2021年6月四级

救命班电子讲义

刘晓艳主讲：写作+翻译+阅读

邹寅主讲：听力

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四级时间分配

试卷结构	测试内容	测试题型	题目数量	分值比例	考试时间
写作	写作	短文写作	1	15%	30 分钟
听力理解	短篇新闻	选择题（单选）	7	7%	25 分钟
	长对话		8	8%	
	听力篇章		10	20%	
阅读理解	词汇理解	选词填空	10	5%	40 分钟
	长篇阅读	匹配	10	10%	
	仔细阅读	选择题（单选）	10	20%	
翻译	汉译英	段落翻译	1	15%	30 分钟
合计			57	100%	125 分钟

云图教育

第一部分 写作

记笔记

一、短句的写法

A man comes.

He is attractive.

I love him.

I will give him a dog.

It can make him happy.

二、被动

很多人认为合作比个人能力更重要。

Cooperation is claimed to be more crucial than personal ability.

人们普遍认为网购已经成为一种流行趋势。

Online shopping is argued to be a popular trend among the young and the old.

在过去几十年里，政府采取了各种措施防止灾害发生。

Various measures, in the past decades, have been taken to prevent disasters.

最近，中国科学院(Chinese Academy of Sciences) 出版了关于其最新科学发现与未来一年展望的年度系列报告。

An annual report about its latest scientific findings and the prospect of the next year was recently published by Chinese Academy of Science.

三、并列句

常见的逻辑关系词

第一，表示因果（世界上最重要的一种关系就是因果关系）

1.表示原因

Because, in that, as, since
because of = be responsible for = due to = owing to = thanks to

2.表示结果

so = hence = therefore = thereby = thus = consequently = in consequence = as a result / consequence

第二，表示对比

1.表示“相似性的”对比

Likewise = similarly = equally = simultaneously = at the same time =in the meanwhile

2.表示“差异性的”对比

But = by contrast = conversely = alternatively = on the contrary = on the other hand = otherwise = while = whereas

第三，表示递进

besides = also = in addition = moreover = furthermore = apart／aside from
to put it another way = put another way = in other words

换句话说（有补充解释说明的作用）

第四，表示让步

① Despite = in spite of = notwithstanding = although = though = as = while = even （if）= much as （用于句首）虽然 = granting／granted that

② certainly = of course = indeed = it is true that… 的确

③ undoubtedly = there is no doubt that…毫无疑问的是……

④ it may be true that… 或许真实的是……

⑤ there is no denying that …不可否认的是……

⑥ In effect／fact／reality = indeed = virtually 实际上，事实上，的确

第五，表示条件

① if = providing／provided／suppose／supposing that 如果，假如

② in case of = in the event of 万一……

第六，表示目的

to= in order to = so as to

第七，表示引出新对象

① About = concerning = regarding = with regard to = as for／to = in respect of 关于

② in terms of 就……而论，在……方面

③ when it comes to … 当提到……时

第八，表示强调

① Above all = most important

② In effect／fact／reality = indeed = virtually 事实上，实际上，的确，其实

第九，表示总结

① On the whole = all in all = overall = in conclusion／summary／general = generally （speaking）= as a

whole = mainly = substantially = to sum up = conclude = come to the conclusion 总的来说

② in short／brief = in a word 简而言之

③ in any case = at any rate = anyway 总之，无论如何

第十，表示举例

Like = such as = for instance／example = take／consider／think of／remember …（ as an example ） = a good case in point is… = from … to …（ to …） = to illustrate = as an illustration

1.在过去一千年里，乌镇的水系和生活方式并未经历多少变化,是一座展现古文明的博物馆。
In the past thousand years, the water system and the life way of Wuzhen have not gone through many changes. Therefore, it now is the museum to show anicent civilization.

2.在山东潍坊市，风筝不仅仅是玩具，而且还是这座城市文化的标志。
In Weifang, Shandong, kites are not only toys but also symbolizes the culture of the city.

3.这些资金用于改善教学设施、购买书籍，使 16 万多所中小学收益。资金还用于购置音乐和绘画器材。现在农村和山区的儿童可以与沿海城市的儿童一样上音乐和绘画课。(2014 年四级）
These funds are used to improve educational facilities, purchase books and more than 160 thousands primary schools and middle schools benefit from it. In addition, the fund is to be used for purchasing music and painting facilities. As a consequence, nowadays the children in the rural areas can have the music and painting classes as the same as the children in the coastal cities do.

4.由于这个传统，许多年轻人婚后继续与父母同住。今天，这个传统正在改变。随着住房条件的改善，越来越多年轻夫妇选择与父母分开住。但他们之间的联系依然很密切。许多老年人仍然 帮着照看孙辈。年轻夫妇也抽时间探望父母，特别是在春节和中秋节等重要节日。
As a result of this tradition, many young people continue to live with their parents after marriage. By contrast, today, the tradition is changing. With the improvement of housing conditions, an increasing number of young couples choose to live apart from their parents. Nevertheless, the connection between them remains strong. Many old people still have to look after their grandchildren. At the same time, young couples also get around to visit their parents，especially during the holidays, such as the spring festival and Mid-autumn Festival.

四、复合句

1.主语从句

例：

大学教育极大地促进了社会的进步是显而易见的。

It is beyond dispute that university education promotes the progress of our society obviously.

常见句式结构：It is…that…

① It is common knowledge that...

② It is my belief that... = I think that...

③ It is self-evident that...

④ It has been found that...

⑤ It is beyond dispute that...

⑥ It is universally acknowledged that...

⑦ It has been widely accepted that...

⑧ It is generally agreed that...

2.同位语

Garbage sorting, a necessary behavior to control pollution, proves quite crucial throughout china.

Hunting for jobs, a hot topic among undergraduates, has become the public concern recently.

