

2025年12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2025年12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(2025-12) · 英语四级

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 A terrified cat has survived a five-mile round trip under the engine cover of a car on a school run. The black cat was found curled up under the engine cover of David King's car when he decided to do an oil check after dropping his grandson off at school in Kent.

一只受惊的猫在一辆汽车的引擎盖下完成了五英里的往返行程，这辆车当时正在接送孩子上学。当David King在Kent郡送完孙子上学后决定检查机油时,发现这只黑猫蜷缩在他汽车的引擎盖下。

2 Mr King's wife said her husband had come "running in" and was "shouting for me to come have a look".

King先生的妻子说,她丈夫"跑进来""喊我过去看看"。

3 "We weren't even sure it was alive, so I gently pushed it with a stick to check it was breathing and saw it was a terrified little cat. It reversed even further into the engine and was stuck. I tried to reach it, but it was too far down and there wasn't any way I could get it out."

"我们甚至不确定它是否还活着,所以我用一根棍子轻轻推了推它,确认它还在呼吸,发现是一只受惊的小猫。它往引擎深处又退了退,被卡住了。我试图够到它,但它在太深的地方,我没办法把它弄出来。"

4 Following a rescue by UK charity Cats Protection, the four-year-old cat was later reunited with its owner, Mr King's neighbour.

经过英国慈善机构Cats Protection的救援,这只四岁的猫后来与它的主人——King先生的邻居团聚了。

1. A) Outside the office of a charity foundation.
- B) Inside the car of David King's neighbour.
- C) Under the engine cover of a man's car.
- D) At the gate of a grade school in Kent.

【题目】 Where was the black cat found?

【翻译】 这只黑猫是在哪里被发现的?

- A) 在一家慈善基金会的办公室外面。 B) 在David King邻居的车内。
C) 在一名男子汽车的引擎盖下面。 D) 在Kent一所小学的大门口。

【答案】 C (细节题) Under the engine cover of a man's car.

【定位】 The black cat was found curled up under the engine cover of David King's car when he decided to do an oil check after dropping his grandson off at school in Kent.

这只黑猫是在大卫·金送孙子上学后、决定检查机油时,被发现蜷缩在他汽车的引擎盖下面的。

【信号】 found + 地点介词短语。 答案句的信号是动词 found 紧跟一个表地点的介词短语 found curled up under the engine cover of David King's car——题干问 Where... found, 原文恰好出现 found + 『在哪儿』, 这就是承载答案的那一句。

【替换】 under the engine cover of David King's car ↔ **Under the engine cover of a man's car.**

人名换成泛称 a man

【排除】 A) 原词陷阱

选项把后文出现的 UK charity Cats Protection 里的 charity 一词搬来, 编成『慈善机构门口』这个地点。可录音里 charity 只用来说明谁救的猫, 从没说猫是在慈善机构门口被发现的, 属听到 charity 就想选的原词陷阱。

借用原文: Following a rescue by UK charity Cats Protection

B) 张冠李戴

选项把末段的 Mr King's neighbour (邻居) 搬来, 说猫是在『邻居的车里』被发现。但邻居在录音里是猫的主人、出现在结局处, 发现猫的车是金先生自己的车, 把发现地点安到邻居车上是张冠李戴。

借用原文: reunited with its owner, Mr King's neighbour

D) 原词陷阱

选项抓住原文的 school in Kent, 把『学校门口』说成发现地点。可录音里 school 是金先生送孙子去的地方、是事情发生前的背景, 猫是他送完孙子、回来做机油检查时才在引擎盖下被发现的, 发现地不是学校门口。

借用原文: after dropping his grandson off at school in Kent

2. A) It got reunited with its owner.
B) It was injured during the rescue.
C) It became a pet of Mr King's grandson.
D) It was placed in the care of a UK charity.

【题目】 What do we learn about the cat at the end of the news report?

【翻译】 关于这只猫,新闻报道最后我们了解到什么?

- A) 它与主人团聚了。 B) 它在救援过程中受伤了。 C) 它成为了King先生孙子的宠物。
D) 它被交由一家英国慈善机构照料。

【答案】 A (细节题) It got reunited with its owner.

【定位】 Following a rescue by UK charity Cats Protection, the four-year-old cat was later reunited with its owner, Mr King's neighbour.

在英国慈善机构『猫咪保护』救援之后, 这只四岁的猫最终与它的主人——金先生的邻居——团聚了。

【信号】 末段 + later 标结局。 本句是录音最末一段、且含时间词 later, 正对应题干的 at the end; 新闻的结果通常落在最后一句, later reunited 直接交代了猫的最终下场, 是答案句。

【替换】 reunited with its owner ↔ **It got reunited with its owner.**

近乎原句的同义重述

【排除】 B) 未提及

选项说猫『在救援中受伤』, 但录音从头到尾只字未提受伤, 末段只说被救后团聚。它利用第3段 terrified (受惊)、stuck (卡住) 等词让人联想到猫很惨, 进而脑补成『受伤』, 实属过度推断、原文未提。

C) 张冠李戴

选项把第1段的 grandson (孙子) 搬来, 说猫成了金先生孙子的宠物。可孙子只在『送孙子上学』的背景里出现, 录音末段明说猫团聚的对象是主人即邻居, 不是被孙子养, 属张冠李戴。

借用原文: after dropping his grandson off at school in Kent

D) 原词陷阱

选项说猫『被交由英国一家慈善机构照管』, 盗用了末段 UK charity Cats Protection 这个真出现的机构。但录音里 charity 是负责『救援』的一方, 救完之后猫是团聚而非留在机构照管, 把过程中的救援者说成最终归宿, 差在结局。

借用原文: Following a rescue by UK charity Cats Protection

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

1 In less than a month, the Special Olympics Spring Games will make a return to Fayetteville. The Games are coming back for the first time in five years. The event will take place at

Methodist University.

不到一个月后,特殊奥林匹克春季运动会将重返Fayetteville。这是该运动会五年来首次回归。活动将在Methodist University举行。

2 Event organizer Benjamin Kowalczyk says he's excited that athletes will get a chance to come back and demonstrate their abilities. Organizers expect about 100 athletes will come out to compete in Fayetteville. They will have a variety of events to choose from, including running, throwing, and jumping. There will also be a fun tent for children. Kowalczyk said it's rewarding to see athletes with special needs triumph in the Games.

活动组织者Benjamin Kowalczyk表示,他很高兴运动员们将有机会回来展示他们的能力。组织者预计约有100名运动员将来到Fayetteville参加比赛。他们将有多种项目可供选择,包括跑步、投掷和跳跃。现场还将设有儿童趣味帐篷。Kowalczyk说,看到有特殊需求的运动员在运动会上取得胜利是很有意义的。

3 For anyone who wants to help make this year's Games a massive success, there are still opportunities to volunteer for Fayetteville's Special Olympics. Organizers encourage them to visit the Games' website to sign up.

对于任何想要帮助今年运动会取得巨大成功的人,仍有机会为Fayetteville特殊奥林匹克运动会做志愿者。组织者鼓励他们访问运动会网站进行报名。

3. A) The 100th anniversary celebration of Methodist University.
B) The first important political event in the next five years.
C) The opening of the Special Olympics Spring Games.
D) The reunion of this year's Olympic gold medalists.

【题目】 What will Fayetteville witness in less than a month?

【翻译】 不到一个月后, Fayetteville 将见证什么?

- A) Methodist University 的百年校庆庆典。 B) 未来五年中的第一个重要政治活动。
C) 特殊奥林匹克春季运动会的开幕式。 D) 今年奥运会金牌得主的重聚。

【答案】 C (细节题) The opening of the Special Olympics Spring Games.

【定位】 In less than a month, the Special Olympics Spring Games will make a return to Fayetteville.
不到一个月后, 特殊奥林匹克运动会春季赛事将重返费耶特维尔。

【信号】 题干时间词原样出现。录音开头 In less than a month 与题干 in less than a month 用词完全一致, 这种"题干时间状语在原文原样响起"就是最强的定位信号, 听到它, 紧跟其后的主语就是答案所在。

【替换】 the Special Olympics Spring Games will make a return ↔
The opening of the Special Olympics Spring Games.
重返即开赛

【排除】 A) 原词陷阱

录音确实念到了 Methodist University (卫理公会大学), A 就把这个原词捡来编出 The 100th anniversary celebration of Methodist University."百年校庆", 但原文只说赛事在该校举办, 从没提任何校庆或"100th", 是典型听到地名就想选的原词陷阱。

借用原文: The event will take place at Methodist University.

B) 原词陷阱

录音说赛事是 coming back for the first time in five years (五年来首次回归), B 把 "five years" 这个原词改头换面成 The first important political event in the next five years., 既把"赛事"偷换成"政治大事", 又把"过去五年"扭成"未来五年", 是盗用数字+偷换概念的双重陷阱。

借用原文: The Games are coming back for the first time in five years.

D) 偷换概念

选项 The reunion of this year's Olympic gold medalists. 借了原文反复出现的 "Olympics" 来误导: 原文是 Special Olympics (特殊奥林匹克/残障人士运动会), D 偷偷掐掉 "Special" 变成普通 "Olympic gold medalists 金牌选手聚会", 原文从未提金牌选手聚会, 属偷换概念。

借用原文: the Special Olympics Spring Games will make a return to Fayetteville

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4. A) Volunteers visit the Games' website to sign up.
B) Athletes with special needs triumph in the Games.
C) Organizers devote their time and energy to the Games.
D) Children play in a fun tent and enjoy themselves fully.

【题目】 What did Benjamin Kowalczyk say is rewarding to see?

【翻译】 Benjamin Kowalczyk 说看到什么令人欣慰?

- A) 志愿者访问运动会网站报名参加。 B) 有特殊需要的运动员在运动会上取得胜利。
C) 组织者为运动会投入他们的时间和精力。 D) 孩子们在趣味帐篷里玩耍并尽情享受。

【答案】 B (细节题) Athletes with special needs triumph in the Games.

【定位】 Kowalczyk said it's rewarding to see athletes with special needs triumph in the Games.

Kowalczyk 说, 看到有特殊需求的运动员在赛事中取得胜利, 是很有意义、很值得的。

【信号】 题干rewarding原话再现。 录音 Kowalczyk said it's rewarding to see 把题干里的人名和评价词 "rewarding" 原样念出, 这是"人物+评价词"双重信号, 听到它就知道接下来 "to see" 后面那件事正是答案承载句。

【替换】 athletes with special needs triumph in the Games ↔

Athletes with special needs triumph in the Games.

评价词后内容直接对应

【排除】 A) 原词陷阱

录音第三段确有 visit the Games' website to sign up, A 把这句原词整段搬来, 但那是给"想当志愿者的人"的报名指引, 不是 Kowalczyk "觉得值得一看"的事, 盗用原词却答非所问。

借用原文: Organizers encourage them to visit the Games' website to sign up.

C) 张冠李戴

选项 Organizers devote their time and energy to the Games. 看似贴合主题, 但原文 Kowalczyk 评"值得"的是运动员取胜, 并没说"组织者投入时间精力"这件事值得看; 原文只说想帮忙的人可去志愿, 把评价对象悄悄换成了组织者, 属张冠李戴+未提及。

借用原文: it's rewarding to see athletes with special needs triumph in the Games

D) 原词陷阱

录音第二段确实念了 There will also be a fun tent for children., D 把 "fun tent/children" 这组原词捡来, 但那只是顺带交代赛事设施, Kowalczyk 的 "rewarding" 评价根本没落在孩子玩耍上, 是听到原词就想选的原词陷阱。

借用原文: There will also be a fun tent for children.

