



请遵循下面四个步骤，完成今日的无忧听写练习。

044.mp3

步骤一 难词先睹为快

在听写之前，请浏览下列单词，并重点记忆。

unwinnable 不能取胜的

lonesome 寂寞的

spouse 配偶

survival 生存

effective 有效的

步骤二 无忧听写练习（参考答案见章末）

不看下文，听录音，按照录音中的要求，把你听到的内容写到空白练习纸上。

I think a lot about time and not just because it's the name of the news organization I work for. Like most working people, I find time, or the lack of it, a never-ending frustration and an **unwinnable** battle. My every day is a race against the clock that I never ever seem to win. This is hardly a **lonesome** complaint. According to the families and work institutes, national study of the changing workforce, 55 percent of employees say they don't have enough time for themselves, 63 percent don't have enough time for their **spouses** or partners, and 67 percent don't have enough time for their children. It's also not a new complaint. I bet our ancestors returned home from hunting wild animals and gathering nuts and complained about how little time they had to paint battle scenes on their cave walls. The difference is that the boss of animal hunting and the head of nut gathering probably told them to shut up or no **survival** for you. Today's workers are still demanding control over their time. The difference is today's bosses are listening. I've been reading a report issued today called "When Work Works" produced jointly by three organizations. They set up to find and award the employers who employ the most creative and most **effective** ways to give their workers flexibility. I found this report worth reading and suggest every boss should read it for ideas.

步骤三 听力理解测试

根据刚才听到的录音，为下列各题选择正确的答案。

- What is the speaker complaining about?
 - The lack of time.
 - The quality of life.
 - The frustrations at work.
 - The pressure on working families.
- What does the speaker say about our ancestors?
 - They were just as busy as people of today.
 - They saw the importance of connective efforts.
 - They didn't complain as much as modern men.

- D) They lived a hard life by hunting and gathering.
3. Why does the speaker suggest all bosses read the report by the three organizations?
- A) To look for creative ideas of awarding employees.
- B) To explore strategies for lowering production costs.
- C) To seek new approaches to dealing with complaints.
- D) To find effective ways to give employees flexibility.

步骤四 核对总结分析

核对听力原文，把听写中的各类错误总结规划到下表，日后重点复习。

序号	错误类型	实例汇总
1	连读、弱读	
2	美式发音	
3	纯生词	
4	拼写错误（单复数）	
5	单词发音不熟	
6	语法问题（时态等）	

MEMO

A bird in the hand is worth two in the bush.

两鸟在林，不如一鸟在手。

—Anonymous

句型拓展

That is gold that is worth gold.

实至名归。

What is worth doing is worth doing well.

只要你觉得某事值得去做，就一定要把它做好。

人生真谛

珍惜你现在所拥有的！尽管可能很少，可它是最实际的，是你真正所拥有的。不要总是眼高手低，好高骛远。只要你自己脚踏实地做好每一件事，面对现实，充实自己的生活，就能在自我完善过程中创造出自己的人生价值。