Optimism, an active mentality, plays a key role in the general routine of everyday living.

3.定语和定语从句

I love this kind girl.

I love the girl of kindness.

I love the girl as kind as an angel.

I love the girl being as kind as an angel.

I love the girl who keeps so kind.

例：

①中国结最初是由手工艺人发明的，经过数百年不断的改进，已经成为一种优雅多彩的艺术和工艺。

The Chinese knot was originally invented by the craftsmen， which has become a kind of elegant and colorful arts and crafts after hundreds of years of continuous improvement.

②乌镇是浙江的一座古老水镇，坐落在京杭大运河畔。这是一处迷人的地方，有许多古桥、中式旅店和餐馆。

Wuzhen, which is an ancient water town of Zhejiang Province,locates near the Beijing-Hangzhou Grand Canal, which is really a charming place with many ancient bridges, Chinese style hotels and restaurants there.

③功夫是中国武术的俗称。中国武术的起源可以追溯到自卫的需要、狩猎活动以及古代中国的军事训练。它是中国传统体育运动的一种，年轻人老年人都练。

Kung Fu is the common name of Chinese martial arts which can be traced back to self-defense needs, hunting activities and military training in ancient China. Besides, it is a traditional Chinese sport that both the young and the elderly can practise.

④剪纸（paper cutting）是中国最为流行的传统民间艺术形式之一。中国剪纸有一千五百多年的历史，在明朝和清朝时期（the Ming and Qing Dynasties）特别流行。

Paper cutting is one of the most popular arts in china which has a 1.5thound year history and was quite famous in the Ming and Qing dynasties.

⑤中国人自古以来就在中秋节庆祝丰收，这与北美庆祝感恩节非常相似。

Chinese have had the tradition to celebrate harvest in the Middle-Autumn, which proves quite similar with Thanks-Giving Day in North America.

4.状语和状语从句

① I love my girlfriend.

② keeping pets can cultivate the love heart of children although they sometimes bring much trouble for their owners.

• or because taking care of those little animals needs patience and care.

• or when there exists only a child in one family.

• or by taking a shower or talking with those little animals.

③ they are singing songs although they have had class for the whole day.

they, a group of young men, who will take part in the examination of CET-6 are singing songs which were once popular when we were young.

5.三大经典句型

1) 强调句型 it is…that…

Nothing is more important than self-reliance in a competitive international environment.

就是因为你，我没有通过六级考试。

because of you, I failed in CET-6.

It is because of you that I failed in CET-6.

就是有很多的因素可以解释我的观点。

There exist numerous factors to account for my argument.

2) 虚拟语气

If you are a tear in my eye, I will never shed it.

3）倒装

①否定词位于句首时

我从来没有这样开心过。

Never have I been so happy.

在任何情况下我们绝不能忽略……的重要性/严重性

Under no circumstances can we fail to pour attention into… (gravity/ severity)

②含有 so…that…结构的句子，将 so 引导的部分位于句首时

这个问题是如此重要以至于我们要给与足够的重视。

The issue is so grave that we cannot fail to pour attention to it.

So grave is the issue that……

在大学校园中，浪费这个问题是如此的严重以至于不得不引起（arose）我们的注意了。

So serious is waste that it has to arouse our attention.

③only 引出的状语位于句首时

只有以这种方式，我们才能解决这个问题。

Only in this way can we settle the issue/relieve the phenomenon.

6.句子的改写和扩写

1) 我绝不嫁给你。

2) 自行车很重要

句子扩写：

I love Liu Xiaoyan.

I, a university student from Beijing, have loved Liu who is the most graceful and elegant English teacher I have ever seen since I met her for the first time.

Smile makes people love you.

Smile, the best means for communicating, makes people who may look serious and distant love you at the first sight.

Pollution keeps exceedingly serious.

Pollution, a global issue which threatens almost every one, keeps exceedingly serious with the rapid urbanization.

五、文章

【历年真题】

四级（2019 年 12 月）

For this part, you are allowed 30 minutes to write a letter to a foreign friend who wants to learn Chinese. Please recommend a city to him. You should write at least 120 words but no more than 180 words.

Dear friend,

I am delighted to know that you have a strong desire to learn Chinese in recent days. therefore, the letter, to be honest, is to recommend a city to you.

When the idea occurs to me, the first city flashing in my mind is Beijing, the capital of China. Firstly, there exists language environment which plays a key role in the process of language learning. As a result, as a modern city, it provides an excellent language environment for language learners. Besides, in one of the biggest cities, people are open-minded, hospitable, and inclusive. You will soon find that you can make friends with them quickly.

Finally, I hope that you could take my suggestions into serious consideration, and I am looking forward to your reply at your earliest convenience. Good luck to you with all aspects of life.

Yours sincerely,

Li Ming

四级（2020 年 7 月）

Directions: For this part, you are allowed 30 minutes to write an essay on the use of translation apps. You can start your essay with the sentence "The use of translation apps is becoming increasingly popular." You should write at least 120 words but no more than 180 words.

The use of translation apps is becoming increasingly popular, which has aroused a long-term discussion among the public. From my perspective, whether translation app is practical depends on the need of different individuals.

Quite a few elements can account for my perspective. On one hand, there is no doubt that the use of translation app could be convenient and efficient when you read certain foreign materials including some professional papers. Besides, it is when people go abroad where they cannot speak native languages that using translation apps could make them communicate with natives more fluently. On the other hand, translation apps, after all, are operated by machines. thus, it is inevitable that some translation goes against original expression, and even worse, some grammar faults could be found in the translation.

As a result, Just as a coin has two sides, translation apps are no exception. That is to say, when we download a translation app, we should distinguish its good from bad and use it within reason. Only in this way can we make translation apps exert a positive effect on our study and career.