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

1 A German supermarket has been ordered to destroy its chocolate rabbits after it lost a court battle with a Swiss chocolate manufacturer.

一家德国超市在与一家瑞士巧克力制造商的法庭诉讼中败诉后,被勒令销毁其巧克力兔子产品。

2 The Swiss firm had argued its gold-wrapped chocolate rabbit deserved copyright protection from a similar product sold by the budget supermarket.

这家瑞士公司辩称,其金色包装的巧克力兔子应当受到版权保护,以防止这家廉价超市销售的类似产品侵权。

3 Switzerland's highest court agreed and overturned a ruling last year by the country's commercial court that had sided with the supermarket. It ordered that all the imitation rabbits be destroyed, but suggested the chocolate needn't be wasted. It could be melted for use in other products.

瑞士最高法院表示同意,推翻了去年该国商事法院支持超市的裁决。法院下令销毁所有仿冒兔子产品,但建议巧克力无需浪费,可以融化用于其他产品。

4 It said even though there are some differences between the two products, there was still the possibility of confusion for consumers. The Swiss manufacturer's rabbit has a red bow and bell, while the German supermarket's has a green bow and bell. The colour of the wrapper is similar, as are the illustrations of the features.

法院称,尽管两种产品之间存在一些差异,但仍有可能使消费者产生混淆。瑞士制造商的兔子有红色蝴蝶结和铃铛,而德国超市的兔子有绿色蝴蝶结和铃铛。包装纸的颜色相似,特征的图案也相似。

5 The chocolate company has been to court before to protect its popular chocolate treat. Last year, a German federal court said the shade of the gold wrapping was also protected.

这家巧克力公司此前曾诉诸法庭以保护其畅销巧克力产品。去年,德国联邦法院裁定金色包装纸的色调也受到保护。

5. A) Destroy its imitation chocolate rabbits.
B) Change the wrapping of its commodities.
C) Compensate for the Swiss manufacturer's loss.
D) Defend itself in the country's commercial court.

【题目】 What has the German supermarket been ordered to do?

【翻译】 这家德国超市被要求做什么?

- A) 销毁其仿制的巧克力兔子。 B) 更改其商品的包装。 C) 赔偿瑞士制造商的损失。
D) 在该国商事法院为自己辩护。

【答案】 A (细节题) Destroy its imitation chocolate rabbits.

【定位】 A German supermarket has been ordered to destroy its chocolate rabbits after it lost a court battle with a Swiss chocolate manufacturer.

一家德国超市在与一家瑞士巧克力制造商的官司中败诉后,被勒令销毁其巧克力兔子。

【信号】 命令信号 ordered to。 答案句的信号是 has been ordered to destroy, ordered to 正是题干 been ordered to 的呼应,这种表命令、判决的短语就是答案落点,听到立刻锁定其后的动作。

【替换】 destroy its chocolate rabbits ↔ **Destroy its imitation chocolate rabbits.**

近乎同表述加补词

【排除】 B) 原词陷阱

选项 Change the wrapping of its commodities. 借用了原文后文反复提到的 wrapper (包装),但原文从没要求超市改包装,命令是销毁,属听到 wrapping 就想选的原词陷阱。

借用原文: The colour of the wrapper is similar

C) 原词陷阱

选项 Compensate for the Swiss manufacturer's loss. 拼用了原文的 Swiss manufacturer 和 lost (败诉),但原文判的是销毁,从未提赔偿损失,是把熟词重组出的假动作。

借用原文: it lost a court battle with a Swiss chocolate manufacturer

D) 原词陷阱

选项 Defend itself in the country's commercial court. 借了原文的 commercial court,但那是去年商业法院的旧判决场景,本题命令是销毁兔子,并非要超市去出庭辩护。

借用原文: overturned a ruling last year by the country's commercial court

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6. A) It could be rewrapped and sold by the budget supermarket.
B) It could be reshaped into animals other than rabbits.
C) It could be resold cheaper to avoid waste.
D) It could be reused in other products.

【题目】 What did Switzerland's highest court suggest about the chocolate in question?

【翻译】 瑞士最高法院对有关巧克力提出了什么建议？

- A) 它可以被重新包装并由廉价超市出售。 B) 它可以被重新塑造成兔子以外的动物。
C) 它可以以更低价格转售以避免浪费。 D) 它可以在其他产品中重新使用。

【答案】 D (细节题) It could be reused in other products.

【定位】 It ordered that all the imitation rabbits be destroyed, but suggested the chocolate needn't be wasted. It could be melted for use in other products.

法院下令销毁所有仿制兔子，但建议巧克力不必浪费，可以熔化后用于其他产品。

【信号】 转折 but 后是真意。答案句信号是转折词 but suggested the chocolate needn't be wasted, but 前讲销毁、but 后才是对巧克力的建议，转折之后才是落点，这正呼应题干的 suggest。

【替换】 melted for use in other products ↔ It could be reused in other products.

熔化再用即重复使用

【排除】 A) 原词陷阱

选项 rewrapped and sold by the budget supermarket 搬来原文的 budget supermarket，但原文建议是熔化再用，从没说重新包装由该超市出售，是熟词拼出的假处置。

借用原文：a similar product sold by the budget supermarket

B) 原词陷阱

选项 reshaped into animals other than rabbits 借了原文 rabbits 一词臆造出改造成别的动物，原文只说熔化用于其他产品，并未提改塑成动物。

借用原文：all the imitation rabbits be destroyed

C) 原词陷阱

选项 resold cheaper to avoid waste 借了原文 needn't be wasted 中的 waste 概念，但原文是熔化再用以避免浪费，不是降价转售，处置动作被偷换。

借用原文：the chocolate needn't be wasted

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7. A) To be fair to the German supermarkets.
B) To protect chocolate retailers' interests.
C) To boost the growth of the chocolate industry.
D) To prevent consumers' possible confusion.

【题目】 Why did Switzerland's highest court overturn the commercial court's ruling?

【翻译】瑞士最高法院为什么推翻商事法院的裁决？

- A) 为了对德国超市公平。 B) 为了保护巧克力零售商的利益。
C) 为了促进巧克力行业的增长。 D) 为了防止消费者可能产生的混淆。

【答案】D (细节题) To prevent consumers' possible confusion.

【定位】It said even though there are some differences between the two products, there was still the possibility of confusion for consumers.

法院表示，尽管两种产品之间存在一些差异，但仍有可能让消费者产生混淆。

【信号】让步转折露真因。答案句信号是让步结构 even though there are some differences...there was still the possibility of confusion, even though 让一步、but/still 后才是真正理由——担心消费者混淆，这就是推翻判决的原因。

【替换】the possibility of confusion for consumers ↔ To prevent consumers' possible confusion.
存在混淆即为防混淆

【排除】A) 原词陷阱

选项 To be fair to the German supermarkets. 借了原文反复出现的 German supermarket，但原文推翻原判恰恰对超市不利，目的是防混淆而非对超市公平，方向相反。

借用原文：A German supermarket has been ordered to destroy

B) 偷换概念

选项 To protect chocolate retailers' interests. 把原文的 consumers（消费者）偷换成 retailers（零售商），原文明说担心的是消费者混淆，保护对象被换了一方。

借用原文：the possibility of confusion for consumers

C) 未提及

选项 To boost the growth of the chocolate industry. 借了反复出现的 chocolate，但原文从未提推动巧克力行业发展这一目的，是凭熟词臆造的目的。

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: Can you please hand me that book over there? It has instructions for making a winter bean salad. My sister's boyfriend is coming over for dinner. He's vegetarian, so I need to make a lot of vegetable dishes.

M: 你能把那边那本书递给我吗？上面有冬季豆子沙拉的做法。我姐姐的男朋友要过来吃晚饭。他是素食主义者，所以我得做很多蔬菜菜肴。

2 W: He only eats vegetables, no meat? That doesn't sound like a very balanced diet. How can he get enough protein? What does he do to strengthen his muscles and all that?

W: 他只吃蔬菜,不吃肉?这听起来可不像是均衡的饮食啊。他怎么获取足够的蛋白质?他怎么增强肌肉什么的?

3 M: Apparently that's no problem. He's explained this to me when we first met. He eats a variety of different vegetables and nuts, especially those with high amounts of protein.

M: 显然这不是问题。我们第一次见面时他跟我解释过。他吃各种不同的蔬菜和坚果,尤其是那些蛋白质含量高的。

4 W: It sounds a bit difficult, but he's done his research I suppose. What's his reasoning for being vegetarian? Is it his religion, health condition, or lifestyle?

W: 听起来有点难,不过我想他是做过研究的。他吃素的理由是什么?是宗教信仰、健康状况,还是生活方式?

5 M: He's an animal activist. He's always been very sensitive and sympathizes with animals. He's even written to his state senator about the torture of dolphins in sea parks. He says that keeping animals in zoos and parks causes them great distress.

M: 他是个动物保护主义者。他一直很敏感,同情动物。他甚至给他所在州的参议员写信,抗议海洋公园虐待海豚。他说把动物关在动物园和公园里会给它们造成巨大的痛苦。

6 W: That's a little gloomy, but I can understand that to a point. Not all zoos and animal parks have the most favorable conditions, but without them it just wouldn't be feasible to learn about animals and their environments. Besides, I don't think I could ever give up a good hot dog at a baseball game.

W: 这有点悲观,不过我在某种程度上能理解。不是所有动物园和动物公园的条件都最理想,但没有它们的话,了解动物及其生存环境根本就不可行。再说,我觉得我永远都放弃不了在棒球赛上吃根美味热狗。

7 M: Honestly, I agree, but just don't let him hear you say that. He's the spokesperson for his local animal rights group.

M: 老实说,我同意,不过别让他听到你这么说。他是当地动物权利组织的发言人。

8. A) Return the handbook to him.

B) Make a vegetable dish.

C) Pass a book to him.

D) Meet his sister's boyfriend.

【题目】 What does the man request the woman to do?

【翻译】 男士要求女士做什么?

- A) 把手册还给他。 B) 做一道蔬菜菜肴。 C) 把一本书递给他。
D) 见见他姐姐的男朋友。

【答案】 C (细节题) Pass a book to him.

【定位】 Can you please hand me that book over there?

你能把那边那本书递给我吗?

【信号】请求句 Can you please....。答案句的信号是请求口吻 Can you please hand me that book over there?, Can you please 一出, 后面跟的动作 hand me that book 就是男的请女的做的事, 这正是"做什么"题要锁定的落点。

【替换】 hand me that book ↔ **Pass a book to him.**

hand 与 pass 同义换词

【排除】A) 原词陷阱

A 的 Return the handbook to him. 用 handbook 蹭录音里的 hand me that book 的发音 (hand...book), 听着像, 但录音说的是 hand (递) + book (书), 不是 handbook (手册), 更没有 return (还) 的意思。

借用原文: hand me that book

B) 答非所问

B 的 Make a vegetable dish. 用了录音 making a winter bean salad 里的做素菜原词, 但做菜是男的自己"I need to make", 不是请女的做, 答非所问。

借用原文: I need to make a lot of vegetable dishes

D) 原词陷阱

D 的 Meet his sister's boyfriend. 取自录音 My sister's boyfriend is coming over for dinner 的原词, 但那只是交代背景 (男友要来吃饭), 并非男的请女的去见他。

借用原文: My sister's boyfriend is coming over for dinner

9. A) It doesn't seem to be a balanced diet.

B) It would reduce one's protein intake.

