

UNIT One

Section A

Conversation One

W : Charles, as a singer, do you ever make yourself cry when you sing?

M: No, not at this age. I'm an old man. (1) But the songs can still get through to me.

W : What song writers are currently exciting you?

M : I don't know much about song writers. Once in a while, I'll listen to the radio to see what they are putting out, but if's not till I hear something I like. Somebody like Art Tatum can make me sit up and take notice, (2) but some music, like rap, isn't very musical and I can't learn anything from it. You've got to do something more than talk to me.

W : Whafs the most difficult kind of music to sing?

M: It depends. (3-1) If I like something, I can sing it. I did the opera *Porgiam* best and thafs said to be a complicated piece of music. And I can do country music, blues and love songs. (3-2) On the other hand, I can't sing something I don't like and that's one of my defects.

W : Can you perform music thafs out of tune with the mood you might be in on a given night?

M: Yes, because when you sing, you are like an actor performing a part. Once you get out there, you become that part, only you're using music instead of dialogue.

(4) I am the kind of person that if my personal life is hurting, I can go to work and the music will take over. It's like a guy who goes to a bar and drinks. For those few hours, I can wrap myself up in my music.

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

1. What does Charles say songs can do when he sings them?
2. What does Charles say about rap?
3. What does Charles say about himself as a singer?
4. What would Charles do when his personal life is hurting?

Conversation Two

W : I wonder if you could tell me a little bit about your job as a radio announcer.

(5) What do you actually do and how do you prepare for your job?

M : Well, in the news room I am sitting with reporters and news-subs, as though I am sitting in a newspaper news room.

W : Sorry, what do you mean by news-subs?

M: (6) They are sub-editors. They are the people who write the news stories as they

come in. The stories are then passed to the senior duty editor and the assistant editor. As stories go through the chain of people, they are refined, corrected and sorted out until they come finally to me and (7-1) I have a chance to read through most stories before I go on the air. Of course sometimes things happen at the last moment and I don't have a chance. So I've just got to do my best, and take a couple of seconds to look through the first few lines before I launch into something. Because it's such a pity if you start off on a bright tone on a story and suddenly realize you are talking about some people having been killed in a road crash. (7-2) It is very important to just have a quick flip through.

W : There is nothing to mark what sort of event it is on your piece of paper?

M: (8) No, I have my own little mark. If it's something sad, I'll put a small cross at the top. That's my little clue. So while I am working on the news, I'm just absorbing the news and checking pronunciations.

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

5. What does the woman want to know about the man?
6. What does the man say news subs do?
7. What does the man say is a big challenge for him?
8. What role does the man say his small cross plays?

Section B

Passage One

You probably know what a mobile is, but the mobile I'm talking about is a delicate object of decoration hanging from the ceiling and moving gently with every breath. (9) It delights both children and adults. Now, do you know who invented the mobile? This lovely creation was the work of an American artist named Alexander Calder. Calder became interested in making things when he was a child. And even then he often used wire in his constructions. When he went to college, he studied engineering rather than art. (11) But he quickly realized that art was his real passion. (10) He also loved the circus, and many of his early artworks were small circus figures made with wire. In about 1930, Calder turned from realistic wire figures to abstract ones. He began constructing objects that have circles, squares and other geometric shapes. To get the shapes to move, he used small motors. Then he went one step beyond these early mobiles. He got the shapes in his constructions to move by themselves. A mobile may look simple as it shifts in the wind, but it requires careful construction to work properly. Calder used his engineering knowledge to create his first mobiles. Often these consisted of small pieces of brightly printed metal strung by wire to a thicker base wire. Calder learnt how to find the precise point to connect each wire so that all the pieces would sway in harmony. In doing so, he created an art form for people all over the world to copy and enjoy.

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

9. What does the speaker say about a mobile?
10. What do we learn about many of Alexander Calder's early artworks?

11 • Where does Alexander Calder's real passion lie?

Passage Two

(12) Every year, people in America use energy equal to over 30 million barrels of oil each day. That's energy in all forms—oil, gas, coal, nuclear, solar and even wind power. (13) Viewed from scientists' standpoint, all the energy contained in fuel either now or in the future becomes heat. Some of the heat is used directly or produces useful work ; the rest is lost or rejected, radiated into the atmosphere from the engines, motors, boilers and all the other energy-consuming machinery that makes Americans , wheels go around. (15-1) If we could figure out how to improve the efficiency with which we use energy, we can do a lot more work with the energy that is available. With money and careful planning , we can boost efficiency up to a point. Yet improvement won't come easily, it won't come overnight and there are limits beyond which not even science can take us. According to the Centre for Strategic and International Studies, about three quarters of the energy we use to move things, including ourselves, accomplishes no useful work. (15-2) In terms of efficiency and cleanliness, buses, trains and other forms of public or mass transportation are superior to the private automobile. (14) But only if they operate at near capacity ; otherwise, their overall efficiency is poor. For some people, mass transit may answer all transportation needs. For others, a combination of mass transit and private transportation may be desirable. Better design and wiser use of both mass transit systems and private vehicles will play an important part in helping America get more out of energy used for transportation.

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

- 12. What does the speaker say about energy used in the United States?**
- 13. What do scientists say about energy contained in fuel?**
- 14. When does mass transit prove superior to private vehicles?**
- 15. What seems to be the speaker's biggest concern?**

Section C

Recording One

Moderator ••

Hello, ladies and gentlemen, I feel honored to introduce our speaker for today's lecture, Dr. Franklin Smith. Dr. Smith, professor of psychology at Princeton University, has written numerous articles and books on the issue of (16) mental health, as we all know, a kind of modern health problem, caused by great pressure or stress from work or study. Welcome, Dr. Smith.

Dr. Smith :

Think about the last time you felt a negative emotion—like stress, anger, or frustration. What was going through your mind as you were going through that negativity? Was your mind cluttered with thoughts? Or was it paralyzed, unable to think?

The next time you find yourself in the middle of a very stressful time, or you feel

angry or frustrated, stop. Yes, that's right, stop. Whatever you're doing, stop and sit for one minute. (17) While you're sitting there, completely immerse yourself in the negative emotion. Allow that emotion to consume you. Allow yourself one minute to truly feel that emotion. When the minute is over, ask yourself, "Am I willing to keep holding on to this negative emotion as I go through the rest of the day?"

If you feel you need to hold on to the emotion for a little longer, that is OK. Allow yourself another minute to feel the emotion. When you feel you've had enough of the emotion, ask yourself if you're willing to carry that negativity with you for the rest of the day. If not, take a deep breath. (18) As you exhale, release all that negativity with your breath.

This exercise seems simple—almost too simple. But, it is very effective. By allowing that negative emotion the space to be truly felt, you are dealing with the emotion rather than stuffing it down and trying not to feel it. (19) You are actually taking away the power of the emotion by giving it the space and attention it needs. When you immerse yourself in the emotion, and realize that it is only emotion, it loses its control. You can clear your head and proceed with your task.

Try it. Next time you're in the middle of a negative emotion, give yourself the space to feel the emotion and see what happens. Keep a piece of paper with you that says the following :

Stop. Immerse for one minute. Do I want to keep this negativity? Breathe deep, exhale, release. Move on!

This will remind you of the steps to the process. Remember: take the time you need to really immerse yourself in the emotion. Then, when you feel you've felt it enough, release it—really let go of it. You will be surprised at how quickly you can move on from a negative situation and get to what you really want to do!

Thank you very much!

Questions 16 to 19 are based on the recording you have just heard.

- 12. What does the introduction say about mental health?**
- 13. What does Dr. Smith suggest we do when we feel a negative emotion?**
- 14. Why should we take a deep breath?**
- 15. What is the key to taking away the emotion?**

Recording Two

Some people find it very easy to show off their accomplishments and get rewarded for them, whereas others are wallflowers, who sit quietly at their desk and expect recognition for their job. (20) You need to learn that being a wallflower won't help you in your career, and you need to stand up for yourself.

First of all, you should let your boss know your success. You aren't the only employee in your company, and your boss cannot check on each of you to see who's achieving what. Moreover, they have a lot of things to take care of and you are the last thing on their mind. (21) Sometimes, bosses don't know exactly who is doing what project and in what way. Usually, they just check the finished projects and

that's it.

Why not remind your boss what you are doing and what results you are getting? Tell them openly all the things you've done, and they will certainly appreciate that. They hired you, and they expect their employees to improve and develop as professionals, so don't think it will be awkward or look like you are boasting excessively.

Actually, they will be happy to know that you are bringing money to company and you are willing to contribute to the company's growth.

Also, you should know when you start boasting annoyingly. Many people will tell you that talking about your accomplishments quickly becomes boasting, and that can only have a negative effect. However, people will always see you as boastful if you attain a certain level of success, no matter what you do.

Don't be afraid to speak about all the things you've done for the company, because those who need to know won't think that you are arrogant because of it.

(22) The problem occurs when you start talking about it excessively, which slowly becomes really annoying. This happens when people start repeating over and over again what they have achieved.

So, be sure that when you said it the first time everybody heard you loud and clear, there is no need to repeat it. Point out your successes, because no one will do it for you, and if your co-workers think of it as boasting, know that anything that took a lot of effort and knowledge to achieve is worth boasting about.

Questions 20 to 22 are based on the recording you have just heard.

16. What does the speaker suggest wallflowers do?

17. What does the speaker say about bosses?

18. What makes boasting become annoying?

Recording Three

A new United Nations report says over two hundred million young people in developing countries have not completed primary school. The UN says almost one hundred and thirty million are in school, but they cannot read or write—skills they need to escape from poverty. The report urges donors and governments to support ways for young people to get the skills they need for success.

The findings are from the Education for All Global Monitoring Report by UNESCO, the UN Educational, Scientific and Cultural Organization.

(23) Educators say young people need at least a primary school education and some secondary school to get secure, good-paying jobs. But the report says that is not happening in most developing countries, including the ones south of the Sahara Desert. It says about thirty three percent of young people in sub-Saharan Africa fail to complete the first few years of schooling. Millions more do not even go to secondary school.

Pauline Rose is the director of the Education for All Global Monitoring Report.

(24) She says some schools are failing to provide a bridge between school and work.

She says this means that one in eight young people are unemployed, and one in four

people earn very low wages.

Ms. Rose says young people need strong skills in numeracy and the ability to read and write, and knowing how to solve problems is more important than learning by rote, a process of establishing something in memory by repeating it. She says some groups are successful in teaching the skills necessary to operate a business, and people who leave school need a second chance to get an education. In some areas, distance education—by television, computer or other methods—is helpful. There are also opportunities to learn through distance education, and we find in countries like Mexico and Namibia that large numbers of young people are reached through distance education systems. (25) She says another popular method is the traditional apprenticeship. Young people serve as apprentices, receiving training from skilled workers. Pauline Rose says apprenticeships mainly help people who have had some primary schooling, but who lack job skills. She says the system can be organized so women are included, and that students are recognized for their work.

Questions 23 to 25 are based on the recording you have just heard.

19. What do young people need to get secure, well-paying jobs?

20. What do some schools fail to provide according to Pauline Rose?

21. What is another popular method to get skills for young people?

UNIT Two

Section A

Conversation One

W: Oh, hello, John. Are you using your dictating machine this morning? I've got a long report I must dictate. Can I borrow your machine?

M: Of course. But can you spare me a second? (1-1) It's the message you sent to me about the delivery delay on the control desks. What's gone wrong?

W: Everything, John. (1-2) We have to get the steel sheets we need for these desks from new suppliers. Well, the suppliers have got some trouble or other. (2) They say they will be a bit late for the delivery.

M: But they can't be! Those control desks are a special order. They are wanted for one of the big computer companies. It's a very important contract.

W: When did we promise delivery?

M: On Thursday next week. And there's a penalty clause. We stand to lose 10 percent of our price for each week of overdue delivery.

W: (3-1) Oh, these penalty clauses! Why did you salespeople accept them?

M: (3-2) We have to accept them, otherwise we don't get the contracts.

W: Well, let's get on to the Buying Department. I only heard about the delay yesterday because we kept the production line clear to handle these special sheets. It's a dreadful nuisance.

M: It will be more than a nuisance. If we don't meet on the delivery date, it will cost

us a lot of money.

W: Keep calm, John. (4) We can perhaps claim compensation from the steel suppliers for failure to deliver on time. Then we will offset the penalty clause.

M: Well, if we can.

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

1. Why did the woman send the message to the man?
2. What does the woman say about the new suppliers?
3. How did the man get the contracts?
4. What does the woman suggest they do?

Conversation Two

M: Cathy, chaos theory seems to be a branch of physics or mathematics. (5) You are an economist, so how does it influence your work?

W: Well, in several ways. *I'm* responsible for financial development programmes in many parts of the world, so forecasting long range trends and making predictions on the basis of present evidence are what I do. (6) Chaos theory was developed by scientists trying to explain the movement of the planets and changes in environmental conditions. Both of these things are also about making long-term predictions on the basis of present evidence.

M: Are many economists involved in this field?

W: An increasing number. In the 1990s, many economists began to look at chaos theory as a way of providing models for forecasting.

M: What kind of "models" are we talking about here?

W: Well, that's a good question. (7) Because the basic idea of chaos theory is that there aren't any "models" as such—there aren't guaranteed forms, but rather patterns of change in development.

M: Doesn't that mean that forecasting is impossible?

W: No, but it certainly makes it more of a challenge. Mandelbrot, who did the experiment with stock exchange prices, for example, noted that although the outcomes were variable, there were in fact certain constants. What we have to do is make sure we know what these are and take into account all the possible variables.

M: But do economics and finance work in the same way as weather conditions or the movement of planets?

W: Well, no, of course not. There are certain underlying similarities. But we have to leave them for another time.

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

5. What is the woman's profession?
6. What was chaos theory supposed to do when it was first formulated?
7. What is the basic idea of chaos theory according to the woman?
8. What are the speakers mainly talking about?

Section B

Passage One

People write to ask me if there's correlation between academic intelligence and emotional intelligence. My answer is no. You can have a high IQ and a high EQ, which, of course, is a winning combination, or be high in one and low in the other. (9) The best study was done at Bell Labs in New Jersey, a very high IQ place. They do research in development for the communications industry. In the division of electronics engineers, who were designing equipment so advanced that they work in teams of up to 150, co-workers and managers were asked to nominate the standouts—the stars in productivity and effectiveness. They came up with 10 or 15 names, and that group of stars was compared with everyone else. It turned out there was no difference in IQ, no difference in academic qualifications, no difference in years on the job. (10) The only difference was emotional intelligence. The stars were people who knew how to get along, who knew how to motivate themselves, usually the kind of people you like to hang out with. When these people run up against a technical problem, to which they'd have to turn to someone else for an answer, they'd email and get the answer right away, because they built up networks of people before they needed them. The other people would email and wait up to two weeks for an answer. (11) So you can see how being good in the interpersonal realm actually was a direct benefit, even for effectively pursuing a technical task.

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

9. What does the speaker say about Bell Labs?

10. What characterizes the stars nominated at Bell Labs?

11. What does the speaker say contributes to effectively pursuing a technical task?

Passage Two

Disaster movies often portray catastrophes that destroy, or at least threaten to destroy the entire population. In fact, a virus emerged in the 1970s that could have been just that fatal. (12) Named after a river that passes through the Congo, the Ebola virus originally manifested itself in the interior of Africa in 1976. (13) Two strains of the disease, with almost identical symptoms, affected humans: Ebola Zaire and Ebola Sudan. The Sudan version was deadly enough, killing 50% of those infected. However, Zaire with its 90% mortality rate was even worse. The origins, though not the cause of Ebola Sudan, can be traced back to a single individual in a Sudanese town. Ebola Zaire seemed to erupt in over 50 villages simultaneously. (14) Both strains quickly invaded local hospitals when needles sharing and other unhealthy practices ensured the rapid spreading of the infection by bringing people into contact with contaminated body fluids. If the virus had been capable of spreading through the air, or if one infected person had unknowingly entered a large population center, Ebola might have become a worldwide epidemic. However, soon after these fierce outbreaks, the virus died out, at least temporarily. Ebola was so deadly and killed so quickly that within a short period of time, there was no one

around to infect. Hospital workers in at least one case deserted their workplace in panic, thus halting the administering of potentially unclean disease-spreading injections, but Ebola has not disappeared. (15) With no known vaccination or cure available, it seems only a matter of time until another epidemic erupts.

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

12. What is Ebola virus named after?

13. What do we learn about Ebola Zaire and Ebola Sudan?

14. How did people get infected with the disease according to the speaker?

15. What does the speaker believe?

Section C

Recording One

Moderator :

Hello everybody, I am happy to introduce our admirable speaker for today's lecture, Dr. Brick Blue. Dr. Blue, professor of management at Columbia University, (16) has written numerous of articles and books on the topic of making holidays more meaningful in recent years, which is helpful especially to those who are too busy to make perfect private plans. Welcome, Dr. Blue.

Dr. Blue :

Hello, everyone. Have you ever thought of making your holidays more meaningful? Well, here is some advice for you.

It's hard to focus on the true meaning of the holidays when you're rushing from one shopping mall to the next. Try this : Six to ten weeks before the holiday season, sketch out a weekly calendar with all your holiday obligations, then start eliminating. Weed out and delete as much as you can; you'll free up more time for real connecting.

It's better to give than to receive—and that applies to more than material goods. Some ways to spread cheer to those in need : Help your kids deliver homemade holiday cookies to a retirement home ; schedule a visit to the children's cancer ward at a local hospital to deliver baskets of toys ; help serve a holiday meal at a homeless shelter.

Rituals anchor holidays, and give kids a sense of continuity and a tradition they can pass on for years to come. (17) It can be as simple as lighting candles, singing songs, or saying a special prayer. Other ideas : Take a holiday hike in the woods; throw a lake party; host an annual holiday dessert potluck.

It's never too early to teach kids to share. Explain to your children that not all boys and girls have gifts to open on the holidays, and ask if they'd like to share some of theirs. Most kids are eager to pick out and wrap old favorites, (18) especially if they're involved in delivering them to the recipients. Sharing toys goes for grown-ups as well. Old computers, golf clubs, CD players or cell phones are meaningful holiday donations.

