

四级听力急救技巧

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课程内容：

1. 四级听力做题步骤
2. 四级听力答案四大原则及真题带练
3. 四级听力做题思路与方法技巧总结

具体听力知识讲解：

1. 四级听力做题步骤

1.1 看选项，猜题干

所有题干分为六大类：what, why, how, where, when, who

例：

(2024 年 12 月四级第一套)

1. What do we learn about Sherry Christian?

- A) She is making a special effort to be recognized.
- B) She has been living in Fayetteville for 25 years.
- C) She has been driving a school bus ever since 2009.
- D) She is the longest-serving bus driver in Fayetteville.

(2024 年 12 月四级第一套)

3. What does the news report say the Wilton Board has done?

- A) Budgeted \$ 56.7 million for the coming school year.
- B) Requested to raise teachers' salaries by 3 percent.
- C) Proposed a spending increase by 5.99 percent.
- D) Kept raising funds for at least 8 budget cycles.

(2024 年 12 月四级第一套)

4. What will a decline in the total enrollment lead to?

- A) Decrease in salaries for school administrators.
- B) Reduction in federal and state funding.
- C) Firing of less qualified faculty members.
- D) Closing down of some less competitive schools.

小试牛刀,猜题干

(2024 年 12 月四级第一套)

7. What-Where-When-Why-Who-How _____?

- A) Keep warm.
- B) Take caution.
- C) Avoid driving.
- D) Use rail service.

1.2 比选项,划异同

纵比相同,横比异

例:

(2022 年 12 月四级第一套)

16. A) Whether a country's educational level is linked to women's rights.
B) Whether women's rights are making good progress around the world.
C) Whether a country's protection of women's rights is related to its public health.
D) Whether women's rights are more often overlooked in less-developed countries.

(2024 年 12 月四级第二套)

3. A) They care less about their diet now than before.
B) They may lack adequate knowledge of healthy food.
C) They may hold too optimistic a view about their diet.
D) They pay insufficient attention to their choice of food.

小试牛刀,猜答案

(2025 年 6 月四级第一套)

- 5. A) It escapes regulation and misleads consumers.
- B) It ignores economically feasible recycling options.
- C) It creates waste and severely impacts the environment.
- D) It produces clothes affordable only to a tiny minority.

(2024 年 12 月四级第二套)

- 7. A) The elephant was able to return to the jungle.
- B) The army officers were examined for injuries.
- C) The army officers were rewarded for their rescue efforts.
- D) The elephant was given medical treatment for many days.

纵比意思,找相反

例:

(2022 年 9 月四级第一套)

- 2. A) They do not know all the effects of eating meat.
- B) Red meat itself does not cause heart diseases.
- C) White meat may be healthier than red meat.
- D) Vegetarian protein may be easier to absorb.

(2024 年 12 月四级第一套)

- 14. A) It should be changed.
- B) It isn't easy to realize.
- C) It will come true sooner or later.
- D) It doesn't appeal to average families.

完全不同,划主干

例:

(2025 年 6 月四级第一套)

- 1. A) By slapping some butter on it.
- B) By enhancing its nourishment.
- C) By growing it in South Dakota.
- D) By cooking it in vegetable oil.

(2025 年 6 月四级第一套)

- 2. A) To introduce their corn to tourists.
- B) To attend an honorary ceremony.
- C) To share experience with other corn growers.
- D) To exhibit their corn at the state's Corn Palace.

1.3 听原文,勾答案

注意 1:

注意 2:

1.4 题干勾画练习

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

- 22. A) Positive. B) Original. C) Important. D) Surprising.
- 23. A) Dogs match their behavior with kids as much as with adults.
- B) Kids and adults alike find in dogs a source of attachment.
- C) Kids' attitude to dogs is influenced by adults.
- D) Dogs can help kids in many ways.
- 24. A) Dogs pay much attention to the kids they live with.
- B) Dogs view both adults and kids as social companions.
- C) Kids differ from adults in their behavior towards dogs.
- D) Kids need to be aware of the risks in playing with dogs.
- 25. A) Understanding dogs. C) Taking care of dogs.
- B) Training dogs. D) Associating with dogs.

