

# **CET-4 保命班讲义**

**2021.12**

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## 四级时间分配

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	短篇新闻	选择题（单选）	7	7%	25 分钟
	长对话		8	8%	
	听力篇章		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%	125 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 万多所中小学收益。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 will 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 history of 1.5 thousand years 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 into 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（arouse）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】

#### 四级（2019 年 12 月）

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 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

#### 四级（2020 年 7 月）

Directions: For this part, you are allowed 30 minutes to write an essay on the use of translation apps.

You can start your essay with the sentence "The use of translation apps is becoming increasingly popular." You should write at least 120 words but no more than 180 words.

The use of translation apps is becoming increasingly popular, which has aroused a long-term discussion among the public. From my perspective, whether translation app is practical depends on the need of different individuals.

Quite a few elements can account for my perspective. On one hand, there is no doubt that the use of translation app could be convenient and efficient when you read certain foreign materials including some professional papers. Besides, it is when people go abroad where they cannot speak native

languages that using translation apps could make them communicate with natives more fluently. On the other hand, translation apps, after all, are operated by machines. thus, it is inevitable that some translation goes against original expression, and even worse, some grammar faults could be found in the translation.

As a result, Just as a coin has two sides, translation apps are no exception. That is to say, when we download a translation app, we should distinguish its good from bad and use it within reason. Only in this way can we make translation apps exert a positive effect on our study and career.

#### 四级（2020 年 9 月）

Directions: For this part, you are allowed 30 minutes to write an essay on online dictionaries. You can start your essay with the sentence "The use of online dictionaries is becoming increasingly popular." You should write at least 120 words but no more than 180 words.

In light of the rapid improvement of science and technology, the use of online dictionaries is becoming increasingly popular, which has been brought into the limelight under modern conditions. As far as I am concerned, we should attach importance to online dictionaries now and in the future.

The popularity of online dictionaries, which really brings much convenience to the everyday life and study of youngsters, may be explained by many reasons. The main reason is that using online dictionaries which keep strikingly popular with university students can save us plenty of time, which proves in accord with people's pursuit for higher efficiency. Then more importantly, it is so convenient for users to look up words on the web because we can effortlessly and rapidly find what we want by tapping words or phrases, So why bother to take a thick dictionary whenever or wherever?

In short, it is a sound conclusion that can be drawn that the use of online dictionaries, to some extent, is beneficial to English learners. So it might the right time to download one to serve us in our daily life.

#### 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 students should 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.

## 结尾句推荐

- 1) Only by taking certain steps can people make full use of \_\_\_\_
- 2) So shouldn't human beings pay much attention to the meaningful saying /problem?
- 3) So under no account could people divert attention from sth.
- 4) The more actively people face the problem, the more happily they will lead their life.
- 5) It is high time that the subject about \_\_\_\_ became a focus among youngsters.

## 2. 谚语警句型

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...

## 第二部分 翻译

### 翻译内容

中国历史 / 文化 / 经济 / 社会

### 文章长度

四级 140—160 words (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

#### 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.

## 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.

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.

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.

## 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 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 万多所中小学收益。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 年 6 月】

铁观音（Tieguanyin）是中国最受欢迎的茶之一，原产自福建省安溪县西坪镇，如今安溪全县普遍种植，但该县不同地区生产的铁观音又各具风味。铁观音一年四季均可采摘，尤以春秋两季采摘的茶叶品质最佳。铁观音加工非常复杂，需要专门的技术和丰富的经验。铁观音含有多种维生素，喝起来口感独特。常饮铁观音有助于预防心脏病、降低血压、增强记忆力。

Tieguanyin is one of the most popular teas in China, which was originally produced in Xiping Town, Anxi County, Fujian Province. Nowadays, it is widely grown in Anxi County, while Tieguanyin produced in different parts of the county has its own flavor. The tea can be picked all the year round, and especially the tea picked in spring and autumn has the best quality. Its processing is very complicated and requires special technology and rich experience. Tieguanyin contains a variety of vitamins and tastes unique. Drinking Tieguanyin regularly can help prevent heart disease, lower blood pressure and improve memory.