(19) As much as you want to connect with your family and friends, it's essential

to carve out time for yourself—even if it's just 10 minutes a day. Take time for meditation, introspection, yoga, a solitary hike, gazing at the evening stars. When days get busy and stressful, schedule an afternoon siesta during which everyone goes to his or her room for 45 minutes to read, nap and play quietly. Lock yourself in the bathroom with a hot bath, and don't wait until New Year's Day to rethink your personal priorities—list them now and let the magic of the holidays inspire you.

I hope you will enjoy your holidays better after today's talk. Thank you very much!

Questions 16 to 19 are based on the recording you have just heard.

16. Who will benefit particularly from Dr. Blue's books?

17 • Which is NOT mentioned as a way to give kids a sense of continuity and a tradition?

18. How could we make kids more enthusiastic to share with others?

19. What does Dr. Blue say is essential for holidays?

Recording Two

If going to work is starting to feel like a depressing chore rather than something enjoyable and challenging, you're not alone —(20) almost 3/4 of employees are reportedly unhappy with their jobs. Maybe it's time for you to rethink where you're at in terms of your career and your chosen job—and fortunately, there are more opportunities than ever for a job that's unique and customized to you. Many companies are beginning to realize that the current workforce isn't a one-size-fits-all situation ; many valuable employees are eschewing the traditional 9-to-5 office cubicle and searching for a way to create their best work on their own terms.

As a sea change occurs within traditional office roles, many industries may be left playing catch-up when it comes to attracting top talent. With freelancing and small business becoming lucrative options, and more workplace environments becoming receptive to innovative alternatives, there's never been a better time to figure out just how you can make your job work for you. There's something to be said for the status quo—it keeps things in line ; it offers stability ; people know that it works. And in the case of the workplace, it can be hard to let go of the status quo— that is , the methods and processes that have got a company this far. However, many employees are beginning to want something more.

As seen in *The New Face of the American Workforce*, with the rise of the Internet, (21) companies have begun to realize that they can attain solid work from outside parties, which saves them the costs that would normally go towards full-time employees. These outside parties have also benefited from this arrangement, because it offers them more freedom and creativity than being constrained by the traditional employment situation.

Simply put, if you're a business owner and you want your company to thrive, it's a good idea to start adapting creative solutions to ensure that your staff is happy to come to work. (22) And if you're currently an employee stuck in a job that isn't

moving the way you want it to ? then it's time to take action and figure out what you can do to keep yourself motivated. After all, you spend much of your life at your job—you want it to be something you enjoy doing.

Questions 20 to 22 are based on the recording you have just heard.

20. What do we learn about the employees nowadays?

21. What is the benefit companies can get from outside parties?

22. What does the speaker suggest employees do if they are stuck in their jobs?

Recording Three

(23) The spread of Western eating habits around the world is bad for human health and for the environment. Those findings come from a new report in the journal *Nature*. There are ways to solve this diet-health-environment problem. But they will require a change in eating habits. And what we eat can be a product of culture, personal taste, price and ease. David Tilman is a professor of ecology at the University of Minnesota. In the study, he examined information from 100 countries to identify what people ate and how diet affected health. Mr. Tilman noted a movement beginning in the 1960s. He found that as nations industrialized, population increased and earnings rose, more people began to adopt what had been called the Western diet. (24) The Western diet is high in refined or processed sugar, fat, oil and meat. By eating these foods, people began to get fatter and sicker. Overweight people are at greater risk for non-infectious diseases like diabetes, heart disease and some cancers. Diabetes is soaring to very high rates in the United States and across Europe. Heart disease is a major cause of mortality in the Western countries. Unfortunately when people become industrialized, if they adopt this Western diet, they are going to have these same health impacts, and in some cases if you are Asian, you may have them more severely than what happens in the West. And, a diet bad for human beings, it seems, is also bad for the environment. As the world's population grows, experts say more forests and tropical areas will become farmland for crops or grasslands for grazing cattle. These areas will be needed to meet the increasing demand for food. (25) We are likely to have more greenhouse gas released in the future from agriculture because of this dietary shift than all the

greenhouse gas that right now comes out of all the cars, and all of the airplanes, boats and ships, all forms of transportation. So our change in diet is likely to be worse for the world and for climate warming than all the transportation sources we use right now. Mr. Tilman calls the link between diet, the environment and human health, a trilemma. This is a play on the word “dilemma”—a problem offering a difficult choice. He says one possible solution is leaving the Western diet behind.

Questions 23 to 25 are based on the recording you have just heard.

23. What does the new report in the journal *Nature* find about the spread of Western eating habits?

24. How does the Western diet affect people's health?

25. What negative impact is the dietary shift likely to bring to the environment?

UNIT Three

Section A

Conversation One

W: Jack, sit down and listen. This is important. (1-1) We'll have to tackle the problems of exporting step by step. And the first move is to get an up-to-date picture of where we stand now.

M: Why don't we just concentrate on expanding here at home?

W: Of course, we should hold on to our position here. But you must admit the market here is limited.

M: Yes, but it's safe. (2) The government keeps out foreigners with import controls. So I must admit I feel sure (1-2) we could hold our own against foreign bikes.

W: I agree. (1-3) That's why I am suggesting exporting. Because I feel we can compete with the best of them.

M: What you are really saying is that we can make more profit by selling bikes abroad, where we have a cost advantage and can charge higher prices.

W: Exactly.

M: But, wait a minute. (3) Packaging, shipping, financing, etc, will push up our costs and we could end up no better off, maybe worse off.

W: OK. Now there are extra costs involved. But if we do it right, they can be built into the price of the bike and we can still be competitive.

M: How sure are you about our chances of success in the foreign market?

W: Well, that's the sticky one. (4-1) It's going to need a lot of research. I'm hoping to get your help. Well, come on, Jack. Is it worth it, or not?

M: There will be a lot of problems.

W: Nothing we can't handle.

M: Um...I'm not that hopeful. But, yes, (4-2) I think we should go ahead with a feasibility study.

W: Marvelous, Jack. I was hoping you'd be on my side.

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

1. What does the woman intend to do?
2. Why does the man think it's safe to focus on the home market?
3. What is the man's concern about selling bikes abroad?
4. What do the speakers agree to do?

Conversation Two

W: What does the term "alternative energy source" mean?

M: (5) When we think of energy or fuel for our homes and cars, we think of petroleum, a fossil fuel processed from oil removed from the ground, of which there is a limited supply. But alternative fuels can be many things. Wind, sun and water can all be used to create fuel.

W : Is the threat of running out of petroleum real?

M: It has taken thousands of years to create the natural stores of petroleum we have now. We are using what is available at a much faster rate than it is being produced over time. (6) The real controversy surrounding the amounts of petroleum we have is how much we need to keep in reserve for future use. (7) Most experts agree that by around 2025, the amount of petroleum we use will reach a peak. Then production and availability will begin to seriously decline. This is not to say there will be no petroleum at this point. But it'll become very difficult and therefore expensive to extract.

W: Is that the most important reason to develop alternative fuel and energy sources? M: There are two very clear reasons to do so. (8) One is that whether we have 60 or 600 years of fossil fuels left, we have to find other fuel sources eventually. So the sooner we start, the better off we will be. The other big argument is that when you burn fossil fuels, you release substances trapped in the ground for a long time, which leads to some long-term negative effects, like global warming and the greenhouse effect.

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

- 5 • What do we usually refer to when we talk about energy according to the man?**
- 6. What is the real controversy about petroleum according to the man?**
- 7. What do most experts agree on according to the man?**
- 8. What does the man think we should do now?**

Section B

Passage One

Karen Smith is a buyer for a department store in New York. Department store buyers purchase the goods that their stores sell. (9) They not only have to know what is fashionable at the moment, but also have to guess what will become fashionable next season or next year. Most buyers work for just one department in a store. But the goods that Karen finds may be displayed and sold in several different sections of the store. (10) Her job involves buying handicrafts from all over the world. Last year, she made a trip to Morocco and returned with rugs, pots, dishes and pans. The year before, she visited Mexico and bought back hand-made table cloths, mirrors with frames of tin and paper flowers. The paper flowers were bright and colorful, so they were used to decorate the whole store. This year Karen is travelling in Malaysia, Thailand and Indonesia. Many of the countries that Karen visits have government offices that promote handicrafts. The officials are glad to cooperate with her by showing her the products that are available. Karen especially likes to visit markets in small towns and villages whenever she can arrange for it. She is always looking for interesting and unusual items. (11) Karen thinks she has the best job she could have found. She loves all the travelling that she has to do because she often visits markets and small out-of-the-way places. She sees much more of the country she visits than an ordinary tourist would. As soon as she gets back to New

York from one trip, Karen begins to plan another.

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

9. What is said to make a good department store buyer?

10. What does Karen's job involve?

11. Why does Karen think she has got the best job?

Passage Two

(12) Mark felt that it was time for him to take part in his community, so he went to the neighborhood meeting after work. (13) The area's city councilwoman was leading a discussion about how the quality of life was on the decline. The neighborhood faced many problems. Mark looked at the charts taped to the walls. There were charts for parking problems, crime, and for problems in vacant buildings. Mark read from the charts: police patrols cut back, illegal parking up 20% . People were supposed to suggest solutions to the councilwoman. It was too much for Mark. (14) "The problems are too big," he thought. He turned to the man next to him and said, "I think this is a waste of my time. Nothing I could do would make a difference here." As he neared the bus stop on his way home, Mark saw a woman carrying a grocery bag and a baby. As Mark got closer, her other child, a little boy, suddenly darted into the street. The woman tried to reach for him, but as she moved, her bag shifted and the groceries started to fall out. Mark ran to take the boy's arm and led him back to his mother. "You gotta stay with mom," he said. Then he picked up the stray groceries while the woman smiled in relief. "Thanks!", she said. "You've got great timing!", "Just being neighborly," Mark said. As he rode home, he glanced at the poster near his seat in the bus. (15) "Small acts of kindness add up." Mark smiled and thought, "Maybe that's a good place to start."

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

12. What did Mark think he should start doing?

13. What was being discussed when Mark arrived at the neighborhood meeting?

14. What did Mark think of the community's problems?

15. Why did Mark smile on his ride home?

Section C

Recording One

Moderator:

Hello, ladies and gentlemen. It gives me a great honor to introduce our speaker for today's lecture, Dr. David Robinson. Dr. Robinson, professor of human resource at Northwestern University, (16) has written numerous articles and books on the issues about how to give a good presentation in front of many people; it is not enough to just express your own opinions, you should also make your audience absorbed and involved.

Dr. Robinson:

Thank you for that introduction. I feel honored to give a speech here. It's

common: You are in the middle of your presentation when you realize that your audience is not listening to you. You can't hold their attention. Someone is not listening ; someone else is talking with his friend, and there are even few people who are sleeping. At the end of your presentation, you feel pretty bad about your performance. You can't understand. You offered many interesting ideas, but they were bored. You trained for that presentation every day in the past few weeks. You are pretty sure that your speech was great. How is it possible that people weren't listening to you? You feel confused and a little frustrated. Probably you don't know one thing...

The problem wasn't you; the problem was your presentation. Most of the presenters don't make good slides. Be honest: How many boring, flat, black and white presentations have you seen on the screen over the last years? (17) If you take a look at SlideShare, you'll notice that most of the presentations there are boring. Not one, not two, not half... most of the presentations! The fault isn't of the presenters: No one taught them how to make a great presentation; no one taught them that their slides are as important as their speech.

The only way to make people listen to you is to grab their attention with a phenomenal presentation. If your slides show a lot of text, they will bore people. People are lazy ; they don't want to read while you are speaking. They don't need to read what you are saying to them. If your slides are black and white, they'll appear uninteresting. If your slides show confused data and/or text, people won't pay attention. (18) People want to learn while they get entertained. Some boring slides won't entertain them.

Making a great presentation is pretty easy if you know how to do it.

(19) Images can be very powerful. They are probably the most important part of the presentation. Through the right images, you can evoke emotions in your audience. Think about how effective funny images are. Another example is shocking images: they have a great impact (but don't exaggerate) ■ One thing that you should avoid with images is to insert clip art. They are horrible. When you see a clip art on a presentation, you instantly perceive it as unprofessional.

Use your images to cover the whole slide. Smaller images can work well if you use them well, but avoid them if you don't know how to put them in an excellent way.

Use similar images. If your images seem to come from a related source, your presentation will get a more professional and better look.

Thank you all! Hope today's lecture will help you!

Questions 16 to 19 are based on the recording you have just heard.

- 16. What does the introduction say about Dr. Robinson's articles and books?**
- 17. What does the speaker say about presentations nowadays?**
- 18. What do people expect except for learning from a presentation?**
- 19. What is the most important part of a presentation?**

Recording Two

Hello, everyone. Today, I'd like to talk about motivation. Motivation is something that many of us lack every now and then. It doesn't matter if you want to get a promotion or make a guy fall in love with you, and don't expect others to help you. In order to reach your goal, you should never stop motivating yourself.

(20) Self-motivation is crucial in every aspect of life. It helps you start things and not leave them midway. If you feel like you need a motivation boost, here are some of the best tips to try :

If you want to be good at something, you should push yourself to do that step by step. Your friends and family may support you and give you advice but they'll never do anything for your success. If you want to become the best cook in your country or even in the world, you should try and cook all day long without fearing mistakes.

(21) Mistakes actually help us become successful and assertive. The more mistakes you make, the more experience you get. You're in charge of yourself and no one can provide you with what you want.

Although money doesn't buy happiness, you should start thinking about your prosperity now when you are young. Perhaps you don't have your own family now, so you have enough time to start a career and work hard to become successful. Think about it the next time you feel a lack of self-motivation.

We often count on our parents, friends and coworkers, and blame them when something goes wrong. However, you are the only one who is responsible for your life and success. (22) There's no one to count on but yourself—it's the harsh truth of life. Learn to take charge of your success and your life in general so that you don't waste your time waiting for someone's help.

Life reflects ourselves and our deeds. Will you have the slim body if you don't do anything about it? Will you see the world if you're constantly sitting at home? Of course not. If you stay motionless, your life stays motionless as well. Change yourself and your life will also change. Life is always ready to help but only when we ask for help. But words don't work out in this case, only deeds do.

The next step to self-motivation is to dream about the final result you'll get. Not only will you earn more money when you get promoted, but also become more confident and proud of yourself. Your partner can make you happier, but not happy. Learn to love yourself, be happy, work hard and enjoy the final result of your efforts.

Thanks for listening!

Questions 20 to 22 are based on the recording you have just heard.

20. How can self-motivation help us?

21. What does the speaker say about making mistakes?

22. What is the harsh truth of life mentioned by the speaker?

Recording Three

Hi, everyone! The old saying goes, "You're only as young as you feel, ,

(23) But we live in a tough world. How can we possibly keep a youthful outlook on life when we have bills to pay, mouths to feed, and a roof to keep over our heads? While it's true that we'll certainly never be able to relive the carefree days of our childhood, we can live our lives to their fullest potential, and in doing so stay as fresh and invigorated as we were when we were young.

Keeping good company will keep you socially happy and healthy throughout your life. On the other hand, nothing will drag you down more than socializing with people who hold you back from your full potential. Ironically, surrounding yourself with people who are intent on moving forward in life will keep you energized and make you feel as if you're always in your prime. (24) It's when you find yourself surrounded by toxic friends who live in the past that you realize you're not getting any younger, and you'll start to feel as if the best days of your life have passed you

Saying someone is "old-fashioned" is just a nice way of saying they are behind the times. If you get into the mindset that you're "too old" to learn something—like how to use Windows 10 or an iPhone—you'll certainly feel that you're past your prime. We live in a world in which education and knowledge is literally at our fingertips, and it's never been easier to pick up a new skill or hobby. Make it a habit to learn something new every day, and you'll continue feeling sharp and ready to take on the world. Soon enough, you'll be showing your children tips and tricks on the iPhone 6!

When we were kids, we jumped in puddles, rolled down hills, and ate snowflakes falling from the sky. *It's not* saying you, as a grown adult, should do these things habitually. (25) But you should never overlook the small things in life. Celebrate your good hair days. Feel victorious when you hit every green light on the way home from work. Actively look for things to enjoy in your life; no matter how much may be going wrong, there will always be something to smile about if you look hard enough.

Hope you enjoy today's lecture. Thanks for listening!

Questions 23 to 25 are based on the recording you have just heard.

23• Why does the speaker say it is not easy to keep a youthful outlook on life?

24 • When will we realize that we are old according to the speaker?

25. What does the speaker suggest people do at the end of the talk?

UNIT Four

Section A

Conversation One

W: Welcome, Mr. Johnson. First, I'd like to ask you a few questions about your background.

Did you go to school in India?

M: Well, my parents returned to England when I was only five, so I started school in England actually.

W: And how did you like it? Your education, I mean.

M: (1) Looking back, I rather liked it. I didn't care much about the uniforms, but I hated language classes, especially my Latin class.

W: OK. What did you do all the time while you were travelling? I mean how did you support yourself?

M: Well, (2) while I was in Egypt after the army, I got a job with an English newspaper, so I had some experience in writing and when I started travelling, I just continued to write, you know, travel articles and that sort of thing. And that was the beginning of it all. I've been writing travel pieces for magazines, and of course, my guide books ever since.

W: How many books have you written AW;

M: About 14 all together.

W: (3-1) And you have a new book called 77 秘 Asian Egress. Could you tell us a bit about that?

M: Yes, of course. (3-2) It's all about travelling through Asia by train. You see, two years ago, I started this trip all by train.

W: (4-1) That sounds a little uncomfortable.

M: (4-2) Sometimes it was, but in general, I loved it. It's truly a marvelous way to see the various countries and to get to know the people. Much better than airplanes, I think.

W: I see, well, thank you so much, Mr. Johnson. And good luck on your future travels.

M: Thanks.

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

1. What did the man think of his education?
2. How did the man support himself when travelling?
3. What is the book *The Asian Express* about?
4. How does the man comment on his train travel?

Conversation Two

W: What do you think of TV? I think it is a false god, a dangerous "idol" which harms our society.

M: How can you say that? You say this great modern invention harms us?

W: (5) Think of all the time we waste watching the advertisements instead of doing something useful! And there is no time to exchange family news or talk together.