四级（2020 年 9 月）

Directions: For this part, you are allowed 30 minutes to write an essay on online dictionaries. You can start your essay with the sentence "The use of online dictionaries is becoming increasingly popular." You should write at least 120 words but no more than 180 words.

In light of the rapid improvement of science and technology, the use of online dictionaries is becoming increasingly popular, which has been brought into the limelight under modern conditions. As far as I am concerned, we should attach importance to online dictionaries now and in the future.

The popularity of online dictionaries, which really brings much convenience to the everyday life and study of youngsters, may be explained by many reasons. The main reason is that using online dictionaries which keep strikingly popular with university students can save us plenty of time, which proves in accord with people's pursuit for higher efficiency. Then more importantly, it is so convenient for

users to look up words on the web because we can effortlessly and rapidly find what we want by tapping words or phrases, So why bother to take a thick dictionary whenever or wherever?

In short, it is a sound conclusion that can be drawn that the use of online dictionaries, to some extent, is beneficial to English learners. So it might the right time to download one to serve us in our daily life.

1. 议论文

1) 第一段引出主题的句子：

① Recently the issue / problem of…has been in the limelight（处于关注的中心）/ brought into focus / brought to public attentive（留意的，关心的）concern…

② Recently with the development / advance / progress of science and technology, the phenomenon of… has aroused wide concern.

③ Nowadays, it is undeniable that……has almost become the biggest concern of the present-day world.

④ What is your idea as to…?

There exist varying / a variety of points concerning it.

2) 第一段表示个人观点的表达:

In my opinion / as far as I am concerned / for my part / from my perspective / it keeps my perspective that

3) 第二段分析原因的总起句:

① The majority of people would agree that sth has its deep roots.

② It is superficially a simple phenomenon, but when subjected to analysis, it has its fundamental reasons.

③ There stand at least two reasons, from my perspective, for the present phenomenon.

④ As we know, recognizing a problem is the first step in finding a solution.

⑤ There exist numerous elements being responsible for the issue.

⑥ The reason for this is not far to seek.

⑦ there are arguments for why .....

4) 第二段无话可说怎么办?

① 分类论证

the importance of mutual understanding and respect in interpersonal relationships.

In a dormitory, if every member could understand and respect each other, they might become more creative and effective in their study. In addition, it is such mutual understanding in interpersonal relationships that will result in a warm campus environment. In the end, there would be less conflict throughout our country. how desirable the vision is.

例：为什么培养孩子迎接挑战的能力?

Although numerous cases are available for this argument, the following one about my teacher Liu is the most suitable. She was born in a poor family with three siblings. Furthermore, she, years later, failed to realize her dream to attend an esteemed university even though she studied hard during her senior high school. Under such situations, she has never given herself up, being convinced that “from the gutter, we can still look up at stars”. And what she believes is that poverty is never scaring. What we should be afraid is that your minds are needy. It is through years of endeavors that her dream came true. Still, she keeps my spiritual mentor. So the story vividly tells us that it is necessary that students should be encouraged to develop the ability to meet challenges.

② 因果论证

why students should be encouraged to develop effective communication skills.

If university students can develop effective communication skills, they will make more friends. In addition, the more friends they have, the more comfortable life they will have on campus. As a result, they will have a better learning environment, which consequently lead to a more harmonious context throughout the nation.

例：四级（2020 年 12 月）

“changes in the way of transportation”

5) 第三段总结措施段:

措施：我们/政府/家长/学校

举例：

Students, from their early age, could be educated to cultivate the awareness that methods of learning are more important than learning itself.

Authorities could broadcast the importance of community responsibility in public.

2. 谚语警句型

For this part, you are allowed 30 minutes to write an essay on the saying “wealth of the mind is the only true wealth”. You should write at least 150 words but no more than 200 words.

When it comes to wealth, ideas may differ among men and women in all walks. From my perspective, I approve the argument that it is wealth of the mind that keeps the only true wealth.

Although numerous cases are available for this argument, the following one about my teacher Liu is the most suitable. She was born in a poor family with three siblings. Furthermore, she, years later, failed to realize her dream to attend an esteemed university even though she studied hard during her senior high school. Under such situations, she has never given herself up, being convinced that “from the gutter, we can still look up at the stars”. And what she disagreed is that poverty is never scaring; what we should scare is that your minds are needy. It is through years of endeavors that her dream came true. Still, she keeps my spiritual mentor. So the story vividly tells us that wealth of minds is more essentially valued than funds.

To conclude, it is high time for teenagers and youngsters to pursue mental richness because there is no boundary about the wealth of money. Only by thinking like this can we become more optimistic and lead a harmonious life.

第一段：引出主题+解释你的理解

引出主题常用表达

With respect to / with regard to / when it comes to /……

People's arguments vary from person to person.

People may have diverse perspectives on it.

Attitudes differ from person to person.

There are different opinions among people as to…

云图教育

第二部分 翻译

翻译内容

中国历史 / 文化 / 经济 / 社会

文章长度

四级 140—160 words（15 分）

一、评分标准

本题满分为 15 分，成绩分为六个档次：13-15 分、10-12 分、7-9 分、4-6 分、1-3 分和 0 分。各档次的评分标准见下表：

13-15分	译文准确表达了原文的意思。用词贴切，行文流畅，基本上无语言错误，仅有个别小错。
10-12分	译文基本上表达了原文的意思。文字通顺、连贯，无重大语言错误。
7-9 分	译文勉强表达了原文的意思。用词欠准确，语言错误相当多，其中有些是严重语言错误。
4-6 分	译文仅表达了一小部分原文的意思。用词不准确，有相当多的严重语言错误。
1-3 分	译文支离破碎。除个别词语或句子，绝大部分文字没有表达原文意思。
0 分	未作答，或只有几个孤立的词，或译文与原文毫不相关。

二、英汉差异对比

1. 汉语意合，英语形合

什么是汉语的句子?

