

2022 上

我是瑞斯拜六级

四六级我只看瑞斯拜

Life is like a marathon. There are ups and downs downs downs.



听力

课程观看 B 站：我是瑞斯拜



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写在前面

亲爱的同学，听力是一项输入性的技能。除了需要一定词汇基础之外，对基本的语音现象也有所了解。如连读，弱读，吞音这类的现象。这在我的课程中均会讲解。你不必每个语音现象都听出来，但是了解这些现象对你的听力口语提高很有帮助。在四六级考试中听力占分较高，为总分的 35%。但是想要及格却不是特别难，在课程中会给大家讲解基本的做题方法，听力选项的技巧，以及复习策略。大家在学会方法后考试前刷至少 10 套以上真题，这样听力才会比较稳定能及格。

总之大家有任何问题都可以在评论区留言，或者在 B 站直接@我，我在录课的空余会抽空解答大家的问题的。

Listening Comprehension

(30 minutes)

Section A

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

题型一:

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

1. A) They reward businesses that eliminate food waste.
B) They prohibit the sale of foods that have gone stale.
C) They facilitate the donation of unsold foods to the needy.
D) They forbid businesses to produce more foods than needed.
2. A) It imposed penalties on businesses that waste food.
B) It passed a law aiming to stop overproduction.
C) It voted against food import from outside Europe.
D) It prohibited the promotion of bulk food sales.
3. A) It has warned its people against possible food shortage.
B) It has penalized businesses that keep overproducing foods.
C) It has started a nationwide campaign against food waste.
D) It has banned supermarkets from dumping edible foods.
4. A) The confusion over food expiration labels.
B) The surplus resulting from overproduction.
C) Americans' habit of buying food in bulk.
D) A lack of regulation on food consumption.

听前: 读题-勾关键词-预测发音和意思

听中: 勾画你听到的内容--对应程度高 为正确选项的几率大
90%

听后: 念题目 不听题目 往下读下面的题

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

5. A) It has started a week-long **promotion** campaign.

B) It has just launched its annual anniversary sales. begun

C) It offers regular **weekend sales** all the year round.

D) It specializes in the sale of ladies designer dresses.

Thank you for calling _____ department store, how can I be assistance to you today?

I was in your store, this past weekend.

annual anniversary sales. begun

She bought the same sweater as I did. But for much lower price.

1 anniversary sales Start on Monday

6. A) Price reductions for its frequent customers.
B) Coupons for customers with bulk purchases.
C) Free delivery of purchases for senior customers.
D) Price adjustments within seven days of purchase..

We do offer price adjustment within seven days of purchase. To ensure our customer satisfaction

7. A) **Mail a gift card** to her.

B) Allow her to buy on credit.

C) Credit it to her account.

D) Give her some coupons.

Do you have an account with us?

My would be wonderful

Otherwise, we can send a gift card if you prefer.

8. A) Refunding for goods returned.

B) Free installing of appliances.

C) Prolonged goods warranty.

D) Complimentary tailoring.

In addition to the sale, we're running a promotion for complimentary tailoring.

题型二：

Section B

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

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

9. A) They are thin, tall, and unlike real human beings.
B) They have more than twenty different hair textures.
C) They have twenty-four different body shapes in total.
D) They represent people from virtually all walks of life.
10. A) They do not reflect young girls' aspirations.
B) They are not sold together with the original.
C) Their flat feet do not appeal to adolescents.

- D) Their body shapes have not changed much.
11. A) In toy stores. B) In shopping malls.
C) On the Internet. D) At Barbie shops.

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

12. A) Moveable metal type began to be used in printing.
B) Chinese printing technology was first introduced.
C) The earliest known book was published.
D) Metal type was imported from Korea.
13. A) It had more than a hundred printing presses.
B) It was the biggest printer in the 16th century.
C) It helped the German people become literate.
D) It produced some 20 million volumes in total.
14. A) It pushed handwritten books out of circulation.
B) It boosted the circulation of popular works.
C) It made writing a very profitable career.
D) It provided readers with more choices.
15. A) It accelerated the extinction of the Latin language.
B) It standardized the publication of grammar books.
C) It turned translation into a welcome profession.
D) It promoted the growth of national languages.

题型三:

Section C

Directions: In this section, you will hear three recordings of lectures or talks followed by three or four questions. The recordings will be played only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

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

16. A) They get bored after working for a period of time.
B) They spend an average of one year finding a job.
C) They become stuck in the same job for decades.
D) They choose a job without thinking it through.
17. A) See if there will be chances for promotion.
B) Find out what job choices are available.
C) Watch a film about ways of job hunting.
D) Decide which job is most attractive to you.
18. A) The qualifications you have. B) The pay you are going to get.
C) The culture of your target company. D) The work environment you will be in.

Questions 19 to 22 are based on the recording you have just heard.

19. A) It is as important as Christmas for African-Americans.
B) It is a cultural festival founded for African-Americans.
C) It is an ancient festival celebrated by African-Americans.
D) It is a religious festival celebrated by African-Americans.
20. A) To urge African-Americans to do more for society.

- B) To call on African-Americans to worship their gods.
 - C) To help African-Americans to realize their goals.
 - D) To remind African-Americans of their sufferings.
21. A) Faith in self-determination. B) The first fruits of the harvest.
C) Unity and cooperative economics. D) Creative work and achievement.
22. A) They recite a principle. B) They take a solemn oath.
C) They drink wine from the unity cup. D) They call out their ancestors' names.