## 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) 先读第一段及第二段首句
  - 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) 方法  
定位
      - a. 关键词定位
      - b. 顺序定位
    - 2) 正确答案特征
      - a. 位置： 定位句+前后句
      - b. 细节题的正确答案一定来自于定位句加前后句的某句话

作者态度题不选词：

indifferent	biased	prejudiced
detached	neutral	pessimistic
subjective	puzzled	confused

#### 1. 例题

【2020 年卷一/第一篇】

Three children in every classroom have a diagnosable mental health condition. Half of these are behavioural disorders, while one third are emotional disorders such as stress, anxiety and depression, which often become outwardly apparent through self-harm. There was an astonishing 52 percent jump in hospital admissions for children and young people who had harmed themselves between 2009 and 2015.

Schools and teachers have consistently reported the scale of the problem since 2009. Last year, over half of teachers reported that more of their pupils experience mental health problems than in the

past. But teachers also consistently report how ill-equipped they feel to meet pupils' mental health needs, and often cite a lack of training, expertise and support from the National Health Service ( 英国国家医疗服务体系 ).

Part of the reason for the increased pressure on schools is that there are now fewer “early intervention(干预)” and low-level mental health services based in the community. Cuts to local authority budgets since 2010 have resulted in a significant decline of these services, despite strong evidence of their effectiveness in preventing crises further down the line.

The only way to break the pressures on both mental health services and schools is to reinvest in early intervention services inside schools.

There are strong arguments for why schools are best placed to provide mental health services. Schools see young people more than any other service, which gives them a unique ability to get to hard-to-reach children and young people and build meaningful relationships with them over time. Recent studies have shown that children and young people largely prefer to see a counsellor in school rather than in an outside environment. Young people have reported that for low-level conditions such as stress and anxiety, a clinical setting can sometimes be daunting (令人却步的).

There are already examples of innovative schools which combine mental health and well-being provision with a strong academic curriculum. This will, though, require a huge cultural shift. Politicians, policymakers, commissioners and school leaders must be brave enough to make the leap towards reimagining schools as providers of health as well as education services.

46. What are teachers complaining about ?

- A. There are too many students requiring special attention.
- B. They are under too much stress counselling needy students.
- C. Schools are inadequately equipped to implement any intervention.
- D. They lack the necessary resources to address pupils' mental problems.

47. What do we learn from the passage about community health services in Britain ?

- A. They have deteriorated due to budget cuts.
- B. They facilitate local residents' everyday lives.
- C. They prove ineffective in helping mental patients.
- D. They cover preventative care for the local residents.

48. Where does the author suggest mental health services be placed ?

- A. At home.
- B. At school.
- C. In hospitals.
- D. In communities.

49. What do we learn from the recent studies ?
- A. Students prefer to rely on peers to relieve stress and anxiety.
  - B. Young people are keen on building meaningful relationships.
  - C. Students are more comfortable seeking counselling in school.
  - D. Young people benefit from various kinds of outdoor activities.
50. What does the author mean by a cultural shift (Lines 2-3, Para. 6)?
- A. Simplification of schools' academic curriculums.
  - B. Parents' involvement in schools' policy-making.
  - C. A change in teachers' attitudes to mental health.
  - D. A change in the conception of what schools are.

Forests in countries like Brazil and the Congo get a lot of attention from environmentalists, and it is easy to see why. South America and sub-Saharan Africa are experiencing deforestation on an enormous scale: every year almost 5 million hectares are lost. But forests are also changing in rich Western countries. They are growing larger, both in the sense that they occupy more land and that the trees in them are bigger. What is going on?

Forests are spreading in almost all Western countries, with the fastest growth in places that historically had rather few trees. In 1990 28% of Spain was forested; now the proportion is 37%. In both Greece and Italy, the growth was from 26% to 32% over the same period. Forests are gradually taking more land in America and Australia. Perhaps most astonishing is the trend in Ireland. Roughly 1% of that country was forested when it became independent in 1922. Now forests cover 11% of the land, and the government wants to push the proportion to 18% by the 2040s.

Two things are fertilising this growth. The first is the abandonment of farmland, especially in high, dry places where nothing grows terribly well. When farmers give up trying to earn a living from farming or herding, trees simply move in. The second is government policy and subsidy. Throughout history, governments have protected and promoted forests for diverse reasons, ranging from the need for wooden warships to a desire to promote suburban house-building. Nowadays forests are increasingly welcome because they suck in carbon pollution from the air. The justifications change; the desire for more trees remains constant.

The greening of the West does not delight everyone. Farmers complain that land is being taken out of use by generously subsidised tree plantation. Parts of Spain and Portugal suffer from terrible forest fires. Others simply dislike the appearance of forests planted in neat rows. They will have to get used to

the trees, however. The growth of Western forests seems almost as unstoppable as deforestation elsewhere.