2. 四级听力答案四大原则及真题带练

2.1 选项特殊,常出答案

例:

(2024 年 12 月四级第二套)

- 3. A) They care less about their diet now than before.
- B) They may lack adequate knowledge of healthy food.
- C) They may hold too optimistic a view about their diet.
- D) They pay insufficient attention to their choice of food.

(2024 年 12 月四级第二套)

7. A) The elephant was able to return to the jungle.
B) The army officers were examined for injuries.
C) The army officers were rewarded for their rescue efforts.
D) The elephant was given medical treatment for many days.

(2025 年 6 月四级第一套)

5. A) It escapes regulation and misleads consumers.
B) It ignores economically feasible recycling options.
C) It creates waste and severely impacts the environment.
D) It produces clothes affordable only to a tiny minority.

(2025 年 6 月四级第一套)

6. A) To cut consumers' expenses in buying quality clothes.
B) To enable the whole fast-fashion industry to be sustainable.
C) To incentivize manufacturers to be more consumer-friendly.
D) To urge manufacturers and consumers to reduce waste.

(2025 年 6 月四级第一套)

14. A) It gave him a noticeable smartness.
B) It made him appear even more manly.
C) It seemed to give him a certain uniqueness.
D) It seemed to make up for his physical defects.

2.2 视听一致,常出答案

听到什么选什么

数量:同义改写>原词>概括

难度:概括>同义改写>原词

例：

(2024 年 12 月四级第一套)

5. A) They often take place in the Scottish highlands.
B) They usually happen in the middle of the night.
C) Their damage can be as serious as that of bombs.
D) Their loud claps can be confused with explosions.

(2024 年 12 月四级第二套)

2. A) Provided additional funding to Low Income Home Energy Assistance Program.
B) Assured U.S. citizens of an increase in energy supplies by the end of this year.
C) Predicted a 10% jump in heating bills for most U.S. households this winter.
D) Decided on this year's energy assistance package of \$ 8 billion in total.

(2025 年 6 月四级第一套)

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

1. A) By slapping some butter on it. C) By growing it in South Dakota.
B) By enhancing its nourishment. D) By cooking it in vegetable oil.
2. A) To introduce their corn to tourists.
B) To attend an honorary ceremony.
C) To share experience with other corn growers.
D) To exhibit their corn at the state's Corn Palace.

(2025 年 6 月四级第一套)

7. A) Recognizing the impact on consumers.
B) Identifying the source of the problem.
C) Abandoning the current business model.
D) Establishing powerful regulatory bodies.

(2025 年 6 月四级第一套)

25. A) It was part of the royal estate.
B) It was a shelter for wild animals.
C) It was the kingdom's best-equipped zoo.
D) It was the first public exhibit of animals.

(2025 年 6 月四级第一套)

24. 同义改写

- A) To enable the public to watch animals close by.
B) To introduce to Egyptians animals from Punt.
C) To protect the endangered animals.
D) To show off her riches and power.

错误选项的特点:

特点 1:

特点 2:

2.3 主旨一致,常出答案

答案要与上下文意思一致,符合文章主旨——即视听一致中的概括

例:

主旨概括

(2024 年 12 月四级第二套)

1. A) They will see a 27% higher price to buy natural gas.
B) They will have insufficient heating oil to keep warm.
C) They will have a costly bill to pay to heat their homes.
D) They will experience the coldest winter in four decades.
16. A) It usually requires years of preparations.
B) It does a lot of harm to the environment.
C) It often burns over three hundred tonnes of refined fuel.
D) It proves to be the most complicated stage of space missions.

18. A) New technologies for bringing back space vehicles for recycling.
 B) The technology for meeting the needs of commercial space travel.
 C) Many of the technologies to limit the impact of space travel on Earth.
 D) The technology for effectively protecting ozone from being destroyed.

(2025 年 6 月四级第一套)

3. A) Stole mail several times.
 B) Forged postal keys illegally.
 C) Attacked postmen on multiple occasions.
 D) Broke a number of postal collection boxes.