M: I'm afraid I can't agree with you. Think of all the educational programs. We can learn French, Japanese and lessons on other subjects. (6-1) Think of how useful these could be. And TV keeps the family together. Instead of going out drinking and dancing, we stay at home and watch TV, and that saves money too.

W: But there are other points too. We don't have to do anything. The entertainment is provided for us. We just sit there passively—not like learning to paint or draw or play tennis when we're active. (7) In my opinion, reading books is much

more educational than the box. We can't go through life as spectators.

M : Reading and watching are two sides of the same coin. The pictures we see on TV can illustrate or bring the things we read to life. (6-2) And from TV, we can learn so much about the world around us. We can be "armchair travellers" and broaden our minds with the help of a TV set.

W: (8-1) Well, are we arguing too seriously? Let's relax and have some tea.

M: (8-2) Yes, on this point I fully agree with you.

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

- 5. Why does the woman speak poorly of TV?**
- 6. What does the man think of TV?**
- 7. What is more educational than TV according to the woman?**
- 8. What can we learn about the two speakers?**

Section B

Passage One

The World Health Organization says 57 nations in Southern Africa and Southeast Asia are facing a serious shortage of health care workers. (9) This crisis is affecting how governments fight diseases and improve health. The WHO says more than four million additional doctors, nurses and other health workers are urgently needed to improve the situation. The warning came in a new WHO report released on World Health Day. The report says the health care crisis is most severe in Southern Africa. The continent has 11% of the world's population, but only 3% of the world's health care workers. (10) The report warns that the ability of poor countries to provide important life-saving services is in danger. In addition, many patients are not able to get the treatments they need for diseases like AIDS, malaria and tuberculosis.

(11) WHO officials say part of the problem is caused by rich nations that offer high-paying jobs to doctors and nurses from poor countries. In addition, few trained health care professionals are working where they are needed most. Those in poor countries usually work in cities instead of farming areas. The WHO report provides a ten-year plan to deal with the crisis. It calls for national leadership and new policies for health workers. It also urges more international assistance and foreign aid.

(12) The report says that nations facing the most serious shortages must increase health care spending. Effective use of public money for health care was also the subject of an international conference. Researchers presented three books that describe cost-effective answers to health problems in developing countries. They include speed barriers on roads to help reduce the number of traffic accidents.

Questions 9 to 12 are based on the passage you have just heard.

- 9. What may be the result of the lack of health care workers?**
- 10 • What can we learn from the report?**
- 11. Why is there a lack of health care workers in poor countries?**
- 12. What does the WHO call on for those poor countries?**

Passage Two

Medical experts say most Americans do not get enough sleep. They say more Americans need to rest for a short period in the middle of the day. They are advising people to sleep lightly before continuing with other activities. (13) One study earlier this year found that persons who sleep for a few minutes during the day were less likely to die of heart disease. The study followed more than 23,000 Greek adults for about six years. Adults who rested for half an hour at least three times a week had a 37% lower risk of dying from heart disease than those who did not nap. Study organizers said the strongest evidence was in working men. The organizers said naps might improve health by reducing tension caused by work. Some European and Latin American businesses have supported the idea of napping for many years. They urge people to leave work, go home and have a nap before returning. In the United States, some companies let workers rest briefly in their offices. (14) They believe this reduces mistakes and accidents, and also increases the amount of work a person can do. Sleep experts say it's likely that people make more mistakes at work than at other times. They say people should not carry out important duties when they feel sleepy. And they say the best thing to do is to take a nap. (15) About 20 minutes of rest is all you need. Experts say this provides extra energy and can increase your effectiveness until the end of the day. But experts warn that a nap should last no more than 20 to 30 minutes. A longer nap will put the body into deep sleep. Waking up will be difficult.

Questions 13 to 15 are based on the passage you have just heard.

13. What does the study suggest according to the passage?

14. Why do some companies encourage their workers to take naps?

15. Which of the following may sleep experts agree with?

Section C

Recording One

Moderator:

Hello, ladies and gentlemen. It gives me great pleasure to introduce our speaker for today's lecture, Dr. David Ford. Dr. Ford, professor of psychology at Stanford University, (16) has written numerous articles about how to be more mentally healthy, in spite of the great stress from work or difficult relationships in the modern society.

Dr. Ford:

Thank you for that introduction. I feel happy to meet you here. Why is it that some people seem to have their life in order, seem to know who they are, seem sure of where they are going, while so many others feel lost and alone in this world?

It's easy to think others have it all figured because of their glossy outer appearance, until you walk a mile in their shoes. Just about everyone feels lost at some point in their lives. It's inevitable. (17) It does not matter how wealthy or poor you are, life can seem pretty humdrum and pointless sometimes. That's because

nobody is born with an instruction manual for life. We're all trying to make sense of life as we go along.

And just because everyone feels lost sometimes, doesn't necessarily make it a pleasant experience. The sad thing, though, is that there's no quick and easy way to figure out your life and fix the feeling of being lost. However, as with many things in life, a little extra understanding and compassion can help you navigate through these negative feelings as if unfazed.

(18) People who feel lost in life don't like themselves very much. They tend to have a distorted sense of self that hinders them from appreciating their own beauty, intelligence and worth. They often don't accept one simple truth—that who they are is enough. All they seem to see is how inferior, unworthy or insignificant they are, and how nothing they do is good enough.

When you see yourself as inferior and feel less than worthy, you'll be depressed, sad and unhappy. You'll feel lost. That's why you need to see yourself in your true perspective. You are special—a valued member of the human family. Just because you are different or unique in some way, doesn't make you any less valued. Your capacity for love, happiness and success is equal to any other person's.

Spend more time with yourself to figure out who you really are inside, and what makes you happy. (19) Then pursue those things that make you truly excited. You owe it to yourself to be happy. Believe in yourself and your own potential because if you don't believe in yourself no one else will.

Thanks for listening!

Questions 16 to 19 are based on the recording you have just heard.

16. What does the introduction say about Dr. Ford's articles?

17. What do we know about wealthy people?

18. Which is the correct description of people who feel lost in life?

19. What does the speaker suggest we pursue?

Recording Two

Hello, everyone. Here is a question for you. The customer is always right, right?

Well, there was a time not so long ago when many businesses believed it, or at least claimed to believe it. The slogan is associated with the defunct Chicago-based department store Marshall Field's, but many mid-20th century corporations embraced it, on the surface.

It's also been used—and abused—by customers and businesses the world over. (20) Businesses invoke it to demonstrate their commitment to customer service, even when they don't mean it; customers leverage it to get their way, even when they don't deserve it. Is the customer always right? Here are some situations when they answer "yes": First, when it costs nothing to let you have your way. Often, good service costs a company absolutely nothing. It's a smile, a "Thank you," and when something

goes wrong, an "I'm sorry. A genuine apology is totally free and can go a long way towards making up for a bad customer experience. When an argument is easily resolved with an apology (even when the customer is wrong) then why can't the customer be right?

Second, when the law is on your side. Companies often confuse their own policy with the law, and vice versa. For example, the law says that if a company doesn't provide the service you paid for, it's in breach of contract. That supersedes any company policy regarding refunds or replacements. (21) You don't have to be a lawyer to know that if you didn't get what you paid for, you deserve a full refund.

Third, when a company is obviously negligent. If the widget you bought breaks down or a company's product falls woefully short of its promises, there's no argument. You're right, and you're owed a refund or replacement. Again, companies hide behind contractual fine print, saying it's not their "policy" to let you return the product, or they charge you a confiscatory "restocking" fee. But that assumes their product was what it was supposed to be.

Fourth, when a company can't afford to lose your business. Right or wrong, if you're the customer and you threaten to take your business elsewhere, it doesn't matter—you are right. But only if the company has determined that you're not worth losing. (22) Unfortunately, many companies fail to make that determination and let you take your business to a competitor, which may be just as well.

That's the end of the lecture. Thank you.

Questions 20 to 22 are based on the recording you have just heard.

20. Why do businesses invoke the slogan "the customer is always right"?

21. What can we do if we didn't get what we paid for?

22. What would most companies do if you threaten to take your business elsewhere?

Recording Three

Morning, everyone. (23) With the Internet revolution ushering in new modes of communication every day, building contacts is no longer an arduous, time-consuming job. In fact, if you are looking for effective and easy ways to search for business partners, the Internet provides a ready answer. Today we have a number of successful and friendly e-business platforms which allow us to build networks of contacts, search for business partners and establish business communications effortlessly.

As vibrant, ever-growing networking platforms and connection builders, social networking websites serve as your most effective medium for e-business. They make it easier for you to find and establish new business partners, boost communications with existing business partners and close online business deals with forge partnerships.

Building up a networking channel with a new contact the traditional way takes its own time. Social networking sites make it easier for you. (24) If as your business contact, you give out your networking site contact page to someone whom you want

to provide your contact details, it will make introductions much quicker for you. Plus, it will help you track the people in your network hassle free. Social networking sites have several different search parameters to find new contacts and business partners. For instance, on BizGround, a highly effective Social Connection Builder, you can try various combinations of these parameters and specify particular values to search and find your preferable match.

Once you find your potential match, all you need to do is click on his/her photo or name, sign his/her guestbook, send a private message and explore avenues of working together.

(25) You can invite and add your contacts in this wonderful networking platform hassle free! You can begin as a Free Premium Member and take advantage of all its exclusive features. Check BizGround FAQs. Most probably your questions will be answered here. For an overview of the functionalities of BizGround, take a tour.

Thanks for listening. See you next week!

Questions 23 to 25 are based on the recording you have just heard.

23. What is building contracts like without the Internet according to the speaker?

24• What will make introductions quicker for us on networking site?

25. What does the speaker say about networking platforms?

UNIT Five

Section A

Conversation One

M: Mrs. Hudson, a new research shows that even just five minutes of exercise in a natural setting can significantly boost our mood. (1) But, is it true that it can have such a magical effect?

W: To a certain degree, I have to say yes. Because (2) exercising in natural areas is not only good for our physical health, it can also improve our mood and sense of well-being in as little as five minutes.

M: So if we go for a walk in a park or in a garden, we're giving our mental health a good boost. But how was the result discovered?

W: Before this, exercise alone was known to make us happy. So was being in a natural setting. Scientists wanted to see the effect of combining the two.

M: So what did they do?

W: (3) They evaluated ten different UK studies involving more than 1, 200 people. Participants had taken part in activities such as gardening, sailing and country walks, and rated their mood and self-esteem.

M: What did the scientists find in the research?

W: They found that in a natural setting even a few minutes* exercise can really promote the mood. The research showed that their mood and self-esteem got a significant boost with as little as five minutes of outdoor exercise. (4) And people with mental disorders benefited the most.

M: Wow, this is the first study to quantify the amount of time needed to get a positive effect.
So, maybe, if you want to be happy, just head out for a walk in the park.

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

1. What is the man's attitude towards the new research?
2. What is the positive effect of exercising in natural areas?
3. How did the scientists find these results?
4. What can we learn from the research?

Conversation Two

M: You know I will be the main talker in the classroom discussion tomorrow morning. To tell the truth, I'm really a bit nervous.

W: (5-1) I hate to get up in front of an audience. I often forget what to say and don't know where to put my hands.

M: Oh, it's not as serious as that. Someone might get frozen up for a while before the audience. But when you have made a start, you'll carry on with what you've prepared, and your performance wouldn't be too bad.

W: Yes. There is something I should learn from you, you know, your self-confidence. (5-2) When I make a public speech, no matter how fluently I say it to myself, my brain becomes blank the instant I get onto the platform. (6) But the truth is that when I have confidence, things will be much better. By the way, how have you prepared your speech?

M: Not very well, I'm afraid. I don't write every word of the speech, just an outline of about 80 words.

W: Are you sure you can do the presentation well only depending on a rough draft of main ideas?

M: Almost. You know, the speech is about my own experience in learning spoken English. (7) I'm going to talk about the most familiar topic of study with my classmates. I'm not afraid of anything. (8) The key problem is how to compose the speech with a reasonable clue.

W: That's another I should learn from you. It seems that I can never make a speech unless I write down every word.

M: Well, we'd better exchange our views together sometime.

W: Wonderful! May you succeed in tomorrow's public speech.

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

5. Why doesn't the woman want to give a public speech?
6. What contributes to making a good speech according to the woman?
7. Why does the man only write down the outline of his speech?
8. What does the man think is the key problem in his speech?

Section B
Passage One

Most young women believe they will achieve a balance between a rewarding

career and a fulfilling personal life. This online survey of full-time working women between the ages of 22 and 35 revealed that they wanted a balance between their personal and professional lives, and a job where they could make a difference. (9) Medical benefits were a crucial part of how they defined professional success; according to the survey commissioned by the global management consulting firm Accenture, 63% of women think medical benefits are crucial to the professional success. Women are soon expected to make up half the US workforce and those born after 1980 are now 1/3 of the working population. (10) 94% of women believe they could achieve a balance between a satisfying professional career and a gratifying personal life. (11) When asked to rank barriers to their careers, 12% cited marriage, 19% said maternity policies and 30% named pay scales. The US Department of Labor reports that the median salary for women was 80% of men's. (12) When comparing the median weekly earning of those aged 16 to 34, young women earned 91% of what young men did. Almost 60% of the women surveyed reported being negatively impacted by the current economic downturn. And 1/3 were more concerned with keeping their jobs than achieving the work-personal life balance. The US unemployment rate remains at 10%, and the non-partisan Congressional Budget Office does not expect it to dip below 8% before 2012.

Questions 9 to 12 are based on the passage you have just heard.

- 9. What is crucial for young women to define their professional success?**
- 10. How do most young women think about their life and job?**
- 11. Which of the following is a barrier to the careers of young women?**
- 12. What can we learn about young women compared with young men?**

Passage Two

Dreams are expressions of thoughts, feelings and events that pass through our mind while we are sleeping. Everybody dreams. But only some people remember their dreams. People have been trying to decide what dreams mean for thousands of years. Ancient Greeks and Romans believed dreams provided messages from the gods. Sometimes people who could understand dreams would help military leaders in battle. Some native American tribes and Mexican civilizations believed dreams were a different world we visit when we sleep. (13) In Europe, people believed that dreams were evil and could lead people to do bad things. 200 years ago, people awakened after four or five hours of sleep to think about their dreams or talk about them with other people. Then they returned to sleep for another four to five hours. Early in the 20th century, famous scientists developed different ideas about dreams. Austrian psychiatrist Sigmund Freud published a book called *The Interpretation of Dreams* in 1900. Freud believed people often dream about things they want but cannot have. For Freud, dreams were full of hidden meanings. He tried to understand dreams as a way to understand people and why they acted or thought in certain ways. Freud believed that every thought and every action started deep in our brains. (14) He thought dreams could be an important way to understand what is happening in our brains. Scientists believe it is important to keep researching

dreams. Doctor Stickgold says it has been more than 100 years since Sigmund Freud published his important book about dreaming. Yet there's still no agreement on exactly how the brain works when we are dreaming or why we dream.

Questions 13 to 15 are based on the passage you have just heard.

13. What did Europeans think of dreams?

14. How did Freud interpret dreams according to the passage?

15. What does the passage mainly tell us?

Section C

Recording One

Moderator:

Hello, ladies and gentlemen. It gives me great pleasure to introduce our speaker for today's lecture, Dr. Mike Williamson. Dr. Williamson, professor of literature at University of Pennsylvania, (16) has written numerous articles and books on the issues about writing, especially in the modern society, where loads of information pops out anytime and anywhere.

Dr. Williamson :

Thank you for that introduction. I feel honored to give a speech here. It's hard enough to find the motivation to work. When you have to worry about concentration and creativity on top of that, things can get pretty awkward. (17) Nowadays, with tons of information available at the touch of a button, creating the right kind of content can make all the difference for someone trying to gain more customers or readers.

The Internet is all about sharing great content, and the competition is tough. As people a bit more qualified than me have already pointed out, (18) content that is relatively good and original has become the norm—it's no longer the ultimate goal to strive for. The competition is just too tough, and people always have a few other browser tabs to go to if your writing can't draw them in within the first ten or so seconds. However, when even the broadest topics have been covered ad nauseam, you can't really hope to create something totally unique. I know—I've been there myself many times.

There is, however, some hope. Desperate writers have been using the old "everything worth writing about has already been written," line since Ancient Egyptian times. (19) And yet good literature is still alive and kicking thousands of years later. This is because it's more about the common themes and emotions, told with different words and through a *prism* () of a unique worldview. People will be drawn to the same life drama as they always were—hope, dignity, overcoming adversity, just reward and poetic justice are the kind of things that rile up a crowd—but it's up to you to find a good way to talk about them.

You have to pull the readers in right from the start. You can say what you want about Hollywood's tendency to hire hack writers, cannibalize original stories and rush their scripts, but some of them really know how to hook their viewers.

Choosing the right niche and topic is still important, as you want to write what you know. But you mustn't get bogged down in the details. The first paragraph has to give the reader a taste of what is to come, and really sell your content.

So have you got any questions up to now? Don't hesitate to ask me.

Questions 16 to 19 are based on the recording you have just heard.

16• What does the introduction say about Dr. Williamson's articles and books?

17. Which of the following statements is correct according to Dr. Williamson?

18. What do we know about good and original content?

19. What does the speaker say about literature today?

Recording Two

Good morning. Have you ever bought a shirt or dress online only to later find out when it was delivered to you that what you saw online was quite different from what you received? In this scenario, what do you think would be your next line of action? Well, you can either throw your hands up in the air while running around your neighborhood yelling, "I've just been cheated!" or you could try to return the shirt you just purchased. Whichever one you choose, the deed has been done. You already have made payments even before your shirt was delivered to you.

If you have gone through such an experience as this, you'd find out that more often than not, it is usually a "not too good" experience. You will begin to regret why you ordered and paid for what you don't like. And I bet that nobody bargains for such an experience. (20) This is why it is very important for you to be double sure that you are spending your hard earned money on what you truly want.

With the emergence of the World Wide Web in the early 90s, a lot of things became possible to achieve, including online banking and online shopping or e-commerce. (21) The days of waiting in a queue to get that very important product at the stores then became drastically reduced, as online shopping evolved with the promises of salvaging so many people who didn't have time to check at different shops for what they wanted before buying.

