

2020年7月·第1套 英语四级听力真题原文与答案解析

PAPER & KEY • 听力题和解析

听力题和解析

本卷全部 25 题的标准答案与完整录音文字稿由懒笔记基于2020年7月·第1套 英语四级听力原卷逐题核对整理。与试卷排版同一卷面层级：Part/Section 标题与各节 Directions 照原卷排印——真实听力考卷只印选项，题干由录音念出。其下按录音篇目逐篇排印：每篇先给完整录音文字稿（逐段中译），再逐题给出卷面题目与该题解析（题目、翻译、答案、定位、信号、替换与排除）。

真题卷第1套(2020-07) • 四级

以下按录音篇目排印：每篇先给录音原文与逐段中译（考卷上没有，考试时录音只播一遍、卷面只印选项），再逐题给出卷面题目与解析。

Part II

Listening Comprehension

(25 minutes)

Section A

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

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

1 Good morning. In today's headlines, Scotland's transport minister has warned of potentially extreme weather conditions as heavy snow is forecast across the country later this week. Orange warnings are in force for many areas for Wednesday and Thursday. The transport minister advised people in parts of Scotland covered by the orange alert to avoid travel on Wednesday. This is what he said to us: "The orange warning may be raised to red in some areas. That is a warning for snow that has never been seen since the modern system came into place in Scotland." The orange warning has been extended until 6 p.m. on Thursday. Trains, planes and ferries are also likely to be affected, with a wind chill that could see parts of Britain feeling as cold as minus 15 degrees Celsius. The head of road policing said, "I would urge drivers to take extra care on the roads for their journeys. Drivers should make sure they're prepared for their journey with warm clothing, food and drink, sufficient fuel and a charged mobile phone. There could be significant traffic delays, so please start to plan your journey now and consider if you really need to travel when conditions are this poor."

早上好。今日头条，苏格兰交通部长警告称，本周晚些时候全国范围内预报有大雪，可能出现极端天气状况。周三和周四许多地区发布了橙色预警。交通部长建议橙色预警覆盖的苏格兰部分地区的人们周三避免

出行。他对我们说："橙色预警可能在某些地区升级为红色预警。这是自苏格兰现代预警系统启用以来从未见过的降雪预警。"橙色预警已延长至周四下午6点。火车、飞机和渡轮也可能受到影响，风寒效应可能使英国部分地区体感温度低至零下15摄氏度。道路警务负责人表示："我强烈敦促驾驶员在行驶途中格外小心。驾驶员应确保为行程做好准备，携带保暖衣物、食物和饮料、充足的燃料以及充满电的手机。可能会出现严重的交通延误，因此请现在就开始规划您的行程，并考虑在这种恶劣条件下是否真的需要出行。"

1. A) Watch the weather forecast.
B) Evacuate the area with the orange alert.
C) Avoid travel on Wednesday.
D) Prepare enough food and drink.

【题目】 What were people in parts of Scotland advised to do?

【翻译】 苏格兰部分地区的人们被建议做什么？

- A) 观看天气预报。 B) 撤离橙色警报区域。 C) 避免在周三出行。
D) 准备足够的食物和饮料。

【答案】 C (细节题) Avoid travel on Wednesday.

【定位】 The transport minister advised people in parts of Scotland covered by the orange alert to avoid travel on Wednesday.

交通大臣建议橙色预警覆盖区域内的苏格兰民众，周三不要出行。

【信号】 建议动词 **advised** 直接领出动作。信号是建议动词本身——录音里 The transport minister advised people in parts of Scotland covered by the orange alert to avoid travel on Wednesday. 中 advised...to 后面跟的 avoid travel on Wednesday 就是被建议做的事，听到 advised 立刻锁定它后面的动词短语。

【替换】 advised people in parts of Scotland covered by the orange alert to avoid travel on Wednesday ↔

Avoid travel on Wednesday.

几乎原句裁剪，去掉对象状语

【排除】 A) 原词陷阱

录音开头说 heavy snow is forecast across the country, 出现了 forecast 一词, A Watch the weather forecast. 就靠"看天气预报"这个原词诱你选; 但录音从没建议民众去看预报, 是答非所问。

借用原文: heavy snow is forecast across the country

B) 原词陷阱

录音多次出现 Orange warnings are in force for many areas 和 orange alert, B Evacuate the area with the orange alert. 借"橙色预警/区域"这些原词制造熟悉感; 但录音只让"avoid travel" (别出行), 从没说"evacuate" (撤离), 动作被偷换了。

借用原文: Orange warnings are in force for many areas

D) 张冠李戴

录音后半对司机说 Drivers should make sure they're prepared for their journey with warm clothing, food and drink, 出现了 food and drink, D Prepare enough food and drink. 就盗这组词; 但这条是对"司机"说的、且本题问的是"民众"被建议做什么, 对象和位置都错了。

借用原文: Drivers should make sure they're prepared for their journey with warm clothing, food and drink

2. A) Pay more attention to the roads.

B) Stay at a safer place.

C) Bring more mobile phones.

D) Take a train home.

【题目】 What did the head of road policing urge drivers to do?

【翻译】 道路警务负责人敦促驾驶员做什么?

A) 更加注意路况。 B) 待在更安全的地方。 C) 携带更多手机。 D) 乘火车回家。

【答案】 A (细节题) Pay more attention to the roads.

【定位】 The head of road policing said, "I would urge drivers to take extra care on the roads for their journeys."

道路警务负责人说: "我要敦促司机们在出行途中格外注意路况。"

【信号】 催促动词 urge 紧领核心动作。 信号是 I would urge drivers to take extra care on the roads 里的 urge——题干用的就是 urge, 录音原话也用 urge, 词后接的 take extra care on the roads 就是答案落点, 听到 urge 立刻锁其后。

【替换】 take extra care on the roads ↔ Pay more attention to the roads.

同义替换: take care=pay attention

【排除】 B) 过度推断

录音末句 consider if you really need to travel when conditions are this poor 让人联想"找更安全的地方", B Stay at a safer place. 借这股"安全"语感诱选; 但 urge 后真正的动作是"take care on the roads" (在路上当心), 不是"待在更安全处", 是过度推断。

借用原文: consider if you really need to travel when conditions are this poor

C) 原词陷阱

录音对司机说 a charged mobile phone (带一部充好电的手机), C Bring more mobile phones. 盗 mobile phone 原词并把"一部充电的"偷改成"多带几部"; 不仅数量错, 这也不是 urge 那句的核心动作, 是答非所问。

借用原文: a charged mobile phone

D) 原词陷阱

录音说 Trains, planes and ferries are also likely to be affected, 出现了 trains, D Take a train home. 借"火车"原词诱选; 但录音是讲"火车也会受影响", 根本没催司机坐火车回家, 与 urge 那句无关。

借用原文: Trains, planes and ferries are also likely to be affected

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

1 Romania's wetlands are coming back to life thanks to help from local communities, the World Wildlife Fund, and funding from the European Union. Roughly 2,224 acres of the picturesque Danube Delta—home to 300 species of birds—have been filled with wildlife. The land has been connected to the network of lakes and streams in the area.

在当地社区、世界自然基金会的帮助以及欧盟的资助下,罗马尼亚的湿地正在恢复生机。风景如画的多瑙河三角洲约2224英亩的土地——这里是300种鸟类的栖息地——已经充满了野生动物。这片土地已与该地区的湖泊和溪流网络连接起来。

2 "A lot of birds have migrated to the area, and one doesn't need to travel long hours anymore or go to other lakes to watch the birds," says Ion Meuta, Deputy Mayor of Mahmudia.

Mahmudia副市长Ion Meuta说:"许多鸟类已经迁徙到这个地区,人们不再需要长途跋涉或去其他湖泊观鸟了。"

3 The area around Mahmudia, which is a UNESCO World Heritage site, is the third-most bio-diverse in the world, after Australia's Great Barrier Reef and the Galapagos Islands. Groups used earth-moving equipment to restore the waterways. Government officials proposed to protect the area's endangered wild fish by issuing a fishing ban over the next decade.

Mahmudia周边地区是联合国教科文组织世界遗产地,是世界上生物多样性第三丰富的地区,仅次于澳大利亚大堡礁和加拉帕戈斯群岛。各团体使用土方设备恢复了水道。政府官员提议在未来十年内实施捕鱼禁令,以保护该地区濒危的野生鱼类。

3. A) There is only one ecosystem in Europe.
B) Romania's wetlands thrive again.
C) The wildlife in Romania isn't well protected.
D) There are 200 species of birds in Romania's wetlands.

【题目】 What is the news report mainly about?

【翻译】 这则新闻报道主要讲的是什么？

- A) 欧洲只有一个生态系统。 B) 罗马尼亚的湿地再次繁荣。
C) 罗马尼亚的野生动物没有得到很好的保护。 D) 罗马尼亚湿地有200种鸟类。

【答案】 B (主旨题) Romania's wetlands thrive again.

【定位】 Romania's wetlands are coming back to life thanks to help from local communities, the World Wildlife Fund, and funding from the European Union.

在当地社区、世界自然基金会以及欧盟资金的帮助下，罗马尼亚的湿地正在重新焕发生机。

【信号】 开头点题句定主旨。新闻的主旨通常落在第一句导语。Romania's wetlands are coming back to life 开门见山点出整条消息的核心——罗马尼亚湿地正在复苏；后文的鸟类迁入、水道修复、禁渔提议都是围绕这一核心展开的细节。主旨题就锁这句开头的总述句。

【替换】 coming back to life ↔ thrive again

复苏 = 再度繁荣

Romania's wetlands ↔ Romania's wetlands

主体同为罗马尼亚湿地

【排除】 A) 未提及

录音从没说欧洲“只有一个生态系统”，There is only one ecosystem in Europe. 是凭空捏造，且 “only one” 这种绝对说法与新闻在讲某地恢复的事实毫不相干。

C) 与原文相反

录音盗用了 wildlife 这个词，The wildlife in Romania isn't well protected. 借它说“野生动物没被保护好”，但全篇是说湿地恢复、动物回归、政府还提出禁渔保护，方向恰恰相反，是把好消息说反了。

借用原文：filled with wildlife

D) 原词陷阱

There are 200 species of birds in Romania's wetlands. 盗用了录音的 “species of birds” 制造熟悉感，但它只是篇中一个枝节数字，主旨题不能选细节项；何况录音明确说的是 home to 300 species of birds——300 种，不是 200 种，数字也被改错了。

借用原文：home to 300 species of birds

4. A) Block the waterways.
B) Restore the fishing ban.
C) Use monitoring equipment.
D) Prohibit fishing in the next 10 years.

【题目】 What did government officials propose to do to protect the endangered fish?

【翻译】 政府官员提议采取什么措施来保护濒危鱼类?

A) 封锁水道。 B) 恢复捕鱼禁令。 C) 使用监测设备。 D) 在未来10年禁止捕鱼。

【答案】 D (细节题) Prohibit fishing in the next 10 years.

【定位】 Government officials proposed to protect the area's endangered wild fish by issuing a fishing ban over the next decade.

政府官员提议，通过在未来十年颁布禁渔令来保护该地区濒危的野生鱼类。

【信号】 提出做某事的动作句。题干问“官员提出做什么”，定位就盯表“提出”的动词。Government officials proposed to protect...by issuing a fishing ban over the next decade 里的 "proposed...by issuing a fishing ban" 正是那个动作句，by 后面跟的“颁布禁渔令”就是具体做法，答案落在这里。

【替换】 issuing a fishing ban ↔ Prohibit fishing

禁渔令 = 禁止捕鱼

over the next decade ↔ in the next 10 years

decade = 10 年

【排除】 A) 张冠李戴

Block the waterways. 盗用了录音里的 "waterways", 但录音说的是用设备去 restore the waterways (修复水道), 方向是修复、不是 block (阻断); 而且这是修复水道的动作, 不是保护鱼的措施, 把别处的动作安到本题上了。

借用原文: restore the waterways

B) 原词陷阱

Restore the fishing ban. 几乎照搬录音原词 fishing ban, 极易“听到就选”; 但录音是 issuing a fishing ban (新颁布一项禁渔令), 不是 restore (恢复一项原有的禁渔令)——动词 issue 被偷换成 restore, 意思变了。

借用原文: issuing a fishing ban

C) 答非所问

Use monitoring equipment. 盗用了录音里的 "equipment", 但录音说的是 Groups used earth-moving equipment to restore the waterways——是各团体用“挖土设备”修水道, 既不是 monitoring (监测) 设备, 也不是官员保护鱼提出的措施, 与本题问的事对不上。

借用原文: used earth-moving equipment to restore the waterways

Questions 5 to 7 are based on the news report you have just heard.

1 Scott Dunn recently awoke from a medically-induced sleep he'd been in after a car accident. He was heartbroken after realizing he'd missed his high school graduation. So his classmates decided to give him another chance. It was just a month ago that East Juniata High School seniors met in the school's auditorium for graduation. And last week, they did it again. Scott's car accident was on May 22nd, just three days before the ceremony. "I remember waking up in the hospital and asking mom what date it was. She told me it was the 28th," he said. "I looked at her and said 'I missed my graduation.'" The school's principal Mr. Fausey called Scott's mom Karen and said that everybody wanted to do something special for him. Students wore their caps and gowns and sat in the front of the auditorium. Scott's parents, Karen and Scott Senior, sat front and center. After brief speeches, Scott's name was called, only Scott's name. He walked across the stage as the audience cheered. A graduation for one. "I'm speechless," Scott said. "I don't know how to even explain it. I'm speechless to know that so many people are behind me."

Scott Dunn最近从车祸后的医学诱导睡眠中醒来。当他意识到自己错过了高中毕业典礼时心碎不已。于是他的同学们决定再给他一次机会。就在一个月前，East Juniata高中的毕业班学生在学校礼堂参加了毕业典礼。上周，他们又举行了一次。Scott的车祸发生在5月22日，距离典礼仅三天。"我记得在医院醒来时问妈妈是几号。她告诉我是28号，"他说。"我看着她说'我错过了毕业典礼。'"学校校长Fausey先生打电话给Scott的妈妈Karen，说大家都想为他做点特别的事。学生们穿着学位服和方帽，坐在礼堂前排。Scott的父母Karen和Scott Senior坐在正中央。简短致辞后，Scott的名字被宣读，只有Scott的名字。他走过舞台，观众欢呼。一个人的毕业典礼。"我无法用言语表达，"Scott说。"我不知道该如何解释。知道有这么多人支持我，我无法用言语表达。"

5. A) He had a car accident.
B) He attended his graduation ceremony.
C) He had a heart attack.
D) He gave a performance in the auditorium.

【题目】 What happened to Scott a month ago?

【翻译】 一个月前Scott发生了什么事？

- A) 他出了车祸。 B) 他参加了毕业典礼。 C) 他心脏病发作了。
D) 他在礼堂进行了表演。

【答案】 A (细节题) He had a car accident.

【定位】 Scott Dunn recently awoke from a medically-induced sleep he'd been in after a car accident.

斯科特·邓恩最近从一次医学诱导的昏睡中醒来,此前他因一场车祸而陷入昏睡。

【信号】 开篇即点核心事件。新闻开篇第一句就交代主人公遭遇,awoke from a medically-induced sleep he'd been in after a car accident 直接点出 car accident 这一核心事件,新闻"开门见山报事件"的特点使首句成为答案句。

【替换】 after a car accident ↔ He had a car accident.

几乎原句对应

【排除】 B) 原词陷阱

He attended his graduation ceremony. 盗用了反复出现的原词 graduation;但题问 a month ago 时他出了车祸、恰恰"错过"了原定典礼(he'd missed his high school graduation),并未在一月前参加典礼,属答非所问。

借用原文: he'd missed his high school graduation

C) 未提及

He had a heart attack. 与正确事件"车祸"同属突发坏事、听感都急促,极易混;但原文只字未提心脏病,他遭遇的是 a car accident,此项把事件换成了原文没说的另一种。

D) 原词陷阱

He gave a performance in the auditorium. 盗用了原文真出现的地点词 auditorium;但原文 auditorium 是同学们聚集补办典礼的礼堂,从无他"表演"一说,属借原词无中生有。

借用原文: met in the school's auditorium for graduation

6. A) What happened to him.

B) What date it was.

C) When the graduation ceremony was.

D) Where he was.

【题目】 What did Scott ask about when he regained consciousness?

【翻译】 Scott恢复意识后问了什么?

A) 他发生了什么事。 B) 当时是几号。 C) 毕业典礼什么时候举行。 D) 他在哪里。

【答案】 B (细节题) What date it was.

【定位】 "I remember waking up in the hospital and asking mom what date it was. She told me it was the 28th," he said.

"我记得在医院醒来,问妈妈那天是几号。她告诉我是28号,"他说。

【信号】 他亲口说出的问话。 答案句是他本人的直接引语 asking mom what date it was,动词 asking 后面紧跟的 what date it was 就是他问的内容,人物原话里"问了什么"即答案信号。

【替换】 asking mom what date it was ↔ **What date it was.**

问话内容原样对应

【排除】 A) 答非所问

What happened to him. 像是承接"出了车祸"的合理联想,但题干问的是他苏醒后"问了什么",原文他问的是 what date it was,并没有问"自己发生了什么",此项答错了方向。

C) 原词陷阱

When the graduation ceremony was. 盗用了高频原词 graduation,又和正确项同样关乎"时间",极易混;但他问的是 date(几号),不是"典礼在何时",原文中典礼时间是后文交代、并非他苏醒时所问。

借用原文: met in the school's auditorium for graduation

D) 未提及

Where he was. 把疑问维度换成"地点";苏醒后问自己身处何地虽是常见桥段,但原文他问的是日期 what date it was,从未问 where,此项是原文没出现的内容。

7. A) He was really touched by his classmates.

B) He didn't know what happened at all.

C) He couldn't remember what to say.

D) His parents wore caps and gowns.

【题目】 Why was Scott speechless at the graduation ceremony?

【翻译】 为什么Scott在毕业典礼上说不出话来?

- A) 他真的被同学们感动了。 B) 他完全不知道发生了什么。 C) 他记不起来该说什么。
D) 他的父母穿着学位袍和戴着学位帽。

【答案】 A (细节题) He was really touched by his classmates.

【定位】 "I'm speechless," Scott said. "I don't know how to even explain it. I'm speechless to know that so many people are behind me."

"我说不出话来,"斯科特说。"我都不知道该怎么形容。得知有这么多人支持我,我激动得说不出话。"

【信号】 结尾本人道出缘由。 答案句在新闻收尾处,他自己点明 I'm speechless to know that so many people are behind me,speechless 后面的 to know that... 正是"说不出话"的原因——这么多人支持他,本人解释句即答案信号。

【替换】 so many people are behind me ↔ **He was really touched by his classmates.**

概括:被众人支持=被同学感动

【排除】 B) 与原文相反

He didn't know what happened at all. 借用了原文 I don't know how to even explain it 里的 don't know 字样;但他说的是"不知如何形容(激动)",并非"完全不知道发生了什么",事实上他很清楚同学为他补办了典礼,此项把意思扭反了。

借用原文: I don't know how to even explain it

C) 偷换概念

He couldn't remember what to say. 与 speechless/"说不出话"听感极近,最具迷惑性;但 speechless 在此是"激动得说不出话",原因是被支持感动,而非"想不起该说什么",二者并非一回事。

D) 原词陷阱

His parents wore caps and gowns. 盗用了原文确实念过的画面词 caps and gowns;但原文穿学位帽袍的是 Students(同学),不是他父母,且这画面与"他为何说不出话"无关,既张冠又答非所问。

借用原文: Students wore their caps and gowns and sat in the front of the auditorium

Section B

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.

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

1 M: How do you like your new flexible working arrangement? Do you enjoy working from home?

M: 你觉得新的弹性工作安排怎么样? 你喜欢在家工作吗?

2 W: Yes and no. I find isolation challenging at times. Apart from my mother, not too many people I know have time for phone chats during working hours. I tried the library, but found I wasn't really keen on working there.

W: 有好有坏吧。有时候我觉得太孤独了挺难受的。除了我妈, 我认识的人里在工作时间能打电话聊天的真不多。我试过去图书馆, 但发现我其实不太喜欢在那儿工作。

3 M: No, neither would I. I find the library a bit too quiet. I'd lack inspiration or stimulation, which would be counterproductive to getting a lot of work done.

M: 是啊, 我也不会。我觉得图书馆有点太安静了。我会缺乏灵感或刺激, 这反而不利于完成很多工作。

4 W: I find the same thing. So, lately I've been going out to cafes occasionally. I love the noise, the people, the busyness of the café, the sense of being out in the world.

W: 我也有同感。所以最近我偶尔会去咖啡馆。我喜欢那里的声音、人群、咖啡馆的热闹劲儿, 还有那种置身于世界中的感觉。

5 M: Coffee shops seem to have effectively become office spaces for so many people in this digital age, though I'm not sure how cafe owners feel about it—having so many people who go to their places to

work rather than drink and eat.

M: 在这个数字时代，咖啡店似乎已经有效地成为很多人的办公空间了，不过我不确定咖啡店老板对此有何感想——有那么多人去他们那儿是为了工作而不是喝咖啡吃东西。

6 W: Yes, some people seem to spend a lot of time there and not order much. The most annoying ones for café owners must surely be those usually only two of them who occupy a table for six with their laptops and paperwork.

W: 是啊，有些人似乎在那儿待很长时间却点不了多少东西。对咖啡店老板来说最烦人的肯定是那些人，通常只有两个人，却带着笔记本电脑和文件占着六人桌。

7 M: They should sit at a table for two, not the table for six. Some obviously stay so long. They need to plug the laptops into a power outlet. I nearly tripped over someone's computer electrical lead the other day in my local café.

M: 他们应该坐两人桌，而不是六人桌。有些人显然待得太久了。他们需要把笔记本电脑插到电源插座上。前几天我在附近的咖啡馆差点被某人的电脑电源线绊倒。

8 W: It's a double-edged sword. No doubt about that for a café owner. While remote workers help to keep the cafe full in quiet times, they can take up the valuable table space in busy periods.

W: 这对咖啡店老板来说是把双刃剑，毫无疑问。虽然远程工作者有助于在清淡时段保持咖啡馆满座，但在高峰时段他们会占用宝贵的桌位。

8. A) Her children's disruption.

B) Quiet atmosphere.

C) A sense of isolation.

D) Longer working hours.

【题目】 What does the woman say is the disadvantage of working from home?

【翻译】 女士说在家工作的缺点是什么？

A) 孩子们的干扰。 B) 安静的氛围。 C) 孤立感。 D) 更长的工作时间。

【答案】 C (细节题) A sense of isolation.

【定位】 I find isolation challenging at times. Apart from my mother, not too many people I know have time for phone chats during working hours.

我有时觉得孤立很难熬。除了我妈妈，我认识的人里没几个在工作时间有空跟我闲聊。

【信号】 被问者直接应答。男士先抛出 Do you enjoy working from home?, 女士在回答里直说 I find isolation challenging at times., 这句被问者的直接应答就是答案信号。

【替换】 I find isolation challenging at times ↔ A sense of isolation.

同根词换说法

【排除】 A)

全文女士只提到 Apart from my mother, 从未说孩子打扰, Her children's disruption. 是凭居家办公的常识脑补出来的, 原文无据。

B) 原词陷阱

Quiet atmosphere. 盗用了原文 I find the library a bit too quiet. 里的 quiet, 但那是男士评价图书馆, 不是女士说的居家办公弊端, 张冠李戴。

借用原文: I find the library a bit too quiet.

D)

Longer working hours. 也是居家办公常被吐槽的点, 但女士全程没提工时长短, 属凭印象添加的未提及项。

9. A) It doesn't offer coffee.

B) It's too quiet.

C) It doesn't have free Wi-Fi.

D) It lacks the materials he needs.

【题目】 What does the man say is counterproductive to getting work done in the library?

【翻译】 男士说在图书馆完成工作时什么是适得其反的?

A) 它不提供咖啡。 B) 它太安静了。 C) 它没有免费Wi-Fi。 D) 它缺少他需要的资料。

【答案】 B (细节题) It's too quiet.

【定位】 I find the library a bit too quiet. I'd lack inspiration or stimulation, which would be counterproductive to getting a lot of work done.

我觉得图书馆有点太安静了。我会缺少灵感或刺激, 这会对完成大量工作起反作用。

【信号】 因果链指向起因。 男士说太安静会导致 lack inspiration or stimulation, which would be counterproductive, counterproductive 的源头顺着 which 往前推就是 too quiet, 因果链就是答案信号。

【替换】 I find the library a bit too quiet ↔ **It's too quiet.**

近乎原句压缩

【排除】 A)

It doesn't offer coffee. 借了后文咖啡馆话题里的 coffee 来诱选，但男士说图书馆的问题是太安静，从没说图书馆不供咖啡，答非所问。

借用原文：Coffee shops seem to have effectively become office spaces

C)

It doesn't have free Wi-Fi. 原文从未提及 Wi-Fi，是利用办公缺网络这一常识硬造的未提及项。

D)

It lacks the materials he needs. 把男士说的缺 inspiration or stimulation 灵感刺激，偷换成缺实体资料，概念被换了。

借用原文：I'd lack inspiration or stimulation

10. A) The sense of being out in the world.

B) The coffee it provides.

C) The coffee table.

D) The comfortable working conditions.

【题目】 What does the woman like about doing one's work in a café?

【翻译】 女士喜欢在咖啡馆工作的什么方面？

A) 置身于外面世界的感觉。 B) 它提供的咖啡。 C) 咖啡桌。 D) 舒适的工作条件。

【答案】 A (细节题) The sense of being out in the world.

【定位】 I love the noise, the people, the busyness of the café, the sense of being out in the world.

我喜欢那种喧闹、人来人往、咖啡馆的忙碌，还有那种置身世界之中的感觉。

【信号】 I love 喜爱信号。 女士用 I love the noise, the people, the busyness 直接亮出喜爱信号，I love 后面一串并列就是她喜欢的点，是最明确的答案信号。

【替换】 the sense of being out in the world ↔ **The sense of being out in the world.**

原句直接命中

【排除】 B)

The coffee it provides. 蹭的是咖啡馆 café 这个场景词，但女士 I love 的清单里是噪音、人群、忙碌，根本没提咖啡本身，答非所问。

借用原文：the busyness of the café

C)

The coffee table. 利用 coffee 一词的近形干扰，原文从未出现 coffee table，是凭咖啡馆联想硬造的未提及项。

D)

The comfortable working conditions. 把咖啡馆想象成舒适的办公环境，但女士喜欢的是热闹忙碌，原文未提舒适，属未提及。

11. A) People don't order anything.
B) People bring their laptops and paperwork.
C) People occupy valuable table space in quiet times.
D) People of two occupy a table for six.

【题目】 What is most annoying for café owners according to the woman?

【翻译】 根据女士的说法,对咖啡馆老板来说最令人恼火的是什么?

- A) 人们什么都不点。 B) 人们带着笔记本电脑和文件。
C) 人们在清闲时段占据宝贵的桌位空间。 D) 两个人占用一张六人桌。

【答案】 D (细节题) People of two occupy a table for six.

【定位】 The most annoying ones for café owners must surely be those usually only two of them who occupy a table for six with their laptops and paperwork.

对咖啡馆老板来说,最招人烦的肯定是那些通常只有两个人却占着一张六人桌、摆满笔记本电脑和文件的人。

【信号】 the most 最高级。女士用 The most annoying ones for café owners must surely be 这个最高级加 surely 强调,直接把最招烦的圈定为后面那种人,最高级就是答案信号。

【替换】 only two of them who occupy a table for six ↔ People of two occupy a table for six.

原句改写为选项

【排除】 A)

People don't order anything. 盗用了原文 not order much,但那只是女士先提的一般性烦恼,没被 the most 修饰,不点单不是最招烦的那条。

借用原文: spend a lot of time there and not order much

B)

People bring their laptops and paperwork. 直接搬了原文 with their laptops and paperwork,但带电脑文件只是六人桌那种人的修饰细节,本身不是被点名最招烦的行为,原词陷阱。

借用原文: occupy a table for six with their laptops and paperwork

C)

People occupy valuable table space in quiet times. 盗用了末段 take up the valuable table space,但原文说占用宝贵桌位是在 busy periods,并非 quiet times,时段被说反。

借用原文: they can take up the valuable table space in busy periods

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

1 W: I'm going to start looking for another job. I can't see myself getting an opportunity to progress at my company anytime in the near future. And I really think my skills and abilities deserve a

higher salary.

W: 我打算开始找另一份工作了。我看不到自己在公司近期内有任何晋升的机会。而且我真的觉得我的技能和能力应该得到更高的薪水。

2 M: You're not going to quit, are you?

M: 你不会要辞职吧?

3 W: I'm thinking I might as well. Then I can devote more time and energy to finding a better position at another company.

W: 我觉得我不妨辞职。这样我就能投入更多时间和精力在另一家公司找到更好的职位。

4 M: But you've been at your present company less than two years, haven't you? This will be the third time you've left a job in the last five years. If you do several jobs in a relatively short span of time, prospective employers might perceive that you lack loyalty. That could make them wary and reluctant to employ you.

M: 但你在现在的公司还不到两年,是吧?这将是过去五年里第三次离职了。如果你在相对较短的时间内换了好几份工作,潜在雇主可能会认为你缺乏忠诚度。这可能会让他们有所顾虑,不愿意雇用你。

5 W: Unfortunately, loyalty doesn't pay. Even if I get a promotion at my company, it's likely to be less sizable than if I were to get a job elsewhere. And even if I get a promotion, I'm not guaranteed to get a raise. I had that experience at another company I worked at.

W: 不幸的是,忠诚并不会带来回报。即使我在公司得到晋升,涨幅也可能不如我去别的地方找工作来得大。而且即使我得到晋升,也不能保证会加薪。我在之前工作的另一家公司就有过这样的经历。

6 M: They wanted you to take on more work and responsibility but for the same amount of money?

M: 他们想让你承担更多的工作和责任,但工资还是一样?

7 W: More or less, yes. The way I see it, through having different jobs, I've gathered a lot of experience in different jobs and in different industries.

W: 差不多就是这样,是的。在我看来,通过从事不同的工作,我在不同的岗位和不同的行业积累了大量经验。

8 M: But potential employers might worry that, that experience is not deep, or thorough enough.

M: 但潜在雇主可能会担心那些经验不够深入或不够彻底。

9 W: Perhaps, but I feel pretty confident that I can sell myself. You know what they say, "Fortune favors the brave."

W: 也许吧,但我很有信心能够推销自己。你知道他们怎么说的,"幸运眷顾勇敢者"。

12. A) She is not satisfied with the salary.

B) She is not capable of the job.

C) She often works overtime.

D) She's received a job offer from another company.

【题目】 What makes the woman think about changing her job?

【翻译】是什么让这位女士考虑换工作？

- A) 她对薪水不满意。 B) 她无法胜任这份工作。 C) 她经常加班。
D) 她收到了另一家公司的工作邀请。

【答案】A (细节题) She is not satisfied with the salary.

【定位】And I really think my skills and abilities deserve a higher salary.

而且我真心觉得，凭我的技能和能力，理应拿到更高的薪水。

【信号】I really think 主观加重语气标出真实理由。她在 I really think my skills and abilities deserve a higher salary 里用 I really think 加重语气，亮出最直接的换工作动因——觉得自己值更高的薪水，这种当事人强调式的自述句就是原因题的答案句。

【替换】my skills and abilities deserve a higher salary ↔ not satisfied with the salary

"理应拿更高薪" = "对现薪不满"的换说法

【排除】B) 与原文相反

原文里她说 my skills and abilities deserve a higher salary，是在标榜自己能力强、配更高薪，选项却说她 not capable of the job，把意思反了过来。

借用原文：my skills and abilities deserve a higher salary

C) 未提及

对话从头到尾在谈薪水、晋升、忠诚，从没提到她"常加班"，She often works overtime. 是凭"职场"话题想当然补出来的，原文无据。

D) 与原文相反

她说的是 I'm going to start looking for another job——还没开始找，更没拿到 offer，选项 She's received a job offer from another company. 把"准备去找"夸成"已经拿到 offer"，与原文不符。

借用原文：I'm going to start looking for another job

13. A) They may be considered as less loyal.

B) They won't get the promotion opportunities.

C) They should take more responsibility at work.

D) They will be given hiring priority.

【题目】What does the man say about people who keep changing their jobs?

【翻译】这位男士如何评价那些不断换工作的人？

- A) 他们可能会被认为忠诚度较低。 B) 他们不会获得晋升机会。
C) 他们应该在工作中承担更多责任。 D) 他们将获得招聘优先权。

【答案】A (细节题) They may be considered as less loyal.

【定位】If you do several jobs in a relatively short span of time, prospective employers might perceive that you lack loyalty.

如果你在相对短的时间里做了好几份工作，未来的雇主可能会觉得你缺乏忠诚度。

【信号】被问方男方的直接论断句。题目问"男方怎么说"，答案就落在男方那段 prospective employers might perceive that you lack loyalty——这是男方针对频繁换工作者下的直接判断，正是该题答案句。

【替换】might perceive that you lack loyalty ↔ considered as less loyal
perceive...lack loyalty = considered as less loyal

【排除】B) 未提及

男方只说雇主会觉得你不忠诚、因而 reluctant to employ you，谈的是"难被录用"，并没说"得不到晋升机会"，They won't get the promotion opportunities. 在男方这段里无据。

C) 张冠李戴

They wanted you to take on more work and responsibility 里的 more responsibility 确实被念到了，但那是男方在转述女方旧东家的做法，不是男方"对频繁换工作者"的说法，选项 They should take more responsibility at work. 盗了 responsibility 一词张冠李戴。
借用原文：They wanted you to take on more work and responsibility

D) 与原文相反

男方的判断是雇主会 wary and reluctant to employ you(迟疑、不愿录用)，方向是负面的；选项 They will be given hiring priority. 却说成"被优先录用"，把极性彻底反了。
借用原文：wary and reluctant to employ you

14. A) She might have to do extra work every day.

B) She might not get a pay rise.

C) She might not get enough vacation.

D) She might not gain more experience.

【题目】What does the woman say would happen even if she got promoted in her current company?

【翻译】这位女士说即使她在目前公司获得晋升会发生什么？

A) 她可能每天都要做额外的工作。 B) 她可能得不到加薪。

C) 她可能得不到足够的假期。 D) 她可能无法获得更多经验。

【答案】B (细节题) She might not get a pay rise.

【定位】And even if I get a promotion, I'm not guaranteed to get a raise.

而且就算我升了职，也不一定能涨薪。

【信号】even if 让步句，转折后才是真意。她在 even if I get a promotion, I'm not guaranteed to get a raise 用 even if 设让步——"升职"是铺垫，让步后的"不一定涨薪"才是她要表达的代价，正是答案句。

【替换】not guaranteed to get a raise ↔ might not get a pay rise
not guaranteed a raise = might not get a pay rise

【排除】 A) 原词陷阱

take on more work and responsibility 里的 more work 确被念到，但那是男方追问女方"过去那家公司"的情形，不是"在现公司升职后"的后果；且选项 She might have to do extra work every day. 多出 every day，原文从未说"每天"，属夸大。

借用原文：They wanted you to take on more work and responsibility

C) 未提及

全程谈的是薪水、晋升、忠诚、经验，从没涉及 vacation，She might not get enough vacation. 在原文中毫无依据。

D) 与原文相反

经验在原文里是女方的正面收获 I've gathered a lot of experience，并非"升职后得不到"的坏处，选项 She might not gain more experience. 把它说成负面后果，方向相反。

借用原文：I've gathered a lot of experience in different jobs

15. A) Experience.

B) Confidence.

C) Fortune.

D) Opportunity.

【题目】 What benefit has the woman gained from changing her jobs frequently?

【翻译】 这位女士从频繁换工作中获得了什么好处？

A) 经验。 B) 信心。 C) 财富。 D) 机会。

【答案】 A (细节题) Experience.

【定位】 The way I see it, through having different jobs, I've gathered a lot of experience in different jobs and in different industries.

在我看来，通过做不同的工作，我在不同岗位、不同行业里积累了很多经验。

【信号】 I've gathered + experience 的收获自述。 她用 I've gathered a lot of experience 这一"动词 gather + 名词 experience"的搭配，亲口说出频繁换工作的收获，正是 benefit 题的答案句。

【替换】 I've gathered a lot of experience ↔ **Experience.**

gathered experience → Experience

【排除】 B) 原词陷阱

I feel pretty confident that I can sell myself 里 confident 确被念到，但那是她描述自己的心态、回应别人对她经验不深的质疑，并不是"频繁换工作带来的好处"，选项 Confidence. 盗了 confident 一词答非所问。

借用原文：I feel pretty confident that I can sell myself

C) 原词陷阱

录音结尾的谚语 Fortune favors the brave 里有 Fortune，但那只是她引用的一句鼓励自己的俗话，绝非"换工作得到的好处"，选项 Fortune. 正是预读预警过的"谚语原词"陷阱。

借用原文：Fortune favors the brave

D) 原词陷阱

an opportunity to progress 里 opportunity 出现过，但那是她抱怨现公司"看不到晋升机会"，是她缺的东西、不是换工作的收获，选项 Opportunity. 盗用该词反着用。

借用原文：getting an opportunity to progress

Section C

Directions: In this section, you will hear three 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 16 to 18 are based on the passage you have just heard.

1 There is a saying that goes something along the lines of "You must love yourself first before you can love someone else." Similarly, I personally believe that you must be comfortable and happy in your own company before you can truly be yourself in the company of others. There is a massive difference between being lonely and being alone. Loneliness is a horrible feeling. However, you don't have to actually be alone to feel that way. Many times, I've felt lonely when surrounded by a big group of people. In contrast, being alone can actually be a blessing, particularly when you've actively chosen it. In my experience, being bored and alone is dangerous and can easily lead to the feeling of loneliness. The trick is to be active. Get outside, stretch your legs, do something cultural, buy yourself something tasty to eat or something pretty to wear. You don't have to take anyone else into consideration and can do whatever you please. Spending time alone also allows you to more efficiently take care of problems. And then, when it's time to be social and meet up with your friends, you will be fully there, because you won't have too much other stuff floating around in your mind. Having been alone for a bit, you will also appreciate your friends' company more, and chances are, your time spent together will be more worthwhile.

有句话是这样说的："你必须先爱自己，然后才能爱别人。"同样，我个人认为，你必须先在独处时感到自在和快乐，然后才能在他人陪伴下真正做自己。孤独和独处之间有着巨大的差别。孤独是一种可怕的感觉。然而，你并不一定要真正独自一人才会有那种感觉。很多时候，当我被一大群人围绕时，我感到孤独。相比之下，独处实际上可以是一种福分，特别是当你主动选择它时。根据我的经验，无聊和独处是危险

的，很容易导致孤独感。诀窍在于保持活跃。走出去，活动一下筋骨，做点有文化气息的事，给自己买点好吃的或漂亮的衣服穿。你不必考虑任何其他人，可以做任何你想做的事。独处的时间也能让你更高效地处理问题。然后，当需要社交并与朋友见面时，你会全身心投入，因为你不会有太多其他事情在脑海中盘旋。独处一段时间后，你也会更加珍惜朋友的陪伴，而且很有可能，你们在一起度过的时光会更有价值。

16. A) It's a horrible feeling.
B) It can be a blessing.
C) It's boring and dangerous.
D) It's the most comfortable state.

【题目】 What does the speaker say about being alone?

【翻译】 说话者关于独处说了什么？

- A) 这是一种可怕的感觉。 B) 这可能是一件好事。 C) 这既无聊又危险。
D) 这是最舒适的状态。

【答案】 B (态度观点题) It can be a blessing.

【定位】 In contrast, being alone can actually be a blessing, particularly when you've actively chosen it.

相比之下，独自一人其实可以是一件幸事，尤其是当你主动选择独处的时候。

【信号】 转折 In contrast 后才是真意。前句 Loneliness is a horrible feeling. 讲的是『孤独』的坏，紧接着 In contrast, being alone can actually be a blessing 用 In contrast 转折，把话头转到『独自一人』并给出正面定性。转折信号之后那句才是对 being alone 的真正评价，正是答案句。

【替换】 being alone can actually be a blessing ↔ It can be a blessing.

近乎同句，只换主语措辞

【排除】 A) 原词陷阱

It's a horrible feeling. 抄了录音 Loneliness is a horrible feeling. 的原词 horrible feeling，但那句形容的是 loneliness (孤独)，不是题目问的 being alone (独自一人)。听到 horrible feeling 就勾，正中原词陷阱。

借用原文：Loneliness is a horrible feeling.

C) 与原文相反

It's boring and dangerous. 借了录音 being bored and alone is dangerous 里的 dangerous，但原文说的是『又无聊又独处才危险』，是有条件的；并非给 being alone 本身定性为危险。把条件去掉直接说独处『就是』无聊危险，与原意不符。

借用原文：being bored and alone is dangerous and can easily lead to the feeling of loneliness

D) 过度推断

It's the most comfortable state. 用了 the most comfortable 这种最高级，把独处吹成『最舒适的状态』。录音只说它可以是 a blessing，从未说它是『最舒适』，属于无中生有的拔高。

-
17. A) To be active.
B) To meet up with your friends.
C) To travel abroad.
D) To seek advice from others.

【题目】 What does the speaker say helps reduce one's feeling of loneliness?

【翻译】 说话者说什么有助于减少孤独感？

A) 保持活跃。 B) 与朋友见面。 C) 出国旅行。 D) 向他人寻求建议。

【答案】 A (细节题) To be active.

【定位】 The trick is to be active.

诀窍就是让自己动起来、保持活跃。

【信号】 建议句 **The trick is to...**。前一句说『又无聊又独处会导致孤独感』，紧接着用 The trick is to be active. 给出对策。The trick is to 是典型的建议/方法信号，其后的 be active 就是说话人开出的药方，是答案句。

【替换】 The trick is to be active ↔ **To be active.**

原句核心动作直接对应

【排除】 B) **原词陷阱**

To meet up with your friends. 抄了录音 meet up with your friends，但原文说的是『独处一阵后再去见朋友，你会更投入』，讲的是见朋友的好时机，不是用来减轻孤独感的办法。听到 meet up with friends 就勾，正中原词陷阱。

借用原文：when it's time to be social and meet up with your friends, you will be fully there

C) **未提及**

To travel abroad. 说出国旅行，录音只讲了 Get outside (出去走走)、do something cultural (做点文化活动)，从未提到 travel abroad，属于无中生有。

D) **未提及**

To seek advice from others. 说向别人求教，听起来合常识，但录音给的对策是 be active (自己动起来)，全程没说要 seek advice from others，是凭常识硬填的干扰项。

18. A) It provides a chance for people to think deeply.
B) It makes us treasure the time.
C) It enables one to identify true friends.
D) It helps us take care of problems more efficiently.

【题目】 What is an advantage of spending one's time alone?

【翻译】 独处的好处是什么？

A) 它为人们提供了深入思考的机会。 B) 它使我们珍惜时间。
C) 它使人能够识别真正的朋友。 D) 它帮助我们更高效地处理问题。

【答案】 **D** (细节题) It helps us take care of problems more efficiently.

【定位】 Spending time alone also allows you to more efficiently take care of problems.

独处还能让你更高效地处理各种问题。

【信号】 **列举好处的 also allows you to...**。录音用 Spending time alone also allows you to more efficiently take care of problems 直接陈述独处的一项好处，also 表明这是在罗列益处中的又一条，allows you to 引出具体好处，是答案句。

【替换】 more efficiently take care of problems ↔ **It helps us take care of problems more efficiently.**

几乎原词，仅调整语序

【排除】 A) **未提及**

It provides a chance for people to think deeply. 说独处给人深入思考的机会，听起来合理，但录音列举的好处是『高效处理问题、社交时更投入、更珍惜朋友』，从没提 think deeply，属于未提及。

B) **偷换概念**

It makes us treasure the time. 蹭了录音结尾 your time spent together will be more worthwhile 里的 time，但原文说的是『和朋友共处的时间更值得』，不是『珍惜时间 (treasure the time)』。借 time 一词偷换概念。

借用原文：your time spent together will be more worthwhile

C) **偷换概念**

It enables one to identify true friends. 蹭了录音 appreciate your friends' company more 里的 friends，但原文说的是独处后『更珍惜朋友的陪伴』，不是『辨别出真朋友 (identify true friends)』。借 friends 一词偷换概念。

借用原文：you will also appreciate your friends' company more

Questions 19 to 21 are based on the passage you have just heard.

1 When I turned 12, I worked summers at my father's small brick cleaning business. I remember the harsh acid smell of the cleaning solution and the scraping sound of stiff iron brushes against rough brick. It was tempting to hurry a job—just finish. But anybody who worked for Thomas Kahoon had to meet his standards, and that included me. If I messed up, he made me stay late until I got it right. My father wasn't being mean. He demanded the same of himself. Every brick he cleaned on a house stood out like a red jewel in a white setting. It was his signature. In 1970, when I was 20, I got married and moved out of my parents' modest place into a housing project. Drugs and gang violence were just beginning to plague the projects. Some of my friends went to jail. Some were killed. My wife Verllen was 18 and nobody gave our marriage a chance. But we believed in each other and our faith made us strong. When we married, I worked as a stock clerk at Southwest Super Foods. It was hard, tedious work. Each Friday night a truck came, with cases of food that had to be unloaded, priced, and placed on shelves. Most of the stock clerks tried to get Friday night off. But I was always ready to work. By Saturday morning, all

the cans and jars in my aisle were replaced with the labels facing smartly out, like a line of soldiers on review. That was my signature. I took pride in the job nobody wanted.

当我12岁时，我在父亲的小型砖块清洁公司做暑期工。我记得清洁溶液刺鼻的酸味，以及硬铁刷刮擦粗糙砖块的声音。人们很容易想草草了事——赶紧完工就好。但任何为Thomas Kahoon工作的人都必须达到他的标准，包括我在内。如果我搞砸了，他会让我加班到做对为止。我父亲并非刻薄。他对自己也有同样的要求。他在房子上清洁的每一块砖都像白色背景中的红色宝石一样醒目。那是他的标志。1970年，我20岁时结了婚，从父母简朴的住处搬到了一个住房项目区。毒品和帮派暴力刚开始困扰这些项目区。我的一些朋友进了监狱。有些人被杀了。我妻子Verllen当时18岁，没人看好我们的婚姻。但我们彼此信任，我们的信念使我们坚强。结婚时，我在Southwest Super Foods做库存管理员。这是一份辛苦而乏味的工作。每个周五晚上都有一辆卡车运来成箱的食品，必须卸货、标价并摆上货架。大多数库存管理员都试图在周五晚上请假。但我总是随时准备工作。到周六早上，我负责通道上的所有罐头和瓶子都摆放整齐，标签整齐地朝外，就像一排接受检阅的士兵。那是我的标志。我为这份没人想做的工作感到自豪。

19. A) He is a harsh person.
B) He is mean to others.
C) He is very demanding in his work.
D) He usually works very late.

【题目】 What do we learn about the speaker's father?

【翻译】 关于说话者的父亲我们了解到什么？

- A) 他是一个严厉的人。 B) 他对别人刻薄。 C) 他在工作中要求很高。
D) 他通常工作到很晚。

【答案】 C (细节题) He is very demanding in his work.

【定位】 My father wasn't being mean. He demanded the same of himself.

我父亲并不是刻薄。他对自己也是同样的要求。

【信号】 否定澄清句定调。My father wasn't being mean. 用 wasn't 主动否定'刻薄'这一负面解读，紧接着 He demanded the same of himself. 把父亲的真实形象定为'对工作和自己都要求高'——这种'先否定误解、再给真意'的句子就是答案信号。

【替换】 anybody who worked for Thomas Kahoon had to meet his standards ↔
very demanding in his work
高标准=要求高

【排除】 A) 原词陷阱

He is a harsh person. 的 harsh 在录音里确实出现过，但那是 the harsh acid smell of the cleaning solution 形容清洁剂刺鼻的气味，根本不是说父亲这个人苛刻——典型听到原词就想选的陷阱。

借用原文：the harsh acid smell of the cleaning solution

B) 与原文相反

He is mean to others. 的 mean 录音里出现在 My father wasn't being mean.——是被 wasn't 否定掉的说法，选它等于把说话人否定的话当成了肯定的结论，方向正好相反。

借用原文：My father wasn't being mean.

D) 张冠李戴

He usually works very late. 里'待到很晚'对应 he made me stay late until I got it right, 但那是父亲让'我'留下来重做，加班的是说话人自己，不是父亲；而且这是偶尔(做错时)而非 usually(通常)。

借用原文：he made me stay late until I got it right

20. A) He moved out and divorced.

B) He was plagued by drugs and gang violence.

C) He lived there for 20 years.

D) His parents would move into his new house.

【题目】 What does the speaker say about the housing project?

【翻译】 关于住房项目说话者说了什么？

A) 他搬出去并离婚了。 B) 他深受毒品和帮派暴力困扰。 C) 他在那里住了20年。

D) 他的父母会搬进他的新房子。

【答案】 B (细节题) He was plagued by drugs and gang violence.

【定位】 I moved out of my parents' modest place into a housing project. Drugs and gang violence were just beginning to plague the projects.

我搬出父母简朴的住处，住进了一个公共住宅区。毒品和帮派暴力当时正开始侵扰这些住宅区。

【信号】 定位词后紧跟的描述句。 录音一出现定位词 a housing project, 下一句立刻 Drugs and gang violence were just beginning to plague the projects. 给出对这个地方的直接描述——题目问的对象一出现，紧跟其后的那句往往就是答案句。

【替换】 Drugs and gang violence were just beginning to plague the projects ↔

He was plagued by drugs and gang violence

主语换了人但同义

【排除】 A) 未提及

He moved out and divorced. 前半'搬走'对应 I got married and moved out, 但录音说的是结婚后搬出, 全篇只字未提 divorced(离婚); 这一半凭空捏造, 整项就错。

借用原文: I got married and moved out

C) 原词陷阱

He lived there for 20 years. 的 20 在录音里确实念到, 但 when I was 20 说的是他结婚那年20岁, 是年龄不是在那住了20年——数字被挪去说时长, 对象偷换了。

借用原文: when I was 20

D) 与原文相反

His parents would move into his new house. 说父母搬进他的新家, 而录音是'我'从父母处搬出 moved out of my parents' modest place, 方向正相反, 且录音从没提父母搬来。

借用原文: moved out of my parents' modest place

21. A) He was only responsible for unloading food.

B) He had to sign his name on every label.

C) It was a hard and tedious job.

D) He was required to work on Friday night.

【题目】 What do we learn about the speaker as a stock clerk?

【翻译】 关于说话者作为仓库管理员我们了解到什么?

A) 他只负责卸载食品。 B) 他必须在每个标签上签名。 C) 这是一份艰苦而乏味的工作。

D) 他被要求在周五晚上工作。

【答案】 C (细节题) It was a hard and tedious job.

【定位】 When we married, I worked as a stock clerk at Southwest Super Foods. It was hard, tedious work.

我们结婚时, 我在西南超级食品店做理货员。那是又苦又枯燥的活儿。

【信号】 直接的概括评价句。 录音点出身份 I worked as a stock clerk 后, 紧跟一句 It was hard, tedious work. 对这份工作做整体定性——这种对工作'是个什么活儿'的直接概括句, 正是问'当理货员是什么情况'的答案句。

【替换】 It was hard, tedious work ↔ **It was a hard and tedious job**

work=job 近义替换

【排除】 A) 原词陷阱

He was only responsible for unloading food. 的 unload 对应 cases of food that had to be unloaded, priced, and placed on shelves, 但录音说货物要卸货、定价、上架三件事都做, 选项用 only 只留卸货, 把职责框窄了, 与原文不符。

借用原文: cases of food that had to be unloaded, priced, and placed on shelves

B) 偷换概念

He had to sign his name on every label. 的 label 对应 the labels facing smartly out, 但录音是说他把罐头标签朝外摆齐、这是他的'招牌(signature 比喻)', 并非真在每个标签上签名; 把 That was my signature. 的比喻签名当成了字面签名。

借用原文: the labels facing smartly out

D) 与原文相反

He was required to work on Friday night. 的 Friday night 录音里念过, 但原文是别人都想请假、I was always ready to work 是他主动乐意上夜班, 不是 required(被要求); 把自愿说成被强制, 性质反了。

借用原文: I was always ready to work

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

1 Watching more than three hours of television a day doubles memory loss in older people, a new study of more than 3,000 adults suggests. Scientists at University College London used memory and fluency tests on the same group of people six years apart. They found that those who watched on average less than three hours' television a day showed a decline of around four to five percent, while those who tended to watch more than three hours a day declined by an average of eight to ten percent. The research team say they believe the "alert-but-passive" nature of television watching may be creating stress on the mind which contributes to memory decline. Older people who watch more television are also less likely to undertake activities known to preserve mental functioning such as reading, or interactive screen-based pursuits such as using the Internet or playing video games. The researchers say that television viewing may be a risk factor for Alzheimer's disease, but more research is needed to establish a link. While watching television may have educational benefits and relaxation benefits, the researchers advise that adults over the age of 50 should try and ensure that television viewing is balanced with other contrasting activities. If you're concerned that the amount of television you're watching could have a negative impact on your health, you should limit the amount of TV you watch each day and undertake some healthy hobbies.

一项针对3000多名成年人的新研究表明, 每天看电视超过三小时会使老年人的记忆力丧失加倍。伦敦大学学院的科学家们对同一组人进行了相隔六年的记忆力和语言流畅性测试。他们发现, 平均每天看电视少于三小时的人记忆力下降了约百分之四到五, 而那些每天看电视超过三小时的人平均下降了百分之八到十。研究团队表示, 他们认为看电视"警觉但被动"的特性可能会对大脑造成压力, 从而导致记忆力下降。看电视较多的老年人也不太可能从事已知能保持心智功能的活动, 如阅读, 或基于屏幕的互动活动, 如使用互联网或玩电子游戏。研究人员表示, 看电视可能是阿尔茨海默病的一个风险因素, 但需要更多研究来建立这种联系。虽然看电视可能具有教育和放松的益处, 但研究人员建议50岁以上的成年人应该努力确保看

电视与其他对比性活动保持平衡。如果你担心观看电视的时间可能对健康产生负面影响，你应该限制每天看电视的时间并从事一些健康的爱好。

22. A) By recording the time people spend on TV.

B) By tracking people's living habits.

C) By using memory and fluency tests.

D) By scanning people's brains.

【题目】 By what means did scientists at University College London measure memory loss?

【翻译】 伦敦大学学院的科学家们通过什么方式测量记忆力衰退？

A) 通过记录人们看电视的时间。 B) 通过追踪人们的生活习惯。

C) 通过使用记忆力和流畅性测试。 D) 通过扫描人们的大脑。

【答案】 C (细节题) By using memory and fluency tests.

【定位】 Scientists at University College London used memory and fluency tests on the same group of people six years apart.

伦敦大学学院的科学家们对同一组人，前后相隔六年，做了记忆力与流畅度测试。

【信号】 动作动词 **used** 紧跟方法。答案句信号是表"使用某方法"的动作动词 used memory and fluency tests，问"用什么手段"的细节题，落点就在这个 used 后面带出的具体工具上。

【替换】 used memory and fluency tests ↔ **By using memory and fluency tests.**

原句动词转成 By doing 的近乎直译

【排除】 A) **原词陷阱**

A 说 By recording the time people spend on TV., 借了录音反复出现的 television 话题词，但研究测量记忆用的是 memory and fluency tests，不是"记录看电视的时间"，这是听到 TV 就想选的原词陷阱。

借用原文：Watching more than three hours of television a day

B) **未提及**

B 说 By tracking people's living habits."追踪生活习惯"，录音通篇只提到用 memory and fluency tests，从未说追踪生活习惯，属于编造出来的手段。

D) **未提及**

D 说 By scanning people's brains., "扫脑"听上去很像测记忆的高科技方法，但录音明确用的是 memory and fluency tests，从头到尾没有提到 scan 或 brain scanning。

23. A) Watching television for hours.

B) Playing video games.

C) Reading books and magazines.

D) Surfing the Internet.

【题目】 What contributed to memory decline in the participants?

【翻译】是什么导致了参与者的记忆力下降？

A) 连续数小时看电视。 B) 玩电子游戏。 C) 阅读书籍和杂志。 D) 上网浏览。

【答案】A (细节题) Watching television for hours.

【定位】Watching more than three hours of television a day doubles memory loss in older people, a new study of more than 3,000 adults suggests.

一项针对三千多名成年人的新研究表明，每天看电视超过三小时会使老年人的记忆力损失加倍。

【信号】因果动词 **doubles** 连起活动与后果。答案句的信号是 doubles memory loss 这个把"看电视"和"记忆损失"直接挂钩的因果动词，问"什么导致记忆衰退"，落点就在 doubles 前面的那个行为上。

【替换】Watching more than three hours of television a day ↔ **Watching television for hours.**

具体时长概括为 for hours

【排除】B) **张冠李戴**

B 说 Playing video games., 录音确实念了 playing video games, 但那是作为"有助于保持脑力的活动"提的，方向是有益、不是导致衰退，听到原词就选会张冠李戴。

借用原文：interactive screen-based pursuits such as using the Internet or playing video games

C) **张冠李戴**

C 说 Reading books and magazines., 录音里 reading 是与"保持脑功能"绑在一起的有益活动，不是导致记忆衰退的原因，借原词反向设套。

借用原文：activities known to preserve mental functioning such as reading

D) **张冠李戴**

D 说 Surfing the Internet., 录音 using the Internet 同样是被列为"有益脑力"的活动，不是诱因，属典型的原词反用。

借用原文：interactive screen-based pursuits such as using the Internet

24. A) Television viewing may be a potential factor for Alzheimer's disease.

B) Alzheimer's patients tend to watch television more than 3 hours a day.

C) Some research has confirmed the link between them.

D) Television watching is beneficial to Alzheimer's patients.

【题目】What do the researchers say about their finding concerning the link between TV viewing and Alzheimer's disease?

【翻译】研究人员如何评价他们关于看电视与阿尔茨海默病之间联系的发现？

A) 看电视可能是阿尔茨海默病的一个潜在因素。

B) 阿尔茨海默病患者往往每天看电视超过3小时。

C) 一些研究已经证实了它们之间的联系。 D) 看电视对阿尔茨海默病患者有益。

【答案】A (细节题) Television viewing may be a potential factor for Alzheimer's disease.

【定位】 The researchers say that television viewing may be a risk factor for Alzheimer's disease, but more research is needed to establish a link.

研究者表示，看电视可能是老年痴呆症的一个风险因素，但还需要更多研究来确立这种关联。

【信号】 留余地词 **may** + 转折 **but** 限定结论。答案句信号是 may be a risk factor 的不确定词 may，以及紧随的转折 but more research is needed，研究者用"可能、还需更多研究"把话说得留有余地，结论就落在这种谨慎表态上。

【替换】 may be a risk factor for Alzheimer's disease ↔

Television viewing may be a potential factor for Alzheimer's disease.

risk factor 同义为 potential factor, may 原样保留

【排除】 B) **原词陷阱**

B 说 Alzheimer's patients tend to watch television more than 3 hours a day., 录音确有 more than three hours 这个数字，但那是讲"看电视时长与记忆损失"，从没说"老年痴呆患者每天看超三小时"，是借数字原词设的陷阱。

借用原文：those who tended to watch more than three hours a day

C) **与原文相反**

C 说 Some research has confirmed the link between them., 但录音明说 more research is needed to establish a link——关联还没确立，C 用 confirmed 把"尚未证实"夸成"已证实"，程度严重越界。

借用原文：more research is needed to establish a link

D) **与原文相反**

D 说 Television watching is beneficial to Alzheimer's patients., 录音里确有 educational benefits and relaxation benefits，但那是泛指看电视的一般好处，绝没说"对老年痴呆患者有益"，整体基调是看电视有害，D 完全反向。

借用原文：watching television may have educational benefits and relaxation benefits

25. A) Watch television no more than 3 hours each day.

B) Balance television viewing with other contrasting activities.

C) Watch some educational TV programs.

D) Take more physical exercise.

【题目】 What do the researchers suggest older people do?

【翻译】 研究人员建议老年人做什么？

A) 每天看电视不超过3小时。 B) 在看电视与其他对比性活动之间保持平衡。

C) 观看一些教育类电视节目。 D) 进行更多体育锻炼。

【答案】 B (细节题) Balance television viewing with other contrasting activities.

【定位】 the researchers advise that adults over the age of 50 should try and ensure that television viewing is balanced with other contrasting activities.

研究者建议，五十岁以上的成年人应尽量确保看电视与其他相反类型的活动保持平衡。

【信号】 建议信号词 **advise + should**。答案句信号是建议词 the researchers advise 加 should try and ensure，问"建议做什么"的题，落点就在 advise/should 后面带出的那个动作上。

【替换】 television viewing is balanced with other contrasting activities ↔

Balance television viewing with other contrasting activities.

被动陈述转成主动祈使，措辞几乎照搬

【排除】 A) **原词陷阱**

A 说 Watch television no more than 3 hours each day., 录音里 more than three hours 确实念过，但那是描述研究发现的时长门槛，研究者给老年人的正式建议是"平衡活动"，并非"每天别超三小时"，借数字原词冒充建议。

借用原文：Watching more than three hours of television a day

C) **偷换概念**

C 说 Watch some educational TV programs., 录音确有 educational benefits 一词，但那是说看电视"有教育益处"，研究者从没建议"去看教育类节目"，借 educational 原词偷换概念。

借用原文：watching television may have educational benefits

D) **未提及**

D 说 Take more physical exercise., 录音结尾只笼统提到 undertake some healthy hobbies，从未具体建议"多做体育锻炼"，physical exercise 是凭健康常识脑补出来的。

SENTENCE INSIGHTS • 句子精讲

34 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

In today's headlines, Scotland's transport minister has warned of potentially extreme weather conditions as heavy snow is forecast across the country later this week.

第1段，第2句

主从复合句是考试常见句式，现在完成时和被动语态也是高频考点；"as" 引导原因状语从句的结构在新闻和学术文本中经常出现，具有较高的典型性和迁移价值

This is what he said to us: "The orange warning may be raised to red in some areas. That is a warning for snow that has never been seen since the modern system came into place in Scotland."

第1段，第5句

本句的结构非常典型:引述句加直接引语、主系表结构加表语从句、情态动词被动式、限制性定语从句嵌套时间状语从句,这些都是四六级和考研阅读中的高频句式。掌握本句的分析方法,可以直接迁移到大量类似结构的真题句中。

What were people in parts of Scotland advised to do?

第1题题干

本句是典型的被动语态特殊疑问句, "be advised to do" 结构在四六级和考研阅读中高频出现, 疑问句倒装也是常考句式。掌握本句的分析方法(倒装还原、被动转主动、补足语识别)可以迁移到大量同类句子, 具有很强的代表性。

Pay more attention to the roads.

第2题, A

覆盖谓语、宾语、状语三种基本成分, 结构简单但完整; 可用于入门级成分划分练习, 但缺乏易错点和成分丰富性。

He was heartbroken after realizing he'd missed his high school graduation.

第1段, 第2句

after doing 引出时间状语、动名词后接宾语从句、过去完成时表先后关系,都是四六级和考研常考结构。该句型在叙事类文章中高频出现,迁移性强。

It was just a month ago that East Juniata High School seniors met in the school's auditorium for graduation.

第1段, 第4句

强调句是四六级和考研阅读中的高频句式, "It is/was ... that ..." 结构在真题中反复出现。掌握这个句型的识别和拆解方法, 可以直接迁移到大量类似句子, 实用性和代表性都很高。

Do you enjoy working from home?

第1段，第2句

一般疑问句 + 动名词作宾语是常见句式，在四六级和考研真题中经常出现；但结构过于简单，缺少从句或复杂修饰，作为典型真题句式的代表性一般

Apart from my mother, not too many people I know have time for phone chats during working hours.

第2段，第3句

定语从句修饰主语且省略关系代词的结构在四六级和考研阅读中频繁出现，是典型的常考句式，掌握后可迁移到大量类似句子的分析中，具有较高的代表性。

I'd lack inspiration or stimulation, which would be counterproductive to getting a lot of work done.

第3段，第3句

本句为“主句 + 非限制性定语从句”结构，which 指代前文整句并作从句主语，是四六级和考研阅读中的高频句式。情态动词 would 表假设推测的用法也极为常见。掌握此结构可复用于大量长难句分析场景。

M: Coffee shops seem to have effectively become office spaces for so many people in this digital age, though I'm not sure how cafe owners feel about it—having so many people who go to their places to work rather than drink and eat.

第5段，第1句

本句结构层次清楚但不简单，既能训练主干定位，也能训练从句识别和不定式成分判断；时态不至于压得人太难，适合作为结构与时态综合练习材料。

Some obviously stay so long.

第7段，第2句

简单句结构在真题中常见，但本句过于简短且成分单一，缺乏考试中常考的复杂修饰、从句嵌套或特殊句式，作为句式代表性不足。

While remote workers help to keep the cafe full in quiet times, they can take up the valuable table space in busy periods.

第8段，第3句

“句首从句加逗号，后接主句”的结构非常常见，尤其是用 “While” 做对比背景的写法很有迁移性。掌握这种读法后，遇到类似的让步、对比、条件类句子都能套用。

What does the woman say is the disadvantage of working from home?

第8题 题干

“特殊疑问句 + 宾语从句” 是四六级听力和阅读理解中的高频句式，疑问词提前、连接词省略、从句嵌套这些特征在真题中反复出现，掌握这个结构可以迁移到大量类似句子，典型性很高。

What does the man say is counterproductive to getting work done in the library?