什么是英语的句子?

逻辑关系词的使用

2. 英语多被动，汉语多主动

何时用被动?

何时无被动?

3. 英语多长句，汉语多短句

总结：短句变长句的方法

1) 方法 1：非谓语动词

长江流经多种不同的生态系统，是诸多濒危物种的栖息地，灌溉了中国五分之一的土地。（2017 年四级）

The Yangzi River, flowing through different ecological systems, keeps the habitat of plentiful endangered animals, irrigating one fifth of China's land.

2) 方法 2：从句

人们还会在门上粘贴对联（couplets）对联的主题有健康，发财和好运。(2013 年六级）

Doors will be decorated with couplets whose topics are involved in health, wealth and good luck.

乌镇是浙江的一座古老水镇，坐落在京杭大运河畔。这是一处迷人的地方，有许多古桥、中式旅店和餐馆。

Wuzhen, an ancient water town of Zhejiang province, is located near the Beijing-Hangzhou Grand Canal, which is really a charming place with many ancient bridges, Chinese style hotels and restaurants there.

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Kung Fu is the common name of Chinese martial arts which can be traced back to self-defense needs, hunting activities and military training in ancient China.

Besides, it is a traditional Chinese sport that both the young and the elderly can practise.

3) 方法 3：连词

在过去一千年里，乌镇的水系和生活方式并未经历多少变化,是一座展现古文明的博物馆。

In the past thousand years, the water system and the life way of Wuzhen have not gone through many changes. Therefore, it now is the museum to show anicent civilization.

在山东潍坊市，风筝不仅仅是玩具，而且还是这座城市文化的标志（2016 年四级）

In Weifang, Shandong, kites are not only for entertainment but also symbolizes the culture of the city.

这些资金用于改善教学设施、购买书籍，使 16 万多所中小学收益。资金还用于购置音乐和绘画器材。现在农村和山区的儿童可以与沿海城市的儿童一样上音乐和绘画课。

These funds are used to improve educational facilities and purchase books, and more than 160 thousands primary schools and middle schools benefit from it. In addition, the fund is to be used for purchasing music and painting facilities. As a consequence, nowadays the children in the rural areas can have the music and painting classes as same as the children in the coastal cities do.

三、翻译步骤

1. 以意群为单位读句子，确定句子的时态和语态
2. 确定句子的主干，非主干部分用定语或状语来翻译
3. 每句话翻译完之后都要看该句话和下句话的逻辑关系，加逻辑关系词

【2020 年 12 月】

春节前夕吃团圆饭是中国人的传统。团圆饭是一年中最重要的晚餐，也是家庭团聚的最佳时机，家人生活在不同地方的家庭尤其如此。团圆饭上的菜肴丰富多样，其中有些菜肴有特殊含义。例如，鱼是不可缺少的一道菜，因为汉语中的“鱼”字和“余”字听上去一样。在中国的许多地方，饺子也是一道重要的佳肴，因为饺子象征着财富和好运。

It is a Chinese tradition to have a family reunion dinner on the eve of the Spring Festival. The reunion

dinner is the most important dinner of the year and the best time for family reunion, especially true for families whose family members live in different places. The dishes served at the reunion dinner are abundant and various, some of which have special meanings. For example, fish is an indispensable dish because the pronunciation of “fish” in Chinese sounds the same as “yu” which means abundance. In many parts of China,dumplings are also an important dish because dumplings are a symbol of wealth and good luck.

云图教育

第三部分 阅读理解

一、传统阅读（仔细阅读）

记笔记:

例题

【2020 年卷一/第一篇】

Three children in every classroom have a diagnosable mental health condition. Half of these are behavioural disorders, while one third are emotional disorders such as stress, anxiety and depression, which often become outwardly apparent through self-harm. There was an astonishing 52 percent jump in

hospital admissions for children and young people who had harmed themselves between 2009 and 2015.

Schools and teachers have consistently reported the scale of the problem since 2009. Last year, over half of teachers reported that more of their pupils experience mental health problems than in the past. But teachers also consistently report how ill-equipped they feel to meet pupils' mental health needs, and often cite a lack of training, expertise and support from the National Health Service（英国国家医疗服务体系）.

Part of the reason for the increased pressure on schools is that there are now fewer “early intervention (干预)”and low-level mental health services based in the community. Cuts to local authority budgets since 2010 have resulted in a significant decline of these services, despite strong evidence of their effectiveness in preventing crises further down the line.

The only way to break the pressures on both mental health services and schools is to reinvest in early intervention services inside schools.

There are strong arguments for why schools are best placed to provide mental health services. Schools see young people more than any other service, which gives them a unique ability to get to hard-to-reach children and young people and build meaningful relationships with them over time. Recent studies have shown that children and young people largely prefer to see a counsellor in school rather than in an outside environment. Young people have reported that for low-level conditions such as stress and anxiety, a clinical setting can sometimes be daunting（令人却步的）.

There are already examples of innovative schools which combine mental health and wellbeing provision with a strong academic curriculum. This will, though, require a huge cultural shift. Politicians, policymakers, commissioners and school leaders must be brave enough to make the leap towards reimagining schools as providers of health as well as education services.