It is therefore very expedient for every shopper to be armed with the right information, before shopping online, so as to save the stress of regretting the purchase. So, here are facts you, as an online shopper, must know in order to have a successful shopping experience.

(22) Before you purchase an item online, be sure to ascertain if what you are buying has a free shipping tag. This is so that you don't have to overshoot your budget. If what you have planned to spend on a product is 70 dollars, and the shipping costs an extra 20 dollars, it would be better for you to decide from the onset if you are ready for the extra cost.

Before you make a purchase, go to the site and read the description and product information to be sure it has a free shipping tag or not. However, one good way to be sure is to actually contact the product owner. This gives you extra assurance of the true cost of shipping.

Hope you enjoy today's speech. Thank you!

Questions 20 to 22 are based on the recording you have just heard.

20. Why does the speaker mention the example of online shopping?

21. What does the speaker say about the World Wide Web?

22. What does the speaker suggest people do before purchasing an item online?

Recording Three

Hello, everybody. The last decade has proven to be volatile and filled with uncertainty. (23) Unemployment rates remain high while federal, state and local support services diminish. It's no wonder people of all ages are seeking to become entrepreneurs and solopreneurs. In some cases, it's the only option available. Small business owners enjoy a genuine sense of accomplishment and contentment. Operating a business necessitates having entrepreneurial spirit, initiative, persistence, tenacity and business insight.

Here are some wisdom nuggets for launching your own successful small business. They're some of the fundamental steps for living the life of your dreams.

First, identify your small business and products or services. (24) Select an emerging market niche where demand exceeds supply, one that exhibits long-term growth and strong profit margins. Offer a new problem solver venture, something innovative ; secure your trade secrets. Perform your due diligence, and validate that the products and services you have chosen are what people need, want, and are willing to pay for. Determine what it costs to make your product or service, and then set a price. Be certain the business will contend robustly with your competitors. Maintain a competitive edge. Pick a relevant , definitive business name , and follow local procedures to assure it's available (not trademarked or already popular) ■

Second, access your clients or customers. Determine who your customers are, how you will locate them, and what their motivations for purchasing your products and/or services will be. Ascertain how you will reach out to them and scrutinize their business needs. Thoroughly inquire of their problems and perceived solutions. Display a genuine interest in them and their successfulness. Make well-thought-out offers to service their needs at reasonable prices. Keep abreast of new technologies, techniques and standards. Share them with your staff, your partners and with your clients. (25) If you keep your promises and perform with excellence, they'll be around for a long time.

Thanks for listening. Goodbye!

Questions 23 to 25 are based on the recording you have just heard.

23. What is the reason why more people start their own business?

24. What is the speaker's advice for targeting markets?

25. What will our staff, partners and clients do if we keep our promises?

UNIT Six

Section A

Conversation One

W: I can't believe my eyes, Bill. Are you having a salad for lunch? No hamburger?

- M : Get used to it, Susan. Tm off burgers for good. (1) Most fast food is loaded with Na—a kind of chemical substance. I've been reading about a new healthy snack food. It's made from fish. Have you heard anything about it?
- W: No, I haven't. But I don't like fish very much anyway. But why are you interested in lessening your salt intake?
- M: (2) My doctor says I should cut back on Na-rich foods to lower my blood pressure. Actually, my blood pressure isn't that high, but they say it increases with age.
- W : I would have thought you were too young for that. Well, I'm glad you're starting to pay more attention to your diet.
- M : I've been eating lots of fruits and vegetables recently. I want to lower my risk of heart attack and stroke, too. Recently, my family are trying to eat more healthy food.
- W: So am I. (3) That's why I've been trying to lower my *cholesterol* (15@0) level. Just like you, Tm now trying to lose a few pounds, too.
- M : In that case, (4-1) you should come to my health club with me. Can you tear yourself away from the TV tonight?
- W: You've joined a health club? I would never have dreamed that you'd take something like this so seriously. (4-2) Why not? If you can break your unhealthy eating habits, I can surely break a sweat.
- M : I can do 100 push-ups in a row. Don't get jealous. You will do it someday.

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

1. Which substance can be found in most fast food according to the man?
2. Why does the man want to reduce salt in the food?
3. What problem does the woman have concerning health?
4. What is the woman going to do from now on?

Conversation Two

- W: (8) Watches and clocks seem as much a part of our life as breathing or eating. And yet, do you know the development of watches and clocks? Joseph, nice to meet you. Could you tell us something about watches and clocks?
- M: Jennifer, nice to meet you, too. Actually, watches and clocks were rare in the United States until the late 1850s. (5) In the late 1700s, people didn't know the exact time unless they were near a clock. Those delightful clocks in the squares of European towns were built for the public.
- W: After all, at that time, most citizens simply couldn't afford a personal timepiece.
- M: Well, (6) until the 1800s, in Europe and the United States, the main purpose of a watch, which, by the way, was often on a gold chain, was to show others how wealthy you were.
- W: Um...well, talking about watches, we have to mention one word "wristwatch" that makes us realize the significance of "on time".
- M: The word "wristwatch" didn't even enter the English language until nearly 1900. By then, the rapid pace of industrialization in the United States meant that

measuring time had become essential. (7) And since industrialization made possible the manufacture of large quantities of goods, watches became fairly inexpensive.

W: Yes, efficiency was now measured by how fast the job was done. Being “on time” had entered the language and life of every citizen.

M: Um, recently I often thought that those who have left watches are likely to lose their sensitivity to time.

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

- 5. How did most Europeans know the exact time in the late 1700s?**
- 6. Why did the Europeans wear watches in the 1800s?**
- 7. What factor made wristwatches more affordable to citizens?**
- 8. What do the speakers mainly discuss?**

Section B

Passage One

Independence Day is the national holiday of the United States of America commemorating the signing of the *Declaration of Independence* by the Continental Congress on July 4, 1776, in Philadelphia, Pennsylvania. At the time of the signing, the US consisted of 13 colonies under the rule of England's King George III. (9) There was growing unrest in the colonies concerning the taxes that had to be paid to England. This was commonly referred to as “Taxation without Representation” as the colonists did not have any representation in the English Parliament and had no say in what went on. As the unrest grew in the colonies, King George sent extra troops to help control any rebellion. (10) In April 1775, as the King's troops advanced on Concord Massachusetts, Paul Revere would sound the alarm that “The British are coming, the British are coming.” as he rode his horse through the late night streets. The battle of Concord and its “shot heard round the world” would mark the unofficial beginning of the colonies' War for Independence. The following May the colonies again sent delegates to the Second Continental Congress. By June 1776 a committee was formed to compose a formal declaration of independence. Thomas Jefferson was chosen to write the first draft which was presented to the congress on June 28. (11) After various changes a vote was taken late in the afternoon of July 4. And although the signing of the Declaration was not completed until August, the 4th of July has been accepted as the official anniversary of the United States' independence.

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

- 9. Why were the colonists dissatisfied with England?**
- 10. When was the War of Independence declared unofficially?**
- 11. What can we learn about the Declaration of Independence?**

Passage Two

(12) Young women are losing faith in the university system with nearly half believing it is not worth getting a degree. Tuition fees and little chance of landing a

good job make higher education an unattractive prospect for them, a study suggests. It found that nearly half of female graduates would not go to university if they had the chance again. The research will cause concern because it was carried out before the government announced that fees will almost *treble* to £9,000 in 2014.

(13) The findings have prompted warnings that a generation of ambitious young women will miss out on a high-flying career and the opportunity to continue their education. Louise Court, editor of *Cosmopolitan* magazine, which conducted the survey, said young women seem to think of university as "a waste of time."

(14) "It's never been harder to be a young woman with ambition," she said. "Understandably, women are angry and frustrated about their future and this is having a damaging effect on their self-esteem." The survey of 1,353 women also looked at the career prospects and financial outlook for women in 2014. (15) Two thirds of those questioned said they thought it would be "almost impossible" to get their dream job and a quarter were unable to follow their preferred career. Only 14% said they felt safe from the sack. Vicky Tuck said, "The rise in fees is going to make a lot of people reflect on why they are going to university. I believe that women should only go to university if they have a genuine interest in learning, a precious opportunity. If they go purely to get a job, many will be disappointed."

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

12. Why are most women losing faith in the university system?

13. What do the findings of the research warn us?

14. What can we learn from Louise Court about young women under the current university system?

15. What was the attitude of most women surveyed towards their career prospects?

Section C

Recording One

Moderator:

Hello, ladies and gentlemen. It gives me great pleasure to introduce our speaker for today's lecture, Dr. Mike Donald. Dr. Donald, professor of sociology at Washington University, (16) has written numerous articles and books on the issue of interpersonal relationships, which tends to be a key factor to success in the modern society.

Dr. Donald:

Thank you for that introduction. I feel happy to meet you here. From the moment you meet someone for the first time, you quickly want to assess who the person is and what they represent. This is why you may be on the lookout for certain stable qualities like honesty, kindness and intelligence.

Paying attention to these things may even help you evaluate if you will want to pursue an intimate relationship with this person or not.

According to a study, the way someone writes and the size of their handwriting can tell you certain things about the person. (17) According to the research which

was conducted by the National Pen Company, it is revealed that persons with small handwriting tend to be shy, meticulous (一丝不苟的) and studious while people who were more outgoing tried gaining attention with larger handwriting. Those who take things seriously put more pressure on the pen when they write, while lighthanded writers typically tend to be empathetic and more sensitive.

According to an article on *Psychology Today*, the color you frequently turn to for clothes or are more akin to says a lot about who you are. People who frequently choose black are sensitive, artistic and attentive to details, while those who love red live life to the fullest and are proactive in their endeavors. People who love green are loyal and affectionate, (18) while those who love white are organized and logical, and those who have blue as their favorite color are stable, sensitive and considerate of others.

Certain body-focused repetitive behaviors can say a lot about your personality. How your body reacts to situations, whether by pulling your hair, biting your nails or picking at your skin could elicit impatience, frustration, boredom and dissatisfaction. Take nail biting for example. (19) According to a research, it is suggested that those who bite their nails tend to be perfectionists, while also tense and often nervous.

According to psychologists, you can correctly judge a person just by looking at their shoes. According to the lead researcher Omri Gillath from the University of Kansas, just by examining the cost, style, color and condition of the shoe, you can be able to guess about 90% of the owners personal characteristic such as his or her income, political affiliation, gender, and even age.

Hope you enjoy today's lecture. Thank you!

Questions 16 to 19 are based on the recording you have just heard.

- 16. What does the introduction say about Dr. Donald's articles and books?**
- 17. Which is the trait people with large handwriting have got?**
- 18. What do we know about people who love white?**
- 19. Which is the correct description of the people who bite their nails?**

Recording Two

Good morning. I feel honored to give you a speech today. Enjoying the holiday season as a new family of two is exciting, (20) but if the scents, sights and sounds that you grew up with are nowhere to be found, you may be short on holiday spirit. Before going Grinch on your spouse and loved ones, try these tips from other couples who learned how to make the holidays together special.

First, be sentimental. There's nothing like the holiday season to bring out your softer side, so this year, embrace it. Every year on St. Nicholas Day, my wife and I write each other letters with favorite memories and hopes for the coming year," says Brianne Sanchez of Des Moines, Iowa. "We put them in each other's stockings and read them on Christmas. (21) It's a time to reflect and one day, to look back, as the letters will remind us of different stages of our marriage."

Second, think and act like a kid. Channeling the wonder of a little one can turn

the smallest of moments into a memorable event. Follow the lead of Chadwick Boyd of Atlanta: "I host Christmas with my friends and everyone who comes to dinner gets a homemade felt stocking shaped like Rudolph or Santa Claus. Opening the silly little stocking gifts turns adults into kids again. I know my grandparents are happy that I'm carrying on their tradition."

Third, share experiences. (22) Pressure to purchase gifts, decorations, and even new clothes can distract from what really matters. Sharlene Breakey of New York City shares: "We have a Scandinavian advent elf that has a pocket for every day of December. I fill each day with a note, such as a joke, a riddle or a plan to go ice skating that night. It gets us thinking about being together as a family, not just shopping."

And fourth, get cooking. In my family, holidays are all about the food. For Christmas, there's panettone and pizzelle. For Easter, we tuck into ricotta pie. But when I learned that my husband grew up enjoying huckleberry cheesecake on his birthday, I started baking one for him each year. The payoff of delicious treats and the knowledge that I'm helping to create new memories for our family of three is more than worth the effort.

Thanks for listening! Goodbye!

Questions 20 to 22 are based on the recording you have just heard.

20. What depresses newly married couples on holidays?

21. Why do Brianne Sanchez and his wife write letters to each other?

22. What does the speaker say about shopping while travelling?

Recording Three

The Great Lakes is the greatest wonder of America. It is the largest group of lakes in the world and the biggest body of fresh water. It is hard to grasp that a land should contain several freshwater seas so big that a ship can steam out of sight off the shore for a day or more or even sink in giant waves.

(23) Lake Ontario is the smallest of the Great Lakes. But compared with the others, Ontario is more illusive because of the Niagara Falls and its sheer thunderous drop.

Lake Erie is the fourth largest lake (by surface area) of the five great lakes in North America, and the thirteenth largest globally if measured in terms of surface area. It is the southernmost, shallowest and smallest by volume of the Great Lakes and therefore also has the shortest average water residence time.

Lake Huron is the second largest of the lakes. It is shared on the east by the Canadian province of Ontario and on the west by the state of Michigan in the United States. The name of the lake is derived from early French explorers who named it for the Huron people inhabiting the region. The Huronian glaciation was named due to evidence collected from Lake Huron region.

Lake Michigan is the only one of the five great lakes of North America that is located entirely within the United States. Lake Michigan is shared, from west to east, by the US states of Wisconsin, Illinois, Indiana, and Michigan. (24) The word

^a“Michigan” originally referred to the lake itself, and is believed to come from the Ojibwa word “mishigami”, meaning “great water”.

(25) Our destination now is Superior, the largest freshwater lake in the world, also the deepest one of the five great lakes. If you stood on the moon, you could see the Great Lakes and recognize the familiar wolf head shape of Lake Superior. There is a graceful stillness on Lake Superior. The rounded humped mountains along the shores look like burial mounds of the gods.

Yet for all their size and power, the Great Lakes are fragile. In the past, this fragile nature wasn’t recognized, and the lakes were mistreated for economic gain, placing the ecosystem under tremendous stress from human activities.

Questions 23 to 25 are based on the recording you have just heard.

- 23. Which is the smallest of the five Great Lakes?**
- 24. What does the word “Michigan” mean in Ojibwa language?**
- 25. What makes Lake Superior unique to the world?**

第一部分

A 部分

会话一

W: 查尔斯, 作为一名歌手, 你唱歌时是否会让自己哭泣?

M: 不, 不是在这个年纪。我是个老头。(1) 但是歌曲仍然可以传达给我。

W: 哪位歌曲作家目前很兴奋?

M: 我对歌曲作者不太了解。有一段时间, 我会听收音机看看他们发出的是是什么, 但是如果不是我听到了我喜欢的东西。像 Art Tatum 这样的人可以让我坐起来注意, (2) 但是有些音乐, 比如说唱, 不是很有音乐感, 我也无法从中学到任何东西。你必须做的不仅仅是跟我说话。

W: What's 是最难听的音乐类型吗?

M: 这取决于。(3-1) 如果我喜欢的话, 我可以唱歌。我把 opera Porgiam 做得最好, thafs 说是一段复杂的音乐。我可以做乡村音乐, 布鲁斯和情歌。(3-2) 另一方面, 我不能唱一些我不喜欢的东西, 这是我的缺点之一。

W: 你可以在一个特定的夜晚与你可能会有的心情一起演奏音乐吗?

M: 是的, 因为当你唱歌的时候, 你就像演员一样。一旦你走出去, 你就成了那个部分, 只有你使用音乐而不是对话。

(4) 我是那种如果我的个人生活受到伤害的人, 我可以去上班, 音乐会接管。这就像一个人去酒吧喝酒。在那几个小时里, 我可以把自己包裹在我的音乐中。

问题 1 到 4 基于您刚刚听到的对话。

1. 查尔斯说歌曲唱歌时可以做什么?

2. 说查尔斯对说唱有什么看法?

3. 查尔斯对自己作为歌手的看法是什么?

4. 当他的个人生命受到伤害时, 查尔斯会怎么做?

会话二

W: 我想知道你是否可以告诉我一些你作为电台播音员的工作。

(5) 你到底做了什么, 你如何为你的工作做准备?

M: 嗯, 在新闻室, 我和记者和新闻报道坐在一起, 好像我正坐在报刊新闻室里。

W: 对不起, 你对 news-subs 的意思是什么?