51. What is catching environmentalists' attention nowadays?

- A. Rich countries are stripping poor ones of their resources.
- B. Forests are fast shrinking in many developing countries.
- C. Forests are eating away the fertile farmland worldwide.
- D. Rich countries are doing little to address deforestation.

52. Which countries have the fastest forest growth?

- A. Those that have newly achieved independence.
- B. Those that have the greatest demand for timber.
- C. Those that used to have the lowest forest coverage.
- D. Those that provide enormous government subsidies.

53. What has encouraged forest growth historically?

- A. The government's advocacy.
- B. The use of wood for fuel.
- C. The favourable climate.
- D. The green movement.

54. What accounts for our increasing desire for forests?

- A. Their unique scenic beauty.
- B. Their use as fruit plantations.
- C. Their capability of improving air quality.
- D. Their stable supply of building materials.

55. What does the author conclude about the prospects of forestation?

- A. Deserts in sub-Saharan Africa will diminish gradually.
- B. It will play a more and more important role in people's lives.
- C. Forest destruction in the developing world will quickly slow down.
- D. Developed and developing countries are moving in opposite directions.

## 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

2. 找题干中的定位词 回头定位

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 月卷二】

36. One legislative staffer assumed that a woman of color who advocated affordable childcare must be a single mother.

E) That comment, says Mothering Justice director Danielle Atkinson, “was meant to shame” and relied on the familiar notion that a woman of color concerned about income inequality and programs that promote mobility must by definition be a single mom, probably with multiple kids.

37. People from different races, genders, and regions all suffer from a lack of financial security.

H) But the fact that 4 in 10 Americans can't come up with \$400 in an emergency is a commonly cited statistic for good reason: economic instability stretches across race, gender, and geography. It even

reaches into the middle classes, as real wages have stagnated (不增长) for all but the very wealthy and temporary spells of financial instability are not uncommon.

38. According to a survey, while the majority believe too little assistance is given to the poor, more than a third believe too much is spent on welfare.

M) According to the General Social Survey, 71 percent of respondents believe the country is spending too little on “assistance to the poor”. On the other hand, 22 percent think we are spending too little on “welfare”: 37 percent believe we are spending too much.

39) A research group has found that Americans who are struggling are thought to be lazy and to have made the wrong decisions.

J) ..... “When we see people who are struggling,” he says, those assumptions “lead us to the perception that people in poverty are lazy, they don’t care, and they haven’t made the right decisions.”

40. Under the old system in America, a mother was supposed to stay home and take care of her children.

D) ..... One of the Mothering Justice organizers went to the office of a state representative to talk about the lack of affordable childcare—the vestiges (痕迹) of a system that expected mothers to stay home with their children while their husbands worked. A legislative staffer dismissed the activist’s concerns, telling her “my husband took care of that— I stayed home.”

41. It was found that nearly 50% of Americans are poor or receive low pay.

F) How many of us are poor in the U. S.? It depends on who you ask. According to the Census Bureau, 38 million people in the U.S. are living below the official poverty thresholds. Taking into account economic need beyond that absolute measure, the Institute for Policy Studies found that 140 million people are poor or low-income. That’s almost half the U.S. population.

42. Americans usually overestimate the number of blacks receiving welfare benefits.

N) It’s true that black mothers are more affected by poverty than many other groups, yet they are disproportionately the face of poverty. For example, Americans routinely overestimate the share of black recipients of public assistance programs.

43. It is impossible for Americans to lift themselves out of poverty entirely on their own.

I) Negative images remain of who is living in poverty as well as what is needed to move out of it. The big American myth is that you can pull yourself up by your own efforts and change a bad situation into a good one. The reality is that finding opportunity without help from families, friends, schools, and community is virtually impossible. And the playing field is nothing close to level.

44. Nowadays, it seems none of us can get away from income inequality.

C) Today's faces of income inequality and lack of opportunity look like all of us.

45. Assumptions about poor people become even more negative when they live on welfare.

L) Those external factors include the difficulties accompanying low-wage work or structural discrimination based on race, gender, or ability. Assumptions get worse when people who are poor use government benefits to help them survive. There is a great tension between "the poor" and those who are receiving what has become a dirty word: "welfare".

