**大学生英语四六级答题技巧（仅供参考，个人答题方法）**

笔者花了两个小时整理出来的自己作答方法，希望对大家有用，重点在于听力，对于短对话，还是老老实实自己听完对话再选择，由于长对话比较长，又有很多生词，语速也较快，很多人听了前面忘了后面，到最后只能瞎猜了，所以，如果你的听力分数在110以下，感觉无望，那么试下我的方法吧，这个是我自己研究的歪门邪道，正确率会比瞎猜的高很多，当然了，重在实践和自己的理解，试了就知道适不适合自己，加油！

**一、整体作答安排**

**作文：**106.5 30min

1H 时间固定

**听力：**248.5 30min

**15选10:** 35.5 10min

**匹配题：**71 15min 40-50min 可调节

**阅读理解：**142 20min

**翻译题：**106.5 20min

四六级考试分为六大部分，分别是作文、听力、十五选十、匹配题、阅读理解、翻译题。笔者认为考试时应该按照一定的答题顺序以及时间分配才能够做到有条不紊的答题，接下来就分享下笔者的时间及答题顺序安排：

1. 作文： 30min
2. 听力： 30min
3. 匹配题: 20min
4. 阅读理解: 15min+15min
5. 翻译题: 20min
6. 十五选十: 10min(快速写完，如果时间不够可以放弃)

笔者认为考试时带一块手表是非常有必要的，因为它能够让你很方便的知道自己的答题顺序以及进度，按照如上时间安排，一题题的在各自规定的时间答完。还有就是在平时的练习当中要有意识的按如上时间和答题步骤安排练习，这样不管你的英语水平如何，至少能够不紧不慢的把所有的题目答完，能够稳住心态，不至于手忙脚乱的。

注：答题过程中，遇到难以抉择的选项，思索一会儿难以确定时，不要恋战，可以选择你猜测的选项，并在题号边注上标记。当时间有剩时 ，应该检查匹配题以及阅读理解部分注过标记的部分，快速扫视原文，找出答案（你所选的答案，原文一定有对应的句子可以印证它所选的是不是答案，这个靠猜是不靠谱的）

**二、听力策略**

听力：1、视听一致+同义替换+高频词汇（用相近的词或句子替换的一般为答案）

2、首尾呼应（前面听到说什么，结尾又说了一遍，那么赶紧看选项有没这项）

3、转折/强调 （语气突然转变，比如but,或者强调某件事很不可思议。。。

4、第二方的回答

5、语意模糊，不精确（很少出现语意很确定的答案，一般正确答案都是拐弯抹角出来的，需要推测）

Passage One

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

  What does the speaker say characterizes American campuses?

16. A)The cozy communal life.

B)The cultural diversity.

C)Innovative academic programs.

D)Imperative school buildings.    【答案】A

What does Brown University president Vartan Gregorian say about students' daily life?

听长对话的时候，只需要盯着每个题目的四个选项最后三个词看，然后注意听，听力是否念出出和最后三个或者两个词一模一样的，比如16题，原文出现cozy communal life,可能你听不懂communal,但是至少你应该能听到什么 cozy…..life 吧，一看A选项有这个，赶紧勾选，依此类推，最后等选完，听力开始问问题的时候，就可以把答案搬到答题卡上了，不需要管题目问的是什么，因为即便你听懂问什么，也很难知道选哪个，对吧？ 与瞎蒙相比，这方法更可靠

17. A)It is very beneficial to their academic progress.

B)It helps them soak up the surrounding culture.

  C)It is as important as their **learning experience**.

D)It ensures their physical and mental heal.   【答案】C

In what way is the Uni States unrivaled according to the speaker?

 18. A)It offers the most challenging academic programs.

 B)It has the worlds best-known military academics.

C)It provides numerous options for students.

D)It draws faculty from all around the world.   【答案】C

What does the speaker say about universities in Europe and Japan?

19. A)They try to give students opportunities for experiment.

B)They are responsible merely to their Ministry of education.

C)They strive to develop every student’s academic potential.

 D)They ensure that all students get roughly equal attention.   【答案】B

原文：Many foreign students are attrac not only to the academic programs at a particular U.S. college but also to the larger community, which affords the chance to soak up the surrounding culture. **Few foreign universities put much emphasis on the cozy communal life that characterizes American campuses from clubs and sports teams to student publications and drama societies.**“The campus and the American university have ome identical in people’s minds,” says Brown University President Vartan Gregorian. **“In America it is assumed that a student’s daily life is** as important as his**learning experience.” 。。。。。。。。。。。。。。。。。。**