M: (6) 他们是副编辑。他们是撰写新闻故事的人

然后，这些故事被传递给高级职务编辑和助理编辑。当故事通过人群链接时，它们会得到改进，纠正和整理，直到它们终于来到我身边（7-1）我有机会在播出之前阅读大多数故事。当然，有时事情发生在最后一刻，我没有机会。因此，IVE 必须尽我所能，并在我开始使用之前花几秒钟来查看前几行。因为如果你从一个故事开始明亮的语气并且突然意识到你正在谈论一些人在路障中被杀害，那真是太可惜了。（7-2）快速翻转是非常重要的。

W：没有什么可以标记你的纸上有什么样的事件？

M：（8）否？我有自己的小标记。如果它是悲伤的话，111 会在顶部放一个小十字架。

那是我的小线索。因此，在我处理新闻时，我只是在吸收新闻并检查发音。

问题 5 到 8 基于您刚刚听到的对话。

5. 女人想知道这个男人怎么样？
6. 那个男人说 news_subs 怎么办？
7. 这个男人说什么对他来说是一个很大的挑战？
8. 这个男人说他的小十字架扮演什么角色？

B 节

第一段

你可能知道什么是移动设备，但移动设备 Tm 谈论的是一个精致的装饰物，悬挂在天花板上，每次呼吸都会轻轻移动。（9）它使儿童和成人都感到高兴。现在，你知道是谁发明了手机吗？这个可爱的创作是一位名叫亚历山大·考尔德的美国艺术家的作品。考尔德在他小时候就开始对制作东西感兴趣。即便如此，他经常在他的建筑中使用电线。当他上大学时，他学习工程而不是艺术。（11）但他很快意识到艺术是他真正的热情。（10）他也喜欢马戏团，他早期的许多作品都是用铁丝制作的小马戏团。大约在 1930 年，考尔德从现实的导线数字变为抽象的数字。他开始构建具有圆形，正方形和其他几何形状的物体。为了让形状移动，他使用了小型电动机。然后他超越了这些早期的手机。他在自己的建筑中得到了自己的形状。移动设备在风中移动时可能看起来很简单，但需要仔细构造才能正常工作。考尔德利用他的工程知识创造了他的第一部手机。这些通常由一小块明亮印刷的金属组成，这些金属通过电线连接到较粗的基线上。Calder 学会了如何找到连接每根电线的精确点，以便所有部件都能和谐地摆动。通过这样做，他为世界各地的人们创造了一种艺术形式来复制和欣赏。

问题 9 到 11 基于您刚才听到的段落。

9. 演讲者对手机的评价是什么？
10. 我们对亚历山大·考尔德早期的许多作品有什么了解？

11·亚历山大·考尔德的真正热情在哪里？

第二段

(12) 每年，美国人每天使用的能量相当于 3000 多万桶石油。这是各种形式的能源 - 石油，天然气，煤炭，核能，太阳能甚至风能。(13) 从科学家的角度来看，现在或未来燃料中所含的所有能量都会变成热量。一些热量直接使用或产生有用的工作；其余部分丢失或被拒绝，从发动机，电机，锅炉和所有其他耗能的机器辐射到大气中，使美国人，车轮四处走动。(15-1) 如果我们能够弄清楚如何提高我们使用能源的效率，我们可以利用可用的能量做更多的工作。通过金钱和精心策划，我们可以将效率提高到一定程度。然而，改善不会轻易实现，它不会在一夜之间到来，并且有一些限制，甚至科学都不能带走我们。据战略与国际研究中心称，我们用于搬运物品的能源中，大约四分之三，包括我们自己，都没有完成任何有用的工作。(15-2) 在效率和清洁方面，公共汽车，火车和其他形式的公共或大众运输优于私人汽车。(14) 但是，只有当它们以接近容量运行时，否则它们的整体效率很差。对于某些人来说，公共交通可以满足所有交通需求。对于其他人来说，可能需要公共交通和私人交通的组合。更好的设计和更明智地使用公共交通系统和私人车辆将在帮助美国从运输能源中获得更多能量方面发挥重要作用。

问题 12 至 15 基于您刚刚听到的段落。

- 12. 演讲者对美国使用的能源有何看法？**
- 13. 科学家对燃料中所含能量的看法是什么？**
- 14. 公共交通什么时候证明优于私人车辆？**
- 15. 什么似乎是演讲者最关心的问题？**

C 节记录一

主持人..

女士们，先生们，您好，我很荣幸能为今天的讲座介绍 Franklin Smith 博士。普林斯顿大学心理学教授史密斯博士撰写了大量关于 (16) 心理健康问题的文章和书籍，众所周知，这是一种由工作或学习压力大或压力引起的现代健康问题。欢迎，史密斯博士。

史密斯博士：

想想你最后一次感受到负面情绪 - 压力，愤怒或沮丧。当你经历这种消极情绪时，你的想法是什么？你的思想是否被思想弄得乱七八糟？还是瘫痪了，无法思考？

下次你发现自己处于一个非常紧张的时期，或者你感觉到

生气或沮丧，停止。是的，没错，停下来。无论你做什么，停下来坐一分钟。（17）当你坐在那里时，完全沉浸在负面情绪中。让这种情绪消耗你。让自己一分钟真正感受到这种情感。当分钟结束时，问问自己，“当我经历剩下的一天时，我是否愿意继续保持这种负面情绪？”

如果你觉得你需要坚持一段时间的情绪，那就没关系。让自己再花一分钟感受情绪。当你感觉到自己已经有足够的情绪时，问问自己是否愿意在一天的剩余时间内与你一起消极。如果没有，请深呼吸。（18）当你呼气时，用你的呼吸释放所有的消极性。

这个练习看起来很简单 - 太简单了。但是，它非常有效。通过让负面情绪真正感受到空间，你正在处理情绪，而不是把它塞进去，尽量不去感受它。（19）你实际上通过赋予它所需的空间和注意力来消除情感的力量。当你沉浸在情感中，并意识到它只是情感时，就会失去控制。你可以清醒一下并继续完成任务。

试试吧。下次你处于消极情绪的中间时，给自己一个感受情绪的空间，看看会发生什么。随身携带一张纸说明如下：

停止。沉浸一分钟。我想保持这种消极情绪吗？深呼吸，呼气，释放。继续！

这将提醒您该过程的步骤。记住：花点时间让自己真正沉浸在情感中。然后，当你觉得你觉得它足够时，释放它 - 真的放开它。你会惊讶于你能够从一个消极的情况中快速前进并达到你真正想做的事情！

非常感谢你！

问题 16 至 19 基于您刚刚听过的录音。

- 12. 介绍对心理健康有何看法？**
- 13. 当我们感到负面 情绪时，史密斯博士建议我们做什么？**
- 14. 我们为什么要深吸一口气？**
- 15. 消除这种情绪的关键是什么？**

录制二

有些人发现很容易炫耀他们的成就，并为他们获得奖励，而其他人则是壁花，他们安静地坐在办公桌前，期待他们的工作得到认可。（20）你需要知道作为一个墙花在你的职业生涯中不会帮助你，你需要为自己挺身而出。

首先，你应该让你的老板知道你的成功。你并不是公司中唯一的员工，而你的老板也无法检查你们每个人，看看谁在实现目标。而且，他们有很多东西需要照顾，你是他们心中的最后一件事。（21）有时候，老板并不确切知道谁在做什么项目以及以何种方式。通常，他们只是检查完成的项目和

而已。

为什么不提醒你的老板你在做什么以及你得到了什么结果？告诉他们你所做的所有事情，他们一定会欣赏这一点。他们雇用了你，他们希望他们的员工能够像专业人士一样进步和发展，所以不要认为这会让你感到尴尬，或者看起来像是在过度吹嘘。

实际上，他们很乐意知道您正在为公司带来资金，并且您愿意为公司的发展做出贡献。

此外，你应该知道什么时候开始吹嘘。许多人会告诉你，谈论你的成就很快就会变得吹嘘，这只会产生负面影响。然而，无论你做什么，如果你达到一定程度的成功，人们总会看到你自夸。

不要害怕谈论你为公司所做的所有事情，因为那些需要知道的人²认为你因此而傲慢。

(22) 当你开始谈论它，慢慢变得非常烦人时，会出现问题。当人们开始反反复复他们所取得的成就时，就会发生这种情况。

所以，当你第一次听到大声和清晰的声音时，请确保没有必要重复它。指出你的成功，因为没有人会为你做，如果你的同事认为它吹嘘，知道任何需要付出很多努力和知识才能实现的东西值得吹嘘。

问题 20 至 22 基于您刚刚听过的录音。

16. 这位发言者对花卉的看法是什么？

17. 演讲者对老板说了些什么？

18. 是什么让吹嘘变得烦人？

录制三

联合国的一份新报告称，发展中国家超过 2 亿的年轻人尚未完成小学教育。联合国表示，将近有一亿三千万人在上学，但他们无法读写技能，无法摆脱贫困。该报告敦促捐助者和政府支持年轻人获得成功所需技能的方法。

调查结果来自联合国教科文组织 - 联合国教育、科学及文化组织的全民教育全球监测报告。

(23) 教育工作者说，年轻人至少需要小学教育和一些中学才能获得安全，高薪的工作。但报告说，大多数发展中国家都没有这种情况，包括撒哈拉沙漠以南的国家。它说，撒哈拉以南非洲约有 33% 的年轻人未能完成最初几年的学业。还有数百万人甚至没有上中学。

Pauline Rose 是全民教育全球监测报告的主任。

(24) 她说，有些学校未能在学校和工作之间架起桥梁。

她说，这意味着八分之一的年轻人失业，四分之一的人失业

人们的工资很低。

罗斯女士说年轻人需要很强的计算能力和阅读和写作能力，知道如何解决问题比通过死记硬背学习更重要，死记硬背是通过重复记忆在记忆中建立某种东西的过程。她说，有些团体成功地教授经营企业所需的技能，离开学校的人需要第二次机会接受教育。在某些地区，远程教育 - 通过电视，计算机或其他方法 - 是有帮助的。通过远程教育也有机会学习，我们发现在墨西哥和纳米比亚这样的国家，通过远程教育系统可以获得大量年轻人。（25）她说另一种流行的方法是传统的学徒制。年轻人担任学徒，接受技术工人的培训。Pauline Rose 表示，学徒制主要帮助那些接受过小学教育但缺乏工作技能的人。她说这个系统可以组织起来，所以女性被包括在内，学生们的工作得到了认可。

问题 23 至 25 基于您刚刚听过的录音。

19. 年轻人需要什么来获得安全，高薪的工作？

20. 根据 Pauline Rose 的说法，有些学校没有提供什么？

21. 为年轻人提供技能的另一种流行方法是什么？

第二单元

A 部分

会话一

W: 哦，你好，约翰。你今天早上使用你的口述机吗？我得到了一份我必须要求的长篇报道。我可以借你的机器吗？

M: 当然。但是你可以省我一秒钟吗？（1-1）这是你发给我的关于控制台交货延迟的信息。出了什么问题？

W: 一切，约翰。（1-2）我们必须从新供应商处获得这些办公桌所需的钢板。那么，供应商遇到了一些麻烦或其他问题。（2）他们说交货时间会有点迟。

M: 但他们可以^! 那些控制台是一个特殊的订单。他们是一家大型计算机公司的通缉犯。这是一份非常重要的合同。

W: 我们什么时候承诺送货？

M: 下周四。并且有一个惩罚条款。对于每周逾期交付，我们将损失 10% 的价格。

W: （3-1）哦，这些罚款条款！你为什么销售人员接受他们？

M: （3-2）我们必须接受它们，否则我们不会得到合同。

W: 嗯，让我们去购买部门。我昨天才听说延迟，因为我们保持生产线清晰处理这些特殊纸张。这是一个可怕的麻烦。

M: 这不仅仅是一件麻烦事。如果我们在交货日期满足，则需要付费

我们很多钱。

W: 保持冷静, 约翰。(4) 我们也许可以要求钢铁供应商赔偿未能按时交货。然后我们将抵消惩罚条款。

M: 嗯, 如果可以的话。

问题 1 到 4 基于您刚刚听到的对话。

1. 女人为什么把这个消息发给男人?

2. 女人对新供应商的评价是什么?

3. 那个男人怎么得到合同?

4. 女人建议他们做什么?

会话二

M: Cat hy, 混沌理论似乎是物理学或数学的一个分支。(5) 您是经济学家, 它对您的工作有何影响?

W: 嗯, 有几个方面。Ym 负责世界许多地方的金融发展计划, 因此预测长期趋势并根据现有证据进行预测是我的工作。(6) 混沌理论是由科学家开发的, 试图解释行星的运动和环境条件的变化。这两件事也都是基于现有证据进行长期预测。

M: 很多经济学家都参与了这个领域吗?

W: 越来越多了。在 20 世纪 90 年代, 许多经济学家开始将混沌理论视为提供预测模型的一种方式。

M: 我们在这里讨论什么样的“模特”?

W: 嗯, 这是一个很好的问题。(7) 因为混沌理论的基本思想是没有任何“模型” - 没有保证形式, 而是发展变化的模式。

M: 这不意味着预测是不可能的吗?

W: 不, 但肯定会让它更具挑战性。例如, 以股票交易价格进行实验的曼德尔布罗特指出, 虽然结果是可变的, 但实际上存在某些常数。我们要做的是确保我们知道这些是什么, 并考虑所有可能的变量。

M: 但经济和金融的运作方式与天气条件或行星的运动方式相同吗?

W: 嗯, 不, 当然不是。存在某些潜在的相似之处。但是我们必须再把它们留下来。

问题 5 到 8 基于您刚刚听到的对话。

5. 这个女人的职业是什么?

6. 混沌理论在最初制定时应该做什么?

7. 根据女人的混沌理论的基本概念是什么?

8. 什么是主要谈论的发言人?

B 节

第一段

人们写信询问我学术情报和情商之间是否存在相关性。我的回答是否定的。你可以拥有高智商和高情商，当然，这是一个成功的组合，或者在一个中高而在另一个中低。（9）最好的研究是在新泽西州贝尔实验室完成的，这是一个非常高的智商。他们研究通信行业的发展。在电子工程师的分工中，他们设计的设备如此先进，以至于他们以高达 150 人的团队工作，同事和管理人员被要求提名杰出人才 - 生产力和效率的明星。他们提出了 10 或 15 个名字，并将这组明星与其他人进行了比较。事实证明，智商没有差异，学历没有差异，工作年数没有差异。（10）唯一的区别是情商。明星们都知道如何相处，知道如何激励自己，通常是那种你喜欢与之相处的人。当这些人遇到技术问题时，他们不得不转向其他人寻求答案，他们会立即发送电子邮件并立即得到答案，因为他们在需要之前建立了人员网络。其他人会通过电子邮件等待两周的时间来回答问题。（11）所以你可以看到，人际关系中的好处实际上是一种直接的好处，即使对于有效地追求技术任务也是如此。

问题 9 到 11 基于您刚才听到的段落。

9. 演讲者对贝尔实验室的评价是什么？

10. 贝尔实验室提名的明星的特点是什么？

11. 演讲者所说的有助于有效地完成技术任务？第二段

灾难电影经常描绘破坏或至少威胁要摧毁整个人口的灾难。事实上，在 20 世纪 70 年代出现的病毒可能只是致命的。（12）1976 年，埃博拉病毒以穿过刚果的河流命名，最初在非洲内部出现。（13）两种病症，症状几乎相同，影响人类：埃博拉扎伊尔和埃博拉病毒苏丹。苏丹版本致命，杀死了 50% 的受感染者。然而，扎伊尔的死亡率却高达 90%。起源虽然不是埃博拉苏丹的原因，但可以追溯到苏丹小镇的一个人。埃博拉扎伊尔似乎同时在 50 多个村庄爆发。（14）当针头共用和其他不健康的做法通过使人们接触受污染的体液来确保感染的快速传播时，两种菌株都迅速侵入当地医院。如果病毒能够通过空气传播，或者如果一个感染者在不知不觉中进入了一个庞大的人口中心，那么埃博拉病毒可能已经成为一种全球流行病。然而，在这些激烈的疫情爆发后不久，病毒就消失了，至少是暂时的。埃博拉病毒如此致命并且杀死的速度如此之快，以至于在短时间内没有人

周围感染。至少有一个案例的医院工作人员在恐慌中抛弃他们的工作场所，从而停止了可能不洁的疾病传播注射的治疗，但埃博拉病毒并没有消失。（15）由于没有已知的疫苗接种或治愈，似乎只是时间问题，直到另一次流行病爆发。

问题 12 至 15 基于您刚刚听到的段落。

12. 什么是埃博拉病毒？

13. 我们对埃博拉扎伊尔和埃博拉苏丹有什么了解？

14. 根据演讲者，人们是如何感染这种疾病的？

15. 演讲者相信什么？

C 节记录一

主持人：

各位大家好，我很高兴为今天的讲座，Brick Blue 博士介绍我们令人钦佩的演讲者。哥伦比亚大学管理学教授蓝博士（16）撰写了大量有关近年来使假期更有意义的文章和书籍，这对于那些忙于制定完美私人计划的人尤其有用。欢迎，蓝博士。

蓝博士：

大家好。你有没有想过让你的假期更有意义？嗯，这里有一些建议。

当你从一个购物中心赶到另一个购物中心时，很难专注于假期的真正含义。试试这个：在假日季节前六到十周，勾勒出一个包含所有假期义务的每周日历，然后开始消除。尽可能多地淘汰和删除；你将腾出更多时间进行真正的连接。

给予比接受更好 - 这不仅适用于物质货物。为有需要的人传播欢呼的一些方法：帮助您的孩子将自制的假日饼干送到养老院；安排访问当地医院的儿童病房，提供一篮子玩具；帮助在无家可归者收容所享用假日餐。

仪式主持假期，让孩子们有一种连续性和传统，他们可以在未来几年内传承。（17）它可以像点燃蜡烛，唱歌或说一个特别的祈祷一样简单。其他想法：在树林里度假；举办湖人派对；举办年度假日甜点聚餐。

教孩子分享永远不会太早。向你的孩子解释，并非所有男孩和女孩都有节日开放的礼物，并询问他们是否愿意分享他们的一些。大多数孩子都渴望挑选和包装旧的收藏品，（18）特别是如果他们参与将他们送到收件人。分享玩具也适合成年人。旧电脑，高尔夫球杆，CD 播放器或手机都是有意义的节日捐赠。

（19）尽管你想与家人和朋友联系，但这一点至关重要

为自己创造时间 - 即使每天只有 10 分钟。花点时间进行冥想，内省，瑜伽，单独徒步旅行，凝视夜晚的星星。当日子变得忙碌和紧张时，安排下午午睡，在此期间每个人都会到他或她的房间 45 分钟阅读，小睡和安静地玩耍。您可以使用热水浴将自己锁在浴室内，不要等到元旦重新考虑您的个人优先事项 - 现在就列出来，让节日的魔力激发您的灵感。

我希望你能在今天的演讲结束后更好地享受假期。非常感谢你！

问题 16 至 19 基于您刚刚听过的录音。

16. 谁将从蓝博士的书中受益？

17•没有提到哪种方式可以让孩子有一种连续感和一种感觉传统？

18. 我们怎样才能让孩子们更热心地与他人分享？

19. Blue 博士说什么对假期至关重要？

录制二

如果上班开始感觉像是一件令人沮丧的苦差事，而不是令人愉快和充满挑战的事情，那么你并不孤单 - （20）据报道，近 3/4 的员工对自己的工作不满意。也许现在正是时候重新考虑一下你的职业生涯和所选择的工作 - 幸运的是，有一个比以往任何时候都更加独特和定制的工作的机会。许多公司开始意识到目前的劳动力并非一刀切；许多有价值的员工正在避开传统的 9 到 5 个办公室隔间，并寻求按照自己的条件创造最佳作品的方法。