46. What are teachers complaining about ?

A. There are too many students requiring special attention.

B. They are under too much stress counselling needy students.

C. Schools are inadequately equipped to implement any intervention.

D. They lack the necessary resources to address pupils' mental problems.

47. What do we learn from the passage about community health services in Britain ?

A. They have deteriorated due to budget cuts.

B. They facilitate local residents' everyday lives.

C. They prove ineffective in helping mental patients.

D. They cover preventative care for the local residents.

48. Where does the author suggest mental health services be placed ?

A. At home.

B. At school.

C. In hospitals.

D. In communities.

49. What do we learn from the recent studies ?

A. Students prefer to rely on peers to relieve stress and anxiety.

B. Young people are keen on building meaningful relationships.

C. Students are more comfortable seeking counselling in school.

D. Young people benefit from various kinds of outdoor activities.

50. What does the author mean by a cultural shift (Lines 2-3, Para. 6)?

A. Simplification of schools' academic curriculums.

B. Parents' involvement in schools' policy-making.

C. A change in teachers' attitudes to mental health.

D. A change in the conception of what schools are.

Forests in countries like Brazil and the Congo get a lot of attention from environmentalists, and it is easy to see why. South America and sub-Saharan Africa are experiencing deforestation on an enormous scale: every year almost 5 million hectares are lost. But forests are also changing in rich Western countries. They are growing larger, both in the sense that they occupy more land and that the trees in them are bigger. What is going on?

Forests are spreading in almost all Western countries, with the fastest growth in places that historically

had rather few trees. In 1990 28% of Spain was forested; now the proportion is 37%. In both Greece and Italy, the growth was from 26% to 32% over the same period. Forests are gradually taking more land in America and Australia. Perhaps most astonishing is the trend in Ireland. Roughly 1% of that country was forested when it became independent in 1922. Now forests cover 11% of the land, and the government wants to push the proportion to 18% by the 2040s.

Two things are fertilising this growth. The first is the abandonment of farmland, especially in high, dry places where nothing grows terribly well. When farmers give up trying to earn a living from farming or herding, trees simply move in. The second is government policy and subsidy. Throughout history, governments have protected and promoted forests for diverse reasons, ranging from the need for wooden warships to a desire to promote suburban house-building. Nowadays forests are increasingly welcome because they suck in carbon pollution from the air. The justifications change; the desire for more trees remains constant.

The greening of the West does not delight everyone. Farmers complain that land is being taken out of use by generously subsidised tree plantation. Parts of Spain and Portugal suffer from terrible forest fires. Others simply dislike the appearance of forests planted in neat rows. They will have to get used to the trees, however. The growth of Western forests seems almost as unstoppable as deforestation elsewhere.

51. What is catching environmentalists' attention nowadays?

A. Rich countries are stripping poor ones of their resources.

B. Forests are fast shrinking in many developing countries.

C. Forests are eating away the fertile farmland worldwide.

D. Rich countries are doing little to address deforestation.

52.Which countries have the fastest forest growth?

A. Those that have newly achieved independence.

B. Those that have the greatest demand for timber.

C. Those that used to have the lowest forest coverage.

D. Those that provide enormous government subsidies.

53.What has encouraged forest growth historically?

A. The government' s advocacy.

B. The use of wood for fuel.

C. The favourable climate.

D. The green movement.

54. What accounts for our increasing desire for forests?

A. Their unique scenic beauty.

B. Their use as fruit plantations.

C. Their capability of improving air quality.

D. Their stable supply of building materials.

55. What does the author conclude about the prospects of forestation?

A. Deserts in sub-Saharan Africa will diminish gradually.

B. It will play a more and more important role in people’s lives.

C. Forest destruction in the developing world will quickly slow down.

D. Developed and developing countries are moving in opposite directions.

二、长篇阅读

记笔记

云图教育

举例：【2020 年 12 月卷二】

36. One legislative staffer assumed that a woman of color who advocated affordable childcare must be a single mother.

E) That comment, says Mothering Justice director Danielle Atkinson, “was meant to shame” and relied on the familiar notion that a woman of color concerned about income inequality and programs that promote mobility must by definition be a single mom, probably with multiple kids.

37. People from different races, genders, and regions all suffer from a lack of financial security.

H) But the fact that 4 in 10 Americans can' t come up with $400 in an emergency is a commonly cited statistic for good reason: economic instability stretches across race, gender, and geography. It even reaches into the middle classes, as real wages have stagnated (不增长) for all but the very wealthy and temporary spells of financial instability are not uncommon.

38. According to a survey, while the majority believe too little assistance is given to the poor, more than a third believe too much is spent on welfare.

M) According to the General Social Survey, 71 percent of respondents believe the country is spending too little on “assistance to the poor”. On the other hand, 22 percent think we are spending too little on “welfare”: 37 percent believe we are spending too much.

39) A research group has found that Americans who are struggling are thought to be lazy and to have made the wrong decisions.

J) ..... “When we see people who are struggling,” he says, those assumptions “lead us to the perception that people in poverty are lazy, they don’t care, and they haven’t made the right decisions.”

40. Under the old system in America, a mother was supposed to stay home and take care of her children.

D) …… One of the Mothering Justice organizers went to the office of a state representative to talk about the lack of affordable childcare—the vestiges (痕迹) of a system that expected mothers to stay home with their children while their husbands worked. A legislative staffer dismissed the activist’s concerns, telling her “my husband took care of that— I stayed home.”

41. It was found that nearly 50% of Americans are poor or receive low pay.

F) How many of us are poor in the U. S.? It depends on who you ask. According to the Census Bureau, 38 million people in the U.S. are living below the official poverty thresholds. Taking into account economic need beyond that absolute measure, the Institute for Policy Studies found that 140 million people are poor or low-income. That's almost half the U.S. population.

42. Americans usually overestimate the number of blacks receiving welfare benefits.

N) It's true that black mothers are more affected by poverty than many other groups, yet they are disproportionately the face of poverty. For example, Americans routinely overestimate the share of black recipients of public assistance programs.

43. It is impossible for Americans to lift themselves out of poverty entirely on their own.

I) Negative images remain of who is living in poverty as well as what is needed to move out of it. The big American myth is that you can pull yourself up by your own efforts and change a bad situation into a good one. The reality is that finding opportunity without help from families, friends, schools, and community is virtually impossible. And the playing field is nothing close to level.