第9题 题干

特殊疑问句配合宾语从句、从句主语提前形成疑问结构，这是四六级和考研听力、阅读中的高频句式（尤其在间接引语和疑问句转换中）。掌握这一结构后，学习者可以迁移到大量类似句型，如 What do you think is important、Where does she say the meeting will be held 等，典型性很强。

Then I can devote more time and energy to finding a better position at another company.

第3段，第2句

情态动词加动词原形的结构以及 devote...to doing 的固定搭配，在四六级和考研阅读中较为常见，属于中等典型的句式。并列宾语和介词短语作状语也是高频考点。但简单句本身在真题中占比不如复合句高，迁移价值中等。

If you do several jobs in a relatively short span of time, prospective employers might perceive that you lack loyalty.

第4段，第3句

条件状语从句位于句首 + 主句 + 宾语从句嵌套的结构，是四六级和考研真题中的高频句式。这种条件假设配合间接陈述的表达方式，在议论文和说明文中大量出现，掌握后可迁移性强。

Even if I get a promotion at my company, it's likely to be less sizable than if I were to get a job elsewhere.

第5段，第2句

让步状语从句配主句、主句内嵌比较从句、比较从句内再嵌条件从句，这种多层条件加比较的复合结构是四六级和考研阅读中的高频句式。虚拟语气"were to"用于表达假设对比，也是考试常考语法点。掌握本句的切分和成分划分方法，可以直接迁移到大量真题长难句的分析中。

And even if I get a promotion, I'm not guaranteed to get a raise.

第5段，第3句

even if 引导的让步状语从句和 be guaranteed to do 结构都是四六级和考研中的高频句式，具有较强的代表性和迁移价值，掌握后可应用于大量类似句型。

M: They wanted you to take on more work and responsibility but for the same amount of money?

第6段，第1句

"动词 + 宾语 + 不定式补足语" 是英语中常见的句型，尤其 "want sb to do sth" 在考试和日常交流中出现频率很高。句中的并列结构和介词短语修饰也是典型用法，学习本句可以帮助掌握这类常见句式的识别和分析方法。

She is not satisfied with the salary.

第12题，A

系表结构加介词短语状语是英语中常见的基本句式，尤其在表达情绪和态度时频繁出现，具有较高的典型性和迁移价值。

She is not capable of the job.

第12题，B

主系表结构在四六级和考研真题中常见，但本句过于简短、修饰成分极少，不能代表真题中常考的复杂主系表句式（如含多重定语或状语的长句），典型性一般。

What does the woman say would happen even if she got promoted in her current company?

第14题 题干

疑问句 + 宾语从句(省略引导词)+ 嵌套状语从句的结构在四六级和考研听力、阅读中高频出现,特别是疑问句嵌套从句、虚拟语气表假设条件等句式极为典型,掌握后可大量迁移到类似题型中。

There is a saying that goes something along the lines of "You must love yourself first before you can love someone else."

第1段, 第1句

本句覆盖存在句、定语从句、宾语从句、状语从句四种结构, 涉及主谓宾、方式状语、时间状语等多种成分, 且存在句和定语从句的识别对基础学习者有练习价值, 成分较丰富。

Similarly, I personally believe that you must be comfortable and happy in your own company before you can truly be yourself in the company of others.

第1段, 第2句

主句 + 宾语从句 + 嵌套状语从句的结构是四六级和考研阅读中的典型句式。宾语从句表达观点, 内部嵌套条件或时间状语从句来说明逻辑关系, 这种模式在议论文和说明文中极为常见。掌握这个句型后可以迁移到大量类似结构的句子分析中, 代表性强。

In contrast, being alone can actually be a blessing, particularly when you've actively chosen it.

第1段, 第7句

高度典型的考试句式。主句用动名词作主语配合系表结构,从句用 "when" 引导时间条件,这两种结构在四六级和考研阅读中频繁出现。句首插入语 "In contrast" 表示转折对比,也是常见的衔接手法。掌握本句结构后,可直接迁移到大量类似句子的理解和写作中。

You don't have to take anyone else into consideration and can do whatever you please.

第1段, 第11句

本句涵盖并列谓语、宾语、状语、宾语从句等多种成分, 且宾语从句中 "whatever" 的双重作用(引导词兼宾语) 是一个值得练习的语法点。成分种类较丰富, 有一定训练价值。

Having been alone for a bit, you will also appreciate your friends' company more, and chances are, your time spent together will be more worthwhile.

第1段，第14句

覆盖了主语、谓语、宾语、表语、状语、定语等多种成分。第一个主句包含分词短语作时间状语、所有格修饰的宾语和程度状语。第二个主句是主系表结构，表语是一个完整从句。表语从句中主语带有后置定语（过去分词 spent 加副词 together），系表结构后接比较级形容词。有一定的成分多样性和定位练习价值，但都是常规搭配，没有特别难以分辨的易错点（如形式主语、双宾语、补语等复杂结构）。适合作为中等难度的成分划分练习。

What does the speaker say helps reduce one's feeling of loneliness?

第17题 题干

特殊疑问句嵌套宾语从句、疑问词充当从句主语、连接词that省略,这些都是四六级和考研听力阅读中的高频句式;掌握本句结构后可直接迁移到大量类似题目,实用性强。

It makes us treasure the time.

第18题，B

使役动词后接宾语和补足语，是常见且可迁移的基础句型。掌握这种结构后，遇到类似句子更容易迅速找到主干。

It helps us take care of problems more efficiently.

第18题，D

这种“主语 + 谓语 + 宾语 + 动词原形补足语 + 状语”的线性结构非常常见，迁移性较强。像 "help somebody do something" 也是英语里高频、实用的基本句式。

If I messed up, he made me stay late until I got it right.

第1段，第5句

"If 条件从句 + 主句 + until 时间从句" 是四六级和考研真题中高频出现的典型复合句结构，使役动词加宾补的用法也是常考点，掌握后可直接迁移到大量类似句式。

He was only responsible for unloading food.

第21题，A

涵盖主语、系动词、表语、状语、定语五种成分，其中 "only" 作状语、"for unloading food" 作后置定语修饰形容词，具有一定成分划分练习价值，但整体结构偏简单，易错点不多。

Watching more than three hours of television a day doubles memory loss in older people, a new study of more than 3,000 adults suggests.

第1段，第1句

动名词短语作主语 + 及物动词 + 宾语 + 状语，是四六级和考研阅读中非常常见的句式。逗号后插入研究来源的补充说明也是学术类文本的典型写法。掌握此句结构后，可以复用到大量科研报道和议论文中，迁移性强。

They found that those who watched on average less than three hours' television a day showed a decline of around four to five percent, while those who tended to watch more than three hours a day declined by an average of eight to ten percent.

第1段，第3句

本句的结构高度典型：主句 + 宾语从句、宾语从句内嵌定语从句和对比状语从句、while 连接并列对比的两部分，这些都是四六级和考研阅读中的高频句式；掌握本句的拆解方法可以直接迁移到大量真题长难句中。

HIGH-FREQUENCY · 真题高频词

本卷出现的 188 个英语四级真题高频词

下列单词既在本卷录音原文中出现，又是 **英语四级** 历年真题的高频词（在该考试真题中出现的句子数均不少于 8）。每个词标注本卷 出现次数与该考试真题句频，点击可查看该词的释义、音标、词形与真题例句。

graduation

B1

n. 毕业

本卷7次 · 真题 18 句

would

A1

aux. (will 的过去式) 将要，会

本卷6次 · 真题 466 句

less

A1

det. 较少的

本卷6次 · 真题 224 句

viewing

B1

n. 观看

本卷5次 · 真题 8 句

researcher

B2

n. 研究人员

本卷4次 · 真题 239 句

decline

B2

v. 下降

本卷4次 · 真题 73 句

warning A2

n. 警告

本卷4次·真题 25 句

ceremony B2

n. 典礼

本卷4次·真题 10 句

likely A2

adj. 很可能的

本卷3次·真题 224 句

benefit B1

n. 好处

本卷3次·真题 169 句

lack B1

v. 缺少

本卷3次·真题 115 句

project A2

n. 项目

本卷3次·真题 90 句

amount A2

n. 数量

本卷3次·真题 87 句

link A2

n. 联系

本卷3次·真题 52 句

working A2

adj. 有工作的

本卷3次·真题 39 句

journey A2

n. 旅行, 旅程

本卷3次·真题 20 句

loneliness B2

n. 孤独感

本卷3次·真题 18 句

promotion B2

n. 晋升, 升职

本卷3次·真题 18 句

wildlife B1

n. 野生动植物

本卷3次·真题 16 句

stock B1

n. 库存

本卷3次·真题 15 句

cafe A2

n. 咖啡馆

本卷3次·真题 9 句

laptop A2

n. 笔记本电脑

本卷3次·真题 9 句

occupy B2

v. 占据, 占用 (空间、时间)

本卷3次·真题9句

brick A2

n. 砖, 砖块

本卷3次·真题8句

local A2

adj. 当地的

本卷2次·真题150句

actually A2

adv. 实际上, 事实上 (用于纠正或补充信息)

本卷2次·真题148句

tend B1

v. 倾向于, 往往会

本卷2次·真题137句

average A2

adj. 平均的

本卷2次·真题89句

opportunity B1

n. 机会

本卷2次·真题89句

factor B1

n. 因素

本卷2次·真题77句

contribute B1

v. 捐献

本卷2次·真题74句

gain B1

v. 获得; 赢得

本卷2次·真题64句

potential B2

adj. 潜在的

本卷2次·真题63句

responsibility B1

n. 责任

本卷2次·真题55句

employer B1

n. 雇主

本卷2次·真题52句

species B2

n. 物种

本卷2次·真题51句

extra A2

adj. 额外的

本卷2次·真题48句

official B1

adj. 官方的

本卷2次·真题47句

loss

B1

n. 丧失

本卷2次 · 真题 46 句

educational

B1

adj. 教育的

本卷2次 · 真题 45 句

ban

B2

v. 禁止

本卷2次 · 真题 37 句

housing

B1

n. 住房

本卷2次 · 真题 30 句

mobile

B1

adj. 可移动的

本卷2次 · 真题 28 句

valuable

B1

adj. 贵重的

本卷2次 · 真题 28 句

senior

B1

adj. 级别高的

本卷2次 · 真题 25 句

salary

B1

n. 薪水，工资（通常指按月发放的固定报酬）

本卷2次 · 真题 21 句

propose

B1

v. 提议

本卷2次 · 真题 20 句

transport

B1

v. 运输，运送

本卷2次 · 真题 20 句

apart

B1

adv. 分开地

本卷2次 · 真题 19 句

alert

B2

adj. 警觉的

本卷2次 · 真题 17 句

mom

A1

n. 妈妈

本卷2次 · 真题 16 句

label

B1

n. 标签

本卷2次 · 真题 14 句

urge

B2

v. 敦促

本卷2次 · 真题 14 句

endangered

B2

adj. 濒危的

本卷2次 · 真题 13 句

isolation

B2

n. 隔离

本卷2次·真题 11句

minister

B2

n. 部长

本卷2次·真题 11句

undertake

B2

v. 承担

本卷2次·真题 11句

violence

B2

n. 暴力行为

本卷2次·真题 9句

system

A2

n. 系统

本卷1次·真题 162句

reduce

B1

v. 减少, 降低 (数量、大小、程度等)