由于在传统的办公室角色中发生了翻天覆地的变化，许多行业在吸引顶尖人才方面可能会被追赶。随着自由职业者和小型企业成为有利可图的选择，以及更多的工作环境变得更容易接受创新的替代方案，那里^j从来不是一个更好的时间来弄清楚如何让你的工作为你工作。对于现状，有一些事情可以说 - 它使事情保持一致；它提供稳定性；人们都知道它有效。在工作场所的情况下，很难放弃现状 - 即迄今为止公司所采用的方法和流程。然而，许多员工开始想要更多东西。

正如美国劳动力的新面孔所见，随着互联网的兴起，（21）公司已经开始意识到他们可以从外部各方获得可靠的工作，从而节省了通常用于全职员工的成本。这些外部政党也从这种安排中受益，因为它为他们提供了更多的自由和创造力，而不是受到传统就业形势的限制。

简而言之，如果您是企业主，并希望您的公司蓬勃发展，那么开始采用创造性解决方案以确保您的员工乐于开始工作是个好主意。（22）如果你现在是一名被困在工作中的员工

以你想要的方式移动？然后是时候采取行动并弄清楚你可以做些什么来保持自己的动力。毕竟，你将大部分时间都花在工作上 - 你希望它成为你喜欢做的事情。

问题 20 至 22 基于您刚刚听过的录音。

20. 我们现在对员工了解多少？

21. 公司可以从外部各方获得的利益是什么？

22. 如果员工被困在工作岗位上，那么他们会建议员工做什么？

录制三

（23）西方饮食习惯在全世界的传播对人类健康和环境都是不利的。这些发现来自“自然”杂志的一篇新报道。有办法解决这个饮食 - 健康 - 环境问题。但他们需要改变饮食习惯。我们吃的东西可以是文化，个人品味，价格和便利的产物。David Tilman 是明尼苏达大学的生态学教授。在这项研究中，他检查了来自 100 个国家的信息，以确定人们吃什么以及饮食如何影响健康。蒂尔曼先生指出了一项始于 20 世纪 60 年代的运动。他发现，随着国家工业化，人口增加，收入增加，更多的人开始采用所谓的西方饮食。（24）西方饮食中精制或加工的糖，脂肪，油和肉类含量很高。通过吃这些食物，人们开始变胖和病情加重。超重的人患糖尿病，心脏病和某些癌症等传染性疾病的风险更大。在美国和整个欧洲，糖尿病的发病率已经飙升至极高水平。心脏病是西方国家死亡的主要原因。不幸的是，当人们工业化时，如果他们采用这种西方饮食，他们将会产生同样的健康影响，在某些情况下，如果你是亚洲人，你可能会比西方人更严重。而且，对人类不利的饮食似乎也对环境不利。随着世界人口的增长，专家表示，更多的森林和热带地区将成为农作物或草原放牧的农田。需要这些区域来满足日益增长的食品需求。（25）由于这种饮食转变，我们未来可能会从农业中释放出更多的温室气体

现在从所有汽车和所有飞机中出来的温室气体，

船只和船只，各种运输方式。

所以我们的饮食习惯很可能会改变

更糟糕的是世界和气候变暖

比我们所有的运输来源

立即使用。蒂尔曼先生将饮食，环境与人类健康之间的联系称为三难。这是一个关于“困境”这个词的游戏 - 一个提供困难选择的问题。他说，一个可能的解决方案是让西方饮食落后。

问题 23 至 25 基于您刚刚听过的录音。

23. “自然”杂志上的新报道对西方饮食习惯的传播有何看法？

24. 西方饮食如何影响人们的健康？

25. 饮食转移可能给环境带来什么负面影响？

第三单元

A 部分

会话一

W: 杰克,坐下来听。这个很重要。(1-1)必须逐步解决出口问题。第一步是获得我们现在所处位置的最新情况。

M: 为什么不?我们只专注于在家扩展?

W: 当然,我们应该坚持我们的立场。但你必须承认这里的市场有限。

M: 是的,但这很安全。(2)政府阻止外国人进口管制。因此,我必须承认,我确信(1-2)我们可以对抗外国自行车。

W: 我同意。(1-3)这就是我建议出口的原因。因为我觉得我们可以与他们中最好的人竞争。

M: 你真正说的是,我们通过在海外销售自行车赚取更多利润,我们在那里有成本优势,可以收取更高的价格。

W: 没错。

M: 但是,等一下。(3)包装,运输,融资等将推高我们的成本,我们可能最终没有好转,可能更糟糕。

W: 好的。现在需要额外的费用。但如果我们做得对,它们可以建成自行车的价格,我们仍然可以保持竞争力。

M: 你对我们在海外市场取得成功的机会有多确定?

W: 嗯,那是粘性的。(4-1)这需要大量的研究。我希望得到你的帮助。好吧,来吧,杰克。它值得吗?

M: 会有很多问题。

W: 我们无法处理。

M: 嗯.....我不是那么有希望。但是,是的,(4-2)我认为我们应该继续进行可行性研究。

W: 奇妙,杰克。我希望能站在我一边。

问题 1 到 4 基于您刚刚听到的对话。

1. 这位女士打算做什么?

2. 为什么这个人认为专注于本土市场是安全的?

3. 在海外销售自行车的男人有什么顾虑?

4. 演讲者同意做什么?

会话二

W: 术语“替代能源是什么意思?”

M: (5)当我们想到家庭和汽车的能源或燃料时,我们会想到石油,一种从地下排出的石油加工而来的化石燃料,其供应有限。但替代燃料可以是很多东西。风,阳光和水都可以用来制造燃料。

W: 石油耗尽的威胁是真的吗?

M: 我们用了几千年的时间来创造我们现在拥有的天然石油储备。我们使用的速度远远快于生产速度。(6) 围绕我们拥有的石油数量的真正争议是我们需要保留多少以备将来使用。(7) 大多数专家认为, 到 2025 年左右, 我们使用的石油量将达到峰值。然后生产和可用性将开始严重下降。这并不是说此时不会有石油。但是提取起来会非常困难, 因此也很昂贵。

W: 这是开发替代燃料和能源的最重要原因吗? M: 有两个非常明确的理由这样做。

(8) 一个是我们是否还剩下 60 或 600 年的化石燃料, 我们最终必须找到其他燃料来源。所以我们越早开始, 我们就越好。另一个重要的论点是, 当你燃烧化石燃料时, 你会长时间释放被困在地下的物质, 这会导致一些长期的负面影响, 如全球变暖和温室效应。

问题 5 到 8 基于您刚刚听到的对话。

5. 当我们根据男人谈论能量时, 我们通常会提到什么?

6. 根据男人的说法, 关于石油的真正争议是什么?

7. 据该男子说, 大多数专家都同意什么?

8. 那个男人认为我们现在该做什么?

B 节

第一段

凯伦史密斯是纽约一家百货公司的买主。百货商店买家购买商店出售的商品。(9) 他们不仅要了解当下的时尚, 还要猜测下一季或明年会变得时髦。大多数买家只在商店中的一个部门工作。但是, 凯伦发现的商品可以在商店的几个不同部分展示和销售。

(10) 她的工作涉及从世界各地购买手工艺品。去年, 她前往摩洛哥旅行, 带着地毯, 锅, 盘子和平底锅返回。前一年, 她访问了墨西哥并买回了手工制作的桌布, 带有锡纸和纸花框架的镜子。纸花明亮多彩, 因此用于装饰整个商店。今年, 凯伦正在马来西亚, 泰国和印度尼西亚旅行。凯伦访问的许多国家都设有促进手工艺品的政府办公室。官员很高兴与她合作, 向她展示可用的产品。凯伦尤其喜欢在她可以安排的情况下访问小城镇和村庄的市场。她一直在寻找有趣和不寻常的物品。(11) 凯伦认为她能找到最好的工作。她喜欢她必须做的所有旅行, 因为她经常去市场和小偏僻的地方。她看到她所访问的国家比普通游客更多。她一回到纽约

约克从一次旅行开始计划另一次旅行。

问题 9 到 11 基于您刚才听到的段落。

9. 什么说是一个好的百货商店买家？

10. 凯伦的工作涉及什么？

11. 为什么凯伦认为她得到了最好的工作？

第二段

(12) 马克觉得是时候参加他的社区了，所以他下班后去了邻居会议。(13) 该地区的市议员正在讨论生活质量如何下降。该社区面临许多问题。马克看着贴在墙上的图表。有停车问题，犯罪和空置楼宇问题的图表。马克从图表中读到：警察巡逻队减少，非法停车增加 20%。人们应该向议员建议解决方案。这对马克太过分了。(14) “问题太大了”，他想。他转向他旁边的男人说，“我认为这是浪费我的时间。我能做的任何事情都无济于事”当他在回家的路上接近巴士站时，马克看到一个女人背着一个杂货袋和一个婴儿。当马克靠近时，她的另一个孩子，一个小男孩，突然冲进了街道。那个女人试图伸手去拿对他来说，但是当移动时，她的行李移动了，杂货开始掉了。马克跑去抓住那个男孩的胳膊，把他带回了他的母亲。“你必须和妈妈呆在一起，”他说。然后他拿起了那个女人笑了起来。“谢谢！”她说。“你有很好的时机！”“只是睦邻，”马克说。当他骑马回家时，他瞥了一眼靠近座位的海报。公共汽车。(15) “小小的善举加起来。”马克微笑着想，“也许这是个好地方。”

问题 12 至 15 基于您刚刚听到的段落。

12. 马克认为他应该开始做什么？

13. 马克到达邻里会议时正在讨论什么？

14. 马克想到社区的问题是什么？

15. 为什么马克在回家的路上微笑？

C 节

录制一个

主持人：

你好，女士们，先生们。我非常荣幸地为今天的演讲大卫罗宾逊博士介绍我们的发言人。西北大学人力资源教授罗宾逊博士 (16) 撰写了大量关于如何在众人面前进行演讲的文章和书籍;仅仅表达自己的观点是不够的，你还应该吸引和吸引观众。

罗宾逊博士：

谢谢你的介绍。我很荣幸在这里发表演讲。它的

常见的：当你意识到你的观众没有听你的时候，你正处于演讲的中间。你不能引起他们的注意。有人不听；别人正和他的朋友聊天，甚至很少有人睡觉。在演示文稿结束时，您对自己的表现感到非常不满意。你无法理解。你提出了许多有趣的想法，但他们很无聊。在过去的几周里，您每天都在训练该演示文稿。你很确定你的演讲很精彩。人们怎么可能不听你的话？你感到困惑和沮丧。可能你不知道一件事……

问题不是你；问题是你的演讲。大多数演示者没有制作出好的幻灯片。老实说：过去几年你在屏幕上看到过多少无聊，平面，黑白的演示？（17）如果你看一下 SlideShare，你会发现大多数的演示都很无聊。不是一个，不是两个，不是一半...大多数演示文稿！故事不是主持人：没有人教他们如何做出精彩的演示；没有人教他们他们的幻灯片和他们的演讲一样重要。

让人们听你的唯一方法就是以惊人的表现吸引他们的注意力。如果你的幻灯片显示了很多文字，那么他们就会厌烦人们。人们懒惰；他们不想在你说话的时候读书。他们不需要阅读你对他们说的话。如果您的幻灯片是黑色和白色，它们看起来无趣。如果您的幻灯片显示混乱的数据和/或文本，人们将不会注意。（18）人们在获得娱乐的同时想要学习。一些无聊的幻灯片不会招待他们。

如果你知道怎么做，做一个很棒的演示很容易。

（19）图像可以非常强大。它们可能是演示文稿中最重要的部分。通过正确的图像，您可以唤起观众的情感。想想有趣的图像是多么有效。另一个例子是令人震惊的图像：它们有很大的影响（但不要夸大）■你应该避免使用图像的一件事是插入剪贴画。他们太可怕了。当您在演示文稿中看到剪贴画时，您会立即将其视为不专业。

使用图像覆盖整个幻灯片。较小的图像可以很好地使用它们，但如果您不知道如何以优秀的方式使用它们，请避免使用它们。

使用类似的图像。如果您的图像似乎来自相关来源，您的演示文稿将获得更专业和更好的外观。

谢谢你们！希望今天的讲座能为您提供帮助！

问题 16 至 19 基于您刚刚听过的录音。

16. 介绍说罗宾逊博士⁹的文章和书籍是什么？

17. 现在演讲者对演讲的看法是什么？

18. 除了从演示中学习外，人们还期望什么？

19. 演示文稿中最重要的部分是什么？

录制二

大家好。今天，我想谈谈动机。动机是我们许多人偶尔缺乏的。如果你想要获得晋升或让一个男人爱上你，并且不要期望别人帮助你，那就无所谓了。为了达到目标，你永远不应该停止激励自己。

(20) 自我激励在生活的各个方面都至关重要。它可以帮助你开始工作，而不是让他们中途离开。如果你觉得你需要一个动力提升，这里有一些最好的提示：

如果你想要善于做某事，你应该让自己一步一步地去做。您的朋友和家人可能会支持您并给您建议，但他们永远不会为您的成功做任何事情。如果你想成为你所在国家乃至世界上最好的厨师，你应该整天尝试做饭而不必担心错误。

(21) 错误实际上帮助我们成功和自信。你犯的错误越多，获得的经验就越多。你负责自己，没有人能为你提供你想要的东西。

虽然金钱不能带来快乐，但是你应该在年轻时开始考虑你的繁荣。也许你现在没有自己的家庭，所以你有足够的时间开始职业生涯并努力工作以获得成功。下次当你感到缺乏自我激励时，请考虑一下。

我们经常指望我们的父母，朋友和同事，并在出现问题时责备他们。但是，你是唯一一个对你的生活和成功负责的人。(22)除了你自己之外没有人可以指望 - 这是生活的残酷真理。学会掌控你的成功和生活，这样你就不会浪费你的时间等待某人的帮助。

生活反映了我们自己和我们的行为。如果你不采取任何措施，你会有苗条的身材吗？如果你经常坐在家裡，你会看到这个世界吗？当然不是。如果你一动不动，你的生活也会一动不动。改变自己，你的生活也会改变。生活总是随时可以提供帮助，但只有在我们寻求帮助的时候。但是在这种情况下，言语不起作用，只有行动才有效。

自我激励的下一步是梦想你将获得的最终结果。当你升职时，你不仅会赚更多钱，而且会变得更加自信和自豪。你的伴侣可以让你更快乐，但不快乐。学会爱自己，快乐，努力工作，享受你努力的最终结果。

谢谢收听！

问题 20 至 22 基于您刚刚听过的录音。

20. 自我激励如何帮助我们？

21. 演讲者对犯错误的看法是什么？

22. 演讲者提到的严酷的生活真相是什么？

录制三

嗨，大家好！俗话说：“你的年仅和你一样年轻。”

(23)但我们生活在一个艰难的世界里。当我们有账单支付，嘴巴喂食，屋顶保持头脑时，我们怎么能够保持年轻的人生观呢？虽然它确实无法重温童年时代的无忧无虑的日子，但我们可以充分发挥自己的生命潜力，并且这样做会像我们年轻时一样保持新鲜和活力。

保持良好的公司将使您在一生中保持社交幸福和健康。另一方面，没有什么能比那些阻碍你充分发挥潜力的人进行社交活动更能让你失望。具有讽刺意味的是，围绕自己与那些有意向前迈进的人会让你精力充沛，让你感觉好像你总是在你的巅峰期。

(24)当你发现自己被生活在过去的有毒朋友包围时，你意识到自己没有变得更年轻，你会开始觉得你生命中最好的日子已经过去

说某人是“老式的”只是说他们落后于时代的好方法。如果你进入心态，你“太老了”，无法学习如何使用 Windows 10 或 iPhone，你肯定会觉得自己已经过了巅峰期。我们生活在一个教育和知识完全触手可及的世界中，并且从未如此轻松地获得新的技能或爱好。养成每天学习新东西的习惯，你会继续保持敏锐的态度，随时准备好迎接这个世界。很快，你将在 iPhone 6 上展示你的孩子提示和技巧！

当我们还是孩子的时候，我们跳进了水坑，滚下山坡，吃着雪花从天而降。不要说，作为一个成年人，你应该习惯性地做这些事情。(25)但你永远不应该忽视生活中的小事。庆祝你的美好时光。下班回家的路上每次开绿灯都会感到胜利。积极寻找生活中享受的东西；无论多少可能出错，如果你看起来足够努力，总会有一些东西可以微笑。

希望你喜欢今天的演讲。谢谢收听！

问题 23 至 25 基于您刚刚听过的录音。

23•为什么演讲者说要保持年轻人的生活观并不容易？

24•根据发言者的说法，我们什么时候才能意识到自己已经老了？

25.演讲者在演讲结束时建议人们做些什么？

UNIT 四

A 部分

会话一

W: 欢迎，约翰逊先生。首先，Td 想问你一些关于你背景的问题。你在印度上学了吗？

M: 嗯，我的父母在我五岁的时候回到英格兰，所以我实际上在英国上学了。

W: 你是怎么喜欢的? 你的教育, 我的意思是。

M: (1) 回想起来, 我更喜欢它。我不太关心制服, 但我讨厌语言课, 特别是我的拉丁课。

W: 好的。你旅行时一直做什么? 我的意思是你是如何支持自己的?

M: 嗯, (2) 当我在军队之后在埃及, 我找到了一份英文报纸的工作, 所以我有一些写作经验, 当我开始旅行时, 我只是继续写作, 你知道, 旅行文章和诸如此类的事情。这就是一切的开始。我一直在为杂志撰写旅游作品, 当然还有我的导游书。

W: 你写了几本书 AW;

M: 大约 14 个人在一起。

W: (3-1) 你有一本叫做 77 秘籍亚洲出口的新书。你能告诉我们一点吗?

M: 是的, 当然。(3-2) 所有关于乘火车穿越亚洲的事情。你看, 两年前, 我乘火车开始了这次旅行。

W: (4-1) 听起来有点不舒服。

M: (4-2) 有时它是, 但总的来说, 我喜欢它。这真的是一个了解各个国家和了解人民的奇妙方式。我想, 比飞机好多了。

W: 我明白了, 谢谢你, 先生。约翰逊。祝你未来的旅行顺利。

M: 谢谢。

问题 1 到 4 基于您刚刚听到的对话。

1. 那个男人对他的教育有什么看法?

