# 2023

# 我是瑞斯拜六级

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。

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。

### 题型 1: 长对话

Questions 1 to 4 are based on the conversation you have just	heard.
1.A) Prioritizing happiness over money.	C)Managing one's personal finances wisely.
B)Joining the club to get her new book.	D)Consuming more only when earning more
2.A) She was in debt.	C) She earned \$ 30,000 a month.
B)She was a financial adviser.	D) She enjoyed a happy life.
3.A) It reflects one's earning power.	C)It mirrors one's sense of well-being.
B)It varies with one's environment.	D)It changes with one's goals in life.
4.A) It would give him more time to be with his loved ones.	
B)It would be good for those who value relationships.	
C)It would mean major sacrifices for him.	
D)It would deprive him of his individuality.	
Questions 5 to 8 are based on the conversation you have	ave just heard.
5.A) It was the artist's first landscape.	C)It was donated by the artist herself.
B) It was a painting by Christopher.	D) It was displayed at a retirement party.
6.A) It was the painting that instantly made her rich.	C) It was recently purchased by the gallery.
B) It has cost him a lot of money to purchase it.	D) It is owned by an anonymous collector.
7.A) It reflects her emotions.	C) It appears perfectly symmetrical.
B) It contains ample details.	D) It depicts the beauty of desolation.
8.A) She is eccentric like any other artist.	C) She is as lucky as any acclaimed artist.
B) She is a very nice and intelligent artist.	D) She is one of the most productive artists.

#### Section B 题型 2: 篇章

#### Questions 9 to 11 are based on the passage you have just heard.

- 9.A) It is vital to one's mental health.
  - B)It leads to reconciliation and peace.
- 10.A) When the offender has power over the victim.
  - B) When the offender is not willing to apologize.
- 11.A) Talk with the offender calmly.
  - B) Accept the offender's apology.

- C) It promotes interpersonal relationship.
- D) It keeps one from traumatic experience.
- C) When the offender is not duly penalized
- D) When the offender adds insult to injury.
- C)Find out why he committed the offense.
- D) Determine how serious the offense was.

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

- 12.A) The number of passengers dropped sharply.
  - B) It served more and more commuters.
- 13.A) To increase capacity to meet growing needs.
  - B) To make way for other means of transport.
- 14.A) It is generally recognised as a world heritage site.
  - B) It is the fastest way to reach the city's south side.
  - C) It constitutes a source of revenue for the city.
  - D) It helps reduce traffic jams in the city centre.
- 15.A) They are usually crowded.
  - B) They use high-tech systems.

- C)The number of stations increased to 50.
- D) It became the longest in the United Kingdom.
- C)To have its systems modernized.
- D) To avoid further financial losses.

- C) They accept smart cards only.
- D) They are colorfully decorated.

#### Section C 题型 3: 演讲,讲座

### Questions16 to18 are based on the recording you have just heard.

16.	A) They are quite friendly to humans.
	They are shrinking in numbers

C)They are shrinking in numbers.

17. A) It is strictly forbidden.

C)It is an uncommon sight.

18. A) Share their food with the bear they see.

B)Be prepared to run into a hungry bear.

C)Try to be friendly with the bear they meet.

D)Refrain from teasing bears with cubs.

C)They are unafraid of humans.

D)They are especially fond of garbage.

C)It is a gesture of human generosity.

D)It is allowed only in certain areas.

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

- 19.A) It refers to opinions that are radical and widespread.
  - B)It means making judgments without adequate knowledge.
  - C)It refers to deep-rooted beliefs about someone or something.
  - D)It means sticking to one's judgments even when proved wrong.
- 20.A) They often lead to war between religious groups.
  - B)They keep certain occupations from thriving.
  - C)They allow myths and half-truths to persist.
  - D)They prevent us from getting to the truth.
- 21.A) When we start to feel superior.
  - B)When we mix with prejudiced people.
  - C)When we live in an isolated neighborhood.
  - D)When we try to keep up with those around us.

Questions 22 to 25 are based on the recording you have just heard.	
22.A) Motivated. B) Disappointed.	Perplexed. Shocked.
23.A) They would change with the passage of time. B) They would benefit young people's adult life.	They would help kids grow. They would last a lifetime.
24.A) He had become mature. B) He suffered poor health.	He had lots of stories to tell. He regretted leaving Vietnam.
25.A) Make friends with his students.	
B)Show his students how to do their best.	
C)Help his students get through the growing pains.	
D)Share his personal experience with his students.	