2.4 特殊词前后,常出答案

出处分类	标志词
问句	?
数字	年代/比例/大小
观点	find/show/suggest/conclude...
因果	因: because(of)/果: so
重点语气词	honestly, particularly, also, now, well, in fact/actually...
例子	for example, such as...
转折	but, however, nevertheless
首句	
尾句	

真题带练：

例：

(2024 年 12 月四级第一套)

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

3. 首句出答案

- A) Budgeted \$ 56.7 million for the coming school year.
- B) Requested to raise teachers' salaries by 3 percent.
- C) Proposed a spending increase by 5.99 percent.
- D) Kept raising funds for at least 8 budget cycles.

4. 尾句出答案

- A) Decrease in salaries for school administrators.
- B) Reduction in federal and state funding.
- C) Firing of less qualified faculty members.
- D) Closing down of some less competitive schools.

8. 语气词 actually

- A) Why the man is so anxious to buy a new phone.
- B) How the man could possibly afford a new phone.
- C) How the man got into the habit of being wasteful.
- D) Why the man is so fond of using his credit card.

15. 结果 so 后出答案 + 同义改写

- A) They help to lower housing prices.
- B) They help to save up for larger houses.
- C) They are a good choice for many people.
- D) They are vital to reducing waste worldwide.

25. 结尾 + but 出答案

- A) Understanding dogs.
- B) Training dogs.
- C) Taking care of dogs.
- D) Associating with dogs.

(2025 年 6 月四级第一套)

12. 问句 + 开头 + 视听一致

- A) He was remembered for the scar on his cheek.
- B) He received a heart operation a few days ago.
- C) He used to wear a sad face in school.
- D) He had some plastic surgery done.

14. in fact + 同结构 + 视听一致

- A) It gave him a noticeable smartness.
- B) It made him appear even more manly.
- C) It seemed to give him a certain uniqueness.
- D) It seemed to make up for his physical defects.

3. 四级听力做题思路与方法技巧总结

3.1 短篇新闻

共 7 小题,每题 7.1 分,这部分占总分的 7%,每篇长度约为 120~200 词,每套四级听力试卷中会有三篇这样的短篇新闻,每篇设置 2~3 道小题。

3.2 长对话

有 8 小题,每题同样是 7.1 分,占总分的 8%。长对话有 2 篇,每篇 240~280 词。

3.3 听力篇章

共 10 小题,每题 14.2 分,占总分的 20%。听力篇章有 3 篇,每篇 220~240 词,每篇 3~4 题。

3.1 Section A

(2025 年 6 月四级第一套)

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

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

1. A) By slapping some butter on it.
B) By enhancing its nourishment.
C) By growing it in South Dakota.
D) By cooking it in vegetable oil.
2. A) To introduce their corn to tourists.
B) To attend an honorary ceremony.
C) To share experience with other corn growers.
D) To exhibit their corn at the state's Corn Palace.

3.2 Section B

(2025 年 6 月四级第一套)

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

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

8. A) The city's rush-hour traffic is intolerable.
B) She cannot avoid rush-hour traffic.
C) The local government is inefficient.
D) The city is too big to move around easily.
9. A) Upgrading subway carriages.
B) Increasing the number of bus routes.
C) Air conditioning the city's subway.
D) Learning from other big cities.
10. A) He suffers from rush-hour crowding too.
B) He is fortunate to live very near to work.
C) He takes a half-hour bus ride to work.
D) He is going to move closer to his office.

11. A) Recommend to her a good house near his office.
B) Send her his housing agent's telephone number.
C) Tell her exactly what kind of property to look for.
D) Make sure the agent finds something good for her.

3.3 Section C

(2024 年 12 月四级第一套)

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

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

22. A) Positive. C) Important.
B) Original. D) Surprising.
23. A) Dogs match their behavior with kids as much as with adults.
B) Kids and adults alike find in dogs a source of attachment.
C) Kids' attitude to dogs is influenced by adults.
D) Dogs can help kids in many ways.
24. A) Dogs pay much attention to the kids they live with.
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25. A) Understanding dogs. C) Taking care of dogs.
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