### 三、选词填空

时间：7--8 分钟

步骤：

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 月第二套】**

- |               |             |              |
|---------------|-------------|--------------|
| A) constantly | B) credible | C) essential |
| D) exploring  | E) gather   | F) load      |
| G) miserable  | H) pressure | I) properly  |
| J) records    | K) removed  | L) stacks    |
| M) suspicion  | N) tracked  | O) watching  |

Trust is fundamental to life. If you can't trust anything, life becomes intolerable. You can't have



relationships without trust, let alone good ones. In the workplace, too, trust is 26.

26. adj.                      B) credible                      C) essential                      G) miserable

An organization without trust will be full of fear and 27. If you work for a boss who doesn't trust their employees to do things right, you'll have a 28 time.

27. n                      H) pressure                      J) records                      L) stacks                      M) suspicion

28. adj                      B) credible                      C) essential                      G) miserable

They'll be checking up on you all the time, correcting "mistakes" and 29 reminding you to do this or that. Colleagues who don't trust one another will need to spend more time 30 their backs than doing any useful work.

29. adv                      A) constantly                      I) properly

30. doing                      D) exploring                      O) watching

.....Organizations are always trying to cut costs. Think of all the additional tasks caused by lack of trust. Audit (审计) departments only exist because of it. Companies keep large volumes of 31 because they don't trust their suppliers, their contractors or their customers.

31. n                      H) pressure                      J) records                      L) stacks                      M) suspicion

Probably more than half of all administrative work is only there because of an ever-existing sense that "you can't trust anyone these days." If even a small part of such valueless work could be 32, the savings would run into millions of dollars.

32. done                      E) gather                      F) load                      K) removed                      N) tracked

All this is extra work we 33 onto ourselves because we don't trust people-the checking, following through, doing things ourselves because we don't believe others will do them 34 -or at all. If we took all that away, how much extra time would we suddenly find in our life? How much of our work 35 would disappear?

33. v.                      E) gather                      F) load                      K) removed                      N) tracked

34. adv.                      A) constantly                      I) properly

35. n.                      H) pressure                      J) records                      L) stacks                      M) suspicion

## 第四部分 听力

### 一、听力锦囊一：视听一致

#### (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：【2021 年 6 月】

1. A) Enrol him in a Newcastle football club.  
B) Send him to an after-school art class.  
C) Forbid him to draw in his workbook.  
D) Help him post his drawings online.
2. A) Contacted Joe to decorate its dining-room.  
B) Hired Joe to paint all the walls of its buildings.  
C) Renovated its kitchen and all the dining-rooms.  
D) Asked Joe for permission to use his online drawings.

##### 例 2：【2021 年 6 月】

5. A) It gives 5,000 yen to employees who keep pet cats.

- B) It permits employees to bring cats into their office.
  - C) It donates money to overpopulated animal shelters.
  - D) It allows workers to do whatever their hearts desire.
6. A) Contribute to a fund for cat protection.      C) Rescue homeless cats.  
 B) Volunteer to help in animal shelters.      D) Keep cats off the street.
7. A) It has led some other companies to follow suit.  
 B) It has resulted in damage to office equipment.  
 C) It has helped a lot to improve animals' well-being.  
 D) It has contributed tremendously to the firm's fame.

### 例 3: 【2021 年 6 月】

3. A) Scotland will reach the national target in carbon emissions reduction ahead of schedule.  
 B) Glasgow has pledged to take the lead in reducing carbon emissions in the UK.  
 C) First Minister Nicola Sturgeon urged ScottishPower to reduce carbon emissions.  
 D) Glasgow City Council has made a deal with ScottishPower on carbon emissions.
4. A) It's necessary to create more low-emission zones as soon as possible.  
 B) Stricter regulation is needed in transforming Glasgow's economy.  
 C) Glasgow is going to explore new sources of renewable energy.  
 D) Glasgow needs to invest in new technologies to reach its goal.

### 参考录音文本

#### 例 1: 【transcript】

And finally in tonight's news, a 9-year-old boy named Joe, told not to draw in class, lands a job decorating a restaurant with his drawings. Rather than shutting down the habit of drawing in his school's workbook, (1) **Joe's parents decided to encourage his creativity by sending their son to an after-school art class.** His teacher recognized Joe's talent and posted all his work online, which led to something pretty wonderful. (2) **A restaurant named "Number 4" in Newcastle contacted Joe's teacher to ask if the 9-year-old could come and decorate its dining-room with his drawings.**

Every day after school, Joe's dad drives him to the restaurant so he can put his ideas straight on the wall. Once he's all done, the work will remain there permanently. Joe's dad said, "Joe is a really talented little boy. He is excellent at school. He's great at football. But drawing is definitely what he is most passionate about."