C) It would do harm to one's muscles.

D) It doesn't sound practical for her.

【题目】What does the woman say about eating vegetables only?

【翻译】 关于只吃蔬菜, 女士是怎么说的?

A) 这似乎不是均衡的饮食。 B) 这会减少一个人的蛋白质摄入。

C) 这会对一个人的肌肉造成伤害。 D) 这对她来说听起来不实际。

【答案】A (态度观点题) It doesn't seem to be a balanced diet.

【定位】 He only eats vegetables, no meat? That doesn't sound like a very balanced diet.

他只吃菜、不吃肉? 那听起来不像是很均衡的饮食啊。

【信号】评价句 That doesn't sound like....。答案信号是女的抛出的总评价 That doesn't sound like a very balanced diet, doesn't sound like 是直接表态, 这是她对"只吃素"的核心判断, 后面 protein、muscles 都是她为这个判断补的理由。

【替换】 That doesn't sound like a very balanced diet ↔ **It doesn't seem to be a balanced diet.**

sound like 换 seem to be

【排除】 B) 原词陷阱

B 的 It would reduce one's protein intake. 蹭了录音 How can he get enough protein? 的 protein 原词，但女的只是反问"怎么获取足够蛋白质"来支撑她的判断，并没下"会减少蛋白质摄入"的结论。

借用原文：How can he get enough protein?

C) 原词陷阱

C 的 It would do harm to one's muscles. 借用录音 strengthen his muscles 的 muscles 原词，但女的是问"他怎么练肌肉"，并没说"会伤肌肉"，属于无中生有地拔高。

借用原文：strengthen his muscles

D) 偷换概念

D 的 It doesn't sound practical for her. 套用了录音 sound 的口吻，但女的评价的是"这饮食不均衡"，从没说"对她本人不实际"，把评判对象悄悄换成了"对她"。

借用原文：That doesn't sound like a very balanced diet

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10. A) To improve his health.
B) To protect animal rights.
C) To follow a trendy lifestyle.
D) To stick to his religious belief.

【题目】 Why does the boyfriend of the man's sister choose to be a vegetarian?

【翻译】 男士的姐姐的男朋友为什么选择成为素食主义者？

- A) 为了改善他的健康。 B) 为了保护动物权利。 C) 为了追随时尚的生活方式。
D) 为了坚持他的宗教信仰。

【答案】 B (细节题) To protect animal rights.

【定位】 He's an animal activist. He's always been very sensitive and sympathizes with animals.

他是个动物保护活动者。他一向很敏感，对动物充满同情。

【信号】 亮明身份句 He's an animal activist. 答案信号是男的直接亮出男友的身份与立场 He's an animal activist, 紧接 sympathizes with animals。原因题里这种"He's a + 身份/立场"的句子，往往就是动机所在——他吃素是因为他是动物保护者。

【替换】 He's an animal activist ↔ **To protect animal rights.**

身份具体说法换成概括目的

【排除】 A) 原词陷阱

A 的 To improve his health. 蹭了录音 health condition 的 health 原词，但那是女的列举可能原因时随口提的选项之一，录音随后明确否掉、给出的真实原因是动物保护，不是健康。

借用原文：Is it his religion, health condition, or lifestyle?

C) 原词陷阱

C 的 To follow a trendy lifestyle. 借用录音 lifestyle 原词，但这同样只是女的列举的待选项之一，男的回答里根本没提"赶潮流"，是答非所问。

借用原文：Is it his religion, health condition, or lifestyle?

D) 原词陷阱

D 的 To stick to his religious belief. 用了录音 religion 原词，且"宗教吃素"最符合日常常识，最易被默认选中；但录音明说原因是动物保护，宗教只是女的列举的可能性之一，并非答案。

借用原文：Is it his religion, health condition, or lifestyle?

11. A) The torture and distress dolphins suffer in parks.

B) The necessity of having zoos and eating meat.

C) The gloomy environments animals are kept in.

D) The urgency of joining an animal rights group.

【题目】 On what point does the man agree with the woman at the end of the conversation?

【翻译】 在对话结束时,男士在哪一点上同意女士的观点?

A) 海豚在公园里遭受的折磨和痛苦。 B) 拥有动物园和吃肉的必要性。

C) 动物被饲养的阴暗环境。 D) 加入动物权利组织的紧迫性。

【答案】 B (细节题) The necessity of having zoos and eating meat.

【定位】 W: Not all zoos and animal parks have the most favorable conditions, but without them it just wouldn't be feasible to learn about animals and their environments. Besides, I don't think I could ever give up a good hot dog at a baseball game. M: Honestly, I agree.

女：并不是所有动物园和动物公园条件都最理想，但要是没有它们，就没法了解动物和它们的生存环境了。再说，我可舍不得放弃看棒球赛时来一根热狗。男：说实话，我同意。

【信号】 赞同信号 Honestly, I agree. 答案信号是男的结尾的明确赞同 Honestly, I agree，它指向的是女的紧挨着说的两点——动物园有存在的必要 without them it just wouldn't be feasible to learn about animals 和不愿放弃吃热狗（肉）I could ever give up a good hot dog。赞同句认同的就是这两点合起来的立场。

【替换】 without them it just wouldn't be feasible to learn about animals ↔

The necessity of having zoos and eating meat.

没了就不行 = 有必要

I don't think I could ever give up a good hot dog ↔ **eating meat**

舍不得放弃热狗 = 要吃肉

【排除】 A) **张冠李戴**

A 的 The torture and distress dolphins suffer in parks. 几乎照搬录音 the torture of dolphins in sea parks 与 causes them great distress 的原词，但那是男友（动物活动家）的立场，不是男女二人结尾达成的共识，张冠李戴。

借用原文：the torture of dolphins in sea parks

C) **原词陷阱**

C 的 The gloomy environments animals are kept in. 蹭录音 That's a little gloomy 的 gloomy 原词，但 gloomy 是女的形容男友说法"有点令人沮丧"，并非两人一致认同"动物处境阴郁"，答非所问。

借用原文：That's a little gloomy

D) **原词陷阱**

D 的 The urgency of joining an animal rights group. 借用录音 his local animal rights group 的 animal rights group 原词，但录音只是说男友是该组织发言人，根本没提"加入组织的紧迫性"，属凭空编造。

借用原文：He's the spokesperson for his local animal rights group

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

1 W: Did you see that television program on air travel last night?

W: 你昨晚看那个关于航空旅行的电视节目了吗?

2 M: Yes. The part about overcoming jetlag was interesting. I was surprised that the expert recommended not eating for the entire journey and avoiding sleeping on the plane.

M: 看了。关于克服时差反应那部分挺有意思的。我很惊讶那个专家建议整个旅程都不吃东西，还要避免在飞机上睡觉。

3 W: I was too, as I read an article on the subject in the past that suggested the opposite. It claimed that it was important not to miss meals and that taking a nap on the plane was the best way to adjust to a new time zone.

W: 我也是，因为我以前读过一篇关于这个话题的文章，建议的是相反的做法。文章说不能错过用餐很重要，而且在飞机上小睡是适应新时区的最好方法。

4 M: Well, the expert on the show did cite research supporting her recommendations, so I guess I'll give it a try next time I fly a long distance. Jetlag is a big problem for me and has been for the last few years, even though I never suffered from it before.

M: 嗯，节目里那位专家确实引用了研究来支持她的建议，所以我想下次长途飞行时试试看。时差反应对我来说是个大问题，过去几年一直这样，尽管我以前从来没有受过时差困扰。

5 W: Well, she did say that jetlag often becomes more of a problem after 40, so I guess I'm lucky that I can still adjust to different time zones well. My problem is I'm afraid to fly.

W: 嗯，她确实说过时差反应在40岁之后往往会变成更大的问题，所以我想我很幸运，还能很好地适应不同的时区。我的问题是我害怕坐飞机。

6 M: Oh, I didn't know that. Actually, my mother is terrified of airplanes to the point where she can't even fly, so our family vacations were always by car or train.

M: 哦，我不知道这个。其实我妈妈特别害怕飞机，严重到根本不能坐飞机，所以我们家的假期总是开车或坐火车。

7 W: I'm not as bad as that. I just get anxious before I fly and feel nervous the whole time we're in the air, which is why I was hoping the television program would cover that topic more than it did.

W: 我没那么严重。我只是在坐飞机前会焦虑，在空中的整个过程都感到紧张，这就是为什么我希望那个电视节目能更多地讨论这个话题，而不是像实际那样一带而过。

8 M: Yeah. That segment was too brief, especially as so many people have that problem. She said 20% of people are afraid to fly.

M: 是啊。那个部分太简短了，特别是有那么多人都有这个问题。她说20%的人害怕坐飞机。

9 W: Actually, it was a quarter of people, so the problem really is widespread and deserves attention.

W: 实际上是四分之一的人，所以这个问题确实很普遍，值得关注。

12. A) The part about getting over jetlag.

B) The part about air travel in the past.

C) The part about not eating on board the plane.

D) The part about avoiding sleeping on the plane.

【题目】 What part of the TV program does the man say was interesting?

【翻译】 男士说电视节目的哪部分内容很有趣？

A) 关于克服时差反应的部分。 B) 关于过去航空旅行的部分。

C) 关于不在飞机上进食的部分。 D) 关于避免在飞机上睡觉的部分。

【答案】 A (细节题) The part about getting over jetlag.

【定位】 The part about overcoming jetlag was interesting.

关于克服时差的那一部分很有趣。

【信号】 被问者男士的直接应答 + 评价词 **interesting**。本题问的是男士，男士开口的 The part about overcoming jetlag was interesting. 就是被问者的直接应答，句中 interesting 与题干 interesting 完全对应，是把这句锁成答案句的信号。

【替换】 overcoming jetlag ↔ getting over jetlag

同义短语替换 overcome=get over

【排除】 B) 未提及

The part about air travel in the past 里 air travel 是整段对话的大话题词，听着耳熟，但男士说有趣的是克服时差那部分，"过去的航空旅行"录音并未作为有趣的一部分提到，属拿大话题词凑出的诱选。

C) 原词陷阱

not eating on board the plane 盗用了录音 not eating for the entire journey 这个原词内容，但那是男士转述"专家推荐"的建议、且他说的是"surprised (吃惊)"，并非回答"哪部分有趣"。听到 not eating 就选即落陷阱。

借用原文：the expert recommended not eating for the entire journey

D) 原词陷阱

avoiding sleeping on the plane 盗用录音 avoiding sleeping on the plane 的原词，但这与 C 一样属男士转述的专家建议、令他吃惊的内容，并不是他点名"有趣"的那部分（有趣的是克服时差整块），属原词陷阱。

借用原文：avoiding sleeping on the plane

13. A) Take a nap to adjust to a new time zone.

B) Have meals as usual to stay away from hunger.

C) Concentrate on reading articles recommended by experts.

D) Try following the advice given by the expert on the show.

【题目】 What does the man say he will do next time he flies a long distance?