2. 旅行时这个男人是如何养活自己的?

3. 什么是亚洲快车的书?

4. 那个男人怎么评论他的火车旅行?

会话二

W: 你觉得电视怎么样? 我认为这是一个假神, 一个危害我们社会的危险“偶像”。

M: 你怎么能这样说? 你说这个伟大的现代发明会伤害我们吗?

W: (5) 想想我们一直在浪费看广告而不是做一些有用的事情! 而且没有时间交换家庭新闻或一起交谈。

M: 害怕我不同意你的看法。想想所有的教育计划。我们可以学习法语, 日语和其他科目的课程。(6-1) 想想这些可能有多大用处。电视让家人团聚。我们不是外出喝酒跳舞, 而是呆在家里看电视, 这也省钱。

W: 但是还有其他一点。我们不必做任何事情。为我们提供娱乐。我们只是被动地坐在那里 - 而不是在我们重新活动时学习画画, 画画或打网球。(7) 在我看来, 阅读书籍很多

比盒子更有教育意义。我们不能作为观众经历生活。

M: 阅读和观看是同一枚硬币的两面。我们在电视上看到的图片可以说明或带来我们读到的东西。(6-2)通过电视,我们可以了解周围的世界。我们可以成为“扶手椅旅行者”,并在电视机的帮助下拓宽我们的思想。

W: (8-1)好吧,我们是否过于认真地争论?我们放松一下,喝点茶。

M: (8-2)是的,在这一点上我完全同意你的观点。

问题 5 到 8 基于您刚刚听到的对话。

5. 为什么女人说电视不好?

6. 这个男人对电视的看法是什么?

7. 根据女人的说法,什么比电视更有教育意义?

8. 我们可以从两个扬声器中了解到什么?

B 节

第一段

世界卫生组织表示,南部非洲和东南亚的 57 个国家正面临医疗保健工作者严重短缺的问题。(9)这场危机正在影响政府如何对抗疾病和改善健康。世界卫生组织表示,迫切需要 400 多万名医生,护士和其他卫生工作者来改善这种状况。卫生组织在世界卫生日发布的新报告中发出了警告。该报告称,南部非洲的医疗保健危机最严重。非洲大陆拥有世界 11% 的人口,但仅占世界卫生保健工作者的 3%。(10)报告警告说,穷国提供重要救生服务的能力正处于危险之中。此外,许多患者无法获得艾滋病,疟疾和肺结核等疾病所需的治疗。

(11) 世卫组织官员说,问题的一部分是由富国提供的,这些富国为贫穷国家的医生和护士提供高薪工作。此外,很少有训练有素的医疗保健专业人员在最需要的地方工作。贫穷国家的人通常在城市而不是农业区工作。世界卫生组织的报告提供了一个应对危机的十年计划。它要求国家领导和卫生工作者的新政策。它还敦促提供更多的国际援助和外援。

(12) 该报告称,面临最严重短缺的国家必须增加医疗保健支出。有效利用公共资金进行医疗保健也是国际会议的主题。研究人员提出了三本书,描述了发展中国家健康问题的成本效益答案。它们包括道路上的速度障碍,以帮助减少交通事故的数量。

问题 9 到 12 基于您刚才听到的段落。

9. 缺乏医护人员可能会导致什么结果?

10. 我们可以从报告中学到什么?

11. 为什么贫穷国家缺乏医疗保健工作者?

12. 世卫组织呼吁这些贫穷国家做些什么?

第二段

医学专家说，大多数美国人睡眠不足。他们说更多的美国人需要在一天中间休息一小段时间。他们建议人们在继续其他活动之前先睡一觉。（13）今年早些时候的一项研究发现，白天睡几分钟的人不太可能死于心脏病。该研究对超过 23,000 名希腊成年人进行了大约六年的研究。每周至少休息三次半小时的成年人死于心脏病的风险比未休息的人低 37%。研究组织者表示，最有力的证据是在工人身上。组织者表示小睡可以通过减少工作带来的紧张来改善健康状况。一些欧洲和拉丁美洲的企业多年来一直支持打盹的想法。他们敦促人们在返回之前离开工作，回家并小睡一会儿。在美国，一些公司让工人在办公室里短暂休息。（14）他们认为这可以减少错误和事故，也可以增加一个人的工作量。睡眠专家说，人们在工作中犯的错误可能比其他时候多。他们说人们在感到困倦时不应该履行重要的职责。他们说最好的办法是小睡一会儿。（15）你需要大约 20 分钟的休息时间。专家说，这提供了额外的能量，可以提高你的效率，直到一天结束。但专家警告说，午睡时间不应超过 20 至 30 分钟。较长的午睡会让身体深陷睡眠状态。醒来将是困难的。

问题 13 至 15 基于您刚才听到的段落。

- 13. 该研究根据该段落提出了什么建议？**
- 14. 为什么有些公司鼓励他们的工人小睡？**
- 15. 以下哪一项可能会让睡眠专家同意？**

C 节

录制一个

主持人：

你好，女士们，先生们。我很高兴在今天的演讲中介绍我们的演讲者，Dr. 大卫·福特。斯坦福大学心理学教授福特博士（16）撰写了大量关于如何保持精神健康的文章，尽管工作压力很大或者现代社会中的困难关系。

福特博士：

谢谢你的介绍。我很高兴在这里见到你。为什么有些人似乎有条不紊地生活，似乎知道他们是谁，似乎确定他们要去哪里，而有许多人在这个世界上感到迷失和孤独？

人们很容易认为其他人都因为外表光滑，直到你走了一英里的鞋子。几乎每个人都在生活中的某些方面感到迷茫。这是不可避免的。（17）无论你是多么富有或贫穷，生活有时候看起来很单调乏味。那是因为

没有人生来就有生命指导手册。我们都在努力去了解生活。

只是因为每个人有时感到迷茫，并不一定能让它成为一种愉快的体验。然而，可悲的是，没有快速简便的方法来弄清楚你的生活并解决迷失的感觉。然而，正如生活中的许多事情一样，一点点额外的理解和同情可以帮助你在这些负面情绪中导航，就好像不会感到不安。

(18) 生活中迷茫的人不会非常喜欢自己。他们往往有一种扭曲的自我感，阻碍他们欣赏自己的美丽，智慧和价值。他们通常不接受一个简单的事实 - 他们是谁就足够了。他们似乎只看到他们是多么低劣，不值得或无足轻重，他们怎么做都不够好。

当你看到自己处于低劣状态并且感觉不值得时，你会感到沮丧，悲伤和不快乐。你会感到迷茫。这就是为什么你需要以真实的眼光看待自己。你是一个特殊的人 - 一个有价值的人类家庭成员。仅仅因为你在某种程度上是不同的或独特的，不会让你的价值降低。你的爱，幸福和成功的能力与任何其他人的能力相同。

花更多的时间与自己一起弄清楚你到底是谁，以及是什么让你开心。(19) 然后追求那些让你真正兴奋的事情。你欠自己快乐。相信自己和自己的潜力，因为如果你不相信自己，别人就不会。

谢谢收听！

问题 16 至 19 基于您刚刚听过的录音。

16. 介绍说福特博士⁹的文章是什么？

17. 我们对富人有什么了解？

18. 对生活中迷茫的人的正确描述是什么？

19. 演讲者建议我们追求什么？

录制二

大家好。这是给你的问题。客户永远是对的，对吗？

好吧，不久前有很多企业相信它，或至少声称相信它。这个口号与已经倒闭的总部位于芝加哥的百货公司马歇尔菲尔德有关，但许多 20 世纪中期的公司表面上都接受了它。

它也被世界各地的客户和企业使用和滥用。(20) 企业援引它来证明他们对客户服务的承诺，即使他们不是这样做的；客户利用它来获取自己的方式，即使他们不配。客户总是对的吗？以下是他们回答的一些情况¹⁰是⁹：首先，当你没有任何成本让你自己走的时候。通常，良好的服务成本绝对没有公司。这是一个微笑，一个“谢谢你。”，什么时候

出了问题，一个“对不起”。真正的道歉是完全免费的，可以大大有助于弥补糟糕的客户体验。当一个论点很容易通过道歉解决（即使客户是错的）那么为什么客户是正确的？

第二，当法律在您身边时。公司经常将自己的政策与法律相混淆，反之亦然。例如，法律规定如果公司不提供您支付的服务，则违反合同。这取代了任何有关退款或更换的公司政策。（21）如果您没有得到所支付的费用，您无需成为律师即可获得全额退款。

第三，当一家公司显然是疏忽大意的时候。如果您购买的小部件发生故障或者公司的产品远远落后于其承诺，那么就没有任何争议。你是对的，你欠了退款或更换。同样，公司躲在合同细则背后，说让你退回产品不是他们的“政策”，或者他们向你收取没收“补货费用”。但是，假设他们的产品是应该的。

第四，当一家公司能够承受失去你的业务。对或错，如果你是客户并且你威胁要把你的事业带到别处，那没关系 - 你是对的。但只有公司确定你*不*不值得失败。（22）不幸的是，很多公司都没有做出这样的决定，让你把你的业务带给竞争对手，这可能也是如此。

Thafs 讲座结束。谢谢。

问题 20 至 22 基于您刚刚听过的录音。

20. 为什么企业会引用“客户永远是对的”口号？

21. 如果我们没有得到我们付出的代价，我们该怎么办？

22. 如果您威胁要将您的业务带到其他地方，大多数公司会怎么做？录制三

大家早上好。（23）随着互联网革命每天都在引入新的通信模式，建立联系不再是艰巨的，时间消耗工作。事实上，如果您正在寻找有效且简便的方法来搜索业务合作伙伴，那么 Internet 就能提供一个现成的答案。今天，我们拥有许多成功和友好的电子商务平台，使我们能够建立联系网络，搜索业务合作伙伴并轻松建立业务通信。

作为充满活力，不断发展的网络平台和连接构建者，社交网络网站是您最有效的电子商务媒体。它们使您更容易找到并建立新的业务合作伙伴，促进与现有业务合作伙伴的沟通，并通过合作伙伴关系完成在线业务交易。

通过传统方式建立具有新联系的网络渠道需要花费时间。社交网站让您更轻松。

（24）如果您是业务联系人，则将您的网站联系页面发送给您想要的人

为了提供您的联系方式，它将为您提供更快的介绍。此外，它还可以帮助您轻松跟踪网络中的人员。社交网站有几个不同的搜索参数来查找新的联系人和业务合作伙伴。例如，在 BizGround（一种高效的 Social Connection Builder）上，您可以尝试这些参数的各种组合，并指定特定值来搜索并找到您喜欢的匹配项。

找到潜在的匹配后，您只需点击他/她的照片或姓名，签署他/她的留言簿，发送私信并探索合作的途径。

（25）您可以轻松地在这个精彩的网络平台中邀请和添加您的联系人！您可以作为免费高级会员开始，并充分利用其所有独家功能。查看 BizGround 常见问题解答。很可能您的问题将在这里得到解答。有关 BizGround 功能的概述，请参见。

谢谢收听。下周见！

问题 23 至 25 基于您刚刚听过的录音。

23. 根据演讲者的说法，没有互联网的建筑合同是什么？

24. 什么能让我们在网上更快地介绍？

25. 演讲者对网络平台的看法是什么？

第五单元

第一节对话一

M: Hudson 夫人，一项新的研究表明，即使在自然环境中进行五分钟的运动也可以显着提升我们的情绪。（1）但是，它能产生如此神奇的效果吗？

W: 在某种程度上，我必须说是。因为（2）在自然区域锻炼不仅有益于身体健康，还可以在短短五分钟内改善我们的情绪和幸福感。

M: 所以，如果我们去公园或花园散步，我们的心理健康会得到很大的提升。但结果是如何发现的？

W: 在此之前，众所周知，运动让我们感到高兴。所以在自然环境中。科学家希望看到两者结合的效果。

M: 那他们做了什么？

W: （3）他们评估了十项不同的英国研究，涉及 1,200 多人。参与者参加了园艺，帆船和乡村散步等活动，并评价了他们的心情和自尊。

M: 科学家在研究中发现了什么？

W: 他们发现在自然环境中即使是几分钟*运动也能真正促进心情。研究表明，只需五分钟的户外运动，他们的情绪和自尊得到了显着的提升。（4）精神障碍患者受益最多。

M: 哇, 这是第一项量化获得积极效果所需时间的研究。所以, 也许, 如果你想要快乐, 那就去公园散步吧。

问题 1 到 4 基于您刚刚听到的对话。

1. 什么是男人对新研究的态度?
2. 在自然区域锻炼有什么积极作用?
3. 科学家是如何找到这些结果的?
4. 我们可以从研究中学到什么?

会话二

M: 你知道明天早上我将成为课堂讨论的主要讲话者。说实话, Tm 真的有点紧张。

W: (5-1) 我讨厌在观众面前站起来。我常常忘记说什么, 不知道该放在哪里。

M: 哦, 它没有那么严重。有人可能会在观众面前冻结一段时间。但是当你开始时, 你会继续你准备的东西, 你的表现也不会太糟糕。

W: 是的。我知道, 你应该从你身上学到一些东西置信度。(5-2) 当我发表公开演讲时, 无论我对自己说得多么流利, 我进入平台的那一刻, 我的大脑就变得空白了。

(6) 但事实是, 当我有信心时, 事情会好得多。顺便问一下, 你是如何准备演讲的?

M: 不太好, 害怕。我不会写出讲话的每一个字, 只是大约 80 个字的轮廓。

W: 你确定只能根据主要想法的粗略草图来完成演示吗?

M: 差不多。你知道, 演讲是关于我自己学习英语口语的经验。(7) 我要和同学谈谈最熟悉的学习主题。嗯什么都不怕。(8) 关键问题是如何组成演讲机智! ^asonable 线索。

W: 那是另一个我应该向你学习的东西。看来我永远做不到
除非我写下每一个字, 否则都会发言

M: 嗯, 我们有时会更好地交换意见。

W: 很棒! 愿你明天的公开演讲取得成功。

问题 5 到 8 基于您刚刚听到的对话。

5. 女人为什么不想发表公开演讲?
6. 什么有助于根据女人做出好的演讲?
7. 为什么这个人只写下他演讲的大纲?
8. 这个人认为他演讲中的关键问题是什么?

B 节

第一段

大多数年轻女性认为他们会在奖励之间取得平衡

事业和充实的个人生活。这项针对 22 至 35 岁的全职职业妇女的在线调查显示，他们希望在个人生活和职业生活之间取得平衡，并希望能够有所作为。（9）根据全球管理咨询公司埃森哲委托进行的调查，医疗福利是他们如何定义职业成功的关键部分。63% 的女性认为医疗福利对于职业成功至关重要。女性很快就会占到美国劳动力的一半，而那些 1980 年以后的女性现在是工作人口的 1/3。（10）94% 的女性认为她们可以在令人满意的职业生涯和令人满意的个人生活之间取得平衡。（11）当被要求对职业生涯的障碍进行排名时，12% 的人表示婚姻，19% 表示生育政策，30% 表示薪酬表。美国劳工部报告说，女性的工资中位数是男性的 80%。（12）当比较 16 至 34 岁年龄段的每周收入中位数时，年轻女性的收入是年轻男性的 91%。接受调查的女性中有近 60% 报告受到当前经济衰退的负面影响。而 1/3 更关心的是保住工作而不是实现工作 - 个人生活平衡。美国失业率仍为 10%，无党派的国会预算办公室预计在 2012 年之前不会降至 8% 以下。

问题 9 到 12 基于您刚才听到的段落。

9. 年轻女性定义职业成功的关键是什么？

10. 大多数年轻女性如何看待自己的生活和工作的平衡？

11. 以下哪项是年轻女性职业生涯的障碍？

12. 与年轻男性相比，我们可以了解年轻女性的哪些方面？

第二段

梦是在我们睡觉时通过我们的思想的思想，感受和事件的表达。每个人都在做梦。但只有一些人记得他们的梦想。人们一直试图决定几千年来梦的意义。古希腊人和罗马人相信梦提供了来自众神的信息。有时能够理解梦想的人会帮助军事领导人参战。一些美国本土部落和墨西哥文明认为，梦想是我们睡觉时访问的另一个世界。（13）在欧洲，人们认为梦是邪恶的，可能导致人们做坏事。200 年前，人们在四五个小时的睡眠后醒来想想他们的梦想或与其他人谈论这些梦想。然后他们又睡了四五个小时。早在 20 世纪，著名科学家就梦想发展了不同的观点。奥地利精神病学家西格蒙德·弗洛伊德于 1900 年出版了一本名为“梦的解析”的书。弗洛伊德认为人们常常梦想他们想要但不能拥有的东西。对于弗洛伊德来说，梦想充满了隐藏的意义。他试图将梦想理解为一种理解人们的方式，以及他们为何以某种方式行事或思考。弗洛伊德认为，每一个思想和每一个行动都始于我们的大脑。（14）他认为梦可能是了解我们大脑中发生的事情的重要方法。科学家认为继续研究是很重要的。

梦。斯蒂格德博士说，西格蒙德弗洛伊德发表他关于做梦的重要著作已经有 100 多年了。然而，当我们做梦或为什么做梦时，大脑究竟是如何工作的仍未达成一致。

问题 13 至 15 基于您刚才听到的段落。

13. 欧洲人对梦想的看法是什么？

14. 弗洛伊德是如何根据这段经文解释梦的？

15. 这篇文章主要告诉我们什么？

C 节

录制一个

主持人：

你好，女士们，先生们。我很高兴在今天的演讲中介绍我们的演讲者，Dr. 迈克威廉姆森宾夕法尼亚大学文学教授威廉姆森博士（16）撰写了大量关于写作问题的文章和书籍，特别是在现代社会，随时随地都有大量信息出现。

威廉姆森博士：

谢谢你的介绍。我很荣幸在这里发表演讲。找到工作的动力是很困难的。当你不得不担心集中注意力和创造力时，事情会变得非常尴尬。（17）如今，只需按一下按钮即可获得大量信息，创建正确类型的内容可以为试图获得更多客户或读者的人带来不同。