Q1. What did Joe's parents decide to do?

Q2. What did the restaurant "Number 4" do?

**例 2: 【transcript】**

A Japanese IT firm has officially introduced an “office cat” policy to combat the stressful environment of the workplace. A total of nine furry friends freely wander around in the office and do whatever their little hearts desire.

(5) Hidenobu Fukuda, who heads the firm, introduced the pet policy, upon request from one of his employees, allowing staff to bring their own cats to work. Employee Eri Ito is grateful for their animals’ comforting ways. “Cats are sleeping just beside us. It’s healing.” she said. Not only does Fukuda encourage bringing cats to the job, (6) but he also encourages his employees to rescue cats from overpopulated shelters or streets. He gives 5,000 yen, about 45 US dollars a month to those who rescue a cat. While the positives are many, there are still some obstacles. “Sometimes a cat will walk on a phone and cut off the call, or they shut down the computers by walking onto the off switch.” Ito says. (7) Still, cats in the workplace have been a tremendous success for the company. The policy has led to various other companies doing the same.

Q5. What do we learn from the news report about the Japanese IT firm?

Q6. What does Fukuda encourage his employees to do?

Q7. What does the news report say about the firm’s policy?

**例 3: 【transcript】**

(3) Glasgow has pledged to become the first carbon neutral city in the UK. The city’s council and ScottishPower have announced a range of strategies in an attempt to reduce carbon emissions ahead of the new national target of 2045. First Minister Nicola Sturgeon welcomed the pledge and said, “Today’s announcement between ScottishPower and Glasgow City Council—to make Glasgow the UK’s first net-zero city—is a very welcome step. Reaching our goals will need exactly this kind of partnership approach—with government, business, local authorities and citizens, all playing their part.” (4) Speaking ahead of the All Energy Conference being held in Glasgow, ScottishPower chief executive Keith Anderson said, “We have a large supply of renewable energy on our doorstep and one of the only two low emission zones in action across the UK. Now, we need to invest in the technologies and programs that transform the rest of Glasgow’s economy and make us net zero before anyone else.”

Q3. What do we learn from the news report?

Q4. What did ScottishPower’s chief executive say ahead of the All Energy Conference?

**二、听力锦囊二：俩原则巧解新闻题****(一) 解题原则**

1. 抓头原则
2. 关键词原则

## （二）做题应用

### 1. 抓头原则

#### 例 4：【2020 年 12 月】

1. A) A deadly fish has been spotted in the Mediterranean waters.  
B) Invasive species are driving away certain native species.  
C) The Mediterranean is a natural habitat of Devil Firefish.  
D) Many people have been attacked by Devil Firefish.

#### 例 5：【2020 年 12 月】

3. A) Cars will not be allowed to enter the city.  
B) About half of its city center will be closed to cars.  
C) Buses will be the only vehicles allowed on its streets.  
D) Pedestrians will have free access to the city.

#### 例 6：【2020 年 9 月】

1. A) Ship traffic in the Atlantic. C) Exhaust from cars in Europe.  
B) Warm currents in the ocean. D) Particles emitted by power plants.

### 2. 关键词原则

- ① 极端词 (first, only)
- ② 最高级 (most, 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：

but, however, unfortunately

- ④ 结论观点

experts/scientists say

Study/research shows

#### 例 7：【2020 年 9 月】

3. A) To appeal for higher wages. C) To call for a permanent security guard.  
B) To demand better health care. D) To dismiss the bad-tempered supervisor.

4. A) It had already taken strong action. C) It would take their appeal seriously.  
B) It would put customers' needs first. D) It was seeking help from the police.

**例 8: 【2020 年 9 月】**

5. A) The road was flooded. C) The road was frozen with snow.  
B) The road was blocked. D) The road was covered with spilled gas.
6. A) A truck plunged into a pool of liquid chocolate.  
B) The heavy snow made driving very difficult.  
C) The truck driver dozed off while driving.  
D) A truck hit a barrier and overturned.
7. A) It was a long time before the cleanup was finished.  
B) It was a hard task to remove the spilled substance.  
C) It was fortunate that no passenger got injured.  
D) It was difficult to contact the manufacturer.