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Questions i to	4 are based (	on the conversati	ion voii nave	e ilist neard

- 1. A) In a restaurant.

  B) In a kitchen.

  C) In a food store.

  D) In a supermarket.
- 2. A) She eats meat occasionally.B) She enjoys cheeseburgers.C) She is allergic to seafood.D) She is a partial vegetarian.
- 3. A) Dealing with one's colleagues.B) Changing one's eating habit.C) Following the same diet for years.D) Keeping awake at morning meetings.
- 4. A) They enjoy perfect health.B) They are both animal lovers.C) They only eat organic food.D) They are cutting back on coffee.

#### Questions 5 to8 are based on the conversation you have just heard.

- 5. A) The man got a poor evaluation from his colleagues.
  - B) The man made little contribution to the company.
  - C) The man paid attention to trivial things.
  - D) The man had an attitude problem.
- 6. A) They make unhelpful decisions for solving problems.
  - B) They favor some employees' suggestions over others'.
  - C) They use manipulative language to mask their irrational choices.
  - D) They reject employees' reasonable arguments for work efficiency.
- 7. A) It is a must for rational judgment.B) It is more of a sin than a virtue.C) It is a good quality in the workplace.D) It is more important now than ever.
- 8. A) Smoothing relationships in the workplace.
  - B) Making rational and productive decisions.
  - C) Focusing on employees' career growth.
  - D) Preserving their power and prestige.

#### Section B

#### Questions9 to 11 are based on the passage you have just heard.

- 9. A) They show genius which defies description.
- C) They create very high commercial value.
- B) They accomplish feats many of us cannot.
- D) They bring great honor to their country.
- 10. A) They take part in kids' extra-curricular activities.
  - B) They work in spare time to teach children sports.
  - C) They try to be positive role models to children.
  - D) They serve as spokespersons for luxury goods.
- 11. A) Separating an athlete's professional life from their personal life.
  - B) Preventing certain athletes from getting in trouble with the law.
  - C) Keeping athletes away from drug or alcohol problems.
  - D) Being super sports stars without appearing arrogant.

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

- 12. A) They always cost more than expected.
- C) They should be paid up by the attendees.
- B) They are joyous and exciting occasions.
- D) They are dreams coming true to the brides.

13. A) It cost \$60,000.

C) It had eight guests only.

B) It was canceled.

D) It was held in Las Vegas.

14. A) Postpone her wedding.

C) Keep to her budget.

B) Ask her friends for help.

D) Invite more guests.

15. A) She called it romantic.

- C) She said she would think about it.
- B) She welcomed it with open arms.
- D) She rejected it flatly.

#### **Section C**

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

- 16. A) It determines people's moods. C) It is closely related to people's emotions.
  - B) It can impact people's well-being. D) It can influence people's personalities.
- 17. A) They make people more reproductive.C) They tend to produce positive feelings.
  - B) They increase people's life expectancy. D) They may alter people's genes gradually.
- 18. A) The link between temperature and personality is fairly weak.
  - B) People share many personality traits despite their nationalities.
  - C) People in the same geographical area may differ in personality.
  - D) The Americans are apparently more outgoing than the Chinese.

on the recording you have just heard.

Questions

19 to 21 are based

19. A) The number of older Americans living alone is on the rise.		
B) Chronic loneliness does harm to senior citizens in particular.		
C) Correlations have been found betwee	en loneliness and ill health.	
D) A growing number of US seniors fac	ce the risk of early mortality.	
20. A) Medication is available for treating	loneliness. C) Being busy helps fight loneliness.	
B) Loneliness rarely results from living	g alone.D) Loneliness is probably reversible.	
21. A) Living with one's children.	C) Meaningful social contact.	
B) Meeting social expectations.	D) Timely medical intervention.	

Questions 22 to 25 are based on the recording you have ju	st heard.
22. A) She had a successful career in finance.	C) She made regular trips to Asian countries.
B) She wrote stories about women travelers.	D) She invested in several private companies.
23. A) Buy a ranch.	C) Travel round the world.
B) Start a blog.	D) Set up a travel agency.
24. A) Work hard to attract attention from publish	, · · · · · · · · · · · · · · · · · · ·
B) Gain support from travel advertising compa	nnies. D) Create something unique to enter the industry.
25. A) Attracting sufficient investment.	C) Avoiding too much advertising early on.
B) Creating an exotic corporate culture.	D) Refraining from promoting similar products.