44. Nowadays, it seems none of us can get away from income inequality.

C) Today's faces of income inequality and lack of opportunity look like all of us.

45. Assumptions about poor people become even more negative when they live on welfare.

L) Those external factors include the difficulties accompanying low-wage work or structural discrimination based on race, gender, or ability. Assumptions get worse when people who are poor use government benefits to help them survive. There is a great tension between "the poor" and those who are receiving what has become a dirty word: "welfare".

三、选词填空

记笔记

举例：【2020 年 12 月第二套】

A) constantly	B) credible	C) essential
D) exploring	E) gather	F) load
G) miserable	H) pressure	I) properly
J) records	K) removed	L) stacks
M) suspicion	N) tracked	O) watching

Trust is fundamental to life. If you can't trust anything, life becomes intolerable. You can't have relationships without trust, let alone good ones. In the workplace, too, trust is__26__.

26. adj. B) credible C) essential G)miserable

An organization without trust will be full of fear and __27__. If you work for a boss who doesn't trust their employees to do things right, you'll have a___28___time.

27. n H) pressure J) records L) stacks M) suspicion

28. adj B) credible C) essential G)miserable

They'll be checking up on you all the time, correcting "mistakes" and__29__reminding you to do this or

that. Colleagues who don't trust one another will need to spend more time__30__their backs than doing any useful work.

29. adv A) constantly I) properly

30. doing D) exploring O) watching

……Organizations are always trying to cut costs. Think of all the additional tasks caused by lack of trust. Audit (审计) departments only exist because of it. Companies keep large volumes of__31__because they don't trust their suppliers, their contractors or their customers.

31. n H) pressure J) records L) stacks M) suspicion

Probably more than half of all administrative work is only there because of an ever-existing sense that "you can't trust anyone these days." If even a small part of such valueless work could be__32__, the savings would run into millions of dollars.

32. done E) gather F) load K) removed N) tracked

All this is extra work we__33__onto ourselves because we don't trust people-the checking, following through, doing things ourselves because we don't believe others will do them__34__-or at all. If we took all that away, how much extra time would we suddenly find in our life? How much of our work__35__would disappear?

33. v. E) gather F) load K) removed N) tracked

34. adv. A) constantly I) properly

35. n. H) pressure J) records L) stacks M) suspicion

第四部分 听力

一、救命绝招一：透过选项看门道，事半功倍

1. 总体原则：回忆答案->等待答案

2. 具体做法：扫主干，求同存异 （求同得主题，存异得听题重点）

3. 注意：默读选项

例: 【2020 年 12 月】

8. A) To order a solar panel installation.
   B) To report a serious leak in his roof.
   C) To enquire about solar panel installation.
   D) To complain about the faulty solar panels

录音：M:My name is Winston, I wish **to enquire about** solar panel installation.

9. A) He plans to install solar panels.
   B) He owns a four-bedroom house.
   C) He saves $300 a year.
   D) He has a huge family.

录音：M: …..I'm not sure how many panels **he** has sign up there, but **he** does have a large family of six.

10. A) The service of the solar panel company.
    B) The cost of a solar panel installation.
    C) The maintenance of the solar panels.
    D) The quality of the solar panels.

录音：M: ……could you tell me approximately how much a typical installation **costs**, like, say, four panels?

11. A) One year and a half.
    B) Less than four years.
    C) Roughly six years.
    D) About five years.

录音：W: ……But you know, a typical household will make back that initial investment **in about five years.**

二、救命绝招二：听题需眼耳并用，顺序匹配

听题原则：顺序出题，视听一致和同义替换是王道

例：【2017-12】

12. A) They are sensitive to the dynamics of a negotiation.

B) They see the importance of making compromises.

C) They know when to adopt a tough attitude.

D) They take the rival's attitude into account.

13. A) They know how to adapt.
B) They know when to stop.
C) They know when to make compromises.
D) They know how to control their emotion.

14. A) They are patient.
B) They are good at expression.
C) They learn quickly.
D) They uphold their principles.

15. A) Make clear one's intentions.
B) Clarify items of negotiation.
C) Formulate one's strategy.
D) Get to know the other side.

【录音】

W: Mr. Green, what do you think makes a successful negotiator?
M: Well, that's hard to define. But I think successful negotiators have several things in common. They are always polite and rational people. They are firm but flexible. They can recognize power and know how to use it. **They are sensitive to the dynamics of a negotiation**, the way it rises and falls, l and how it may change direction. They project the image of confidence. And perhaps most importantly, **they know when to stop.**
W: And what about an unsuccessful negotiator?
M: Well, this is probably all of us when we start out. We are probably immature and over-trusting, too emotional or aggressive. We are unsure of ourselves and we want to be liked by everyone. **Good negotiators learn fast（fast=quickly）**. Poor negotiators remain like that and go on losing negotiations.

W: In your opinion, can the skills of negotiation be taught?
M: Well, you can teach someone how to prepare for a negotiation.There are perhaps six stages in every negotiation: **get to know the other side**; state your goals; start the process;clarify areas of disagree mentor conflict; reassess your position, making acceptable compromises; and finally reach some agreement in principle. ……

三、救命绝招三：主旨+细节，搞定新闻题

1. 主旨题做法：标记核心名词或句子主干，听第一二句匹配选项（1.3.5 题）

例：(2017-6-5)

A）The discovery of a new species of snake.

B）The second trip to a small remote island.

录音：A new species of snake has been discovered on a remote island in the Bahamas.

5. What is the news report mainly about?

C）The finding of 2 new species of frog.

D）The latest test on rare animal species.

例：(2018-12-1）

A) A man was pulled to safety after a building collapse.

B) A beam about ten feet long collapsed to the ground .

C) A rescue worker got trapped in the basement.

D) A deserted 100-year-old building caught fire.

录音：Rescue crews pulled a man to safety after a collapse at a construction site in Brooklyn on Tuesday.

1. What happened at a construction site in Brooklyn on Tuesday?

2. 细节题做法：人物，动作，目的细节，通过选项反推听题重点，因果转折细节听到相关表达重点关注（2.4.6.7）

例：(2017-6-3）

A) He works at a national park.

B) He is a queen bee specialist.

C) He removed the bees from the boot.

D) He drove the bees away from his car.

录音：Thousands of bees left a town after landing on the back of a car when their queen got stuck in its boot. Tom Moses, who works at a nearby national park.

例：(2020-9-3)

A) To appeal for higher wages.

B) To demand better health care.

C) To call for a permanent security guard.

D) To dismiss the bad-tempered supervisor.

录音：More than 50 workers at the store have signed a letter calling for a permanent security guard following a series of incidents, ……

例：(2016-6-2)

A) Many countries have not taken measure to create enough jobs.

B) Few countries know how to address the current economic crisis.

C) Few countries have realised the seriousness of the current crisis.

D) Many countries need support to improve their people's livelihood.

录音：The Director-General of the International Labor Organization Juan Somavia notes that some countries have taken measures to address the effects of the global crisis **However** he points out that many countries have not done so.

***让步转折：however, but, although, nonetheless**

原因细节题：

Why does Japan limit the import of potatoes?

What is **the probable reason** the bear walks upright on its back legs?

According to Google, what was the **cause** of the accident?

What was the **root cause** of …?

What **accounts most for** the huge declines in tourism in France?

重点注意：**sth** is the main reason of…; due to **sth**; because of **sth**; **sth** has been one of the biggest reason why…

四、救命绝招四：场景词+问答，搞定长对话

1. 长对话核心技巧：熟读场景词，问答是关键，注意首尾和重复

例:（2017-6）

8. A) At a community college.
   B) At an accountancy firm.
   C) At a shopping centre.
   D) At an IT company.

9. A) Making phone calls.
   B) Arranging interviews.
   C) Sorting application forms.
   D) Helping out with data input.

10. A) He needs the money badly.
    B) He enjoys using computers.
    C) He wants to work in the city centre.
    D) He has relevant working experience.

11. A) Learn some computer language.
    B) Review some accountancy terms.
    C) Improve his programming skills.
    D) Purchase some business suits.

【录音】

M: Hi, Susan, you are looking very smart today.

W: I always look smart, James. Actually, I'm on my way to a job interview.

M: **What job?** Oh, you mean for the summer holidays?

W: Yeah, there's only two weeks to go. I've got a second interview with that big **foreign accountancy firm** in the city center. You know the one. M: That's fantastic!

W: The work is just **helping out with data input**. You know, but the pay isn't too bad. It might suit you too. I know they have at least two temporary positions available. And I don't think they have anyone else yet.

M: Um, if they take you on, tell them you know a friend who'd be really good too. **I really need the money** and the experience will look good on my resume. Maybe we'll be working together -- the dream team!

W: Ok, we'll do. If the boss likes me, I'll mention it. It will be good to have someone around who I know. I'll phone you afterwards. But perhaps you should put in an application anyway.

……

W: By the way, **how is your knowledge of accountancy?** The interviewer may ask you about it.

M: No problem. I think I can survive. I might just have to **review a few accountancy terms**. Maybe you can give me a practice interview first.

五、救命绝招五：听力重点提示词，搞定篇章听力

1. 听力重点提示词

重点逻辑提示词：but，however，yet，though，whereas，actually

in fact，instead of，nonetheless (转折)

since，as，because，so，that's why（因果）

if，when，only，unless，otherwise（条件）

for example，such as，in other words，for instance（举例）

信息比较提示词：more，most，~er，~est

结论信息提示词：show，indicate，find，believe，conclude，identify

reveal，discover，suggest，argue，report，it turns out that

数字时间提示词：年代（10 years=decade），价格（20%=one fifth），倍数（half=50%)

态度情绪提示词：sadly，unfortunately，fortunately，must，have to，had better

顺序线索提示词：first，for the first time，first of all，on top of all，second，finally，eventually

2. 总体原则

听到重点信息提示词，要根据其附近信息，快速与选项进行匹配，匹配不上就接着听，不要回想，能匹配上直接选。

例：（2016-6）

19. A) How much you can afford to pay.

B) What course you are going to choose.

C) Which university you are going to apply to.

D) When you are going to submit your application.

20. A) The list of courses studied. C) The references from teachers.

B) The full record of scores. D) The personal statement.

21. A) Specify what they would like to do after graduation.

B) Describe in detail how much they would enjoy studying.

C) Indicate they have reflected and thought about the subject.

D) Emphasize that they admire the professors in the university.

例：（2018-6）

19. A) Its construction started before World War I.

B) Its construction cost more than $40 billion.

C) It is efficiently used for transport.

D) It is one of the best in the world.

20. A) To improve transportation in the countryside.

B) To move troops quickly from place to place.

C) To enable people to travel at a higher speed.

D) To speed up the transportation of goods.

21. A) In the 1970s. C) In the 1950s. B) In the 1960s. D) In the 1940s.

六、救命绝招六：猜题技巧，蒙对一个，赚一个

1. **蒙题原则：形式或含义相似相对选项蒙答案 （含义>形式）**

例：（2017-6-5）

A) The discovery of a new species of snake.

B) The second trip to a small remote island.

C) The finding of 2 new species of frog.

D) The latest test on rare animal species.

例：（2018-6-1）

A) The return of a bottled message to its owner's daughter.

B) A New Hampshire man's joke with friends on his wife.

C) A father's message for his daughter.

D) The history of a century-old motel.

例：（2019-6-20）

A) Doing what they like best. C) Making no excuses for failures.

B) Loving the work they do. D) Following their natural instinct.