互联网就是要分享精彩内容，竞争非常激烈。正比如我更有资格的人已经指出，（18）相对优秀和原创的内容已成为常态 - 它不再是争取的最终目标。竞争太激烈了，如果你的写作可以在前十秒内吸引他们，人们总会有一些其他的浏览器标签。然而，即使是最广泛的话题都被令人作呕，但你真的希望创造一些完全独特的东西。我知道 - 我曾多次去过那里。

然而，有一些希望。绝望的作家一直在使用旧的“所有值得写的东西已经写过，自古埃及时代起就行了。（19）然而，好的文学仍然存在并在数千年之后被踢。这是因为它更多地是关于共同的主题和情感，用不同的词语和通过独特的世界观的棱镜讲述。人们将被吸引到同样的人生戏剧 - 希望，尊严，克服逆境，只是奖励和诗意的正义是让人群惹恼的事情 - 但是你要找到一个好的方式来谈论他们。

你必须从一开始就拉动读者。你可以说你想要好莱坞招聘黑客作家，蚕食原创故事和匆匆写剧本的倾向，但他们中的一些人真的知道如何吸引他们的观众。

选择合适的利基和主题仍然很重要，因为你想写下你所知道的。但你不能陷入细节之中。第一段必须让读者了解即将发生的事情，并真正推销您的内容。

那么到目前为止你有任何问题吗？唐[^]犹豫地问我。

问题 16 至 19 基于您刚刚听过的录音。

16•介绍说什么是威廉姆森博士的文章和书籍？

17. 根据威廉姆森博士的说法，以下哪项陈述是正确的？

18. 我们对优质和原创内容了解多少？

19. 演讲者今天对文学有什么看法？

录制二

早上好。你有没有在网上买过一件衬衫或连衣裙，以后才知道你在网上看到的東西与你收到的东西大不相同？在这种情况下，您认为下一步行动是什么？好吧，你可以把手举到空中，同时在附近跑来跑去大喊大叫，“I’ve 刚被骗了！或者你可以试着把你刚购买的衬衫归还。无论你选择哪一个，行为都已完成。您的衬衫交付给您之前，您已经付款了。

如果你经历过这样的经历，你会发现，通常情况下，这通常是“不太好”的体验。你会开始后悔为什么你订购和支付你喜欢的东西。我敢打赌，没有人会为这种经历讨价还价。（20）这就是为什么你要确保你将你的辛苦赚来的钱花在你真正想要的东西上是非常重要的。

随着 90 年代初万维网的出现，很多事情都有可能实现，包括网上银行和网上购物或电子商务。（21）排队等待在商店里获得非常重要的产品的日子随之大幅度减少，因为网上购物随着挽救那么多没有时间在商店检查他们的人的承诺而演变在购买之前需要。

因此，在网上购物之前，每个购物者都能够获得正确的信息是非常有利的，这样可以避免后悔购买的压力。因此，作为在线购物者，您必须知道这些事实才能获得成功的购物体验。

（22）在线购买商品之前，请务必确定您购买的商品是否有免费送货标签。这样您就不必超出预算。如果您计划在产品上花费的是 70 美元，并且运费另外花费 20 美元，那么如果您准备好支付额外费用，最好从一开始就做出决定。

在您购买之前，请访问该网站并阅读说明和产品信息，以确保其是否有免费送货标签。但是，一个好的方法是确保实际联系产品所有者。这为您提供了真正的运输成本的额外保证。

希望您喜欢今天的演讲。谢谢！

问题 20 至 22 基于您刚刚听过的录音。

20. 为什么演讲者提到网上购物的例子？

21. 演讲者对万维网的评价是什么？

22. 在线购买商品之前，发言者建议人们做些什么？

录制三

大家好。事实证明，过去十年不稳定，充满了不确定性。（23）失业率居高不下，而联邦，州和地方的支持服务则减少。难怪各个年龄段的人都在寻求成为企业家和企业家。在某些情况下，它是唯一可用的选项。小企业主享有真正的成就感和满足感。经营企业需要具有企业家精神，主动性，坚持不懈，坚韧不拔和商业洞察力。

以下是推出自己的成功小企业的一些智慧。它们是实现梦想生活的一些基本步骤。

首先，确定您的小型企业和产品或服务。（24）选择一个需求超过供应的新兴市场，一个展现长期增长和强劲利润的市场。提供新的问题解决方案，创新；保护您的商业秘密。进行尽职调查，并确认您选择的产品和服务是人们需要，想要和愿意支付的。确定制作产品或服务的成本，然后设定价格。确保企业能够与竞争对手展开强有力的竞争。保持竞争优势。选择一个相关的，确定的商业名称，并遵循当地程序，以确保它可用（不是商标或已经流行）■

其次，访问您的客户或客户。确定您的客户是谁，您将如何找到他们，以及他们购买您的产品和/或服务的动机是什么。确定您将如何与他们联系并仔细审查他们的业务需求。彻底询问他们的问题和感知的解决方案。表现出对它们的真正兴趣和成功。提供经过深思熟虑的优惠，以合理的价格满足他们的需求。及时了解新技术，新技术和新标准。与您的员工，合作伙伴和客户分享。（25）如果你信守诺言并且表现卓越，他们将会存在很长时间。

谢谢收听。再见！

问题 23 至 25 基于您刚刚听过的录音。

23. 更多人创业的原因是什么？

24. 发言者针对市场的建议是什么？

25. 如果我们信守诺言，我们的员工，合作伙伴和客户会怎样做？

UNIT 六

A 部分

会话一

W: 我不敢相信自己的眼睛，比尔。你午餐吃沙拉吗？没有汉堡包？

- M: 习惯了, 苏珊。好吃的汉堡。(1) 大多数快餐都装有 Na_a - 一种化学物质。我一直在阅读一种新的健康零食。它是用鱼做的。你有没有听说过它?
- W: 不, 我没有。但无论如何我不太喜欢鱼。但为什么你有兴趣减少你的盐摄入量?
- M: (2) 我的医生说我应该减少富含 Na_a 的食物以降低血压。实际上, 我的血压并不高, 但他们说它随着年龄的增长而增加。
- W: 我原本以为你太年轻了。好吧, 我很高兴你开始更加关注你的饮食。
- M: 最近我吃了许多水果和蔬菜。我也希望降低心脏病发作和中风的风险。最近, 我的家人正在尝试吃更健康的食物。
- W: 我也是。(3) 这就是为什么 IVe 试图降低我的胆固醇 ($15 @ 0$) 水平。就像你一样, Tm 现在也试图减掉几磅。
- M: 在这种情况下, (4-1) 你应该和我一起去健身俱乐部。你今晚可以把自己从电视上撕下来吗?
- W: 你加入了健身俱乐部? 我永远不会想到你会认真对待这样的事情。(4-2) 为什么呢? 如果你可以打破你不健康的饮食习惯, 我肯定会流汗。
- M: 我可以连续做 100 次俯卧撑。不要嫉妒。你有一天会做的。

问题 1 到 4 基于您刚刚听到的对话。

1. 根据男人的说法, 哪种物质可以在大多数快餐中找到?
2. 男人为什么要减少食物中的盐?
3. 这位女士对健康有什么问题?
4. 从现在开始, 女人要做什么?

会话二

- W: (8) 手表和钟表似乎是我们生命中呼吸或饮食的一部分。然而, 你知道钟表的发展吗? 约瑟夫, 很高兴认识你。你能告诉我们一些关于钟表的事吗?
- M: 珍妮弗, 很高兴见到你。实际上, 直到 19 世纪 50 年代末, 钟表才在美国罕见。
- (5) 在 18 世纪晚期, 人们不知道确切的时间, 除非他们接近时钟。欧洲城镇广场上那些令人愉快的钟表是为公众建造的。
- W: 毕竟, 在那个时候, 大多数公民根本无法买到个人時計。
- M: 嗯, (6) 直到 19 世纪, 在欧洲和美国, 手表的主要目的, 通常是在金链上, 向别人展示你是多么富有。
- W: 嗯.....好吧, 谈到手表, 我们不得不提到一个词“手表”, 让我们意识到“准时”的意义。
- M: “手表”这个词直到近 1900 年才进入英语。到那时, 美国工业化的快速发展意味着

测量时间变得至关重要。(7) 由于工业化使得大量商品的制造成为可能, 手表变得相当便宜。

W: 是的, 效率现在通过工作的速度来衡量。“准时”进入了每个公民的语言和生活。

M: 嗯, 最近我经常认为那些留下手表的人可能会失去对时间的敏感度。

问题 5 到 8 基于您刚刚听到的对话。

5. 大多数欧洲人如何知道 18 世纪后期的确切时间?

6. 为什么欧洲人在 19 世纪都戴手表?

7. 是什么因素使得公民的手表价格更便宜?

8. 演讲者主要讨论什么?

B 节

第一段

独立日是美利坚合众国的国定假日, 纪念大陆会议于 1776 年 7 月 4 日在宾夕法尼亚州费城签署独立宣言。在签署时, 美国由英格兰国王乔治 III 统治下的 13 个殖民地组成。(9) 殖民地对于必须支付给英格兰的税收越来越不安。这通常被称为“没有代表的税收”, 因为殖民者在英国议会中没有任何代表, 也没有发言权。随着殖民地的骚乱增加, 乔治国王派出额外的军队帮助控制任何叛乱。(10) 1775 年 4 月, 当国王队在马萨诸塞州康科德队前进时, 保罗·里维尔会发出警告, “英国人要来了, 英国人要来了。”他骑着马穿过深夜的街道。康科德及其在世界各地听到的镜头“将标志着殖民地独立战争的非正式开始。接下来五月, 殖民地再次派代表参加第二届大陆会议。到 1776 年 6 月, 成立了一个委员会, 以撰写正式的独立宣言。托马斯·杰斐逊被选中撰写于 6 月 28 日提交给大会的初稿。(11) 经过各种修改, 7 月 4 日下午投票结束。虽然宣言的签署要到 8 月才完成, 7 月 4 日被接受为美国独立的正式周年纪念日。

问题 9 到 11 基于您刚才听到的段落。

9. 为什么殖民者对英格兰不满意?

10. 什么时候独立战争是非正式宣布的?

11. 12 月 17 日/我们可以学到什么?

第二段

(12) 年轻女性对大学系统失去信心, 近半数人认为不值得获得学位。学费和登陆的机会很小

一项研究表明，良好的工作使高等教育对他们来说没有吸引力。结果发现，如果再次有机会，将近一半的女毕业生不上大学。这项研究将引起关注，因为它是在政府宣布费用几乎增加三倍之前进行的
2014 年达到 9,000 英镑。

(13) 调查结果警告说，一代雄心勃勃的年轻女性将错过高飞的职业生涯，并有机会继续接受教育。进行这项调查的 *Cosmopolitan* 杂志编辑 Louise Court 表示，年轻女性似乎认为大学“浪费时间”。

(14) “她说，成为一个有野心的年轻女性，”从未如此困难。“可以理解，女性对自己的未来感到愤怒和沮丧，这会对她们的自尊产生破坏性影响。”对 1,353 名女性的调查还调查了 2014 年女性的职业前景和财务前景。(15) 三分之二的受访者表示，他们认为“几乎不可能”获得梦想的工作和四分之一 Vicky Tuck 说，“费用的增加会让很多人反思他们为什么要上大学。我相信他们不会按照自己喜欢的职业生涯。女性如果真正有兴趣学习，就应该上大学，这是一个宝贵的机会。如果她们纯粹是为了找工作，很多人会感到失望。”

问题 12 至 15 基于您刚刚听到的段落。

12. 为什么大多数女性对大学系统失去信心？

13. 研究结果对我们有何警告？

14. 我们可以从 Louise Court 那里了解到当前大学系统下的年轻女性？

15. 大多数女性对其职业前景的态度是什么？

C 节

录制一个

主持人：

你好，女士们，先生们。我很高兴在今天的演讲中介绍我们的演讲者 Mike Donald 博士。华盛顿大学社会学教授唐纳德博士 (16) 撰写了大量关于人际关系问题的文章和书籍，这往往是现代社会成功的关键因素。

唐纳德博士：

谢谢你的介绍。我很高兴在这里见到你。从您第一次见到某人的那一刻起，您很快就想要评估这个人是谁以及他们代表什么。这就是为什么你可能会注意某些稳定的品质，如诚实，善良和智慧。

注意这些事情甚至可以帮助你评估你是否想与这个人建立亲密的关系。

根据一项研究，某人写作的方式和手写的大小可以告诉你关于这个人的某些事情。

(17) 根据研究结果

由国家钢笔公司，进行的，据透露，那些笔迹不好的人往往会害羞，而且很有学问，而更外向的人则试图用更大的笔迹获得关注。那些认真对待的人在写作时会给笔施加更大的压力交给作家通常倾向于同情和更敏感。

根据一篇关于“今日心理学”的文章，你经常转向衣服的颜色，或者更像是说你是谁。经常选择黑人的人敏感，艺术和注重细节，而热爱红人的人则充分享受生活，并积极主动地努力。热爱绿色的人是忠诚和深情的，（18）而热爱白人的人则是有组织和合乎逻辑的，而那些以蓝色为最喜欢的颜色的人则是稳定，敏感和体贴他人的。

某些以身体为重点的重复行为可以说明你的个性。无论是拉扯你的头发，咬指甲还是捡起你的皮肤，你的身体如何应对情况都会引起不耐烦，沮丧，厌倦和不满。以咬指甲为例。（19）根据一项研究，有人认为咬指甲的人往往是完美主义者，同时也是紧张而且经常紧张。

根据心理学家的说法，你可以通过观察他们的鞋子来正确判断一个人。根据堪萨斯大学的首席研究员 Omri Gillath 的说法，通过检查鞋子的成本，款式，颜色和状况，你可以猜出大约 90% 的业主个人特征，如他或她的收入，政治从属关系，性别，甚至年龄。

希望你喜欢今天的演讲。谢谢！

问题 16 至 19 基于您刚刚听过的录音。

16. 介绍唐纳德博士⁹的文章和书籍的内容是什么？

17. 具有大笔迹的人有哪些特质？

18. 我们怎么知道爱白人的人呢？

19. 哪个人咬指甲的正确描述？

录制二

早上好。今天能给你发言，我感到很荣幸。享受假日季节作为一个新的两个家庭是令人兴奋的，（20）但如果你长大的气味，景点和声音无处可寻，你可能缺乏度假精神。在你的配偶和亲人去 Grinch 之前，试试其他夫妇的这些技巧，他们学会了如何让假期在一起特别。

首先，要多愁善感。没有什么比节日季更能展现出你柔软的一面了，所以今年就拥抱它。每年在圣尼古拉斯日，我和我的妻子都会写下彼此最喜欢的回忆信和来年的希望，²¹爱荷华州得梅因市的 Brianne Sanchez 说。“我们将它们放在彼此的长袜中并在圣诞节时阅读。（21）这是一个反思的时候，有一天，回顾一下，因为这些信件会提醒我们婚姻的不同阶段。”²²

其次，思考和行动就像一个孩子。引导一点点的奇迹可以转变

成为难忘事件的最小时刻。跟随亚特兰大查德威克博伊德的带领：“\与我的朋友主持圣诞节，每个来吃饭的人都会得到一个形状像鲁道夫或圣诞老人的自制毛毡袜。打开愚蠢的小礼物可以让成年人再次成为孩子。我知道我的祖父母很高兴 Tm 继承他们的传统。”

第三，分享经验。（22）购买礼品，装饰品甚至新衣服的压力会分散真正重要的注意力。纽约市的 Sharlene Breakey 分享：“我们有一个斯塔的纳维亚的降临精灵，12月的每一天都有一个口袋。我每天都会写一个笔记，比如一个笑话，一个谜语或一个冰块计划那天晚上滑冰。这让我们想到了作为一个家庭在一起，而不仅仅是购物。

第四，做饭。在我的家庭里，假期都是关于食物的。圣诞节，有 panettone 和 pizzelle。复活节，我们塞进意大利乳清干酪馅饼。但是当我得知我的丈夫在他生日那天长大了享用哈克贝利芝士蛋糕时，我开始每年为他烘焙一个。美味小吃的回报以及 Tm 帮助我们三口之家创造新记忆的知识更值得付出努力。

谢谢收听！再见！

问题 20 至 22 基于您刚刚听过的录音。

20. 是什么让新婚夫妇度假？

21. 为什么 Brianne Sanchez 和他的妻子互相写信？

22. 演讲者在旅行时说什么？

录制三

五大湖是美国最伟大的奇迹。它是世界上最大的湖泊群，也是最大的淡水湖。很难理解一块土地应该包含几个如此大的淡水海洋，以至于一艘船可以在海岸上蒸出一天或更长时间，甚至可以在巨浪中下沉。

（23）安大略湖是五大湖中最小的一个。但与其他人相比，由于尼亚加拉大瀑布及其纯粹的雷鸣般下降，安大略省更具虚幻性。

伊利湖是北美五大湖泊中的第四大湖（按表面积计），如果按表面积计算，则是全球第十三大湖。它是五大湖最南端，最浅和最小的体积，因此也具有最短的平均水停留时间。

休伦湖是第二大湖泊。它在东部由加拿大安大略省分享，在西部由美国密歇根州共享。这个湖的名字来源于早期的法国探险家，他们为居住在该地区的休伦人命名。由于从休伦湖地区收集的证据，Huronian 冰川被命名。

密歇根湖是北美五大湖泊中唯一一个完全位于美国境内的湖泊。密歇根湖从西到东由美国威斯康星州，伊利诺伊州，印第安纳州和密歇根州共享。（24）这个词

^a密歇根州“最初提到湖泊本身，据信来自 Ojibwa 词”*mishigami*“，意思是”大水“。

(25) 我们的目的地是高级⁷世界上最大的淡水湖⁷，也是五大湖中最深的一个。如果你站在月球上，你可以看到五大湖，并认识到苏必利尔湖熟悉的狼头形状。苏必利尔湖拥有优雅的静谧。沿着海岸的圆形山峰看起来像是神灵的坟冢。

然而，尽管他们的规模和权力，五大湖都很脆弱。在过去，这种脆弱的性质得不到承认，湖泊受到经济利益的影响，使生态系统受到人类活动的巨大压力。

问题 23 至 25 基于您刚刚听过的录音。

23. 哪五个五大湖中最小的？

24. “密歇根”这个词在 Ojibwa 语言中意味着什么？

25. 是什么让苏必利尔湖独一无二？