#### Section A

#### Questions 1 to 4 are based on the conversation you have just heard.

- 1.A) It has given rise to much controversy.
- C) It was primarily written for vegetarians.
- B)It has been very favorably received.
- D) It offends many environmentalists.
- 2.A) She neglects people's efforts in animal protection.
  - B)She tries to force people to accept her radical ideas.
  - C)She ignores the various benefits of public transport.
  - D)She insists vegetarians are harming the environment.
- 3.A) They are significant.

C) They are rational.

B)They are revolutionary.

- D) They are modest.
- 4.A) It would help to protect the environment.
  - B)It would generate money for public health.
  - C)It would need support from the general public.
  - D)It would force poor people to change their diet.

#### Questions 5 to 8 are based on the conversation you have just heard.

- 5.A) Where successful people's strengths come from.
  - B) Why many people fight so hard for success.
- 6.A) Having someone who has confidence in them.
  - B) Having someone who is ready to help them.
- 7.A) They adjust their goals accordingly.
  - B) They try hard to appear optimistic.
- 8.A) An understanding leadership.
  - B) A nurturing environment»

- C) How she achieved her life's goal.
- D) What makes people successful.
- C) Having a firm belief in their own ability.
- D) Having a realistic attitude towards life.
- C) They stay positive.
- D) They remain calm.
- C) Mutual respect among colleagues.
- D) Highly cooperative teammates.

#### Section B

#### Questions 9 to 11 are based on the passage you have just heard.

- 9. A) They use their sense of hearing to capture their prey.
  - B)Their food mainly consists of small animals and fish.
  - C)They have big eyes and distinctive visual centers.
  - D)Their ancestor is different from that of micro bats.
- 10.A) With the help of moonlight.

C) With the aid of daylight vision.

B) By means of echolocation.

- D) By means of vision and smell.
- 11.A) To make up for their natural absence of vision.
- C) To facilitate their travel over long distances.
- B) To adapt themselves to a particular lifestyle.
- D) To survive in the ever-changing weather.

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

- 12.A) They acquire knowledge not found in books.
  - B)They learn how to interact with their peers.
- 13. A) They are far from emotionally prepared.
  - B)They tend to be more attracted by images.
- 14. A) Choose appropriate programs for their children.
  - B) Help their children understand the program's plot.
  - C) Outline the program's plot for their children first.
  - D) Monitor their children's watching of TV programs.
- 15. A) Explain its message to their children.
  - B) Check if their children have enjoyed it.

- C) They become more emotionally aggressive.
- D) They get much better prepared for school.
- C) They can't follow the conflicts in the show.
- D) They lack the cognitive and memory skills.
  - C) Encourage their children to retell the story.
- D) Ask their children to describe its characters.

#### Section C

**Directions:** In this section, you will hear three recordings of lectures or talks followed by three or four questions. The recordings will be played 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 recording you have just heard.

- 16.A) They are afraid of injuring their feet. C) They believe a little dirt harms no one.
- B) They have never developed the habit. D) They find it rather troublesome to do so.
- 17.A) Different types of bacteria existed on public-toilet floors.
- B)There were more bacteria on sidewalks than in the home.
- C)Office carpets collected more bacteria than elsewhere.
- D)A large number of bacteria collected on a single shoe.
- 18.A) The chemicals on shoes can deteriorate air quality.
- B)Shoes can upset family members with their noise.
- C)The marks left by shoes are hard to erase.

Questions 19 to 21 are based on the recording you have just heard.	
19.A) It is sinful and immoral. C) It is an uncontrollable behavior,	
B) It is deemed uncivilized. D) It is a violation of faith and trust.	
20.A) Assess their consequences. C) Accept them as normal.	
B) Guard against their harm. D) Find out their causes.	
21.A) Try to understand what messages they convey. C) Consider them from different perspective	s.
B) Pay attention to their possible consequences. D) Make sure they are brought under control	1.

Questions 22 to 25 are based on the recording you	nave just neatu.
22.A) Cultivation of new varieties of crops.	C) Development of more effective pesticides.
B) Measures to cope with climate change.	D) Application of more nitrogen-rich fertilizers.
23.A) The expansion of farmland in developing count	
B)The research on crop rotation in developing countri	
C)The cooperation of the world's agricultural scientist	ts.
D)The improvement of agricultural infrastructure.	
24.A) For encouraging farmers to embrace new farming	ng techniques.
B)For aligning their research with advances in farmin	
C)For turning their focus to the needs of farmers in po	
D)For cooperating closely with policymakers in devel	
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25.A) Rapid transition to become a food exporter.	C) Quick rise to become a leading grain producer.
B) Substantial funding in agricultural research.	D) Assumption of humanitarian responsibilities.