【翻译】 男士说他下次长途飞行时会做什么？

A) 小睡一会儿以适应新时区。 B) 像平常一样进餐以避免饥饿。

C) 专注阅读专家推荐的文章。 D) 尝试遵循节目中专家给出的建议。

【答案】 D (细节题) Try following the advice given by the expert on the show.

【定位】 the expert on the show did cite research supporting her recommendations, so I guess I'll give it a try next time I fly a long distance.

节目里的那位专家确实引用了支持她建议的研究，所以我想下次长途飞行时我会试试看。

【信号】 表打算的信号 I'll give it a try + 时间短语 next time。I guess I'll give it a try next time I fly a long distance 里的 I'll give it a try 是典型"打算"信号，又带 next time I fly a long distance 与题干时间完全吻合，是锁定答案句的双重信号。

【替换】 give it a try ↔ Try following the advice

give it a try=try following, 照建议试一试

the expert on the show did cite research supporting her recommendations ↔

the advice given by the expert on the show

her recommendations=the advice, 同为专家建议

【排除】 A) 张冠李戴

Take a nap to adjust to a new time zone 盗用了女士那句 taking a nap on the plane was the best way to adjust to a new time zone 的原词，但那是女士转述"过去文章"的主张，且专家恰恰建议"不要睡"，并非男士下次要做的事，属张冠李戴。

借用原文：taking a nap on the plane was the best way to adjust to a new time zone

B) 张冠李戴

Have meals as usual to stay away from hunger 对应女士读到的旧观点 it was important not to miss meals，而男士打算照的是"专家建议"，专家主张是 not eating——男士要做的恰与 B 相反，属张冠李戴兼与原文相反。

借用原文：it was important not to miss meals

C) 偷换概念

Concentrate on reading articles recommended by experts 把录音里的 expert 与 W 提到的 an article on the subject 拼在一起，造出"读专家推荐的文章"，但男士说的是 give it a try（照建议试做），并非去读文章，属偷换概念。

借用原文：I read an article on the subject in the past

-
14. A) She does not have any problem flying.
B) She can spend a lot of time vacationing.
C) She does not have to worry about jetlag.
D) She has been well treated when traveling.

【题目】 Why does the woman think she is lucky?

【翻译】 女士为什么认为自己很幸运？

- A) 她乘飞机没有任何问题。 B) 她可以花大量时间度假。 C) 她不必担心时差反应。
D) 她在旅行时得到了很好的待遇。

【答案】 C (细节题) She does not have to worry about jetlag.

【定位】 she did say that jetlag often becomes more of a problem after 40, so I guess I'm lucky that I can still adjust to different time zones well.

她确实说过时差在 40 岁以后往往会变成更大的问题，所以我想我算幸运，因为我还能很好地适应不同的时区。

【信号】 标志词 I'm lucky + that 引出理由。I'm lucky that I can still adjust to different time zones well 里 I'm lucky 直接对应题干 lucky，紧跟的 that 从句给出理由——这个"幸运 + that 理由"结构就是答案句信号。

【替换】 I can still adjust to different time zones well ↔ She does not have to worry about jetlag
能适应时区=不必担心时差，肯否定转换

【排除】 A) 与原文相反

She does not have any problem flying 与原文相反：女士紧接着说 My problem is I'm afraid to fly, 明说自己有怕飞的问题, 所以"飞行无问题"是反着说的, 且她的幸运也不是指这点。

借用原文: My problem is I'm afraid to fly

B) 未提及

She can spend a lot of time vacationing 里 vacation 蹭了后文男士提到的 our family vacations, 但那是男士讲自家度假方式, 女士的幸运与"能度很多假"毫无关系, 属未提及。

借用原文: our family vacations were always by car or train

D) 未提及

She has been well treated when traveling"旅行中受优待"在整段录音里没有任何对应内容, 与女士的幸运(能适应时区)也不搭, 属凭空捏造。

15. A) It has caused heavy losses to many airlines.

B) It impacts female travelers more seriously.

C) It has long been ignored by many experts.

D) It affects twenty-five percent of people.

【题目】 Why does the woman think the problem of being afraid to fly deserves attention?

【翻译】 女士为什么认为害怕乘飞机的问题值得关注?

A) 它给许多航空公司造成了重大损失。 B) 它对女性旅客的影响更严重。

C) 它长期以来被许多专家忽视。 D) 它影响百分之二十五的人。

【答案】 D (细节题) It affects twenty-five percent of people.

【定位】 Actually, it was a quarter of people, so the problem really is widespread and deserves attention.

其实是四分之一的人, 所以这个问题确实很普遍, 值得关注。

【信号】 纠正信号 **Actually + 数字 a quarter**, 且与题干 **deserves attention** 同词。女士用 Actually, it was a quarter of people 纠正男士先前说的数字, so the problem really is widespread and deserves attention 里 deserves attention 与题干同词——Actually 的纠正语气与同词回扣是双重信号。

【替换】 a quarter of people ↔ **twenty-five percent of people**

a quarter=25%, 分数与百分比换算

【排除】 A) 未提及

It has caused heavy losses to many airlines 蹭了全篇的 air travel/航空话题，但"给航空公司造成巨额亏损"录音从未提及，女士给的理由是比例之高，不是公司亏损，属未提及。

B) 未提及

It impacts female travelers more seriously 凭空加了"female travelers、more seriously"的范围与程度，录音只说影响四分之一的人、并未区分性别，属无中生有地偷加范围程度。

C) 与原文相反

It has long been ignored by many experts 借了对话反复出现的 expert 设原词诱惑，但录音说的是这问题 deserves attention (值得关注)，并未说"长期被专家忽视"，方向相反，属与原文相反兼借词诱选。

借用原文：deserves attention

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 The most common question I'm asked always centers around how to get started in user experience design, to which my response is always that nothing can substitute real-world experience.

我被问到的最常见问题总是围绕如何开始从事用户体验设计，对此我的回答始终是，没有什么能替代真实世界的经验。

2 Building the skills required of a user experience designer takes time, patience, and commitment. Higher education is a great way to equip yourself with some core skills, but it will not prepare you for actual challenges you'll face with clients' work. In other words, being proficient with a design tool and a few methods doesn't make you a user experience designer. There simply isn't a one-size-fits-all process.

培养用户体验设计师所需的技能需要时间、耐心和投入。高等教育是让你具备一些核心技能的好方法,但它不会让你为客户工作中将面临的实际挑战做好准备。换句话说,精通一个设计工具和几种方法并不能让你成为用户体验设计师。根本不存在一个放之四海而皆准的流程。

3 Being effective requires adaptability — something you don't really learn in school, much less in a 6-month training camp. It's gained through experience on the job and learning what's appropriate given the needs of the project.

要做到有效需要适应能力——这是你在学校里真正学不到的,更不用说在6个月的培训营中了。它是通过工作中的经验获得的,并学会根据项目需求选择合适的方法。

4 I found my way to user experience through graphic design and slowly over many different roles and experiences. That led me to become a user experience designer. It took time and commitment to continue

to pursue roles within teams that I knew could teach and challenge me. That's not to say that I think my path is the only one. But once again, nothing can substitute real-world experience. You can start anywhere as long as you know your end goal and you commit to actively pursuing opportunities to learn and grow along the way.

我通过平面设计找到了进入用户体验的道路,并在许多不同的角色和经历中慢慢成长。这让我成为了一名用户体验设计师。这需要时间和投入来持续追求那些我知道能教导和挑战我的团队中的角色。这并不是说我认为我的道路是唯一的。但再次强调,没有什么能替代真实世界的经验。只要你知道自己的最终目标,并致力于积极寻求学习和成长的机会,你可以从任何地方开始。

16. A) Learning from skilled designers.
B) Obtaining real-world experience.
C) Joining a 6-month training camp.
D) Anticipating actual challenges.

【题目】 What does the speaker think is the best way to get started in user experience design?

【翻译】 演讲者认为入门用户体验设计的最佳方式是什么?

- A) 向熟练的设计师学习。 B) 获得真实世界的经验。 C) 参加为期6个月的培训营。
D) 预见实际挑战。

【答案】 B (细节题) Obtaining real-world experience.

【定位】 The most common question I'm asked always centers around how to get started in user experience design, to which my response is always that nothing can substitute real-world experience.

别人最常问我的问题总是围绕怎么入门用户体验设计, 对此我的回答始终是: 没有什么能替代真实世界的经验。

【信号】 **nothing can substitute**抬高某项。答案信号是这句里的 nothing can substitute real-world experience (没有什么能替代真实世界的经验) ——nothing can substitute 是把某一项捧到唯一、最高位置的强调说法, 凡听到这种把别的全比下去的句式, 那句就是答案句。

【替换】 nothing can substitute real-world experience ↔ **Obtaining real-world experience.**

唯一不可替代等于最佳

【排除】 A) 未提及

Learning from skilled designers. 听起来很合理，但录音通篇没说过要向熟练的设计师学，它是凭常识脑补的入门方式，原文无对应。

C) 原词陷阱

Joining a 6-month training camp. 盗用了录音第三段的原词 6-month training camp，但原文是把训练营当成学不到适应力的反面例子来说的，并非入门的最佳方式，属于听到原词就想选的陷阱。

借用原文：much less in a 6-month training camp

D) 原词陷阱

Anticipating actual challenges. 借用了第二段原词 actual challenges，但原文说的是高等教育无法让你为真实挑战做好准备，并没说入门的最佳方式是去预判挑战，选项把原词搬过来又改了意思。

借用原文：it will not prepare you for actual challenges you'll face

17. A) Core skills.

B) Higher education.

C) Adaptability.

D) Capability.

【题目】 What does the speaker say being effective requires?

【翻译】 演讲者说要有效需要什么？

A) 核心技能。 B) 高等教育。 C) 适应能力。 D) 能力。

【答案】 C (细节题) Adaptability.

【定位】 Being effective requires adaptability — something you don't really learn in school, much less in a 6-month training camp.

要做到有效就需要适应力——这是你在学校里学不太到的东西，在六个月的训练营里就更别提了。

【信号】 requires直接点出条件。 答案信号就是题干原话在录音里几乎复现：Being effective requires adaptability, requires 后面紧跟的 adaptability 就是被点名的条件。这种题干和原文几乎同形、只差答案词的句子，是最直接的答案句信号。

【替换】 Being effective requires adaptability ↔ Adaptability.

原词同形直接对应

【排除】 A) 原词陷阱

Core skills. 盗用了第二段原词 core skills, 但原文说的是高等教育能帮你装备一些核心技能、随后却话锋一转说它不够, core skills 并不是 being effective 所需要的那样东西, 属听到原词就想选的陷阱。

借用原文: Higher education is a great way to equip yourself with some core skills

B) 原词陷阱

Higher education. 盗用第二段原词 Higher education, 但原文说高等教育不能让你应对真实挑战、是被往下压的一项, 根本不是 being effective 所需, 听到这个原词就选会掉坑。

借用原文: but it will not prepare you for actual challenges

D) 未提及

Capability. 和正确项 Adaptability. 一样以 -ability 结尾、长得像, 是专为只听个相似尾音的考生设的形近干扰, 但录音从没说 being effective 需要 capability。

18. A) Start anywhere.

B) Face challenges.

C) Pursue roles in teams.

D) Follow their own path.

【题目】 What can people do as long as they know their end goal and strive for it?