例：(2016-6-1)

A) The International Labor Organization's key objective.

B) The basic social protection for the most vulnerable.

C) Rising unemployment worldwide.

D) Global economic recovery.

例：(大纲样题 1)

1. A) Christmas-time attacks made by Somali rebels.

B) An explosion at a bus station in central Nairobi.

C) The killing of more than 70 Ugandans in Kampala.

D) Blasts set off by a Somali group in Uganda's capital.

2. 蒙题原则：“渣男”选项必选 （一个选项和好几个选项有关系，必选）

例：（2018-12-1）

A) Land a space vehicle on the moon in 2019..

B) Design a new generation of mobile phones.

C) Set up a mobile phone network on the moon.

D) Gather data from the moon with a tiny device.

例:（2016-12-5）

A) An environment-friendly battery.

B) An energy-saving mobile phone.

C) A plant-powered mobile phone charger.

D) A device to help plants absorb sunlight.

七、救命绝招六：跨坑技巧，少错一个，赚一个

1. 连续听到好几个选项，都不选

例：（2019-6-2）

A) Heavy floods. B) Safety concerns.

C) Bad economy. D) Workers’ strikes.

【录音】

Safety concerns have been one of the biggest reasons why the country has lost over half a billion in revenue already in the first six months of 2016. The terror attacks in Paris last November were called Europe's worst in the past decade. Besides violence, ***workers' strikes and heavy floods*** are said to have also been why international tourists have stayed away.

2. 不要随便听到一个词或短语就选择（听到部分信息可以划线，听到全部信息才打勾）

例：(2016-6-22)

A) Ph.D. candidates in dieting.

B) Students majoring in nutrition.

C) Students in health classes.

D) Middle and high school teachers.

【录音】

Joly Hubbard is a diet and nutrition expert who travels around the state to speak ***in middle and high schools***. She primarily speaks to **students in health classes** but sometimes the school will arrange for her to speak to several different groups of girls.

3. 小心巨坑——反向干扰。（出题人会利用原文信息，进行反义改写后放入选项）

例：(2016-6-21)

A) They are harder to meet than those for undergraduates.

B) They specify the number of credits students must earn.

C) They have to be approved by the examining committee.

D) They are the **same** among various divisions of the university.

【录音】

Graduation requirements specify the number of credits you must earn, the minimum grade point average you must achieve and the distribution of credits you must have from among differing departments or fields of study. In addition, it is necessary to apply for graduation when you are near the time that you will be completing your graduation requirements. Since *graduation requirements vary among divisions of the university*, you should consult the Bulletin of information.

4. 小心原文乱序干扰。（出题人会利用原文信息，乱序干扰，比如把最后面的原文编进前面题目的选项，或者把前面的信息编进后面的题目选项）

例 3：2016-6-2（22-25）

22. A) Ph.D. candidates in dieting.
    B) Students majoring in nutrition.
    C) Students in health classes.
    D) Middle and high school teachers.

23. A) Its overemphasis on thinness.
    C) Its mistaken conception of nutrition.

B) Its changing criteria for beauty. D) Its overestimate of the effect of dieting.

24. A) To demonstrate the magic effect of dieting on women.

B) To explain how computer images can be misleading.

C) To prove that technology has impacted our culture.

D) To illustrate her point that beauty is but skin deep.

25. A) To help students rid themselves of bad living habits.

B) *To establish an emotional connection with students.*

C) To promote her own concept of beauty.

D) To persuade girls to stop dieting.

【录音】

……Her biggest concern is the emphasis American culture places on thinness and the negative way that affects girls today. Jody has a Ph.D. in nutrition, but more important, she has personal experience. Her mother taught her to diet when she was only 8 years old. Joly has created several different presentations, which she gives to different types of audiences, and she ***tries to establish an emotional connection with the students*** (25) so that they will feel comfortable asking questions or talking to her privately. She shows them pictures and images from popular culture of beautiful women and explains how computers are used to make the women look even more thin and beautiful than they are in real life. She describes how ***the definition of beauty has changed over the years*** (23) and even from culture to culture. She then talks about health issues and the physical damage that can occur the result of dieting. Finally, she addresses self-respect and that notion that a person's sense of beauty must include more than how much a person weighs. Sometimes, Joly feels that she succeeds persuading some students to stop dieting. Other times, she feels that she fails.

5. 不要听到一致信息就马上选，注意后方有没有跟特殊信息+注意听问题。

例：(2017-12-16)

A) She went to the same university as her mother.

B) She worked as a nurse in the First World War.

C) She won the Nobel Prize two times.

D) She was also a Nobel Prize winner.

【录音】

Most people know ***Marie Curie was the first woman to win the Nobel Prize, and the first person to win it twice***. **However**, few people know that **she was also the mother of a Nobel Prize winner.**

16. What does the speaker say about **Marie Curie's daughter**?

6. 不到听完决不放松，善始善终。（听到一致内容，也不一定绝对是答案）

例 4：(2017-12-25)

A) Dream and make plans.
B) Take things easy in life.
C) Be content with what you have.
D) Enjoy whatever you are doing.

【录音】

I believe that as a young person, it's important to ***dream and make plans.*** **However,** it's also important to realize that not all of your plans will turn out exactly as you wish. One of the biggest lessons I have learned in life is this: **Be happy with what you have.**

25. What is one of **the biggest lessons** the speaker has learned in life?

八、救命绝招八：定心丸——考前踏实练习，模考；考中沉着冷静，胆大心细

1. 做完题目后一定多跟读跟听，不要只纠结正确率

2. 考前一定卡时间模考一下，找完整做题的感觉

3. 考前一定别熬夜，最好多在上午练听力

4. 带两副耳机去考场，以防万一

5. 记住：如果不能听懂，就对着选项去“听到”，不要放弃，一切皆有可能