**参考录音文本**

**例 4: 【transcript】**

A poisonous fish which has a sting strong enough to kill a human is invading the Mediterranean, warned scientists. The International Union for the Conservation of Nature (UICN) has raised concerns after the poisonous fish was spotted in the waters around Turkey, Cyprus and the eastern Mediterranean.

Q1. What is reported in the news?

**例 5: 【transcript】**

Almost half the centre of Paris will be accessible only by foot or bicycle this Sunday to mark World Car-Free Day. This is in response to rising air pollution that made Paris the most polluted city in the world for a brief time.

Q3. What will happen on World Car Free Day in Paris?

**例 6: 【transcript】**

A NASA satellite orbiting over Portugal took photographs that reveal the effects of pollution from ships. One of the photos shows a thin film of clouds above the brilliant blue of the north Atlantic, cut by white lines of thicker clouds that look like scars. NASA officials explained those thicker clouds are signs of ship traffic below.

Q1. What has caused the thick clouds in the photos taken by a NASA satellite?

**例 7: 【transcript】**

Staff at a suburban supermarket in Melbourne say they feel unsafe at work after security guards were removed.

This came after a series of physical attacks and verbal abuse by customers. (3) **More than 50 workers at the store have signed a letter calling for a permanent security guard following a series of incidents, including a customer threatening to attack a supervisor with a knife.** A security worker had guard at the store each night from seven pm until 12 am.

But that had stopped suddenly on Monday, employees said. One worker said an angry customer had thrown a chicken at his head after complaining about how long she had waited to be served. Another worker said the lack of protection at the store made her feel uncomfortable at work. (4) **However, the spokesman of the supermarket said the store had taken strong action in response to incidents.** We have found very few instances of bad customer behavior at our store in the past year. In the rare cases, we have seen bad behavior. We have taken strong action in response, including banning a customer from the store.

Q3. For what purpose did this staff at a supermarket in Melbourne sign a letter?

Q4. What did the spokesman of the supermarkets say regarding the employees demand?

### 例 8: 【transcript】

(5) **Drivers on their way to the polish capital of Warsaw on Wednesday morning found the road blocked by an unusual obstacle.** Tons of liquid chocolate that spilled onto the motorway. (6) **A truck carrying the sweet load hit a road barrier and overturned, blocking two lanes.** The cracked tank spilled a pool of a rapidly hardening chocolate, which quickly covered the width of the road, while the driver was taken to hospital with a broken arm, firefighters struggled to remove a reported 12 tons of solid chocolate from the road. (7) **A representative for the firefighters told the local TV that removing the chocolate was worse than dealing with snow.** After contacting the chocolate manufacturer, the firefighters resorted to spraying hot, pressurized water to get rid of the sticky substance. The local TV also noted that the cleanup spanned more than a Mile because drivers simply drove through the chocolate after the crash, leaving a long chocolate trail. But despite the sticky situation, firefighters and police attending to the cleanup were reportedly cheerful about the long task ahead. After all, who could be mad about 12 tons of chocolate?

Q5. What does drivers on the motorway to Warsaw find?

Q6. What does the report say about the accident?

Q7. What are the firefighters representative tell the local TV?

## 三、听力锦囊三：四原则解锁长对话

### (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

4. 重复原则（某一选项中词汇被重复读到）

（二）做题应用

例 8：【2021 年 6 月】

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| 12. A) Shopping online.             | C) Where he goes shopping.           |
| B) Shopping delivery.               | D) How often he does shopping.       |
| 13. A) Searching in the aisles.     | B) Dealing with the traffic.         |
| C) Getting one's car parked.        | D) Driving too long a distance.      |
| 14. A) The damage to the packaging. | C) The replacement policy.           |
| B) The quality of food products.    | D) The after-sales service.          |
| 15. A) It saves money.              | C) It is less time-consuming.        |
| B) It offers more choice.           | D) It increases the joy of shopping. |

例 9：【2021 年 6 月】

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 12. A) For commuting to work. | C) For getting around in Miami.   |
| B) For long-distance travel.  | D) For convenience at weekends.   |
| 13. A) They are reliable.     | C) They are spacious.             |
| B) They are compact.          | D) They are easy to drive.        |
| 14. A) Buy a second-hand car. | C) Seek advice from his friend.   |
| B) Trust her own judgment.    | D) Look around before deciding.   |
| 15. A) He sells new cars.     | C) He is starting a business.     |
| B) He can be trusted.         | D) He is a successful car dealer. |



## 参考录音文本

### 例 8: 【transcript】

W: Hi, Max. How are you? Listen, (12) I wanted to ask you about ordering shopping online. I've never done it before and I know that you've been doing it for ages.

M: Sure. I love getting my shopping delivered. It makes life so much simpler— (13) no carrying heavy shopping bags in the rain, or trying to park the car on those huge supermarket car parks then not being able to find it again after you come out of the shops.

W: But there must be some problems. I mean, (14) how do you know that you won't get bad fruit, or that the eggs won't be broken?

M: Oh, come on. The food is exactly the same as the stuff you buy in a conventional shop. They aren't going to deliver you food that is out of date. And if you get a broken egg, well, that could happen in a conventional shop, too. If anything is really wrong, you can just take photographs of the damage, and they will give you the money back or replace the item.

W: How about delivery fees? Is it not more expensive to get everything delivered?

M: (15) I actually found that it was cheaper for me, as I live quite far away from my local supermarket. So with the deliveries, I'm actually saving on petrol.

W: I've never thought of that. If you aren't driving your own car, then you are saving on fuel. Right, you've convinced me. I'm going to go on the computer now and give it a try. So, which supermarket do you think is the best to order from?

M: Oh, no. That's definitely up to you. Otherwise, we'll be here all day.

### 例 9: 【transcript】

W: I'm thinking of buying a car. (12) I wouldn't need to use it every day, but I think it would be very convenient to have one for the weekends.

M: That's exciting. Would this be your first car?

W: No, I actually owned a car for a little while when I lived in Miami. You see, in America, many cities don't have good public transport. So, most people need their own car to get around.

M: I see. So have you got your mind set on a specific model?

W: No, not really. (13) I've heard that German cars are very reliable, but I haven't decided on a specific model yet. I'd also like it to be small, so that it's easy to drive in the city.

M: (14) I have a friend who sells second-hand cars. In fact, I think his family owns the business. He's a really nice guy, and he knows a lot about cars. I could give you his phone number if you want, and you could call him and ask him questions.

W: Hmm, that's nice of you, but I don't want to feel obliged to buy one of his cars.

M: Oh no, he's not like that. (15-1) **He's a good friend of mine, and he would never try to pressure you or cheat you.**

W: (15-2) **Well, if you trust him, then, I guess it should be OK.** To be honest, I could use some help in deciding what type of vehicle would best suit my needs. Speaking to an expert would be a good idea.

M: Exactly. You have nothing to worry about. He's a lovely guy, and he'll be happy to help.

Q12. Why does the woman want to have a car?

Q13. What does the woman say about German cars?

Q14. What does the man recommend the woman do?

Q15. What do we learn about the man's friend from the conversation?

#### 四、听力锦囊四：四原则攻克篇章

##### （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 10：【2020 年 9 月】

16. A) Reading books of wisdom. C) Sharing with others.  
 B) Tidying up one's home. D) Donating to charity.
17. A) Things that make one happy. C) Things that occupy little space.  
 B) Things that are becoming rare. D) Things that cost a lot of money.
18. A) It joined the city's clean-up campaign.  
 B) It sold as many as fifty boxes of books.  
 C) It received an incredibly large number of donated books.  
 D) It did little business because of the unusual cold weather.

## 例 11：【2020 年 9 月】

19. A) Give free meals to the homeless. C) Help the vulnerable to cook lunches.  
 B) Provide shelter for the homeless. D) Call for change in the local government.
20. A) Strengthen co-operation. C) Win national support.  
 B) Promote understanding. D) Follow his example.
21. A) Spreading news of his deeds. C) Following the example he sets.  
 B) Writing him thank-you notes. D) Sending him hand-made bags.

## 例 12：【2020 年 9 月】

22. A) To solve word search puzzles. C) To test their eyesight using a phone app.  
 B) To send smartphone messages. D) To install some audio equipment in a lab.
23. A) They could not go on until the ringing stopped.  
 B) They could no longer concentrate on their task.  
 C) They grabbed the phone and called back right away.  
 D) They asked their experimenter to hang up the phone.
24. A) A rise in emotional problems. C) A reduction in the amount of sleep.  
 B) A decline in sports activities. D) A decline in academic performance.