本卷1次·真题 118句

participant

B2

n. 参与者

本卷1次·真题 117句

affect

B1

v. 影响

本卷1次·真题 113句

risk

A2

n. 风险

本卷1次·真题 108句

stress

B1

n. 压力

本卷1次·真题 102句

decade

B1

n. 十年

本卷1次·真题 99句

finding

B2

n. 调查结果

本卷1次·真题 99句

impact

B2

n. 影响

本卷1次·真题 98句

physical

B1

adj. 身体的

本卷1次·真题 98句

case

A2

n. 情况

本卷1次·真题 89句

according

B1

prep. 根据

本卷1次·真题 88句

mental B1

adj. 精神的

本卷1次·真题 86 句

issue B1

n. 问题

本卷1次·真题 83 句

community B1

n. 社区

本卷1次·真题 81 句

sign A1

n. 标志

本卷1次·真题 78 句

digital B1

adj. 数字的

本卷1次·真题 75 句

later A1

adv. 以后, later

本卷1次·真题 70 句

material B1

n. 材料

本卷1次·真题 69 句

measure B1

v. 测量

本卷1次·真题 68 句

performance B1

n. 表演

本卷1次·真题 66 句

current B1

adj. 现在的

本卷1次·真题 64 句

power A2

n. 权力

本卷1次·真题 59 句

enable B1

v. 使能够

本卷1次·真题 58 句

negative B1

adj. 否定的

本卷1次·真题 57 句

seek B1

v. 寻找

本卷1次·真题 56 句

attack A2

v. 攻击

本卷1次·真题 55 句

balance B1

n. 平衡

本卷1次·真题 55 句

internet A2

n. 互联网

本卷1次·真题 55 句

ensure B2

v. 确保

本卷1次·真题 54 句

identify B1

v. 识别

本卷1次·真题 54 句

demand B1

v. 坚决要求

本卷1次·真题 50 句

realize B1

v. 意识到, 认识到

本卷1次·真题 50 句

recently A2

adv. 最近

本卷1次·真题 48 句

easily A2

adv. 容易地

本卷1次·真题 47 句

promote B2

v. 促进

本卷1次·真题 47 句

replace A2

v. 替换, 更换 (用新的代替旧的)

本卷1次·真题 47 句

limit B1

n. 限度

本卷1次·真题 45 句

mainly B1

adv. 主要地

本卷1次·真题 45 句

attend A2

v. 出席, 参加 (会议、活动等)

本卷1次·真题 43 句

charge B1

v. 收费

本卷1次·真题 42 句

wild A2

adj. 野生的

本卷1次·真题 42 句

fund B2

n. 资金

本卷1次·真题 40 句

extreme B2

adj. 极度的

本卷1次·真题 39 句

particularly B2

adv. 尤其, 特别 (强调某事物)

本卷1次·真题 39 句

solution B1

n. 解决办法

本卷1次·真题 38 句

site A2

n. 地点

本卷1次·真题 37 句

significant B2

adj. 重要的

本卷1次·真题 36 句

reading A1

n. 阅读

本卷1次·真题 33 句

track A2

n. 小路

本卷1次·真题 33 句

equipment B1

n. 设备

本卷1次·真题 32 句

cultural B1

adj. 文化的

本卷1次·真题 30 句

delay B1

n. 延迟

本卷1次·真题 30 句

means A2

n. 方法

本卷1次·真题 30 句

network B1

n. 网络

本卷1次·真题 30 句

remote B1

adj. 遥远的

本卷1次·真题 30 句

stage A2

n. 阶段

本卷1次·真题 30 句

fuel B1

n. 燃料

本卷1次·真题 28 句

audience A2

n. 观众

本卷1次·真题 26 句

fully B1

adv. 完全地

本卷1次·真题 26 句

quit B1

v. 离开 (工作、学校等)

本卷1次·真题 26 句

establish B2

v. 建立, 创立 (组织、机构、关系等)

本卷1次·真题 25 句

responsible B1

adj. 负责的

本卷1次·真题 25 句

relatively B2

adv. 相对地

本卷1次·真题 24 句

concerned B1

adj. 担心的

本卷1次·真题 23 句

confirm B1

v. 证实

本卷1次·真题 23 句

massive B2

adj. 巨大的, 大量的

本卷1次·真题 23 句

priority B2

n. 优先事项

本卷1次·真题 23 句

contrast B2

n. 对比

本卷1次·真题 22 句

flexible B2

adj. 灵活的

本卷1次·真题 22 句

gather B1

v. 聚集, 集合

本卷1次·真题 22 句

stuff A2

n. 东西

本卷1次·真题 22 句

frequently B1

adv. 频繁地

本卷1次·真题 21 句

perceive B2

v. 理解, 领悟 (某事的性质或意义)

本卷1次·真题 21 句

capable B1

adj. 有能力的

本卷1次·真题 20 句

deeply B1

adv. 深深地

本卷1次·真题 20 句

extend B1

v. 延伸; 延长

本卷1次 · 真题 20 句

preserve B2

v. 保护

本卷1次 · 真题 20 句

unfortunately B1

adv. 不幸地

本卷1次 · 真题 20 句

favor B1

n. 帮忙

本卷1次 · 真题 19 句

funding B2

n. 资金

本卷1次 · 真题 19 句

mayor B1

n. 市长

本卷1次 · 真题 19 句

roughly B1

adv. 大约, 大概

本卷1次 · 真题 19 句

truly B1

adv. 真正地

本卷1次 · 真题 19 句

setting B1

n. 环境

本卷1次 · 真题 18 句

clothing A2

n. 衣服

本卷1次 · 真题 17 句

effectively B2

adv. 有效地

本卷1次 · 真题 17 句

challenging B2

adj. 有挑战性的

本卷1次 · 真题 16 句

elsewhere B1

adv. 在别处

本卷1次 · 真题 16 句

beneficial B2

adj. 有益的

本卷1次 · 真题 15 句

divorce B2

n. 离婚

本卷1次 · 真题 15 句

sufficient B2

adj. 足够的

本卷1次 · 真题 15 句

thanks

A1

intj. 谢谢

本卷1次·真题 15 句

consideration

B2

n. 考虑

本卷1次·真题 14 句

deserve

B1

v. 应得

本卷1次·真题 14 句

disadvantage

B2

n. 不利条件

本卷1次·真题 14 句

guarantee

B2

n. 保证

本卷1次·真题 14 句

inspiration

B2

n. 灵感

本卷1次·真题 14 句

obviously

B1

adv. 显然,明显地

本卷1次·真题 14 句

pursuit

B2

n. 追求

本卷1次·真题 14 句

reluctant

B2

adj. 不情愿的

本卷1次·真题 14 句

actively

B1

adv. 积极主动地

本卷1次·真题 13 句

chat

A2

v. 聊天, 闲谈

本卷1次·真题 13 句

employ

B1

v. 雇用

本卷1次·真题 13 句

keen

B2

adj. 热衷的

本卷1次·真题 13 句

surely

B1

adv. 肯定地

本卷1次·真题 13 句

thrive

B2

v. 茁壮成长

本卷1次·真题 13 句

heritage

B2

n. 遗产

本卷1次·真题 12 句

modest B2

adj. 谦虚的, 谦逊的

本卷1次·真题 12 句

stretch B1

v. 伸展

本卷1次·真题 12 句

union B2

n. 工会

本卷1次·真题 12 句

arrangement B1

n. 安排

本卷1次·真题 11 句

fortune B2

n. 财富

本卷1次·真题 11 句

mess B1

n. 脏乱, 杂乱

本卷1次·真题 11 句

surround B1

v. 围绕

本卷1次·真题 11 句

trick B1

n. 诡计

本卷1次·真题 11 句

concerning B2

prep. 关于

本卷1次·真题 10 句

devote B2

v. 把...奉献给

本卷1次·真题 10 句

outlet B2

n. 商店

本卷1次·真题 10 句

saying B1

n. 谚语

本卷1次·真题 10 句

span B2

n. 时间段

本卷1次·真题 10 句

aisle B2

n. (建筑物内的) 过道, 通道

本卷1次·真题 9 句

principal B2

adj. 主要的

本卷1次·真题 9 句

tasty A2

adj. 美味的, 可口的

本卷1次·真题 9 句

anymore A2

adv. (不) 再
本卷1次·真题8句

barrier B2

n. 障碍物
本卷1次·真题8句

potentially B2

adv. 可能地
本卷1次·真题8句

prospective C1

adj. 预期的
本卷1次·真题8句

similarly B2

adv. 相似地
本卷1次·真题8句

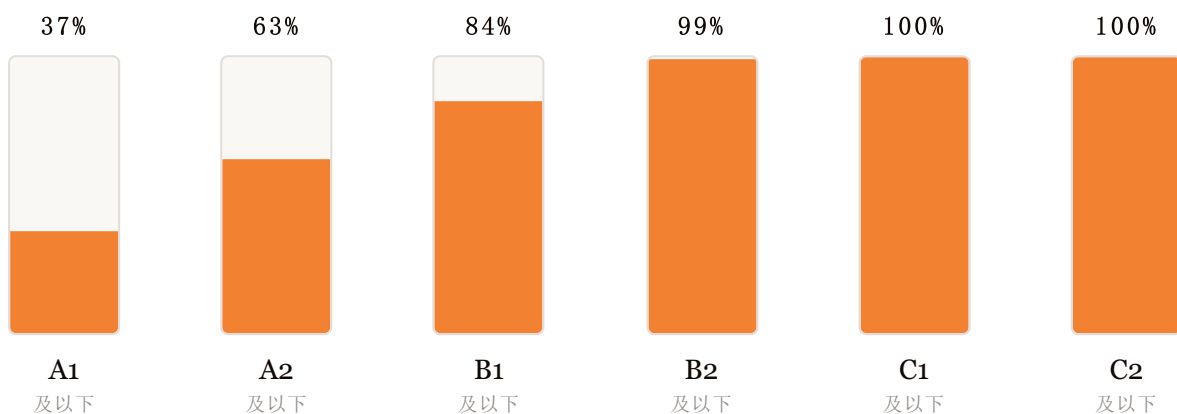
super B1

adj. 极好的, 超级棒的
本卷1次·真题8句

VOCABULARY · 词汇难度分布

全卷录音原文 649 词按 CEFR 难度累积覆盖

全卷录音原文去重后共 **649** 个单词, 按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比 (CDF), 最右一柱为 100%。B2 以上 (C1/C2) 为高阶词, 本卷共 7 个·约 1%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全卷录音原文去重词 649 个 · 末柱为 100%

去重总词数

649

B2 以上难词

1%

B1 及以下覆盖

84%

英语四级 2020年7月·第1套 · 全卷构成

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Part II	听力	本页
Part III Section A	完形填空（选词填空）	题目解析 →
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Part IV	汉译英（段落翻译）	题目解析 →