【翻译】 只要人们知道自己的最终目标并为之努力, 他们能做什么?

A) 从任何地方开始。 B) 面对挑战。 C) 在团队中追求角色。 D) 遵循自己的道路。

【答案】 A (细节题) Start anywhere.

【定位】 You can start anywhere as long as you know your end goal and you commit to actively pursuing opportunities to learn and grow along the way.

只要你清楚自己的终极目标, 并且愿意一路上主动去追寻学习和成长的机会, 你可以从任何地方起步。

【信号】 as long as 条件句的主句。 答案信号是这句的结构 You can start anywhere as long as you know your end goal——as long as 是题干照搬的条件信号词, 它前面的主句 You can start anywhere 就是回答能做什么的部分, 条件句的主句才是答案落点。

【替换】 You can start anywhere ↔ **Start anywhere.**

主句原话浓缩为动词短语

【排除】 B) 原词陷阱

Face challenges. 里的 challenges 来自前文（如第二段说的 actual challenges、第四段说团队能 challenge me），但 as long as 那句答案句里说的是 start anywhere，不是面对挑战，选项搬了别处的原词来凑。

借用原文：roles within teams that I knew could teach and challenge me

C) 张冠李戴

Pursue roles in teams. 盗用第四段原词 pursue roles within teams，但那是作者讲自己当年的经历（他自己去团队里求角色），不是回答只要知道目标就能做什么，属张冠李戴式的原词陷阱。

借用原文：to continue to pursue roles within teams that I knew could teach and challenge me

D) 与原文相反

Follow their own path. 借用第四段 my path 的说法，但原文是作者说我不认为自己这条路是唯一的，恰恰是不主张人人照走他的路，选项却说去走自己的路，与原文倾向相反。

借用原文：That's not to say that I think my path is the only one.

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

1 When planning for this year, our principal asked what needed to change to engage students more in their learning. I responded in a whisper "flexible seating", thinking about our then-current classroom. It had rows of desks with blue chairs and nameplates reminding each student where they should be sitting. 在规划今年的工作时,我们的校长问需要改变什么才能让学生更多地参与到学习中来。我小声回答"灵活座位",同时想到我们当时的教室。教室里一排排课桌配着蓝色椅子,桌上的姓名牌提醒着每个学生应该坐在哪里。

2 This began a journey to transform our practice and challenge the ways of learning for a group of Year 6 students used to sitting in desks and rows for years.

这开启了一段转变我们教学实践的旅程,并挑战了一群习惯于多年坐在课桌排列教室里的六年级学生的学习方式。

3 Flexible seating has been defined as movable furniture to create an engaging learning environment. It is a shift in practice from being teacher-focused to student-focused learning. For us, flexible seating has meant removing most of the traditional chairs and desks and introducing a variety of different seating options to promote student engagement.

灵活座位被定义为可移动的家具,用以创造一个富有吸引力的学习环境。它是从以教师为中心向以学生为中心学习的实践转变。对我们而言,灵活座位意味着移除大部分传统的椅子和课桌,引入各种不同的座位选择来促进学生参与。

4 The use of rows and their minimal adaptations to "U" shape were traditionally intended to maximize on-task behavior and reduce distraction from the teacher. Teachers tend to still use this format because

of either the need to control students or the belief that the teacher is the most important person in the room.

使用排列及其向"U"形的最小调整,传统上旨在最大化专注行为并减少对教师的干扰。教师倾向于仍然使用这种形式,原因要么是需要控制学生,要么是认为教师是教室里最重要的人。

5 Now our students have a range of different seating options, including a floor desk, couches, stools, bean bags, and the traditional desk-and-chair.

现在我们的学生有一系列不同的座位选择,包括地板书桌、沙发、凳子、豆袋椅以及传统的课桌椅。

6 From our experience so far, flexible seating enhances student ownership of space and engagement in learning, while reducing rates of student disengagement and disciplinary actions. It is a win for all concerned.

根据我们迄今为止的经验,灵活座位增强了学生对空间的所有权和学习参与度,同时降低了学生脱离学习和纪律处分的比率。这对所有相关方来说都是双赢。

19. A) To respond actively to students' requests.

B) To engage students more in their learning.

C) To enable teachers to interact more with their students.

D) To allow students more freedom in their academic work.

【题目】 Why did the school principal ask what needed to change?

【翻译】 校长为什么要问需要改变什么?

A) 积极回应学生的要求。 B) 让学生更多地参与到学习中。

C) 使教师能够更多地与学生互动。 D) 让学生在学业上拥有更多自由。

【答案】 B (目的题) To engage students more in their learning.

【定位】 When planning for this year, our principal asked what needed to change to engage students more in their learning.

在筹划今年的工作时,我们校长问需要改变什么,好让学生更投入到自己的学习中。

【信号】 目的状语 to engage... 直接给出动机。句中 to engage students more in their learning 是"为了..."的目的状语,紧跟在校长发问之后,正是他发问的目的所在,是这句成为答案句的信号。

【替换】 to engage students more in their learning ↔ To engage students more in their learning.

几乎原句搬到选项

【排除】 A) 未提及

选项说"主动回应学生的请求", 但录音里是校长主动发问、要让学生更投入, 没有"回应学生请求"一说, 方向不符。

C) 原词陷阱

选项把焦点说成"让老师与学生更多互动", 盗用了录音反复出现的 teachers、students, 但校长的目的是让"学生"更投入学习, 不是促进师生互动, 偷换了主体与重点。

借用原文: to engage students more in their learning

D) 过度推断

选项说"给学生更多学业自由", 录音目的句只讲 engage (投入), 从未提 freedom (自由), 是把投入过度引申成自由度。

-
20. A) Using new furniture to create a comfortable environment.
B) Shifting from traditional teaching to task-based learning.
C) Adopting a variety of different seating options.
D) Rearranging most traditional chairs and desks.

【题目】 What has flexible seating meant at the speaker's school?

【翻译】 灵活座位在说话者的学校意味着什么?

- A) 使用新家具营造舒适的环境。 B) 从传统教学转向基于任务的学习。
C) 采用多种不同的座位选择。 D) 重新摆放大部分传统的椅子和课桌。

【答案】 C (细节题) Adopting a variety of different seating options.

【定位】 For us, flexible seating has meant removing most of the traditional chairs and desks and introducing a variety of different seating options to promote student engagement.

对我们来说, 灵活座位意味着撤掉大部分传统桌椅, 引入多种不同的座位选择, 以促进学生投入。

【信号】 下定义信号 has meant. 句中 flexible seating has meant 是"在本校它意味着什么"的下定义信号, 与题干 has meant 完全对应, 定义内容紧随其后, 是答案句的标志。

【替换】 introducing a variety of different seating options ↔

Adopting a variety of different seating options.

introducing 与 Adopting 同义替换

【排除】 A) 未提及

选项说"用新家具营造舒适环境", 录音定义句讲的是 promote student engagement (促进投入), 从未提 comfortable (舒适), 属凭空添加。

B) 偷换概念

选项说"从传统教学转向任务式学习", 录音只说从 teacher-focused 转向 student-focused, 并未出现 task-based learning (任务式学习) 这一说法, 偷换了概念。

借用原文: a shift in practice from being teacher-focused to student-focused learning

D) 原词陷阱

选项"重排大部分传统桌椅"盗用了录音的 traditional chairs and desks, 但录音是 removing (撤掉) 这些桌椅再引入多样座位, 不是 Rearranging (重排), 只截了动作的一半且改了动词。

借用原文: removing most of the traditional chairs and desks

21. A) A win for all people involved.

B) A strengthened effect of its discipline.

C) A harmonious relationship among its students.

D) A change to teachers' opinion of their students.

【题目】 What has flexible seating brought about at the speaker's school?

【翻译】 灵活座位在说话者的学校带来了什么?

A) 对所有相关人员都有益。 B) 加强了纪律效果。 C) 学生之间关系和谐。

D) 改变了教师对学生的看法。

【答案】 A (细节题) A win for all people involved.

【定位】 From our experience so far, flexible seating enhances student ownership of space and engagement in learning, while reducing rates of student disengagement and disciplinary actions. It is a win for all concerned.

从我们目前的经验看, 灵活座位增强了学生对空间的归属感和学习投入, 同时降低了学生的脱离感和纪律处分的发生率。这对所有相关方都是一种共赢。

【信号】 结尾总结句 It is a win for all concerned. 末段 It is a win for all concerned 是带总结语气的收束句, 把前面列举的好处一句话归纳为"对所有人都是共赢", 是结果题最该锁的落点。

【替换】 It is a win for all concerned ↔ A win for all people involved.

all concerned 与 all people involved 同义

【排除】 B) 原词陷阱

选项说"纪律效果增强", 盗用录音的 disciplinary, 但录音是 reducing...disciplinary actions (减少纪律处分), 方向相反; 且只取纪律一项, 丢了"共赢"的全面性。

借用原文: reducing rates of student disengagement and disciplinary actions

C) 原词陷阱

选项说"学生之间关系融洽", 盗用了高频词 students, 但录音讲的是学生对空间的归属感与投入, 从未提学生彼此之间的 harmonious relationship (融洽关系)。

借用原文: enhances student ownership of space and engagement in learning

D) 未提及

选项说"改变了老师对学生的看法", 录音末段只讲对学生投入、纪律的成效与"共赢", 并未提到老师对学生看法的任何改变。

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

1 Dozens of British students arriving for their first day of school on Tuesday were sent home over their shoes. About 30 students were turned away from Taverham High School in Norfolk, England. Headteacher, Dr Roger Harris, confirmed that this was due to a change in the school's uniform policy. Harris, who became headteacher this year, said he notified parents of the updated rules in an email in June.

周二,数十名英国学生因鞋子问题在开学第一天被遣返回家。英格兰诺福克郡Taverham高中约有30名学生被拒之门外。校长Roger Harris博士证实,这是由于学校校服政策的变化。今年新上任的Harris表示,他在6月份通过电子邮件通知了家长更新后的规定。

2 The price of school uniforms can spark panic among families struggling with the high cost of living. Nearly all British schools have uniforms. They cost parents an average of £337 per year for each secondary school child.

校服价格可能让那些苦于高昂生活成本的家庭感到恐慌。几乎所有英国学校都有校服。家长平均每年为每个中学生支付337英镑的校服费用。

3 According to the new rules, students of Taverham are required to wear smart black shoes appropriate for the workplace, Harris held that strengthened rules around school uniforms improved student outcomes and behavior. But for some parents, the school's restrictions are an unnecessary burden.

根据新规定,Taverham的学生必须穿适合职场的得体黑色鞋子。Harris认为,加强校服规定能改善学生的学业成绩和行为表现。但对一些家长来说,学校的限制是不必要的负担。

4 As annual inflation climbs over 10%, many households are on tight budgets. Private rental prices in Britain rose 3.2% over the 12 months to July 2022, the largest jump since 2016. Soaring energy bills have made things worse.

随着年通胀率攀升至10%以上,许多家庭的预算都很紧张。截至2022年7月的12个月里,英国私人租房价格上涨了3.2%,这是自2016年以来的最大涨幅。飙升的能源账单使情况更加恶化。

5 Lucinda May, mum of a Taverham student, said that she had to ask her parents for £65 to buy her child the correct pair of shoes. May said that the school's uniform policy showed the lack of regard for

parents dealing with the high cost of living.

