrive.
C) They keep dividing throughout one's life.
D) They strengthen with regular exercise.
21. A) The process of aging can ultimately be brought under control.
B) Improved health care for the elderly will contribute to longevity.
C) Prevention of heart disease and stroke will increase life expectancy.
D) The resolution of age-related diseases will solve the mystery of aging.

例 9: 【2020 年 12 月】

22. A) Older people's aversion to new music.
B) Older people's changing musical tastes.
C) Insights into the features of good music.
D) Deterioration in the quality of new music.

23. A) They seldom listen to songs released in their teens.
B) They can make subtle distinctions about music.
C) They find all music sounds the same.
D) They no longer listen to new music.
24. A) The more you experience something, the better you'll appreciate it.
B) The more you experience something, the longer you'll remember it
C) The more you are exposed to something, the deeper you'll understand it
D) The more you are exposed to something, the more familiar it'll be to you.
25. A) Teenagers are much more sensitive.
C) Teenagers memories are more lasting.
B) Teenagers are much more sentimental.
D) Teenagers' emotions are more intense.

例 10: 【2020 年 9 月】

22. A) Few people can identify its texture.
B) Few people can describe it precisely.
C) Its real value is open to interpretation.
D) Its importance is often over-estimated.
23. A) It has never seen any change.
B) It has much to do with color.
C) It is a well-protected government secret.
D) It is a subject of study by many forgers.
24. A) People had little faith in paper money.
B) They could last longer in circulation.
C) It predicted their value would increase.
D) They were more difficult to counterfeit.
25. A) The stabilization of the dollar value.
B) The issuing of government securities.
C) A gold standard for American currency.
D) A steady appreciation of the U. S. dollar.

参考录音文本

例 8: 【transcript】

Aging is a curious thing, and people's desire to beat it and death has become an industry worth hundreds of billions of dollars. Despite the huge investment into research, aging remains somewhat obscure, although there are certain

things researchers do understand. They know that women tend to have longer life spans, living on average six years longer than men. (19) **No one is really certain of the reason for this, although the speculation centers around the idea that women are more capable of surviving or handling disease than men.** For virtually every disease, the effects are greater on men than they are on women. Some suggest that women's immune systems benefit from their tendency to prioritize and nurture social connections. But for me, this explanation is hardly convincing.

Researchers also know to an extent what causes aging. For 60 years, it was believed that cells would continue to divide forever. (20) **It was only uncovered in relatively recent times that older people's cells divide a smaller number of times than younger people's. Only cancer cells, in fact, are capable of dividing forever. Human cells have a limited reproductive ability.** To an extent, we can postpone the eventual stop of cells' dividing through nutrition, exercise, good sleep and even relaxation techniques, but we cannot stop the aging process. And researchers are yet to answer the ultimate question of aging: why does the body ultimately fall to pieces? In the opinion of some of the world's best scientific minds on the subject, part of the reason we don't yet have any answer is because many researchers are looking in the wrong direction. (21) **Many public health policymakers believe that the resolution of age-associated disease will tell us something fundamental about the aging process,** but, say some top scientists, that's completely erroneous. They point out, when the diseases of childhood were eliminated... this did not provide any insight into childhood development.

In the same way, the idea that the resolution of age-associated diseases like heart disease and stroke will inform us about aging is not based on sound science or logic. At best, if the major causes of death in developed countries were eliminated, this would only add a decade to average life expectancy. But while there is money available to be spent on it, the search to understand the secrets of aging will be ongoing.

Q19. What do we learn about the possible reason why women tend to live longer?

Q20. What is the recent discovery about human cells?

Q21. What do many public health policymakers believe?

例 9: 【transcript】

(22) **Why do old people dislike new music?** As I've grown older, I often hear people my age say things like they just don't make good music like they used to. Why does this happen? Luckily, psychology can give us some insights into this puzzle. Musical tastes begin to crystallize as early as age 13 or 14. By the time we're in our early 20s, these tastes get locked into place pretty firmly.

(23) **In fact, studies have found that by the time we turn 33, most of us have stopped listening to new music.** Meanwhile, popular songs released when you're in your early teens are likely to remain quite popular among your age group for the rest of your life.

There could be a biological explanation for this, as there's evidence that the brain's ability to make subtle distinctions between different chords, rhythms, and melodies deteriorates with age. So to older people, newer, less familiar songs might all "sound the same."

But there're maybe some simpler reasons for older people's aversion to newer music. (24) **One of the most researched laws of social psychology is something called the "mere exposure effect.", which in essence means that the more we're exposed to something, the more we tend to like it.**

This happens with people we know, the advertisements we see and, the songs we listen to.

When you're in your early teens, you probably spend a fair amount of time listening to music or watching music videos. Your favorite songs and artists become familiar, comforting parts of your routine.

For many people over 30, job and family obligations increase, so there's less time to spend discovering new music. Instead, many will simply listen to old, familiar favorites from that period of their lives when they had more free time.

Of course, those teen years weren't necessarily carefree. They're famously confusing, which is why so many TV shows and movies revolve around the high school turmoil.

(25) Psychology research has shown that the emotions that we experience as teens seem more intense than those that come later. And we also know that intense emotions are associated with stronger memories and preferences. Both of these might explain why the songs we listen to during this period become so memorable and beloved.

So there's nothing wrong with your parents because they don't like your music. Rather, it's all part of the natural order of things.

例 10: 【transcript】

Virtually every American can recognize a dollar bill at a mere glance. Many can identify it by its sound or texture. (22) **But few people indeed can accurately describe the world's most powerful, important currency.**

The American dollar bill is colored with black ink on one side and green on the other; (23) **the exact composition of the paper and ink is a closely guarded government secret.** Despite its weighty importance, the dollar bill actually weighs little. It requires nearly 500 bills to tip the scales at a pound. Not only is the dollar bill lightweight, but it also has a brief life span. Few dollar bills survive longer than 18 months.

The word "dollar" is taken from the German word "taler," the name for the world's most important currency in the 16th century. The taler was a silver coin first minted in 1518 under the reign of Charles V, Emperor of Germany.

The concept of paper money is a relatively recent innovation in the history of American currency. When the Constitution was signed, (24) **people had little regard for paper money because of its steadily decreasing value during the colonial era. Because of this lack of faith, the new American government minted only coins for common currency.** Interest-bearing bank notes were issued at the same time, but their purpose was limited to providing money for urgent government crises, such as American involvement in the War of 1812. The first non-interest bearing paper currency was authorized by Congress in 1862, at the height of the Civil War. At this point, citizens' old fears of devalued paper currency had calmed, and the dollar bill was born. The new green colored paper money quickly earned the nickname "greenback."

Today, the American dollar bill is a product of the Federal Reserve, and is issued from the twelve Federal Reserve banks around the United States. The government keeps a steady supply of approximately two billion bills in circulation at all times.

Controversy continues to surround the true value of the dollar bill. (25) **American history has seen generations of politicians argue in favor of a gold standard for American currency.** However, for the present, the American dollar bill holds the value that is printed on it, and little more. The only other guarantee on the bill is a Federal Reserve pledge of as a confirmation in the form of government securities.

Q22: What does the speaker say about the American dollar bill?

Q23: What does the speaker say about the exact composition of the American dollar bill?

Q24: Why did the new American government mint only coins for common currency?

Q25: What have generations of American politicians argued for?

五、听力锦囊五：睡不着起来猜

1. 猜有最高级、极端、数字或者否定的选项（概率大）

2. 含义相同的选项中选答案

【2019 年 6 月】

- A) Doing what they like best.
- B) Loving the work they do.
- C) Making no excuses for failures.
- D) Following their natural instinct.

【2021 年 6 月】

- A) When they are on good terms with their managers.
- B) When they find their job goals easily attainable.
- C) When they find their supervisors helpful.
- D) When they are financially motivated.

【2018 年 6 月】

- A) The return of a bottled message to its owner's daughter.
- B) A New Hampshire man's joke with friends on his wife.
- C) A father's message for his daughter.
- D) The history of a century-old motel.

六、听力锦囊六：涂卡

一定要注意涂卡很重要！

作文结束试音时间

长对话 Directions (38S) --- 看长对话 1 选项

长对话 1 问题 (60S) --- 看长对话 2 选项

长对话 2 问题 (60S) --- 看篇章 1 选项

篇章 Directions (30S) --- 涂完长对话答案，看篇章 1 选项

篇章 1 问题 (45S) --- 看篇章 2 选项

篇章 2 问题 (60S) --- 看讲座 1 选项

讲座 Directions (30S) --- 涂完篇章答案，看讲座 1 选项

讲座 1 问题 (50S) --- 看讲座 2 选项

讲座 2 问题 (50S) --- 看讲座 3 选项

讲座 3 问题 (70S) --- 涂完讲座答案，剩余其他选项

七、听力锦囊七：戒浮躁多练习

1. 上午模考练习，目前听到比听懂更重要！切勿纠结。
2. 复盘真题，进行跟读练习，熟悉发音。（坚持到考前）
 - ①拿出一个片段，先听做题；
 - ②看着原文听录音；
 - ③听一句跟读一句；
 - ④ 闭眼盲听，知道每一个单词都听到。
 - ⑤对自己要求高的同学，可以对原文进行翻译总结。（听懂需要大量时间）
3. 调试好耳机，如果怕出问题带两幅。