**三、十五选十**

先扫视每段的第一句话，大致了解文章所要表达的意思，接下来，快速对15个选项进行词义以及属性识别，注上标记：

名词n 3个名词正确答案+1个名词干扰答案

动词v、ate 3个动词正确答案+1个动词干扰答案

形容词a 、-able、tive、sive、ous 3个形容词正确答案+2个形容词干扰答案

副词ad 、ly、sion、tion、ity 1个副词正确答案+1个副词干扰答案

1、冠词(a,an,the)+形容词+介词+n 为固定搭配

2、一个完整句子+\_\_\_\_\_\_+名词/介词的结构时，逗号后面是伴随状语，应当填动词ing3、3、或者ed形式（独立主格结构原则动词ing）

4、形容词：a/the/the most/more+ adj +名词

5、副词：主语+谓语+宾语（表达完整）+副词

主语+\_\_\_\_+谓语 横线处常填副词

解释：十五选十的题目，有15个选项，而这15个选项里包含了3个名词正确答案+1个名词干扰答案、3个动词正确答案+1个动词干扰答案、3个形容词正确答案+2个形容词干扰答案、1个副词正确答案+1个副词干扰答案。我们所要做的是区分出15个选项每个的意思以及属性，先将容易确认为正确答案的先填上，然后根据词性一个个的进行排除。举例：15个词一般会有4个名词，其中有一个是干扰项，也就是说你最后的答案如果出现超出3个词的词性为名词，一般这里面肯定会有错误，应进行检查。

当然，笔者认为这道题是四六级中难度最高且不容易拿分的一道题，对于基础不好的同学，选择最后做/放弃，或者一开始就快速蒙题，是比较明智的选择，毕竟每道题只有3.55分的分值，而且能做对4道+就已经很厉害了，然而这才多少分，为何不多花时间解决7.1分/道分和14.2分 /道 的题目呢？

注：正确答案应满足语法要求和词性要求，句子通顺

**四、阅读理解**

（56Nothing succeeds in business **books** like the study of success. The current business-book boom was launched in 1982 by Tom Peters and Robert Waterman with “In Search of Excellence”. It has been kept going ever since by a succession of gurus and would-be gurus who promise to distil the essence of excellence into three (or five or seven) simple rules.

“The Three Rules” is a self-conscious contribution to this type; it even includes a bibliography of “success studies”. Messrs Raynor and Mumtaz Ahmed work for a consultancy, Deloitte, that is determined to turn itself into more of a thought-leader and less a corporate repairman. They employ all the tricks of the success genre. They insist that their conclusions are “measurable and actionable”-guide to behavior rather than analysis for its own sake.（57

） Success authors usually serve up vivid stories about how exceptional business-people stamped their personalities on a company or rescued it from a life-threatening crisis. （58）Messrs Raynor and Ahmed are happier chewing the numbers: they provide detailed appendices on “calculating the elements of advantage” and “detailed analysis”.

  The authors spent five years studying the behaviour of their 344 “exceptional companies”, only to come up at first with nothing. Every hunchled to a blind alley and every hypothesis to a dead end. It was only when they shifted their attention from how companies behave to how they think that they began to make sense of their voluminous material.

  Management is all about making difficult tradeoffs in conditions that are always uncertain and ever-changing.（59 But exceptional companies approach these trade-offs with two simple rules in mind, sometimes consciously, sometimes unconsciously. First: better before cheaper. Companies are more likely to succeed in the long run if they compete on quality or performance than on price. Second: revenue before cost. Companies have more to gain in the long run from driving up revenue than by driving down costs.

   Most success studies suffer from two faults. There is “the halo (光环) effect”, whereby good performance leads commentators to attribute all manner of virtues to anything and everything the company does. These virtues then suddenly become vices when the company fails. Messrs Raynor and Ahmed work hard to avoid these mistakes by studying large bodies of data over several decades. （60But they end up embracing a different error: stating the obvious. Most businesspeople will not be surprised to learn that it is better to find a profitable niche and focus on boosting your revenues than to compete on price and cut your way to success. The difficult question is how to find that profitable niche and protect it. There, **The Three Rules is less useful.**

你所选择的答案在文章中能找到“伪装”后的句子， 做题步骤是：1、花2分钟快速浏览问题，理解题目问什么 2、花5-7分钟看文章 3、回归问题，根据选项（可以是选项的字眼）快速定位，此处大概5分钟 4、涂卡 注意：发现卡住，很难抉择，猜测答案，先写上答案，在题号处做标记 共费时15分钟左右 每题14.2分，时间是值得的

56.What kind of business books are most likely to sell well?

A)Books on excellence.

C) Books on business rules.

B)Guides to management.

D) Analyses of market trends.

57.What does the author imply about books on success so far?

A)They help businessmen on way or another.

B)They are written by well-recognised experts.

C)They more or less fall into the same stereotype.

D)They are based on analyses of corporate leaders.

58.How does The Three Rules*different from* other success books according to the passage?

A)It focuses on the behavior of exceptional businessmen.

B)It bases its detailed analysis on large amount of data.

C)It offers practicable advice to businessmen.

D)It draws conclusion from vivid examples.

 59.What does the passage say contributes to the success of exceptional companies?

A)Focus on quality and revenue.

B)Management and sales promotion.

 C)Lower production costs and competitive prices.

D)Emphasis on after-sale service and maintenance.

60.What is the author’s comment on The Three Rules?

 A)It can help to locate profitable niches.

 B) It has little to offer to businesspeople.

C) It is noted for its detailed data analysis.

D) It fails to identify the keys to success.

**五、匹配题**

　[A]For at least the last decade, the happiness craze has been building. In the last three months alone, over 1,000 books on happiness were released on Amazon, including Happy Money, Happy-People-Pills For All, and, for those just starting out, Happiness for Beginners.

　　[B]One of the consistent claims of books like these is that happiness is associated with all sorts of good life outcomes, including - most promisingly - good health. Many studies have noted the connection between a happy mind and a healthy body - the happier you are, the better health outcomes we seem to have. In a meta-analysis (overview) of 150 studies on this topic, researchers put it like this: “Inductions of well-being lead to healthy functioning, and inductions of ill-being lead to compromised health.”

　　[C]But a new study, just published in the Proceedings of the National Academy of Sciences (PNAS) challenges the rosy picture. Happiness may not be as good for the body as researchers thought. It might even be bad.

　　[D]Of course, it’s important to first define happiness. A few months ago, I wrote a piece called “There’s More to Life Than Being Happy” about a psychology study that dug into what happiness really means to people. It specifically explored the difference between a meaningful life and a happy life. 46

　　[E]It seems strange that there would be a difference at all. But the researchers, who looked at a large sample of people over a month-long period, found that happiness is associated with selfish “taking” behavior and that having a sense of meaning in life is associated with selfless “giving” behavior.

　　[F]"Happiness without meaning characterizes a relatively shallow, self-absorbed or even selfish life, in which things go well, needs and desire are easily satisfied, and difficult or taxing entanglements are avoided," the authors of the study wrote. "If anything, pure happiness is linked to not helping others in need.” While being happy is about feeling good, meaning is derived from contributing to others or to society in a bigger way. As Roy Baumeister, one of the researchers, told me, "Partly what we do as human beings is to take care of others and contribute to others. This makes life meaningful but it does not necessarily make us happy.”

　　[G]The new PNAS study also sheds light on the difference between meaning and happiness, but on the biological level. Barbara Fredrickson, a psychological researcher who specializes in positive emotions at the University of North Carolina-Chapel Hill, and Steve Cole, a genetics and psychiatric researcher at UCLA, examined the self-reported levels of happiness and meaning in 80 research subjects.

　　[H]Happiness was defined, as in the earlier study, by feeling good. The researchers measured happiness by asking subjects questions like “How often did you feel happy?” “How often did you feel interested in life?” and “How often did you feel satisfied?” The more strongly people endorsed these measures of “hedonic well-being,” or pleasure, the higher they scored on happiness.

　　[I]Meaning was defined as an orientation to something bigger than the self. They measured meaning by asking questions like “How often did you feel that your life has a sense of direction or meaning to it?”, “How often did you feel that you had something to contribute to society?”, and “How often did you feel that you belonged to a community social group?” The more people endorsed these measures of “eudaimonic well-being” - or, simply put, virtue - the more meaning they felt in life.

　　[J]After noting the sense of meaning and happiness that each subject had, Fredrickson and Cole, with their research colleagues, looked at the ways certain genes expressed themselves in each of the participants. Like neuroscientists who use fMRI scanning to determine how regions in the brain respond to different stimuli, Cole and Fredrickson are interested in how the body, at the genetic level, responds to feelings of happiness and meaning.

　　[K]Cole’s past work has linked various kinds of chronic adversity to a particular gene expression pattern. When people feel lonely, are grieving the loss of a loved one, or are struggling to make ends meet, their bodies go into threat mode. This triggers the activation of a stress-related gene pattern that has two features: an increase in the activity of prion flammatory genes and a decrease in the activity of genes involved in anti-viral responses.

　　[L]Cole and Fredrickson found that people who are happy but have little to no sense of meaning in their lives - proverbially, simply here for the party - have the same gene expression patterns as people who are responding to and enduring chronic adversity. That is, the bodies of these happy people are preparing them for bacterial threats by activating the pro-inflammatory response. Chronic inflammation is, of course, associated with major illnesses like heart disease and various cancers.

　　[M]“Empty positive emotions” - like the kind people experience during manic episodes or artificially induced euphoria from alcohol and drugs - ”are about as good for you for as adversity,” says Fredrickson.

　　[N]It’s important to understand that for many people, a sense of meaning and happiness in life overlap; many people score jointly high (or jointly low) on the happiness and meaning measures in the study. But for many others, there is a dissonance - they feel that they are low on happiness and high on meaning or that their lives are very high in happiness, but low in meaning. This last group, which has the gene expression pattern associated with adversity, formed a whopping 75 percent of study participants. Only one quarter of the study participants had what the researchers call “eudaimonic predominance” - that is, their sense of meaning outpaced their feelings of happiness.

　　[O]This is too bad given the more beneficial gene expression pattern associated with meaningfulness. People whose levels of happiness and meaning line up, and people who have a strong sense of meaning but are not necessarily happy, showed a deactivation of the adversity stress response. Their bodies were not preparing them for the bacterial infections that we get when we are alone or in trouble, but for the viral infections we get when surrounded by a lot of other people.

　　[P]Fredrickson’s past research, described in her two books, Positivity and Love 2.0, has mapped the benefits of positive emotions in individuals. She has found that positive emotions broaden a person’s perspective and buffers people against adversity. So it was surprising to her that hedonistic well-being, which is associated with positive emotions and pleasure, did so badly in this study compared with eudaimonic well-being.

　　[Q]“It’s not the amount of hedonic happiness that’s a problem,” Fredrickson tells me, “It’s that it’s not matched by eudaimonic well-being. It’s great when both are in step. But if you have more hedonic well-being than would be expected, that’s when this [gene] pattern that’s akin to adversity emerged.”

匹配题的做题方法一：首先什么都不想，把问题中ing形式的，大写字母的，人名，地名，最后几个当次框起来。 然后比如46题，口里默念meaningful life\happy life ,快速到文中进行定位，这些词一般在段首或者段尾，也可以从A----R找，也可以倒着从R----A找，因为有时候答案在后半段的比较多，记得选好答案，把题目的D用斜线划掉（避免干扰，排除法）

很难表达，自行理解

方法二：快速理解各个问题意思，然后从文中从A---R按顺序看，进行勾选答案，前提是你对刚看过的问题有印象 因人而异

[R]The terms hedonism and eudemonism bring to mind the great philosophical debate, which has shaped Western civilization for over 2,000 years, about the nature of the good life. Does happiness lie in feeling good, as hedonists think, or in doing and being good, as Aristotle and his intellectual descendants, the virtue ethicists, think? From the evidence of this study, it seems that feeling good is not enough. People need meaning to thrive. In the words of Carl Jung, “The least of things with a meaning is worth more in life than the greatest of things without it.” Jung’s wisdom certainly seems to apply to our bodies, if not also to our hearts and our minds.

D46. The author’s recent article examined how a **meaningful life** is different from **a happy life.**

N47. It should be noted that many people feel their life is **both happy and meaningful.**

F48. According to one **survey,** there is a close **relationship** between **hedonic well-being measure**s and high **scores on happy**.

H49. According to one of the authors of a **new study**, what makes life **meaningful may not make people happy.**

J50. **Experiments** were carried out to determine our body’s genetic e**xpression of feelings of happiness and meaning.**

C51. A new study claims happiness may not **contribute to health.**

E52. According to researchers, **taking** makes for happiness while **giving adds meaning to life.**

R53. **Evidence** from research shows that it takes meaning for people **to thrive.**

L54. With regard to gene **expression patterns,** happy people with little or no sense of meaning in life are found to be **similar** to those **suffering from chronic adversity.**

B55. Most books on happiness today **asser**t that happiness is **beneficial** **to health.**

**六、翻译**

翻译是要从每一句倒着翻译，将关键词翻译出，主谓宾组合，表达清楚意思即可，不懂得词，个把可以用拼音代替，只要结构完整 ，能够表达大概意思，一般不会扣的太重， 一些关键词除外 翻译和作文一样，一般都是打腹稿，没什么时间打草稿的，这点要注意

**结语：**笔者翻译写作比较薄弱，阅读较好，听力有点渣，第一次六级没过，听力110，简直没法忍，第二次在图书馆钻研了许久，终于想出了歪门邪道的方法，听力的长对话，只注意听选项后倒3个词汇是否被原原本本的提到，一旦被读到，就直接选了。凭借这个方法，毕竟听力考了142，这全靠猜，分数是有点少，但是很欣慰了，毕竟过了。 然后呢，写这个文档的目的是受朋友之托，分享自己的经验。特意整理下自己做题的步骤，方法，心得，主要是献给那些考过多次，目前为止感觉不抱希望的，或者说听力基本听不懂的人，助力过四六级，若是过了，我也是很替你高兴的。 当然啦，这些方法不是对每个人都有用，仅供借鉴参考，是死马当活马医的一种方法，最后，祝你们了取得好成绩

廖端杭

2015年6月3日