Taverham学生家长Lucinda May说,她不得不向父母要65英镑给孩子买一双符合规定的鞋子。May表示,学校的校服政策显示出对正在应对高昂生活成本的家长缺乏关照。

22. A) They weren't informed of the school's updated rules.
B) They arrived late for their first day of school.
C) They answered their headteacher's email in an impolite way.
D) They didn't wear the shoes required by the school's new policy.

【题目】 Why were dozens of British students sent home on Tuesday?

【翻译】 为什么数十名英国学生在周二被送回家?

- A) 他们没有被告知学校更新的规定。 B) 他们在开学第一天迟到了。
C) 他们以不礼貌的方式回复了校长的电子邮件。 D) 他们没有穿学校新政策要求的鞋子。

【答案】 D (细节题) They didn't wear the shoes required by the school's new policy.

【定位】 About 30 students were turned away from Taverham High School in Norfolk, England. Headteacher, Dr Roger Harris, confirmed that this was due to a change in the school's uniform policy.

大约 30 名学生被英格兰诺福克的 Taverham 高中拒之门外。校长 Roger Harris 博士确认,这是由于学校校服政策的一项变动。

【信号】 因果信号 due to. 答案句里 this was due to a change in the school's uniform policy 的 "due to" 是明确的因果信号,它后面跟的"校服政策变动"就是被送回家的原因,正是 Why 题要抓的落点。

【替换】 a change in the school's uniform policy ↔ the shoes required by the school's new policy
概括换具体加同义改写

【排除】 A)

选项说学生"没被告知更新的规定",但录音里校长明确说 he notified parents of the updated rules in an email in June——是已经通知过的,选项把"通知过"反说成"没被告知",方向相反。

借用原文: he notified parents of the updated rules in an email in June

B)

录音只说这天是 their first day of school on Tuesday,提到了"开学第一天",但从未说学生"迟到";选项盗用了"first day"的时间背景,把原因编成"迟到",原文没有依据。

C) 原词陷阱

录音提到校长是用 in an email in June 通知家长的,选项盗用"email"这个原词,编出"以不礼貌方式回复校长邮件";原文只说校长发邮件通知,根本没说学生回邮件、更没说态度不礼貌。

借用原文: he notified parents of the updated rules in an email in June

23. A) Riots.
B) Anger.
C) Disputes.
D) Panic.

【题目】 What can the price of school uniforms spark among families in financial difficulty?

【翻译】 校服的价格会在经济困难的家庭中引发什么？

A) 骚乱。 B) 愤怒。 C) 争议。 D) 恐慌。

【答案】 **D** (细节题) Panic.

【定位】 The price of school uniforms can spark panic among families struggling with the high cost of living.

校服的价格会在那些在高生活成本中苦苦挣扎的家庭里激起恐慌。

【信号】 题干原词 **spark** 几乎原句重现。答案句 The price of school uniforms can spark panic among families 与题干用词高度重合 (price/spark/families), spark 紧跟的那个词 panic 就是被引发的反应, 是定位信号。

【替换】 spark panic among families ↔ **Panic.**

原词直接对应

【排除】 A)

Riots (骚乱) 程度最重、最抓耳, 但录音里从未出现"骚乱"; 它是把"恐慌"夸大成"骚乱"的诱饵, 原文无依据。

B)

Anger (愤怒) 听上去和"家长有意见"很搭, 但原文 spark 后面接的是 panic 不是 anger; anger 是个貌似合理却没被念到的情绪词。

C)

Disputes (争执/纠纷) 也是一种貌似合理的负面反应, 但原文激起的是 panic, 并未提到"争执", 属没被念到的干扰项。

24. A) They strengthened the school's discipline and order.
B) They improved student behavior and performance.
C) They enhanced the positive image of the school.
D) They rendered the school unique in the district.

【题目】 What did the headteacher think of the school's new uniform rules?

【翻译】 校长如何看待学校的新校服规定？

A) 它们加强了学校的纪律和秩序。 B) 它们改善了学生的行为和表现。
C) 它们提升了学校的正面形象。 D) 它们使学校在该地区独树一帜。

【答案】 **B** (态度观点题) They improved student behavior and performance.

【定位】 Harris held that strengthened rules around school uniforms improved student outcomes and behavior.

Harris 认为，更严格的校服规定改善了学生的成绩和行为。

【信号】 观点引导词 **held that**。答案句 Harris held that strengthened rules around school uniforms improved student outcomes and behavior 里的 "held that"（认为）是明确的观点信号，引出的正是校长本人的看法，是态度题的落点。

【替换】 improved student outcomes and behavior ↔ **improved student behavior and performance**
同义词替换

【排除】 A) **原词陷阱**

录音里有 strengthened rules around school uniforms, "strengthened" 这个词真的念到了；选项 strengthened the school's discipline and order 盗用 strengthened，但把它的对象换成"纪律和秩序"——原文是"更严格的规定改善了成绩和行为"，strengthened 修饰的是 rules 而非 discipline，张冠李戴。

借用原文：strengthened rules around school uniforms improved student outcomes and behavior

C)

"提升学校的正面形象" (positive image) 听起来是个合理好处，但校长说的是改善"成绩和行为"，从未提到"形象"，原文无依据。

D)

录音第 4 段出现过 Private rental prices in Britain 等带 district/地区背景的经济描述（原文用 households/Britain），选项 rendered the school unique in the district 借"地区"这类背景感造出"让学校在本区独一无二"，但校长的观点里根本没说学校"独特"，属编造。

25. A) Turn to her parents for help.

B) Tighten her monthly budget.

C) Borrow £65 from her friend.

D) Postpone paying her other bills.

【题目】 What did Lucinda May have to do to buy her child the correct pair of shoes?

【翻译】 Lucinda May 为了给孩子买到正确的鞋子必须做什么？

A) 向她的父母求助。 B) 压缩她的月度预算。 C) 向她的朋友借65英镑。

D) 推迟支付她的其他账单。

【答案】 **A**（细节题） Turn to her parents for help.

【定位】 Lucinda May, mum of a Taverham student, said that she had to ask her parents for £65 to buy her child the correct pair of shoes.

Taverham 一名学生的母亲 Lucinda May 说，她不得不向自己的父母要 65 英镑，来给孩子买那双符合要求的鞋。

【信号】被问者的直接动作 **had to ask**。答案句 she had to ask her parents for £65 to buy her child the correct pair of shoes 里的 "had to ask" 正是题干问的"不得不做的动作", her parents 点明动作对象, 是定位信号。

【替换】ask her parents for £65 ↔ **Turn to her parents for help**
同义短语 + 概括化

【排除】B)

"缩紧月度预算"和第 4 段 many households are on tight budgets 的 "tight budgets" 背景相呼应, 但那是说大环境下家庭预算紧, 并非 May 本人"缩预算"这个动作; 她的实际做法是向父母要钱。

借用原文: many households are on tight budgets

C) **偷换概念**

金额 £65 是原文真念到的 (ask her parents for £65), 选项 Borrow £65 from her friend. 保持了对的金额却把对象从 "her parents" 偷换成 "her friend", 动作也从 "ask" 变 "borrow", 对象错了。

借用原文: she had to ask her parents for £65

D)

"推迟支付其他账单"和第 4 段 Soaring energy bills have made things worse. 里的 bills 沾边, 但原文只说能源账单让情况更糟, 从没说 May "推迟付账单"; 这是借 bills 一词编出的动作。

SENTENCE INSIGHTS • 句子精讲

39 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。

The event will take place at Methodist University.

第1段, 第3句

主谓结构加地点状语是英语中的常见句式, 具有一定代表性, 但过于基础, 在四六级或考研真题中不属于重点考查的复杂句型。

For anyone who wants to help make this year's Games a massive success, there are still opportunities to volunteer for Fayetteville's Special Olympics.

第3段，第1句

there be 存在句 + 定语从句修饰介词宾语的组合，是四六级和考研阅读中的常见句式。句首长状语 + 主句的布局也是典型的书面语结构，学习者掌握后可迁移到大量类似句子的分析中。

Organizers encourage them to visit the Games' website to sign up.

第3段，第2句

"动词 + 宾语 + 不定式补足语" 是四六级和考研阅读中高频出现的结构（如 encourage/allow/enable/persuade sb to do），掌握后可广泛迁移。虽然本句较短，但句式典型性强。

What did Benjamin Kowalczyk say is rewarding to see?

第4题题干

疑问句 + 宾语从句的组合是四六级和考研阅读中的常见句式。疑问词提前导致主从句交织的现象在间接引语和复杂疑问句中频繁出现。掌握本句的分析方法可以直接迁移到大量类似结构，典型性高。

Organizers devote their time and energy to the Games.

第4题，C

主谓宾 + 介词短语状语是英语中最常见的基本句型之一，具有一定代表性。但简单句在真题中占比较小，且本句无任何从句或复杂修饰，迁移价值中等。

A German supermarket has been ordered to destroy its chocolate rabbits after it lost a court battle with a Swiss chocolate manufacturer.

第1段，第1句

被动语态 + 不定式补语的结构（be ordered to do）在四六级和考研真题中高频出现，时间状语从句也是常考句式。整句结构具有很强的代表性，掌握后可以迁移到大量类似被动语态搭配和状语从句的句子。

The Swiss firm had argued its gold-wrapped chocolate rabbit deserved copyright protection from a similar product sold by the budget supermarket.

第2段，第1句

主句加宾语从句的结构是四六级和考研阅读中的常见句式，尤其是 argue/claim/suggest 等动词后接省略 that 的宾语从句非常典型，掌握后可迁移到大量类似句子的理解。

It said even though there are some differences between the two products, there was still the possibility of confusion for consumers.

第4段，第1句

典型的间接引语结构（主句 + 宾语从句），宾语从句内嵌套状语从句也是常考句式。状语从句前置、宾语从句省略 that、there be 结构等都是四六级和考研中高频出现的模式，代表性强。

The Swiss manufacturer's rabbit has a red bow and bell, while the German supermarket's has a green bow and bell.

第4段，第2句

while 引导对比状语从句是四六级和考研阅读中常见的句式，用于对比两个对象的不同特征。主句与从句并列对比的结构具有一定代表性，学生掌握后可应用于理解其他对比类句子。但本句较短且结构简单，作为典型例句的复杂度略显不足。

The colour of the wrapper is similar, as are the illustrations of the features.

第4段，第3句

本句涵盖主系表结构、倒装、表语省略等多个知识点，特别是比较结构中的倒装和省略是学生常见的易错点，作为划分成分的练习句收益较高。

He's vegetarian, so I need to make a lot of vegetable dishes.

第1段，第4句

因果并列结构在考试中较为常见，"so" 连接两个主句表示因果关系是典型用法，但句子整体过于简单，缺少考试中常见的从句或复杂修饰，代表性中等。

Not all zoos and animal parks have the most favorable conditions, but without them it just wouldn't be feasible to learn about animals and their environments.

第6段，第2句

并列转折句（but连接）和形式主语结构（it be 形容词 to do）都是四六级和考研阅读中的高频句式。转折关系常用于论证，形式主语结构常用于表达观点或评价。本句的结构具有较强的代表性和可迁移性，学生掌握后可应用于大量类似句子的理解和写作。部分否定"Not all"也是常考考点。

Besides, I don't think I could ever give up a good hot dog at a baseball game.