25. A) Protect the eyesight of the younger generation.  
 B) Take effective measures to raise productivity.  
 C) Realize the disruptive effects of technology.  
 D) Ensure they have sufficient sleep every day

### 参考录音文本

#### 例 10: 【transcript】

Do you have too much stuff? Are you daring saying untidy? (16) Say hello to a TV show called “tidying up with Mary Kondo”, a home improvement show based on a widely popular book, the life changing magic of tidying up. In the show, Marie Kondo acts as a tiny garbage fairy for messy people, visiting their houses to share the wisdom of the con Marie method. This method is simple in theory, but can be endlessly complex and practice. (17) You divide all the stuff in your house, all of it into several categories, and then examine each item, all of them to see if it sparks joy. If it does, you keep it. If it doesn't, you thank it and neatly discard it. So is the TV show inspiring people to tidy up? First hand accounts seem to indicate a small wave of people bringing piles of donation bags to used good stores. One store received thousands of bags of used possessions in one day. January is usually the stores slow season for donations because it's cold. And people don't want to bother. But not this January, people seem determined to clean up their homes. (18) One used bookstore received a month's worth of books and donations in a week, when a man gave over 50 boxes of books from his home. It seems Mary's TV show is having a big impact after all.

Q16: What is Marie Kondos' TV show about?

Q17: What things can be kept in one's home according to Marie Kondo?

Q18: What do we learn about one used book store this January?

#### 例 11: 【transcript】

At just 12 years old, Mike Hannon is making a difference in his community. (19) One lunch at a time, Mike's lunches of love has fed more than 2000 of the town's most vulnerable residents. Mike delivers meals to the homeless. “It's like a way to give people joy, maybe spark something in them that can change them,” Mike told WBCTV. The mayor of Mike's town feels that Mike is a great community leader, especially in such times of so much negative news, while his father commented on how proud he was of his son. Yet, Mike isn't looking for praise but kindness in return. (20) He hopes his acts of charity will influence others to spread positive actions in their own towns. Mike includes a handwritten message of joy on each bag. His message and star power has spread all over the country. To date, his online page to raise funds has brought in more than 44,000 dollars in a county, raising more than 17,000 dollars in just one day with the help of many famous actors and others. (21) People from all over the country are sending special handcrafted bags to help the young man with his mission to help those in need. Many are hoping the simple act of kindness spreads, like is seen as hope for the

future of the town, the country, and the world.

Q19: What does Mike Hannon do to help people in his town?

Q20: What does Mike hope others will do?

Q21: How are people all over country responding to what Mike is doing?

### 例 12: 【transcript】

In a recent study carried out by psychologists on the disruptive effects of smartphones, (22) **two groups of college students were given word search puzzles.** First group was told to Complete the puzzles with its participants, smartphones, in their line of sight. The second group, however, was told that the phones would interfere with equipment in the experiment and would need to be moved away from the testing area.

Midway through the second groups solving of the puzzles, the experiment called one of the phones “let it ring for a while before hanging up”. (23) **Many of the students in that group were unable to focus from then on, becoming anxious and performing more poorly than the first group.**

Use of electronics has also been known to lead to a decline in human interactions rather than having real life conversations, many express emotions and engage in deep conversations through social media sites. Many students use their phones and computers during pass for non-academic activities, which leads to poor grades. (24) **Perhaps the most dramatic impact is the reduction on the amount of sleep, which leads to poor health and weight gain.**

Technology is a great tool. However, it’s important to recognize its down sides. Lack of sleep, reduction of productivity and weight gain are only a few. (25) **If we are not careful about all these minor problems right now, effect on the future generation is going to be much bigger.**

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

Q22: What were the college students in both groups required to do in the study?

Q23: What do we learn about many of the students in the second test group after the phone rang?

Q24: According to the passage, what is the most dramatic impact of smartphone use?

Q25: What does the speaker suggest people do?

## 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.

C) Making no excuses for failures.

B) Loving the work they do.

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：如何涂卡**

一定要注意涂卡很重要！

作文结束试音时间

短篇新闻 Directions (38S)---看第一篇选项

短篇新闻 1 问题 (30S) --- 看第二篇选项

短篇新闻 2 问题 (30S) --- 看第三篇选项

短篇新闻 3 问题 (50S) --- 看长对话-1 选项

长对话 Directions (30S) --- 涂新闻题答案，复习长对话-1

长对话 1 问题 (70S) --- 看长对话-2 选项

长对话 2 问题 (70S) --- 看篇章-1 选项

篇章 Directions (30S) --- 涂长对话答案，复习篇章-1

篇章 1 问题 (50S) --- 看篇章-2 选项

篇章 2 问题 (60S) --- 看篇章-3 选项

篇章 3 问题 (75S) --- 涂篇章答案，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。