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

23. A) It is one of the world's most healthy diets.
B) It contains large amounts of dairy products.
C) It began to impact the world in recent years.
D) It consists mainly of various kinds of seafood.
24. A) It involved 13, 000 researchers from Asia, Europe and America.
B) It was conducted in seven Mid-Eastern countries in the 1950s.
C) It is regarded as one of the greatest researches of its kind.
D) It has drawn the attention of medical doctors the world over.
25. A) They care much about their health. B) They eat foods with little fat.
C) They use little oil in cooking. D) They have lower mortality rates.

第二套

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

- 1. A) Say a few words to thank the speaker.
 - B) Introduce the speaker to the audience.
 - C) Give a lecture on the history of the town.
 - D) Host a talk on how to give a good speech.
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- 2. A) He was the founder of the local history society.
 - B) He has worked with Miss Bligh for 20 years.
 - C) He has published a book on public speaking.
 - D) He joined the local history society when young.
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- 3. A) She was obviously better at talking than writing.
 - B) She had a good knowledge of the town's history.
 - C) Her speech was so funny as to amuse the audience.
 - D) Her ancestors came to the town in the 18th century
-
- 4. A) He read exactly what was written in his notes.
 - B) He kept forgetting what he was going to say.
 - C) He made an embarrassing remark.
 - D) He was too nervous to speak up.

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

- 5. A) What their retailers demand.
 - B) What their rivals are doing.
 - C) How they are going to beat their rivals.
 - D) How dramatically the market is changing.
-
- 6. A) They should be taken seriously.
 - B) They are rapidly catching up.
 - C) Their business strategy is quite effective.
 - D) Their potential has been underestimated.
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- 7. A) She had given it to Tom.
 - B) It simply made her go frantic.
 - C) She had not seen it yet.
 - D) It was not much of a big concern.
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- 8. A) Restructuring the whole company.
 - B) Employing more forwarding agents.
 - C) Promoting cooperation with Jayal Motors.
 - D) Exporting their motorbikes to Indonesia.

Section B

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

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

- 9.A)It makes claims in conflict with the existing research.
 - B)It focuses on the link between bedtime and nutrition.
 - C)It cautions against the overuse of coffee and alcohol.
 - D)It shows that “night owls” work much less efficiently.
- 10.A)They pay greater attention to food choice.
- B)They tend to achieve less than their peers.
 - C)They run a higher risk of gaining weight.
 - D)They stand a greater chance to fall sick.
- 11.A)Get up late.
- B)Sleep 8 hours a day.
 - C)Exercise more.
 - D)Go to bed earlier.

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

- 12.A)All of the acting nominees are white.
- B)It has got too much publicity on TV.
 - C)It is prejudiced against foreign films.
 - D)Only 7% of the nominees are female.
- 13.A)22 percent of movie directors were people of color. B)Half of the TV programs were ethnically balanced.
- C)Only one-fifth of TV shows had black characters.
 - D)Only 3.4 percent of film directors were women.
- 14.A)Non-white males. B)Program creators.
- C)Females of color over 40.
 - D)Asian speaking characters .
- 15.A)They constitute 17% of Hollywood movie characters.
- B)They are most underrepresented across TV and film.
 - C)They contribute little to the U.S. film industry.
 - D)They account for 8.5% of the U.S. population.

Section C

Directions: In this section, you will hear three recordings of lectures or talks followed by three or four questions. The recordings will be played only once. After you hear a question, you must choose the best answer from the four choices marked A), B) ,C)and D).Then mark the corresponding letter on Answer Sheet 1 with a single line through centre.

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

- 16.A) One that can provide for emergency needs.
- B)One that can pay for their medical expenses.
 - C)One that covers their debts and burial expenses.
 - D)One that ensures a healthy life for their later years.
- 17.A)Purchase insurance for their children.
- B)Save sufficient money for a rainy day.
 - C)Buy a home with a small down payment.
 - D)Add more insurance on the breadwinner.

- 18.A) When their children grow up and leave home.
B) When they have saved enough for retirement.

- C) When their family move to a different place.
D) When they have found better-paying jobs.

Questions 19 to 22 are based on the recording you have just heard.

- 19.A) They do more harm than good.

- B) They have often been ignored.

- C) They do not help build friendship.

- D) They may not always be negative.

- 20.A) Biased sources of information.

- B) Ignorance of cultural differences. C) Misinterpretation of Shakespeare.

- D) Tendency to jump to conclusions.

- 21.A) They are hard to dismiss once attached to a certain group.

- B) They may have a negative impact on people they apply to.

- C) They persist even when circumstances have changed.

- D) They are often applied to minorities and ethnic people.

- 22.A) They impact people more or less in the same way. B) Some people are more sensitive to them than others.

- C) A positive stereotype may help one achieve better results.

- D) A negative stereotype sticks while a positive one does not.

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

- 23.A) Use some over-the-counter medicine instead .

- B) Quit taking the medicine immediately.

- C) Take some drug to relieve the side effect.

- D) Ask your pharmacist to explain why it occurs.

- 24.A) It may help patients fall asleep.

- B) It may lead to mental problems.

- C) It may cause serious harm to one's liver.

- D) It may increase the effect of certain drugs.

- 25.A) Tell their children to treat medicines with respect.

- B) Keep medicines out of the reach of their children.

- C) Make sure their children use quality medicines.

- D) Ask their children to use legitimate medicines.