第6段，第3句

"主句 + 宾语从句(省略 that)" 是四六级和考研中高频出现的句式,think 后接从句尤其常见。情态动词 could 的使用也是典型考点。这一结构在真题中反复出现,掌握后可以迁移到大量类似句子,具有较好的代表性。

M: Honestly, I agree, but just don't let him hear you say that.

第7段，第1句

第一句成分单一，只有主谓状。第二句涉及祈使句的省略主语、使役动词 "let" 的宾补结构、以及 "hear" 后再接宾补的嵌套，能练到宾补识别和使役动词用法，有一定训练价值。

On what point does the man agree with the woman at the end of the conversation?

第11题题干

本句覆盖了主语、谓语、两种状语(方式状语和时间状语)以及疑问句中提前的地点或方面状语,成分种类较丰富。疑问句语序下的成分识别对基础学习者有一定训练价值,尤其是前置状语 "On what point" 易与主语混淆,适合练习疑问句成分划分。

I was surprised that the expert recommended not eating for the entire journey and avoiding sleeping on the plane.

第2段，第3句

"主句+表语从句"是四六级和考研中的高频结构,从句内"recommend+动名词"的搭配以及并列宾语的处理都是常考点,句式具有较强代表性和复用价值。

Jetlag is a big problem for me and has been for the last few years, even though I never suffered from it before.

第4段，第2句

让步状语从句是四六级和考研阅读中的高频结构，even though 的用法非常典型。主句中并列谓语加时间状语的组合也是常见句式。现在完成时配合 for + 时间段的用法是重点语法项。本句结构具有较高的代表性，掌握后可以迁移到大量类似句子的理解中。

W: Well, she did say that jetlag often becomes more of a problem after 40, so I guess I'm lucky that I can still adjust to different time zones well.

第5段，第1句

并列句通过 "so" 连接、宾语从句引导词省略、形容词后接同位语从句，这些都是四六级和考研常见的句式。虽然整句不算特别复杂，但结构具有代表性，掌握后可在大量真题句中复用，典型性较高。

W: I'm not as bad as that.

第7段，第1句

主系表结构配合比较结构是常见句式，在口语和书面语中均频繁出现，具有一定代表性，但结构过于简单，难以代表考试中的复杂句式。

W: Actually, it was a quarter of people, so the problem really is widespread and deserves attention.

第9段，第1句

因果逻辑的 so 连接结构在口语和书面语中都很常见，主系表 and 主谓宾也是典型句式，具有一定代表性，但复杂度不足以体现考试中的难点句型。

What does the man say he will do next time he flies a long distance?

第13题题干

"What does sb say (that) sb will do when/next time..." 是听力和阅读理解中的高频句式，常用于考查间接引语、宾语从句和时间状语从句的识别。省略 "that" 的宾语从句和 "next time" 引导状语从句都是真题常见考点。掌握后可迁移到大量类似结构。

Take a nap to adjust to a new time zone.

第13题，A

祈使句在日常英语和考试阅读中都较为常见，不定式作目的状语也是高频结构。掌握这个句型后可以迁移到类似的祈使句和目的状语场景，具有一定代表性，但不如复合句或特殊句式那样在考试中高频出现且富有挑战性

Have meals as usual to stay away from hunger.

第13题，B

覆盖了谓语、宾语、方式状语和目的状语四种成分，成分种类适中。目的状语由不定式充当，是初学者需要掌握的基础用法。但句子整体过于简单，缺少定语、补语、复杂修饰等易错点，练习收益有限。

Concentrate on reading articles recommended by experts.

第13题，C

祈使句在四六级和考研阅读中偶有出现，尤其在建议类、说明类文本中。"动词 + on + 动名词"这种搭配以及过去分词作后置定语都是常见结构。虽不如复合句那样高频，但具有一定代表性，掌握后可迁移到类似的祈使句和后置定语结构。

The most common question I'm asked always centers around how to get started in user experience design, to which my response is always that nothing can substitute real-world experience.

第1段，第1句

本句成分丰富且包含多个训练要点：主句中有省略关系代词的定语从句作定语，介词 + 关系代词引导的非限定性定语从句，表语从句，以及疑问词引导的不定式短语作宾语（how to get started...）。涵盖了定语、状语、表语、宾语等多种成分，且包含定语从句省略、非限定性定语从句、表语从句等常考易错点，非常适合作为成分划分的练习句。

Higher education is a great way to equip yourself with some core skills, but it will not prepare you for actual challenges you'll face with clients' work.

第2段，第2句

并列转折结构（肯定+but+否定）在四六级和考研阅读中非常常见，省略关系代词的定语从句也是高频考点。句子呈现的逻辑对比和从句修饰模式具有较高的代表性，掌握后可以迁移到大量类似句型。结构清晰且实用性强。

In other words, being proficient with a design tool and a few methods doesn't make you a user experience designer.

第2段，第3句

本句涵盖动名词短语作主语、使役动词 make 的宾语加宾补结构、并列宾语（a design tool and a few methods），成分种类较为丰富；动名词主语和 make 的宾补结构是学生常见易错点，值得反复练习

That's not to say that I think my path is the only one.

第4段，第4句

这是典型的口语和书面语中常见的澄清句式："That's not to say (that)..."，表达"并不是说"的含义。宾语从句的嵌套（尤其是 think/believe/say 等动词后省略 that 的现象）也是四六级和考研阅读中的高频结构。掌握后可直接迁移到大量类似句子。

You can start anywhere as long as you know your end goal and you commit to actively pursuing opportunities to learn and grow along the way.

第4段，第6句

条件状语从句（"as long as" 引导）搭配主句陈述结果，是四六级和考研阅读中的常见句式。句中的并列谓语、动名词作宾语、不定式作后置定语等结构也属于高频考点。掌握此类句式后可大量复用于其他长难句分析。

What does the speaker think is the best way to get started in user experience design?

第16题题干

特殊疑问句嵌套宾语从句且省略连接词的结构在四六级和考研阅读中频繁出现，学会拆解此类句型后可迁移到大量类似长句，典型性很强。

What can people do as long as they know their end goal and strive for it?

第18题题干

条件状语从句加疑问句的组合在四六级和考研阅读中较为常见，特别是用 "as long as" 引导条件的句式，掌握这种结构对理解类似的复杂疑问句有较好的迁移价值

I responded in a whisper "flexible seating", thinking about our then-current classroom.

第1段，第2句

涵盖主语、谓语、方式状语、伴随状语四种成分，其中分词短语作状语是容易与独立主格或定语混淆的点，有一定练习价值，但整体成分类型不算特别丰富。

Flexible seating has been defined as movable furniture to create an engaging learning environment.

第3段，第1句

被动语态的定义句式（某概念 has been defined as...）在学术英语和考试阅读中非常常见，是典型的说明性句型。掌握这种结构后，学生可以迁移到大量类似的定义、解释类句子。句末的目的状语也是常见搭配，具有较高的复用价值。

For us, flexible seating has meant removing most of the traditional chairs and desks and introducing a variety of different seating options to promote student engagement.

第3段，第3句

「主语 + 现在完成时谓语 + 动名词短语宾语 + 目的状语」是四六级和考研真题中常见的说明性句式，动名词作宾语、不定式作目的状语都是高频考点结构，掌握后可迁移到大量类似句子。

Teachers tend to still use this format because of either the need to control students or the belief that the teacher is the most important person in the room.

第4段，第2句

本句展示了主句加同位语从句的结构，同位语从句是四六级和考研阅读中的常见考点，且原因状语的表达方式（"because of" 引导名词短语）也是典型用法。句中 "either...or..." 并列结构和不定式作定语也是常考句式元素。整体结构具有较高的代表性，学习后可迁移到大量类似长句的分析中。

What has flexible seating brought about at the speaker's school?

第21题题干

特殊疑问句结构在四六级听力和阅读理解题中高频出现，现在完成时加短语动词的组合也是常见句式，本句结构具有较强的代表性和复用性，掌握后可迁移到大量类似疑问句的理解中。

Headteacher, Dr Roger Harris, confirmed that this was due to a change in the school's uniform policy.

第1段，第3句

"某人 confirmed that..." 是新闻报道和学术写作中常见的句式，宾语从句作及物动词宾语的结构在四六级和考研阅读中频繁出现，有一定的典型性和迁移价值；同位语用法也较为常见。

Harris, who became headteacher this year, said he notified parents of the updated rules in an email in June.

第1段，第4句

本句的 said 引导宾语从句(省略 that)和非限制性定语从句插入主句的结构,都是四六级和考研阅读中的高频句式。这种 主语(带定语从句修饰)+ 谓语 + 宾语从句 的模式在新闻报道、学术文献中非常常见,掌握后可迁移到大量类似句子,结构典型性较高。

They weren't informed of the school's updated rules.

第22题，A

被动语态在四六级和考研阅读中非常常见，本句 "主语 + be + 过去分词 + 介词短语" 的结构是典型的被动句式，掌握后可大量迁移到新闻报道、学术文献等常见语境。

HIGH-FREQUENCY • 真题高频词

本卷出现的 183 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。

court A2

n. 法院

本卷9次 · 真题 16 句

seating B1

n. 座位

本卷9次 · 真题 11 句

learning A1

n. 学习

本卷7次 · 真题 120 句

uniform B1

n. 制服

本卷7次 · 真题 13 句

user A2

n. 使用者

本卷6次·真题 37 句

flexible B2

adj. 灵活的

本卷6次·真题 22 句

expert B1

n. 专家

本卷5次·真题 89 句

would A1

aux. (will 的过去式) 将要, 会

本卷4次·真题 466 句

design B1

n. 设计

本卷4次·真题 132 句

product A2

n. 产品

本卷4次·真题 128 句

traditional B1

adj. 传统的

本卷4次·真题 79 句

event A2

n. 事件

本卷4次·真题 66 句

variety B1

n. 多样化

本卷4次·真题 47 句

budget B1

n. 预算

本卷4次·真题 45 句

designer B1

n. 设计师

本卷4次·真题 24 句

strengthen B2

v. 加强

本卷4次·真题 24 句

engine A2

n. 发动机, 引擎

本卷4次·真题 15 句

athlete B1

n. 运动员

本卷4次·真题 12 句

less A1

det. 较少的

本卷3次·真题 224 句

reduce B1

v. 减少, 降低 (数量、大小、程度等)

本卷3次·真题 118 句

behavior B1

n. 行为

本卷3次·真题 92 句

challenge B1

n. 挑战

本卷3次·真题 80 句

policy B1

n. 政策

本卷3次·真题 61 句

option B1

n. 选择

本卷3次·真题 60 句

protein B1

n. 蛋白质

本卷3次·真题 51 句

manufacturer B2

n. 制造商

本卷3次·真题 34 句

commercial B2

adj. 商业的

本卷3次·真题 23 句

adjust B2

v. 调整

本卷3次·真题 18 句

pursue B2

v. 追求

本卷3次·真题 17 句

charity B1

n. 慈善机构

本卷3次·真题 15 句

deserve B1

v. 应得

本卷3次·真题 14 句

vegetarian B1

n. 素食者

本卷3次·真题 13 句

zone B1

n. 区域

本卷3次·真题 12 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

diet A2

n. 日常饮食

本卷2次·真题 113 句

opportunity B1

n. 机会

本卷2次·真题 89 句

consumer B1

n. 消费者

本卷2次·真题 84 句

sign A1

n. 标志

本卷2次·真题 78 句

suffer B1

v. 遭受 (痛苦、疾病、损失等)

本卷2次·真题 64 句

effective B1

adj. 有效的, 起作用的

本卷2次·真题 63 句

engage B2

v. 参与;从事

本卷2次·真题 57 句

email A2

n. 电子邮件

本卷2次·真题 50 句

shift B1

v. 移动

本卷2次·真题 49 句

loss B1

n. 丧失

本卷2次·真题 46 句

belief B1

n. 相信

本卷2次·真题 41 句

enhance B2

v. 提高

本卷2次·真题 37 句

respond B1

v. 回答, 答复

本卷2次·真题 35 句

muscle A2

n. 肌肉

本卷2次·真题 34 句

recommend B1

v. 推荐

本卷2次·真题 34 句

protection B1

n. 保护

本卷2次·真题 32 句

lifestyle B1

n. 生活方式

本卷2次·真题 29 句

distance A2

n. 距离

本卷2次·真题 27 句

request B1

n. 请求

本卷2次·真题 26 句

dolphin A2

n. 海豚

本卷2次·真题 23 句

rescue B1

v. 营救, 救援

本卷2次·真题 23 句

bean A2

n. 豆, 豆子

本卷2次·真题 21 句

journey A2

n. 旅行, 旅程

本卷2次·真题 20 句

commitment B2

n. 承诺

本卷2次·真题 18 句

nap B1

n. 小睡, 打盹

本卷2次·真题 18 句

actively B1

adv. 积极主动地

本卷2次·真题 13 句

appropriate B2

adj. 合适的

本卷2次·真题 12 句

confusion B2

n. 困惑

本卷2次·真题 12 句

discipline B2

n. 纪律

本卷2次·真题 12 句

spark B1

n. 火花

本卷2次·真题 10 句

principal B2

adj. 主要的

本卷2次·真题 9 句

engagement B2

n. 约定

本卷2次·真题 8 句

substitute B2

n. 替代品

本卷2次·真题 8 句

accord C1

n. (国家、团体间的) 协议

本卷1次·真题 174 句

effect A2

n. 影响

本卷1次·真题 156 句

local A2

adj. 当地的

本卷1次·真题 150 句

tend B1

v. 倾向于, 往往会

本卷1次·真题 137 句

support A2

v. 支持

本卷1次·真题 118 句

lack B1

v. 缺少

本卷1次·真题 115 句

affect B1

v. 影响

本卷1次·真题 113 句

relationship B1

n. 关系

本卷1次·真题 109 句

process B1

n. 过程

本卷1次·真题 108 句

financial B2

adj. 财政的

本卷1次·真题 101 句

impact B2

n. 影响

本卷1次·真题 98 句

project A2

n. 项目

本卷1次·真题 90 句

simply B1

adv. 仅仅, 只不过

本卷1次·真题 90 句

average A2

adj. 平均的

本卷1次·真题 89 句

amount A2

n. 数量

本卷1次·真题 87 句

rate A2

n. 速度

本卷1次·真题 78 句

growth B1

n. 增长

本卷1次·真题 77 句

later A1

adv. 以后, later

本卷1次·真题 70 句

academic B2

adj. 学术的

本卷1次·真题 69 句

performance B1

n. 表演

本卷1次·真题 66 句

gain B1

v. 获得;赢得

本卷1次·真题 64 句

due B1

adj. 预期的

本卷1次·真题 62 句

positive B1

adj. 积极的

本卷1次·真题 62 句

argue B1

v. 争论

本卷1次·真题 58 句

enable B1

v. 使能够

本卷1次·真题 58 句

claim B1

v. 声称

本卷1次·真题 56 句

struggle B1

v. 奋斗

本卷1次·真题 54 句

image A2

n. 形象, 印象

本卷1次·真题 52 句

per B1

prep. 每

本卷1次·真题 49 句

workplace B1

n. 工作场所

本卷1次·真题 48 句

promote B2

v. 促进

本卷1次·真题 47 句

response B1

n. 回答

本卷1次·真题 47 句

boost B2

v. 提高

本卷1次·真题 46 句

remove B1

v. 移开

本卷1次·真题 46 句

harm B1

n. 伤害

本卷1次·真题 44 句

firm B1

adj. 坚固的

本卷1次·真题 43 句

adopt B1

v. 采纳

本卷1次·真题 41 句

further B1

adv. 更远地

本卷1次·真题 41 句

range B1

n. 范围

本卷1次·真题 41 句

district B1

n. 地区

本卷1次·真题 38 句

teaching A2

n. 教学工作, 教书

本卷1次·真题 38 句

feature B1

n. 特征

本卷1次·真题 37 句

female A2

adj. 女性的

本卷1次·真题 37 句

interact B2

v. 相互作用

本卷1次·真题 35 句

unique B2

adj. 独特的

本卷1次·真题 35 句

household B1

n. 家庭

本卷1次·真题 33 句

oh A1

intj. 哦 (表示惊讶、理解或反应)

本卷1次·真题 31 句

outcome B2

n. 结果

本卷1次·真题 31 句

recommendation B2

n. 推荐

本卷1次·真题 30 句

opinion A2

n. 观点

本卷1次·真题 29 句

fully B1

adv. 完全地

本卷1次·真题 26 句

ignore B1

v. 忽视;不理睬

本卷1次·真题 26 句

define B1

v. 给.....下定义

本卷1次·真题 24 句

federal B2

adj. 联邦(制)的

本卷1次·真题 24 句

possibility B1

n. 可能性

本卷1次·真题 24 句

reverse B2

v. 颠倒

本卷1次·真题 24 句

survive B1

v. 幸存

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

foundation B2

n. 基础;根基

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

political B1

adj. 政治的

本卷1次·真题 22 句

intake B2

n. 摄入量

本卷1次·真题 21 句

widespread B2

adj. 广泛的

本卷1次·真题 20 句

annual B1

adj. 每年的, 年度的

本卷1次·真题 19 句

entire B1

adj. 整个的

本卷1次·真题 19句

hunger B1

n. 饥饿

本卷1次·真题 19句

seriously B1

adv. 严肃地

本卷1次·真题 19句

actual B1

adj. 真实的

本卷1次·真题 18句

burden B2

n. 负担

本卷1次·真题 18句

compete B1

v. 竞争

本卷1次·真题 18句

remind A2

v. 提醒

本卷1次·真题 18句

transform B2

v. 使彻底改变;使转变

本卷1次·真题 18句

commit B2

v. 承诺、保证做某事

本卷1次·真题 17句

concentrate B1

v. 集中注意力

本卷1次·真题 17句

strive B2

v. 努力, 奋斗, 力求

本卷1次·真题 17句

demonstrate B2

v. 证明

本卷1次·真题 16句

involved B1

adj. 参与的

本卷1次·真题 16句

intend B1

v. 打算, 计划

本卷1次·真题 15句

sensitive B2

adj. 敏感的

本卷1次·真题 15句

anxious B1

adj. 焦虑的

本卷1次·真题 14句

running A2

n. 跑步 (运动)

本卷1次·真题 14 句

client B1

n. 客户

本卷1次·真题 13 句

distraction B2

n. 分心

本卷1次·真题 13 句

freedom B1

n. 自由

本卷1次·真题 13 句

reasoning B2

n. 推理

本卷1次·真题 13 句

secondary B2

adj. 次要的

本卷1次·真题 13 句

slowly A1

adv. 缓慢地

本卷1次·真题 13 句

traveler A2

n. 旅行者

本卷1次·真题 13 句

witness B2

n. 目击者

本卷1次·真题 13 句

celebration B1

n. 庆祝活动

本卷1次·真题 12 句

cite B2

v. 引用, 引证

本卷1次·真题 12 句

overcome B2

v. 克服

本卷1次·真题 12 句

skilled B1

adj. 熟练的

本卷1次·真题 12 句

spokesperson B2

n. 发言人

本卷1次·真题 12 句

surprised A2

adj. 感到惊讶的

本卷1次·真题 12 句

melt B1

v. (使) 融化, 熔化

本卷1次·真题 11 句

opening B1

n. 开口;洞;缺口

本卷1次·真题 11 句

shade B1

n. 阴凉处

本卷1次·真题 11 句

devote B2

v. 把...奉献给

本卷1次·真题 10 句

inform B1

v. 告知, 通知 (正式地告诉某人某事)

本卷1次·真题 10 句

injure B1

v. 使受伤

本卷1次·真题 10 句

monthly A2

adj. 每月的

本卷1次·真题 10 句

necessity B2

n. 必需品

本卷1次·真题 10 句

panic B1

n. 恐慌

本卷1次·真题 10 句

practical B1

adj. 实际的

本卷1次·真题 10 句

apparently B2

adv. 显然, 看来 (根据外表或所见所闻判断)

本卷1次·真题 9 句

equip B1

v. 装备

本卷1次·真题 9 句

maximize B2

v. 使最大化

本卷1次·真题 9 句

mum A1

n. 妈妈

本卷1次·真题 9 句

restriction B2

n. 限制

本卷1次·真题 9 句

traditionally B2

adv. 传统上;按照传统

本卷1次·真题 9 句

compensate C1

v. 补偿;赔偿

本卷1次·真题 8 句

feasible

C1

adj. 可行的

本卷1次·真题8句

honestly

B1

adv. 诚实地

本卷1次·真题8句

patience

B1

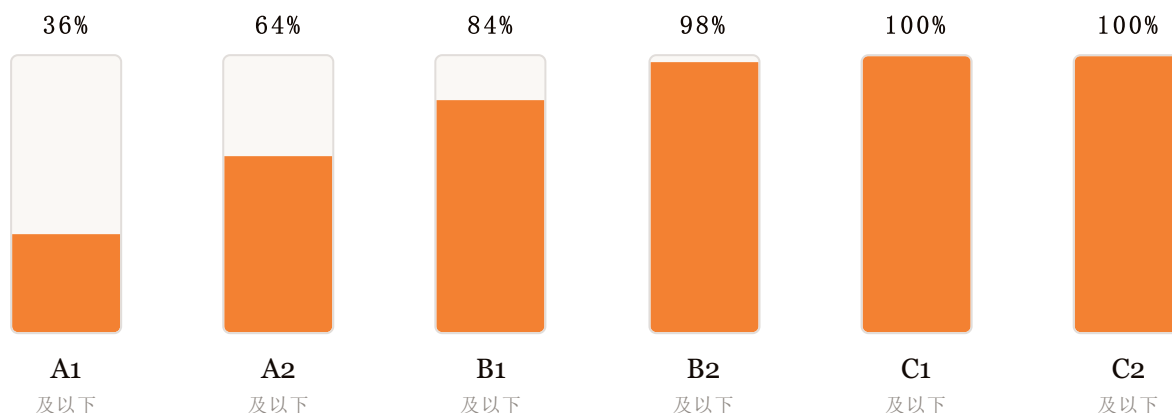
n. 耐心

本卷1次·真题8句

VOCABULARY • 词汇难度分布

全卷录音原文 632 词按 CEFR 难度累积覆盖

全卷录音原文去重后共 **632** 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 11 个·约 2%。



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 632 个·末柱为 100%

去重总词数

632

B2 以上难词

2%

B1 及以下覆盖

84%

英语四级 2025年12月·第1套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	本页
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →