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大学英语四级讲义

一、 考试情况介绍

(一) 分值情况

试卷结构	测试内容	测试题型	题目数量	分值比例	对应分值	考试时间
写作	写作	短文写作	1	15%	106.5	30 分钟
听力理解	短篇新闻	单选题	7	7%	49.7	25 分钟
	长对话	单选题	8	8%	56.8	
	听力篇章	单选题	10	20%	142	
阅读理解	词汇理解	选词填空	10	5%	35.5	40 分钟
	长篇阅读	匹配	10	10%	71	
	仔细阅读	单选题	10	10%	142	
翻译	汉译英	段落翻译	1	15%	106.5	30 分钟
总计			57	710		125 分钟

来源：《全国大学英语四、六级考试大纲》（2016 年修订版）

(二) 时间安排

时间	安排
8:40-9:00	试音时间
9:00-9:10	阅读考场注意事项，发放考卷，贴条形码
9:10-9:40	作文考试阶段
10:05-10:10	考试暂停 5 分钟，收答题卡 1(作文，听力)
11:20	收答题卡 2，考试结束

注意：根据考试规定，英语四级听力录音中含题目作答时间，播放完毕后，立即停止作答，监考员将立即回收答题卡 1，其中包含了作文和听力的答案。得到监考员指令后方可继续作答。提醒大家听力考试过程中听力比较好的可要边听边涂答题卡。

二、 听力

(一) 听力题型总结

1. 考试题型

短篇新闻	选择题（单选）	7 题	7%（每题 1 分）
长对话	选择题（单选）	8 题	8%（每题 1 分）
听力篇章	选择题（单选）	10 题	20%（每题 2 分）



2. 新闻听力

(1) 题目特点

新闻听力一般都采用倒金字塔型结构如下图所示，即将重要的内容，放在开头第一句话，后面的内容一般是针对导语的进一步展开。一般考查对新闻大意的理解，对新闻内容的理解，以及对新闻中数字、人物、时间、地点等细节的捕捉。



图 1 新闻结构示意图

(2) 新闻主题

四级听力的短篇新闻常见的有六种类型，按出现频率的高低依次是：气象及自然灾害，事故或犯罪，日常生活，健康及环保，科技军事类以及政治经济报道等。详细例题见附录一

3. 长对话

四级长对话一般是男女对话，说话者语速相对较快，大概是 1 分钟 135 个单词，比较考验你的注意力。长对话的主题一般比较贴近生活，其主要题目类型也可分为两类：

- ① 细节题类：包括时间、地点、人物、数字等，在听文章时将关键词记录下来与选项进行对比，从而保证正确率；
- ② 考查主题类：主要考察对话所谈论的主题。因为比较难，所以听之前一定要把所有选项略读一遍。

由于大部分的同学是没办法提前看完一遍选项的，所以这类边听边看的同学一定要注意把握节奏，以免在看选项时错过关键信息。读题时首先要关注问句。在对话中出现“where”、“when”等关键词时，你就要注意了！这些问句后大多后面会藏有答案，你将它记录下来，再看选项就会清晰很多。大致 get 主旨大意，就能有助于我们把握主要脉络。

4. 听力篇章



(1) 考试内容

在四级听力中，听力篇章是最难且占分比最大的一个部分，可以拉开分差。相比之前的几个部分，它的问题形式比较笼统，并不能让我们直接听到答案，而是需要我们去概括、理解和提炼。这个部分建议同学们一定要先看一遍选项，然后看的时候要养成习惯，圈出其中的名词以及“动词+名词”组合。这样我们就能粗略把控文意，听听力时也有目的性。

(2) 题目主题

① 中心思想题：What is the main idea of the passage?

做这一类题时一定要集中精力听好短文的开头，因为四级听力短文一般会开门见山，把中心思想置于文章的开头。另外，如果文中反复出现同一词汇或同一类词汇，同样也值得我们特别注意，因为包含有这类词汇的选项能较好地体现中心思想，通常就是正确答案。

② 事实细节题：问题一般为 wh-question 的形式

所考察的细节包括具体时间、地点、主要人物或事件、各种数字等。这类题要求我们听到文中出现时间、数字时一定要特别敏感，及时做好笔记；另外，文中一旦出现以因果连词(如 because, so, due to 等)和转折连词(如 but, however, though 等)引导的句子也要格外留心，这些地方往往就是考点。

③ 对错判断题：Which of the following is not mentioned?

听到这类题时，一定要听清提问，对于有没有 not 一词要弄清楚。一般情况下，not 一词会重读。一般这种题的最稳妥的做法是，现做现标，把题干中的细节重点标注出来，一般会出现原文改一个词的情况。

④ 推理推测题：What can be infer from the passage?

做这类题时一定要注意与短文内容一样的不是推断，而且一定要根据短文的观点而不是根据自己的观点来推断。

(二) 听力八大原则

1. 开头原则、顺序原则

这一原则下所要遵循的规律是开门见山，题文同序。英语四级听力的问题的设置方式是具有一定的顺序和规律，有的题目会直接出现在录音的开头，这便是开门见山原则因此要格外注意听力的首句，因为它不仅可能提示文章的主旨内容，还可能设置一定的题目。而题文同序是指题目出现的顺序和答案信息在录音中出现的顺序大体一致，答案一般会按照题目的先后顺序而在录音中出现。

Tips: 在听到听力原文后，发现文章的开头在介绍新闻或短文的概括或者主旨时，文章后面的部分是在详细解释这件事情的时候，可以大致推断文章是一个总分的结构，此时可以标注，或者画上文提到的倒三角形式。依次来提醒自己文章前面部分是主旨，可以用来解决文章概括主题的题目，后面的内容解决细节问题。

例题 1：2021 年 6 月大学英语四级考试真题（一）



1) 相关原文:

Kirsteen Marshall, a 34-year-old mum of one, posted a tearful video on social media Wednesday, begging for the safe return of her beloved pet dog. After combing through the security video outside a Gorbals shop, Kirsteen has now posted an image of a man suspected of stealing the dog.

The image appears to show a man carrying the dog in his arms. Kirsteen also believes the video obtained from the shop shows the dog being stolen by a man before driving off in a car which had been waiting nearby.

The family is now offering a 5,000 reward for the safe return of the dog after launching a social media campaign to find the thief.

The dog is six and a half years old and was last seen wearing a red collar.....

2) 题目

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

3. What is Kirsteen Marshall trying to do?

- A) Get her pet dog back. C) Post pictures of her pet dog on social media.
- B) Beg for help from the police. D) Identify the suspect on the security video.

4. What does the news report say about Kirsteen Marshall's family?

- A) It is suffering a great deal from the incident.
- B) It is helping the police with the investigation.
- C) It is bringing the case to the local district court.
- D) It is offering a big reward to anyone who helps.

3) 例题分析:

这是一道新闻类题目，两道题目的答案是按照先后顺序出现在录音中，其中 3 题的答案出现在录音的首句：“Kirsteen Marshall....., begging for the safe return of her beloved pet dog. After combing through the security video outside a Gorbals shop.”可知克里斯汀·马歇尔在社交网站上传了一个声泪俱下的视频，祈求她的宠物狗能平安回家，因此答案为 A)。接下来 4 题的问题是在录音的第四句找到相关的答案：“The family is now offering a 5,000 reward for the safe return of the dog after launching a social media campaign to find the thief.”新闻中提到，克里斯汀·马歇尔的家人在社交媒体上发起了寻找小偷的活动，并悬赏 5,000 英镑给帮助自己爱犬安全回家的人，因此答案为 D)。

例题 2: 2020 年 9 月大学英语四级考试真题

1) 相关原文:

(5) Drivers on their way to the Polish capital of Warsaw on Wednesday morning found the road blocked by an unusual obstacle; tons of liquid chocolate that spilled onto the motorway. (6) A truck carrying the sweet load hit a road barrier and overturned, blocking two lanes. The cracked tank spilled a pool of rapidly-hardening chocolate, which quickly covered the width of the road. While the driver was taken to hospital with a broken arm, firefighters struggled to remove a reported twelve tons of solid chocolate from the road. (7) A representative for the firefighters told the local TV that removing the chocolate was worse than dealing with snow. After contacting the chocolate manufacturer, the firefighters resorted to spraying hot, pressurized water to get rid of the sticky substance.....



2) 题目

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

5. What did drivers on the motorway to Warsaw find?

- A) The road was flooded.
- B) The road was blocked.
- C) The road was frozen with snow.
- D) The road was covered with spilled gas.

6. “what does the report say about the accident?”

- A) A truck plunged into a pool of liquid chocolate.
- B) The heavy snow made driving very difficult.
- C) The truck driver dozed off while driving.
- D) A truck hit a barrier and overturned.

7. What did the firefighters' representative tell the local TV?

- A) It was a long time before the cleanup was finished.
- B) It was a hard task to remove the spilled substance.
- C) It was fortunate that no passenger got injured.
- D) It was difficult to contact the manufacturer.

3) 例题分析：

这同样是一道新闻类题目，首先 5 题的问题的答案出现在第一句中 “Drivers on their way to the Polish capital of Warsaw on Wednesday morning found the road blocked by an unusual obstacle: tons of liquid chocolate that spilled onto the motorway.” 可见新闻开头提到，在去往波兰首都华沙的高速公路上，司机们发现道路被数吨洒出的液体巧克力堵塞了。因此答案为 B)。接下来在 6 题中，其答案出现在新闻的第二句中：“A truck carrying the sweet load hit a road barrier and overturned, blocking two lanes.” 可见新闻中提到，一辆载满甜食的卡车撞到路障后翻车，堵塞了两条车道。因此答案为 D)。最后在 7 题比较靠后，因此其答案会出现在新闻较为靠后的位置。根据录音可知，其答案出现在第 5 句中：“A representative for the firefighters told the local TV that removing the chocolate was worse than dealing with snow.” 可知新闻中提到，一名消防员代表告诉当地电视台，清理这些巧克力比清理大雪还难，由此推断，清理洒出的巧克力是一个艰巨的任务。因此答案为 B)。

例题 3：2020 年 12 月英语四级真题

1) 相关原文：

(16) Removing foreign objects from ears and noses costs England almost three million pounds a year, a study suggests. Children were responsible for the vast majority of cases--95% of objects removed from noses and 85% from ears. Every year an average of 1,218 nose and 2,479 ear removals took place between 2010 and 2016. (17) According to England's Hospital Episode Statistics, children aged one to four were the most likely to need help from doctors for a foreign object in their nose. Five-to-nine-year-olds come to the hospital with something in their ears the most. Jewellery items accounted for up to 40% of cases in both the ears and noses of children. Paper and plastic toys were the items removed next most from noses. Cotton buds and pencils were also found in ears. (18) According to the study, the occurrence of foreign objects in children is generally attributed to curiosity. Children have an impulse to explore their noses and ears. This resulted in the accidental entry of foreign



objects. Any ear, nose and throat surgeon has many weird stories about wonderful objects found in the noses and ears of children and adults. Batteries can pose a particular danger.....

2) 题目:

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

16. What does England spend an annual three million pounds on?

- A) Paying hospital bills for emergency cases.
- B) Doing research on ear, nose and throat diseases.
- C) Removing objects from patients' noses and ears.
- D) Providing routine care for small children.

17. What do we learn from England's Hospital Episode Statistics?

- A) Children aged one to four are often more curious than older children.
- B) Five- to nine -year- olds are the most likely to put things in their ears.
- C) Many children like to put foreign objects in their mouths.
- D) Many children like to smell things they find or play with.

18. What is generally believed to account for children putting things in their ears or noses?

- A) They want to attract attention.
- B) They are unaware of the potential risks.
- C) They tend to act out of impulse.
- D) They are curious about these body parts.

3) 例题分析:

这是一道听力篇章的题目，此题目中的问题设置也是遵循了题文同序得原则。首先 16 题的问题答案出现在短文的首句：“Removing foreign objects from ears and noses costs England almost three million pounds a year, a study suggests.”可见短文开头指出，一项研究显示，英格兰每年花费三百万英镑用于为患者取出塞入耳朵和鼻子中的异物。因此该题选 C)。在接下来的 17 题的答案出现在短文的第三句：“According to England's Hospital Episode Statistics..... Five- to nine -year -olds come to the hospital with something in their ears the most.”可知根据英格兰医院统计数据，五到九岁的孩子则最可能因耳朵里塞入异物去医院就诊。由此推测，五到九岁的孩子最有可能把东西放到耳朵里。因此答案选择 B)。最后 18 题答案应当按照顺序出现在文章的靠后位置，因此根据录音的第 7 句：“According to the study, the occurrence of foreign objects in children is generally attributed to curiosity. Children have an impulse to explore their noses and ears. This resulted in the accidental entry of foreign objects.”可知短文提到，根据研究，儿童往鼻子和耳朵里塞入异物通常是由于好奇，他们有探索自己鼻子和耳朵的冲动。因此答案选择 D)。

2. 视听原则

视，即看到的选项，因此可以先通读选项，记录关键词，并且对比选项之间的区别。听，即听到的录音，认真倾听录音内容。视听原则要遵循的规律是要选择吻合度更高的选项。四个选项中完整被读到的选项或者吻合度最高的选项一般为正确选项。

Tips: 当听到文章中有一些词与选项中的词一样或者相似时，可以在选项中将这个词圈出，并且多次出现的词要多圈花几次，最好选择出现次数最多，或者



被完整读到的词句。

例题 1：2021 年 6 月英语四级真题（二）

1) 相关原文：

Employee Erilto is grateful for their animals' comforting ways. "Cats are sleeping just beside us. It's healing," she said. (6) **Not only does Fukuda encourage bringing cats to the job, but he also encourages his employees to rescue cats from overpopulated shelters or streets.** He gives 5,000 yen, about 45 US dollars a month to those who rescue a cat.

2) 题目：

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

6. What does Fukuda encourage his employees to do?

- A) Keep cats off the street.
- B) Rescue homeless cats.
- C) Volunteer to help in animal shelters.
- D) Contribute to a fund for cat protection.

3) 例题分析：

该题目是新闻类题目的其中一道，其问题是：“What does Fukuda encourage his employees to do?”而问题的答案出现在新闻的第四句：“Not only does Fukuda encourage bringing cats to the job, but he also encourages his employees to rescue cats from overpopulated shelters or streets.”可以看出录音中反复出现 cats 一词，可以重点关注 A 和 B 选项，同时 B 选项中有 rescue 一词在新闻可以对应，并根据句意福田鼓励员工带着猫工作，还鼓励员工从动物数量过多的动物收容所或大街上救助猫，因此答案为 B)。

例题 2：2020 年 9 月大学英语四级考试真题

1) 相关原文：

At just 12 years old, Mike Hannon is making a difference in his community-one lunch at a time. "Mike's Lunches of Love" has fed more than 2 000 of the town's most vulnerable residents. (19) **Mike delivers meals to the homeless.** "It's like a way to give people joy, maybe spark something in them that can change them," Mike told WBZ-TV. The mayor of Mike's town feels that Mike is a great community leader, especially in such times of so much negative news. While his father commented on how proud he was of his son, yet, Mike isn't looking for praise, but kindness in return. (20) **He hopes his acts of charity will influence others to spread positive actions in their own towns.** Mike includes a hand written message of joy on each bag. His message and star power has spread all over the country. To date, his online page to raise funds has brought in more than \$44 000 and counting, raising more than \$17 000 in just one day, with the help of many famous actors and others. (21) **People from all over the country are sending special handcrafted bags to help the young man with his mission to help those in need.** Many are hoping the simple act of kindness spreads. Mike is seen as hope for the future of the town, the country and the world.

2) 题目：

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

19. What does Mike Hannon do to help people in his town?



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- A) Give free meals to the homeless.
 - B) Provide shelter for the homeless.
 - C) Help the vulnerable to cook lunches.
 - D) Call for change in the local government.
20. What does Mike hope others will do?
- A) Strengthen co-operation.
 - B) Promote understanding.
 - C) win national support.
 - D) Follow his example.
21. How are people all over the country responding to what Mike is doing?
- A) Spreading news of his deeds.
 - B) Writing him thank-you notes.
 - C) Following the example he sets.
 - D) Sending him hand-made bags.

3) 例题分析:

这是一组听力篇章的题目，同时词组题目和答案具有很明显的单词相吻合和对应的特点，其中 19 题的题目为：“What does Mike Hannon do to help people in his town?”根据短文第二句中：“Mike delivers meals to the homeless.”可以与 19 题中的 A) 选项的 meals 与 homeless 相吻合，因此答案为 A)。此外在 20 题中，其问题为：“What does Mike hope others will do?”看到问题中的 hope 一词可以锁定短文中：“He hopes his acts of charity will influence others to spread positive actions in their own towns.”迈克希望自己的善举可以影响其他人，在他们自己的城镇传播善业。因此案为 D)。最后第 21 题的问题是：“How are people all over the country responding to what Mike is doing?”当听到：“People from all over the country are sending special handcrafted bags to help the young man with his mission to help those in need.”可以找到对应的词:People from all over the country,因此这句话是 21 题的答案，迈克的善举影响了很多，全国各地的人们都给他送来了特制的手工包，以帮助这个以助人为己任的年轻人。因此答案为 D)。

例题 3：2021 年 6 月英语四级真题（二）

1) 相关原文:

Researchers said they investigated individuals attitudes towards mathematics because of what could be referred to as a mathematics crisis in the UK. (17)There's a widespread misunderstanding that only low performing children suffer from math anxiety. People automatically assume children are anxious about math because they are poor achievers. In fact, more than three quarters of children with high levels of math anxiety are normal to high achievers.

2) 题目:

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

17. “What is the widespread misunderstanding about math anxiety?”

- A) It will gradually pass away without teachers' help.
- B) It affects low performing children only.
- C) It is related to a child's low intelligence.
- D) It exists mostly among children from poor families.

3) 例题分析:

该题目是听力篇章的其中一道题目，它的问题对应短文中的原文是：“There's a widespread misunderstanding that only low performing children suffer from math anxiety. People automatically assume children are anxious about math



because they are poor achievers.”其中原文中的 widespread misunderstanding 可以与问题相对应，因此可以及时找到问题答案的位置，其次在原文中的 low performing 与选项中的该词相吻合，并且根据句子大意可以得到确定：有一种普遍的误解认为只有表现不佳的儿童才会患上数学焦虑，因此答案为 B)。

例题 4：2020 年 12 月英语四级真题（一）

1) 相关原文：

M: Okay, sure. This is a family business started by my grandfather in 1950. We employ just over 100 people. We manufacture and export stone for buildings and other constructions. Our clients usually want a special kind of stone cut in a special design. And that's what we do in our factory. Our main challenge is that our national currency is rising, and we're losing competitive advantage to stone producers in India.

W: I see. That's very interesting. (11) I would suggest that you let us first conduct a financial analysis of your company, together with an analysis of your competitors in India. That way we could offer the best advice on different ways forward for you.

2) 题目：

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

11. What does the woman suggest doing to help the man's company?

A) Introducing innovative marketing strategies.

B) Seeking new ways to increase its exports.

C) Providing training for its staff members.

D) Conducting a financial analysis for it.

3) 例题分析：

该题是长对话中的一道题目，其问题可以根据 suggest 一次定位到原文中：“I would suggest that you let us first conduct a financial analysis of your company, together with an analysis of your competitors in India.”并且根据反复出现的 analysis 的一次以及与 D 选项相吻合的 financial analysis 一词，可知该题应选 C)。女士对男士公司提出的建议，即首先对男士的公司和其在印度的竞争对手进行财务分析。

3. 选项题提示原则

在该原则下，适合选项中具有相同点的题目。首先竖读选项，看各选项具有的相同点，如有相同的定位词(理解题意)、人称相同、实词相同或结构相同。然后横读选项，找出选项所存在的不同点，以此来确定出题点。

例题 1：2021 年 6 月英语四级真题（二）

1) 相关原文：

W: Hi, Max. How are you? Listen. (12) I wanted to ask you about ordering shopping online. I've never done it before and I know that you've been doing it for ages.

M: Sure; I love getting my shopping delivered. It makes life so much simpler no carrying heavy shopping bags in the rain, or trying to park the car on those huge supermarket car parks then not being able to find it again after you come out of the shops.

2) 题目：

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



12. What did the woman want to ask Max about?

- A) Shopping delivery.
- B) Shopping online.
- C) Where he goes shopping.
- D) How often he does shopping.

3) 例题分析:

该题目是长对话的其中一道。首先竖读选项可以看到四个选项中都有 shopping 一词，可见该词为定位词，文章与购物有关。然后在横读选项发现购物发生的关系不同。其问题为：“What did the woman want to ask Max about?”再次通过原对话中的：“Hi, Max. I wanted to ask you about ordering shopping online.”可知女士想咨询网上购物的相关问题，因此答案为 B)。

例题 2：2019 年 12 月四级真题（一）

1) 相关原文:

According to the park's manager, Mr. Villiers, the goal is not just to clear up the park. He says visitors are already good at keeping things clean. Instead, he wants to show that nature itself can teach us to take care of the environment. (6) He says that rooks, the chosen birds, are considered to be particularly intelligent. In the right circumstance, they even like to communicate with humans and establish a relationship through play. The birds will be encouraged to clean the park through the use of a small box that delivers a small amount of bird food each time the rook deposits a cigarette end or a small piece of rubbish.

2) 题目:

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

6. “Why were rooks chosen by the park manager?”

- A) They are especially intelligent.
- B) They are children's favorite.
- C) They are quite easy to tame.
- D) They are clean and pretty.

3) 例题分析:

这个题目是新闻类题目中的一道，首先竖读选项可以发现四个选项具有相同的人称都是 They are.....但是后面的特征有所不同，并且根据新闻中的：“He says that rooks, the chosen birds, are considered to be particularly intelligent.”可以与选项 A 中的 especially intelligent 相对应。说明公园管理人选秃鼻乌鸦因为它们很聪明。答案选择 A)。

例题 3：2019 年 12 月四级真题（一）

1) 相关原文:

It takes about a day until these cells make it to your aching muscles. That's why there is most often a delay associated with muscle soreness. (24) Repair of damaged cells takes about two days, and afterwards the soreness disappears.

2) 题目:

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

24. How long does it take for damaged cells to heal?



- A) About one week.
- B) About two days.
- C) About ten days.
- D) About four weeks.

3) 例题分析:

24 题是听力篇章的一道题目，同样首先观察选项具有一定的相似性都是大约为多久的格式，因此可以推断此题考查一定的时间，但是有的是几天，而有的几周，只有通过仔细倾听听力原文才能判断。根据原文中：“Repair of damaged cells takes about two days, and afterwards the soreness disappears.”表明了受损细胞需两天时间才能痊愈。因此答案选择 B)。

例题 4: 2019 年 6 月大学英语四级考试真题（一）

1) 相关原文:

On 1 January, new regulations will come into effect which eliminate an annual leave bonus for people who put off marrying until the age of 23 for women and 25 for men, the South China morning post reports.

(3) The holiday bonus was designed to encourage young people to delay getting married in line with China's one-child policy. But with that policy now being abolished, this holiday incentive is no longer necessary, the government says.

2) 题目:

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

3. What was the purpose of the annual leave bonus in China?

- A) To end the one-child policy.
- B) To encourage late marriage.
- C) To increase working efficiency.
- D) To give people more time to travel.

3) 例题分析:

该题是新闻类题目中的一道，首先纵向观察四个选项，可以知道的是它们有相同句式结构：To do.....表明一定的目的。但具体的目的是不同的。并且根据原文中的：“The holiday bonus was designed to encourage young people to delay getting married in line with China's one-child policy.”与 A 选项的 late marriage 相对应，表明了这一假期奖励意在鼓励年轻人推迟结婚，因此答案选择 A)。

4. 重复原则

这一原则所遵循的内容是：在很多情况下，录音中出现的某些词句重复得次数越多，越可能是正确的答案，因此在遇到听力中有反复出现的词句时要格外注意。

例题 1: 2019 年 6 月大学英语四级考试真题（一）

1) 相关原文:

Everyone loves a good house party, but the cleaning-up the next morning isn't as enjoyable. Now, however, (5) a New Zealand-based startup company aims to bring messy homes—and even splitting headaches—back to normal.

The properly named startup Morning-After Maids, was launched about a month



ago in Auckland by roommates Rebecca Foley and Catherine Ashurst. Aside from **cleaning-up**, the two will also cook breakfast, and even get coffee and painkillers for recovering merry makers. Although they are both gainfully employed, they fit **cleaning** jobs into their nights and weekends, which is when their service is in most demand anyway.

2) 题目:

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

5. What is the news report mainly about?

- A) Cleaning service in great demand all over the world.
- B) Two ladies giving up well-paid jobs to do cleaning.
- C) A new company to clean up the mess after parties.
- D) Cleaners gainfully employed at nights and weekends.

例题分析:

这道题目来自一则新闻，该题的问题为：“What is the news report mainly about?”属于需要概括新闻主旨的问题。根据原文中：“A New Zealand company aims to bring messy homes—and even splitting headaches—back to normal.”说明当前有家公司正力求让聚会后脏乱不堪的家复归正常，即这家新公司意在帮助人们清扫聚会后一片狼藉的家。可以知道答案是 C 选项。同时该文章中反复出现的 **company** 和 **clean up** 的词句也可以定位到 C 选项中，说明了新闻的主要内容与这个清洁公司有关。

例题 2: 2021 年 6 月大学英语四级考试真题(一)

1) 相关原文:

Mr. Wilson says, **(7) when people start to know other people around them, they realize they're not that different. And whatever their financial background, or their educational background, most people will have something in common with each other.** He says it's important that his café can offer his customers security and permanence.

2) 题目:

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

7. What happens when people start to know each other according to Guy Wilson?

- A) They will realize the importance of communication.
- B) They will come to the café even more frequently.
- C) They will care less about their own background.
- D) They will find they have something in common.

3) 例题分析:

这是新闻类题目的其中之一。这道题目的问题其答案出现在文章的最后：“when people start to know other people around them, they realize they're not that different. And whatever their financial background, or their educational background, most people will have something in common with each other.”虽然答案中也出现了 Background 一词，容易与 C 选项混淆。但是新闻多次出现的 **they're not different** 和 **have something in common**，都表示了他们之间存在相同的地方，并且根据原文意思：当人们开始了解周围的人时，他们会意识到他们与别人并无太大不同，不管他们的经济、教育背景怎样，大多数人都有共同之处，因此答案为 D)。



例题 3：2021 年 6 月大学英语四级考试真题(一)

1) 相关原文：

(19) A pair of entrepreneurs are planning to build and launch a spacecraft that would carry and roast coffee beans in outer space. The craft will use the heat of re-entry to roast coffee beans as they float inside it in a pressurised tank. The effect would be to roast the beans all over, and produce perfect coffee. The businessmen say that on Earth, beans can easily break apart and get burned in the roaster. But if gravity is removed, the beans float around in a heated oven, received 360 degrees of evenly distributed heat and roast to near perfection.

2) 题目

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

19. What are a pair of entrepreneurs planning to do?

- A) Taste coffee while in outer space.
- B) Roast coffee beans in outer space.
- C) Develop a new strain of coffee bean.
- D Use a pressurised tank to brew coffee.

3) 例题分析：

这道例题是听力篇章中的一道题目，它的问题为：“What are a pair of entrepreneurs planning to do?”根据听力原文：“A pair of entrepreneurs are planning to build and launch a spacecraft that would carry and roast coffee beans in outer space. The craft will use the heat of re-entry to roast coffee beans as they float inside it in a pressurised tank. The effect would be to roast the beans all over, and produce perfect coffee.”可见虽然选项中都有 coffee 一词，但是在听力原文中出现反复出现的是 roast coffee beans，因此与 B 选项相对应。此题句意为：企业家正计划建造并发射一艘宇宙飞船，该飞船将携带咖啡豆并在外太空烘焙，因此答案为 B)。

例题 4：2020 年 12 月大学英语四级考试真题(一)

1) 相关原文：

Almost half the center of Paris will be accessible only by foot or bicycle this Sunday to mark World Car-Free Day. (4) This is in response to rising air pollution that made Paris the most polluted city in the world for a brief time. Mayor Anne Hidalgo promoted the first World Car-Free Day last year. Hidalgo also has supported a "Paris Breathes" day. On the first Sunday of every month, Paris clears traffic from eight lanes of the main road. About 400 miles of streets will be closed to cars. It is expected to bring significant reduction in pollution levels. Last year's car-free day showed a 40 percent drop in pollution levels in some parts of the city, according to an independent air pollution monitor, reports The Guardian—and sound levels dropped by 50 percent in the city's center.

2) 题目：

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

4. What motivated the mayor of Paris to promote the first World Car-Free Day in her city?

- A) The unbearable traffic noise.



- B) The worsening global warming.
- C) The ever-growing cost of petrol.
- D) The rising air pollution in Paris.

3) 例题分析:

这道题目是新闻听力的其中一道，其问题为：“What motivated the mayor of Paris to promote the first World Car-Free Day in her city?”根据听力原文内容：“This is in response to rising air pollution that made Paris the most polluted city in the world for a brief time.....About 400 miles of streets will be closed to cars. It is expected to bring significant reduction in pollution levels.Last year's car-free day showed a 40 percent drop in pollution levels in some parts of the city.”反复出现的 pollution 一次说明与降低污染有关，新闻提到，为了应对日益严重的空气污染，巴黎市长去年推广了首个世界无车日。因此正确选项为 D)。

5. 关键词原则

在四级听力中，有一些关键的词能够为我们提供一些重要的信息，因此一定要抓住以下几类关键词，从而不会错过一些提示和答案。

(1) 极端词

如 first, only, at least 等表示一些顺序，或者表示仅仅，至少等含义的词需要注意。

例题 1：2019 年 12 月四级真题（二）

1) 相关原文:

M: Getting paid is good, But I don't understand why you're so excited. It happens every month.

W: Well,I've been working for a few years. In fact, I worked all through university,but I only had part-time jobs then.(8)so this is the first time I've ever been paid for a month of full-time work.

2) 题目:

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

8. Why did the woman feel excited?

- A) She received a bonus unexpectedly.
- B) She got a well-paying job in a bank.
- C) She received her first monthly salary.
- D) She got a pay raise for her performance.

3) 例题分析:

这道题目是长对话中其中的一道，其问题为：“Why did the woman feel excited?”并且根据原文中：“this is the first time I've ever been paid for a month of full-time work.”可知这是该女士第一次得到一个月全职工作的报酬。因此对应 C 选择中她收到了第一份月薪。因此答案为 C)。

例题 2：2019 年 12 月四级真题（一）

1) 相关原文



M:I always feel down when I see others accomplishing things and I feel miserable about my own achievements. I'm always trying to be as good as others, but I never seem to get there.

W: Listen. If you always compare yourself with others, you'll never feel good enough.(15)You're the only person you should be comparing yourself with. When you compare your current status with the starting point, you'll find you've made progress, right? That's good enough.

2) 题目:

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

15. What does the woman suggest the man do?

- A) Try to be optimistic whatever happens.
- B) Compare his present with his past only.
- C) Always learn from others' achievements.
- D) Treat others the way he would be treated.

3) 例题分析:

这是长对话中的一道题目，并且根据听力中原文内容有：“You're the only person you should be comparing yourself with. When you compare your current status with the starting point, you'll find you've made progress”，看到 only 后可知这句话的意思为女士建议男士“能和自己比较的只有自己”，只有不断超越自我才能有进步，因此与选项中的 B 相对应。答案为 B)。

(2) 最高级词汇

例如 most, best, worst, 以及一些形容词和副词的最高级需要关注。

例题 1: 2020 年 7 月大学英语四级考试真题

1) 相关原文:

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

W: Yes, some people seem to spend a lot of time there and not order much.(11)The most annoying ones for cafe owners must surely be those usually only two of them who occupy a table for six with their laptops and paperwork.

2) 题目:

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

11.What is most annoying for cafe owners according the woman?

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

3) 例题分析:

这道题目是长对话的其中一道，其问题根据录音可以知道：问题中出现了最高级 most 的形式，因此可以在原文找到对应的最高级形式于此对应。根据原文中：“The most annoying ones for cafe owners must surely be those usually only two



of them who occupy a table for six with their laptops and paperwork.”可知通过对话中女士提到,咖啡馆的老板们最讨厌的肯定是那些两个人因为办公占用六人桌的情况。因此答案选择 D)。

(3) 逻辑关键词

例如一些表示因果关系的词,如提示原因在后的词: because, since, as, due to, result from 以及表示一些因在前的词: so, therefore, lead to, result in

例题 1: 2021 年 6 月大学英语四级考试真题(一)

1) 相关原文:

In cold and snowy Alaska, there's a village called 'Taikotna. It has a population of a mere 49 souls. (22) Each March, this tiny village swells up in numbers, because it is located in the middle of a race that takes place every year. It is a seven-day race, called the Iditarod Trail and participants stop at Takotna for their obligatory 2A-hour rest. Lucky for them, Takotna is famous for its delicious fruit pies.

2) 题目:

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

22. Why do a lot of people come to the village of Takotna every March?

- A) It is the best time for sightseeing.
- B) A race passes through it annually.
- C) They come to clean the Iditarod Trail.
- D) It is when the villagers choose a queen.

3) 例题分析:

这道题目是听力篇章的其中之一,根据问题可知我们需要找能提示到原因的词句。根据原文中:“Each March, this tiny village swells up in numbers, because it is located in the middle of a race that takes place every year. It is a seven-day race.”可以通过 because 后面的内容找到原因,每年三月这里人数会暴增,因为这里每年都会会有一个为期 7 天的比赛,因此答案为 B)。

例题 2: 2019 年 12 月四级真题(二)

1) 相关原文:

M: Actually, it's the beginning of next month for the job, but the university needs a decision by the end of the week. So I have to act quickly.

W: (13) You definitely need advice for the important decision like this. So who have you talked to about it? What does your family think? And your advisor for your master's program?

2) 题目:

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

13. What does the woman say the man should do?

- A) Turn to his girlfriend for assistance.
- B) Give priority to things more urgent.
- C) Think twice before making the decision.
- D) Seek advice from his family and advisor.

3) 例题分析:



这是长对话的题目之一，这道题目的问题是：“What does the woman say the man should do?”而根据原文中：“You definitely need advice for the important decision like this. So who have you talked to about it? What does your family think? And your advisor for your master's program?”在 so 后的内容是女士建议询问的问题，她认为男士应该向家人和导师寻求帮助。因此答案为 D)。

(4) 转折关系

表示一定的转折关系的词也应当受到关注，例如 but, however, unfortunately, whereas, while, despite, although, though, in contrast 等。

例题 1：2020 年 12 月大学英语四级考试真题(一)

1) 相关原文：

Thanks to the International Space Station, we know quite a bit about the effects of low gravity on the human body,(22)but NASA scientists want to learn more. To that end, they have been studying how other species deal with low gravity, specifically focusing on mice.....

2) 题目：

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

22. What do NASA scientists want to learn about?

- A) How animals deal with lack of gravity.
- B) How mice interact in a new environment.
- C) How low gravity affects the human body
- D) How mice imitate human behavior in space.

3) 例题分析：

这道题目是听力篇章中的其中一道，根据原文中：“but NASA scientists want to learn more. To that end, they have been studying how other species deal with low gravity, specifically focusing on mice.”发现重点关注转折后面的内容有助于我们听到正确答案。这句话表明了，人们通过国际空间站了解到低重力对人体的影响，但是美国航空航天局科学家想进一步研究其他物种是如何应对低重力环境的。因此 A 选项符合正确答案。

例题 2：2020 年 7 月大学英语四级考试真题

1) 相关原文：

Many times, I've felt lonely when surrounded by a big group of people. (16)In contrast, being alone can actually be a blessing, particularly when you've actively chosen it. In my experience, being bored and alone is dangerous and can easily lead to the feeling of loneliness.

题目：

2) Questions 16 to 18 are based on the passage you have just heard.

16. What does the speaker say about being alone?

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



3) 例题分析:

这道题目是听力篇章的其中一道。其问题为：“What does the speaker say about being alone?”根据听力原文内容有：“In contrast, being alone can actually be a blessing, particularly when you've actively chosen it”听到 in contrast 表示后面的内容要转折，并且发现后面的 blessing 与 B 选择对应，因此可以找到正确答案。这句话的含义是独处实际上是一种好事，尤其是当你主动选择独处的时候。

(5) 举例提示词

有一些表示举例的提示词的前文和后文的内容较为重要，可以适当关注，这些词有：for example, for instance, such as 等。

例题 1：2019 年 12 月四级真题（一）

1) 相关原文:

According to a German professor, (22) the soreness comes from straining your muscles in an uncommon way, for example, jumping on a bicycle for a ride, because you haven't ridden in a longtime. Soreness occurs since your leg muscles aren't used to that movement. When muscles perform activity they aren't regularly exposed to, the tiny fibers that are inside them are being torn apart.

2) 题目:

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

22. What does the German professor say about muscle soreness?

- A) It occurs when people are doing a repetitive activity.
- B) It results from exerting one's muscles continuously
- C) It happens when people engage in an uncommon activity.
- D) It comes from straining one's muscles in an unusual way.

3) 例题分析:

此题目是听力篇章中的其中一道。其问题是：“What does the German professor say about muscle soreness?”根据原文录音的内容有：“the soreness comes from straining your muscles in an uncommon way, for example, jumping on a bicycle for a ride, because you haven't ridden in a longtime.”肌肉疼痛是由于你的肌肉以一种不常见的方式牵拉所致，例如，因为你已经很久没有骑过自行车而跳上自行车兜风。可见 for example 前的语句说明了造成肌肉酸痛的原因，而后面的举例用生活中的例子加以佐证。因此答案应选择 D)。

6. 问答原则

问答原则就是要注意在对话中的一些关键信息，通过认真倾听问题进行定位，从答语中找到答案，其中要重点关注开头和结尾部分。

Tips: 在听长对话是可以标注男和女两个词，因为对话一般都是男女之间进行，并将其相应的简单观点标注在对应男士或女士之后，从而避免混淆到底是谁的观点。这里有一些小标记方法，首先可以写首字母缩写：问题 problem→Pro，医生 doctor→doc，不同的 different→differ 等自己可以理解的缩写。或者是图画表示如增加可用↑表示等，进而加快标记速度。

例题 1：2021 年 6 月大学英语四级考试真题(一)



1) 相关原文:

M: Yes, I was thinking that around 6:00 would be good too. **What food should we provide?**

W: Well, I had thought about baking a cake, and some biscuits. And now I think we should prepare some sandwiches and snacks, and some other kinds of food, **(9) so that people can just help themselves, rather than getting everyone to sit down at the table to eat a meal. I think that's a bit too formal. It's better to let people walk around and talk to each other, or sit where they like.**

2) 题目

9. “Why does the woman say it is a good idea to serve foods that guests can help themselves to?”

- A) It makes the hostess's job a whole lot easier.
- B) It enables guests to walk around and chat freely.
- C) It saves considerable time and labor.
- D It requires fewer tables and chairs.

3) 例题分析

这是长对话中的一道题，根据录音可知其问题中与食物 food 有关，而根据原文对话中的内容：“What food should we provide?”，可知该提问之后的内容也会与食物有关，需要着重关注后听到下面有：“so that people can just help themselves, rather than getting everyone to sit down at the table to eat a meal.....(9)It's better to let people walk around and talk to each other, or sit where they like.”可知男士询问女士准备什么食物时，女士说还是提供三明治和点心，这样客人可以来回走动，互相交流。因此答案应为 B)。

例题 2: 2020 年 9 月大学英语四级考试真题（一）

1) 相关原文:

M: Lisa, **why did you pay for your meal with cash instead of the payment apps on your phone?**

W: Well, I've gone back to cash. I'm only using payment apps if that's the only option. **(8) I'm trying to save money for a new phone, and I find that using cash rather than payment apps helps me to save.**

2) 题目:

8. Why did the woman decide to go back to cash for payment?

- A) She wanted to save for a new phone.
- B) She found it much safer to use cash.
- C) She could enjoy discounts with cash.
- D) She had been cheated using phone apps.

3) 例题分析:

这同样是长对话中的一道题目，其问题为：“Why did the woman decide to go back to cash for payment?”通过倾听原文可以发现，在对话的首句就出现了与问题相似的提问：“why did you pay for your meal with cash instead of the payment apps on your phone?”因此可以判断下面的回答就会是问题的答案：“I'm trying to save money for a new phone, and I find that using cash rather than payment apps helps me to save.”可知对话开头，男士询问女士为何不用手机支付而是用现金支付。女士说



她想攒钱买一部新手机,她发现用现金付款能帮自己省钱。因此答案为 A)。

7. 相关讲话

(1) 人物观点

有一些新闻或者听力短篇会对一些人物的观点和话语进行出题, 出现人名+介绍+动词+that 的形式, 因此注意人物的名字和观点的定位, 话后可能就是答案。

例题 1: 2021 年 6 月大学英语四级考试真题(一)

1) 相关原文

London's Eggs & Bread café offers boiled eggs, toast, jam, and bacon, as well as tea, coffee and orange juice. But at the end of the meal, customers don't have to worry about the bill. Hungry customers can pay whatever amount they can afford to eat at the café, or nothing at all.

(5) Owner Guy Wilson says his café aims to build community, rather than profits. He wants to provide a bridge for people to connect in an area that has been divided by class and wealth by providing affordable breakfasts.

2) 题目

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

5. What does Guy Wilson say his café aims to do?

- A) Provide free meals to the local poor.
- B) Help people connect with each other.
- C) Help eliminate class difference in his area.
- D) Provide customers with first-class service.

3) 例题分析

听力原文时, 听到人名字时注意做标记, 可以记下其名字或者开头字母, 如此题中的 G, 并大概记忆其说过的话和观点

仔细听问题, 当听到问题中有人名时, 和前面听到的人名进行匹配

人物匹配后, 将其观点与选项进行对比, 选择最符合原文的选项。

这道题目是一道新闻类的题目, 通过问题中对人名 Guy Wilson 的定位, 可知名字的后面会是我们需要的答案。即文章中: “Owner Guy Wilson says his café aims to build community, rather than profits. He wants to provide a bridge for people to connect in an area that has been divided by class and wealth by providing affordable breakfasts.” 可见咖啡馆主人盖伊·威尔逊说他开咖啡馆目的不是赚钱, 而是通过提供人们可以吃得起的早餐, 为具有不同阶级和经济背景的人们搭建沟



通的桥梁。因此,答案为 B)。

例题 2: 2021 年 6 月大学英语四级考试真题(二)

1) 相关原文

(4)Speaking ahead of the All Energy Conference being held in Glasgow, Scottish Power chief executive Keith Anderson said: "We have a large supply of renewable energy on our doorstep and one of the only two low emission zones in action across the UK. Now, we need to invest in the technologies and programmes that transform the rest of Glasgow's economy and make us net zero before anyone else."

2) 题目

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

4. What did Scottish Power's chief executive say ahead of the All Energy Conference?

- A) Glasgow needs to invest in new technologies to reach its goal.
- B) Glasgow is going to explore new sources of renewable energy.
- C) Stricter regulation is needed in transforming Glasgow's economy.
- D) It's necessary to create more low-emission zones as soon as possible.

3) 例题分析

这道题目是新闻类的其中之一。根据问题中的人物 Scottish Power's chief executive 的定位,可知人物后的话将是问题的答案。因此根据: "Scottish Power chief executive Keith Anderson said: "We have a large supply of renewable energy on our doorstep and one of the only two low emission zones in action across the UK. Now, we need to invest in the technologies and programmes that transform the rest of Glasgow's economy and make us net zero before anyone else."可知苏格兰电力公司的首席执行官在能源大会之前提出他们需要投资技术和项目来实现格拉斯哥其他地区的经济转型。因此, A 选项与之匹配。答案为 A)。

(2) 专家讲话

一些新闻和听力短篇中经常会有一些专业人士的意见,如:专家 experts, 教授 professor, 科学家 scientist 等,这些人物的话语有时也是解题的关键。

例题 1: 2021 年 6 月大学英语四级考试真题(二)

1) 相关原文

To meet the new definition for addiction, the behavior must damage a person's relationships or performance at school or work, and this must last for atleast a year.(21)Still not all behavior experts agree. Some argue that there's not enough research on the subject. Thus, they claim it is too early to call computer game addiction a disorder.

2) 题目

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

21.What do some behavior experts think of addiction to computer games?

- A) It may be less damaging than previously believed.
- B) There will never be agreement on its harm to people.



C) It may prove to be beneficial to developing creativity.

D) There is not enough evidence to classify it as a disease.

3) 例题分析:

这是听力短篇的其中一道题目。通过听力中的问题，可知需要注意 experts 的意见。因此根据原文中的：“Still not all behavior experts agree. Some argue that there's not enough research on the subject. Thus, they claim it is too early to call computer game addiction a disorder.”可见为不是所有专家都同意电脑游戏成瘾是一种疾病的说法，有些人认为这方面的研究还不够，他们认为将电脑游戏成瘾称为一种疾病还为时过早。因此答案为 D)。

例题 2：2021 年 12 月大学英语四级考试真题(一)

1) 相关原文:

The eleventh day of the experiment shows the mice are not just dealing with the gravity change but actually seem to be enjoying it. Several of the mice are observed running around the cage walls. (25) The scientists wanted to see whether the mice would continue doing the same kinds of activities they were observed doing on Earth. The study showed that the mice kept much of their routines intact, including cleaning themselves and eating when hungry.

2) 题目:

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

25. What did the scientists find about the mice from the experiment?

A) They changed their routines in space.

B) They began to eat less after some time.

C) They behaved as if they were on Earth.

D) They repeated their activities every day.

3) 例题分析:

这道题目是听力短篇中的一道。根据其问题可以定位到科学家 scientists 这一人物，因此需要注意其之后的观点。根据原文有：“The scientists wanted to see whether the mice would continue doing the same kinds of activities they were observed doing on Earth. The study showed that the mice kept much of their routines intact, including cleaning themselves and eating when hungry.”短文最后提到，研究人员想看看这些老鼠是否会继续做它们在地球上的那些活动。研究表明在太空中这些老鼠大部分的日常活动未受影响，包括自我清洁和饥饿时进食。由此可知，它们的举止行为和在地上一样。因此答案为 D) 选项。

(3) 研究表明

还有一些具有科学性的新闻与听力短文中会有一些科学研究或调查的内容容易出现考点，这些词有：study, research, evidence shows 等，与其对应的有一些固定搭配的短句如：research shows that, the evidence has proved that, This study demonstrate that 等之后的内容也是重要考点。

例题 1：2019 年 12 月大学英语四级考试真题(一)



1) 相关原文:

(17) Research has also shown that in coeducational settings, teachers are more likely to praise and give in-depth responses to a boy's comments in class. In contrast, they might only respond to a girl's comments with a nod. They are also more likely to encourage boys to work through problem son their own, while they tend to step in and help girls who struggle with a problem.

3) 题目:

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

17. What do teachers tend to do in coeducational settings?

- A) Praise girls who like to speak up frequently.
- B) Encourage girls to solve problems on their own.
- C) Insist that boys and girls work together more.
- D) Respond more positively to boys comments.

3) 例题分析:

此题目是听力短篇其中之一，根据问题发现关键词定位在 teachers 之上，但是根据听力原文发现，在研究结构之下是老师的一些行为和倾向，根据：“Research has also shown that in coeducational settings, teachers are more likely to praise and give in-depth responses to a boy's comments in class, In contrast, they might only respond to a girl's comments with a nod.”可知混合性别学校的老师往往会更喜欢积极回应男生的发言，与 D)选项相符。

8. 特殊句式

听力中有两类特殊句式，分别是设问句和反问句，其中设问句表示一定的强调，而反问句表示建议。其中设问句的例子：“Do you know what is the most important thing of the earth? Water resources account for about 70% of the earth's total, which is the largest material on the earth.”是一种典型的自问自答的句子，类似的句式还有：“What is true friendship? People who share joys and sorrows are true friends”同样反问句的例子有：“What a profound lesson this is! Isn't it worth remembering forever?”再比如：“Is there anything more precious than time in the world?”

例题 1: 2016 年 12 月大学英语四级考试真题（二）

1) 相关原文:

[25] Did you know that, besides larger places like France and Germany, Europe is home to several extremely tiny countries? One of these countries contains less than a square mile of land. Another is surrounded on all sides by Italy. Yet each is an independent land, with its own government, trade, and customs.

2) 题目:

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

25. What does the speaker mainly talk about?

- A) European history.
- B) European geography.
- C) Small countries in Europe.



D) Tourist attractions in Europe.

3) 例题分析:

这道题目是属于听力短篇中的一道，首先问题是需要概括文章的大意。同时根据听力原文中很明显的一个设问句：“Did you know that, besides larger places like France and Germany, Europe is home to several extremely tiny countries? One of these countries contains less than a square mile of land. Another is surrounded on all sides by Italy. Yet each is an independent land, with its own government, trade, and customs.”强调了除像法国和德国这样的大地方之外，欧洲还有几个非常小的国家，因此答案为 C) 选项。

三、写作

(一) 常用句型

英语四级想要出彩，要在句式上下功夫，让人眼前一亮，因此平时要注重对常用句型和高级句式进行积累。以下内容根据不同的主题和场景进行整理，例举一些作文中的常用句式，并且整理了一些典型开头常用句型，见附录二。

一. 图画图表类

1. From the graph, we know the statistics of and..... It can be seen easily that...

从图表中，我们知道.....还有.....不难看出...

2. From the bar chart, it is clear that between.....and..... the amount of ranged from.....to.....

从柱状图可以清楚地看出，在.....和.....之间，其数量达到从.....到.....

3. In the cartoon presented to us.... Obviously, what the cartoon illustrates/reveals is...

漫画中呈现给我们.....显然，这幅漫画所展示的是...

二. 哲理格言类

1. As the commonly-heard saying/idiom/proverb goes“.....”

正如俗语/成语/谚语所说“.....”

2. I assume that you are familiar with one saying, which is commonly-heard, “.....”

我想你很熟悉一句俗语，这句话很常见：“.....”

3. Simple as the sentence may sound, it contains abundant life philosophy and informs us of the significance of A.

尽管这句话听起来很简单，但它包含了丰富的人生哲学，并告诉我们 A 的意义。

4. To further demonstrate the importance of A, I would like to take sb. as a case in point.

为了进一步证明 A 的重要性，我想以某人为例作为一个恰当的例子。

三. 反驳类

1. From my perspective/As for me, at no time should we ignore the importance of A.

在我看来，我们任何时候都不能忽视 A 的重要性。

2. Accordingly, we should foster/develop the habit of A in our work/daily life.



因此，我们应该在工作/日常生活中养成良好的习惯。

3. Consequently, it is advisable for us to pay more attention to A when doing sth..

因此，在做某事时，我们最好多注意一点。。

四.比较类

1. The advantage far out-weigh the disadvantages.
它的益处远大于弊端。
2. The advantages of A are much greater than those of B.
A 的优势远大于 B。
3. A may be preferable to B, but A suffers from the disadvantages that...
A 可能比 B 更可取，但 A 的缺点是.....

五.社会现象类

1. Now there is a growing awareness/recognition of the necessity to.....
现在人们越来越认识到.....的必要性
2. Now people in growing/significant numbers are beginning/coming to realize/be aware that.....
现在越来越多的人开始意识到。。。。。
3. After a good many years of enthusiasm forpeople begin to.....
经过多年对.....的热情，人们开始。。。。。。。

(二) 高级替换词汇

当作文许多千篇一律的作文中能够出现一些高级的词汇，会为文章润色不少，因此注重对高级替换词语的积累会使我们的作文脱颖而出。首先一些形容词我们可以用一些更加高级的词汇来替换，例如表示重要的词除了 important 还可以用 essential, crucial, vital, primary, indispensable 等词来替换。其次一些表达可以用短语来替代不仅增加了词汇的使用，而且会使文章更加出彩。例如表示喜欢的不仅仅能用 like，还可以使用 be crazy about, be fond of, be keen on, be addicted to 等词组。更多的高级替换词汇经过整理见附录三。

(三) 长句写法

有一定英语基础的同学会不满足于写出语法正确的句子，他们会在写作中尝试写长句。长句有长句的好处，写得好的话，读起来很痛快，可以高效传递大量信息，还可以增强句式的多样性，但是前提是需要写的恰当，下面举例一些长句写法。

1. there is no doubt that.....

例句：There is no denying the fact that air pollution is an extremely serious problem: the city authorities should take strong measures to deal with it.

无可否认，空气污染是一个极其严重的问题：城市当局应该采取强有力的措施来解决它。

2. with the increase/decrease of

例句：With the ever-increasing popularity of video entertainment society must pay



attention to these effects.

随着视频娱乐的日益普及，社会必须关注这些影响。

3. It is +a+ that....

例句：It is indisputable that there are millions of people who still have a miserable life and have to face the dangers of starvation and exposure.

无可争辩的是，有数百万人仍然过着悲惨的生活，不得不面对饥饿和暴露的危险。

4.believe/think/know that, which may/can do sth.

例句：The majority of students believe that part-time job will provide them with more opportunities to develop their interpersonal skills, which may put them in a favorable position in the future's job markets.

大部分学生相信业余工作会使他们有更多机会发展人际交往能力而这对他们未来找工作是非常有好处的。

5. As the saying goes, +谚语

例句：As the saying goes: you don't know what happiness is until you lose it, you don't know what health is until you are ill.

俗话说，只有失去了幸福，你才知道什么是幸福。只有生病了，你才知道什么是健康。

（四）常考题型模板

一. 社会现象和解决问题型

1. In recent days, we have to face 1 problem____ (描述问题 A), which is becoming more and more serious. First, ____ (说明 A 的现状). Second ____ (举例进一步说明现状).

Confronted with A, we should take a series of effective measures to cope with the situation. For one thing, ____ (解决方法一). For another ____ (解决方法二). Finally, ____ (解决方法三).

Personally, I believe that ____ (我的解决方法). Consequently, I am confident that a bright future is awaiting us because ____ (带来的好处)

仿照拓展例子 1:

In recent days, we have to face the air pollution in cities, which is becoming more and more serious. First, due to the development of transportation and the increasing use of cars, the air quality has been deteriorated. Second, this phenomenon is also exacerbated by the emission of industrial waste gas

Confronted with the air pollution, we should take a series of effective measures to cope with the situation. For one thing, it is important to reduce vehicle exhaust emissions. For another, the government needs to introduce corresponding policies to reduce the emission of industrial waste. Finally, Each of us should pay attention to the protection of the environment.

Personally, I believe that my suggestions are constructive and referential. Consequently, I am confident that a bright future is awaiting us because good suggestions and measures can bring substantial improvement to reality



二. 谚语名言型

1. It is well known to us that the proverb: " ____ (谚语) ____ " has a profound significance and value not only in our job but also in our study. It means ____ (谚语的含义) ____ . The saying can be illustrated through a series of examples as follows. (also theoretically)

A case in point is ____ (例子) ____ . Therefore, it is goes without saying that it is of great of importance to practice the proverb ____ (谚语) ____ .

With the rapid development of science and technology in China, an increasing number of people come to realize that it is also of practical use to stick to the saying: ____ (谚语) ____ . The more we are aware of the significance of this famous saying, the more benefits we will get in our daily study and job.

仿照拓展例子 2

It is well known to us that the proverb: " Failure is the mother of success. " has a profound significance and value not only in our job but also in our study. It means Failure is not terrible. Success can only be achieved through failure. The saying can be illustrated through a series of examples as follows. (also theoretically)

仿照拓展例子 3

With the rapid development of science and technology in China, an increasing number of people come to realize that it is also of practical use to stick to the saying: "Science and technology is the primary productive force". The more we are aware of the significance of this famous saying, the more benefits we will get in our daily study and job.

三. 图表类型

1. It is obvious in the graph/table that the rate/number/amount of ____ has undergone dramatic changes. It has gone up/grown/fallen/dropped considerably in recent years (as X varies).

What is the reason for this change? Mainly there are three reasons behind the situation reflected in the graph/table. First of all, ____ (第一个原因) ____ . More importantly, ____ (第二个原因) ____ . Most important of all, ____ (第三个原因) ____ .

From the above discussions, we have enough reason to predict what will happen in the near future. The trend described in the graph/table will continue for quite a long time if necessary measures are not taken

仿照拓展例子 4

It is obvious in the graph that the number of obese students has undergone dramatic changes. It has gone up in recent years.

What is the reason for this change? Mainly there are three reasons behind the situation reflected in the table. First of all, now the food has more and more calories. More importantly, unhealthy eating habits can easily lead to obesity. Most important of all, now students have more pocket money to buy junk food.

From the above discussions, we have enough reason to predict what will happen in the near future. The trend described in the table will continue for quite a long time if necessary measures are not taken.



四.书信类型

Dear XXX

I am extremely pleased to hear from you./ to see your advertisement for the position in And I would like to write a letter to tell you that.../ I am confident that I am suitable for the kind of the job you are advertising.

.../ I feel I am competent to meet the requirements you have listed. On the one hand.... On the other hand I am enclosing my resume for your kind consideration and reference.

I shall be much obliged if you will offer me a precious opportunity to an interview. I will greatly appreciate a response from you at your earliest convenience/ I am looking forward to your replies at your earliest convenience.

Best regards for your health and success.

Sincerely yours,
X X X

仿照拓展例子 5

Dear XXX

I am extremely pleased to see your advertisement for the position in school. And I would like to write a letter to tell you that I want to apply for an English teacher. I am confident that I am suitable for the kind of the job you are advertising.

..I feel I am competent to meet the requirements you have listed. On the one hand, my English score and level are quite good. On the other hand, I like to explain my knowledge to others. I am enclosing my resume for your kind consideration and reference.

I shall be much obliged if you will offer me a precious opportunity to an interview. I will greatly appreciate a response from you at your earliest convenience/ I am looking forward to your replies at your earliest convenience.

Best regards for your health and success.

Sincerely yours,
X X X



（五）历年真题文章解析总结

一.真题分析

1.议论文:

根据对今年英语四级真题作文的分析和整理,可以看出近年来作文部分的考察还是议论文的题目比较多。议论文通常采用三段式的形式,该类型的作文需要明确自己的论点,侧重于使用好论据来把握住论点,通常的写作逻辑是提出论点,使用论据来证明,最后总结升华主题。并且每一次考试都会设置3套试卷,每一套试卷的作文题目不完全相同,但是它们的题材和大致方向是相似的。例如在2020年12月的三套是分别题目对比如下图所示,都是与change改变有关。

试卷	题目
2020年12月四级真题(一)	Changes in the Way of Education
2020年12月四级真题(二)	The Changes in the Way of Transportation
2020年12月四级真题(三)	The Changes in the way of Communication

以第一套例题为例:其题目为:“Changes in the Way of Education”其写作思路可为以下过程,在写作时也可以简单写出和构思写作的提纲。

①第1段引出话题并提出观点:今年很多学生都经历了教育方式的革命性变化,这将对中国教育产生深远影响。

②第2段具体阐述变化带来的影响:互联网巨头们的快速反应保证了全国范围内在线授课的质量,师生可以实现实时互动;提高了教学质量,大规模在线。开放课程将我们引入充满知识的新世界。

③第3段总结全文并深化主题:教育方式的改变将对教育产生深刻影响。

参考范文:

The Changes in the Way of Education

This year, almost each and every student in China has witnessed the revolutionary changes in the way of education, from offline to online. In my perspective, these changes have far-reaching influence on our education.

Firstly, thanks to the advanced technology, the fast reaction of Internet giants guarantees the constantly improving quality of online courses on a national scale. As a result, teachers and students can have real-time interaction in their own home, which could not have happened before. Secondly, inspired by the changes of modes of education, many teachers began to integrate their teaching with MOOCs, contributing to an enhancement of teaching quality. Finally, the increasing popularity of MOOCs leads us to a new world of knowledge full of educational resources online today so that everyone could have free access to invaluable knowledge.

To conclude, the changes in the way of education will continue to exert a profound impact on education.



2.应用文:

应用文也是四级写作经常考查的作文类型，是备考四级写作的重点。并且这种类型的文章更加侧重于对格式和人称的要求，在信件中的语气方面要表现礼貌和友善。在简历，通知和广告的语言要体现书面和官方。在逻辑方面要注重对题干中信息的全面把握，不要漏掉关键信息。四级写作考查的应用文有以下命题特点：

- ①以书信、广告为主。虽然应用文的范围很广，包括书信、简历、广告、通知、便条等，但四级写作中的应用文以书信、广告为主。
- ②对信件格式的要求并不复杂。一般只要注意信头、称呼、正文和签名即可。
- ③注意语体。这取决于写信的对象。

试卷	题目
2019 年 12 月四级真题 (一)	write a letter to a foreign friend who wants to teach English in China. Please recommend a city to him.
2019 年 12 月四级真题 (二)	write a letter to a foreign friend who wants to learn Chinese. Please recommend a place to him.
2020 年 12 月四级真题 (三)	write a letter to a foreign friend who wants to study in China. Please recommend a university to him.

以 2019 年 12 月四级真题为例，此次的作文题目设置为书信形式，需要向外国友人介绍中国的相关内容，但是每套主要侧重介绍的主题不同，书写这样的作文需要注意格式。以第一套真题为例进行分析。开篇可简单寒暄，引出写信目的并给出推荐；主体部分详细阐述推荐理由；结尾可表达期待、给予鼓励。同样可以根据题目写出提纲，例如：

- ①表达知晓对方来中国教书的喜悦之情，并为其推荐目标城市(重庆)。
- ②阐述理由：实现职业追求；享受生活和工作；纠正学生有耐心；符合性格。
- ③表达对“对方来中国教书”的支持。

参考范文：

Hi Mark,

I'm so glad that you have made up your mind to teach English in China. Before you make a decision about your precise destination, let me introduce my hometown, Chongqing.

Located in southwest China, Chongqing may not enjoy worldwide fame as much as Beijing or Shanghai, but it is a thriving metropolis with lower cost of living. Working and living here, you can achieve your career goals without feeling too much stress. The locals are known for being warm and hospitable, and you can teach in a way that feels good for you. To be sure, teaching a foreign language in a city where residents speak a dialect all the time can be very challenging. It takes time indeed to correct pronunciation mistakes each student makes. But since you are always praised for your kindness and patience, it should hardly be an obstacle for you.



Anyway, I will support and help you as much as possible, whichever city you go to. I believe living and teaching in China will be a pleasant and memorable experience for you.

Best wishes,
Li Ming

3 漫画图表题

图画式作文涉乃图画作文和图表作文。在完成这种类型的题目时，要注意对主题的把握，不要跑题，同时在写作逻辑方面，同样是可以通过根据漫画内容提出观点，然后论证观点，最后总结和升华观点来完成。图画式作文有以下特点：
①形式上仍以图画作文为主要考查形式。这种类型的写作真题以图画作文为主，以图表作文为辅。虽然题目中不会给出提纲，但是基本上可以把文章写成三段论的形式。

②写起来不容易“跑题”。Directions 部分对于考生把握作文主题有一定的提示作用，基本给出了写作的大致方向。另外，有些图画或图表旁边或者下方会有文字提示，使考生更容易捕捉作文的主题，不容易写“跑题”、写“偏题”。

③题材上多为热点话题且贴近日常生活。这种类型的写作选材范围均为考生最为关注且与考生息息相关的热门话题，如手机的影响、电脑与日常生活、教育等。



“Why am I going to school if my phone already knows everything?”

近年来对于这类作文题型的考察较少，以最近的一年即 2015 年 6 月的第一套真题为例，所考察的是漫画题，在 Directions 中有这样的描述：“You should start your essay with a brief description of the picture and then comment on the kid's understanding of going to”同时根据漫画底下的文字提示可以列出大致的提纲：

写作提纲

①提出观点：手机在学习中虽然重要但并非必不可少(play an important but not indispensable role)

②论证观点：学生自身应具有很好的知识储备(have a good command of)，我们的个人知识(personal knowledge)促进了手机的发展

③总结观点：过度依赖手机弊大于利 (over-dependence on phones does more harm than good)，要平衡好手机与知识学习的关系(balance the relationship between phones and study)

参考范文：



The Role of Phones in Study

What the drawing vividly depicts is that a pupil asks his mother why he is going to school since his phone already knows everything. The picture illustrates that some students are highly dependent on their phones, overlooking the importance of personal study. However, as far as I am concerned, phones play an important but not indispensable role in students' learning.

There is no denying that mobile phones have brought much convenience, but we are not supposed to rely on them too much in the process of study. In the first place, we should have a good command of knowledge on our own to cope with various situations without phones at hand. In the second place, it is our personal knowledge that promotes the development of phones. Without the basic education at school, phones would not be invented.

All in all, over-dependence on phones does more harm than good. Therefore, we should properly balance the relationship between phones and study. Only in this way can we benefit most from our learning process.

二. 议论文写作思路及模板

议论文写作作为近年来最常考的考试题型，应该受到更多的关注，议论文一般都是采用三段式的结构，接下来对议论文每一段的写作内容进行例举，并总结相应的写作模板。

1. 第一段引出句子

1) When it comes to the issue concerning whether (问题), opinions vary from person to person.

当提到关于...的话题时，人与人观点不一。

2) Recently, the issue of.....has been brought into focus/brought to public attention.

近来，_____问题已经成为人们关注的焦点。

3) With the rapid growth of ___ have/has become increasingly important in our daily life.

随着_____的快速增长，_____在我们的日常生活中已经变得越来越重要。

4) One of the burning/pressing questions/problems facing/confronting our nation/society today is ___.

我们的国家/社会今天面临的紧迫问题之一是_____。

5) Everything in the world has its own two sides. Without exception, A has both advantages and disadvantages.

任何事情都有两面性，A也不例外，有其优势和劣势(利与弊)。

2. 第一段个人观点表达

1) I believe, it is not advisable for sb. to do sth.

我认为，做....事这对某人来说是不可取的。

2) In my opinion, we should attach more importance to ...

在我看来，我们应该更重视....

3) As far as I am concerned, I plan to ...Personally, I prefer ...



就我而言，我计划...就我个人而言，我更喜欢....

- 4) In my view, both sides are partly right in that ...But for me, I would rather ...
在我看来，双方都有一部分是对的...但对我来说，我更愿意...
- 5) As regards me, I tend to choose ...
至于我，我倾向于选择....

3. 第二段总起分析原因

- 1) There are numerous reasons why __, and I would like to explore a few of the most important ones here.

为什么_____的原因有很多，在此列举几个较为重要的原因。

- 2) And I would like to present two explanations for this:

对于此，我有如下两点愚见：

- 3) The reasons are chiefly as follows.

主要原因如下：

- 4) The rear three premier(主要的)/best/ most important, largest, significant, obvious, crucial causes as follows.

以下这些是造成这一问题的最主要/最好/最重要/最大/最有意义/明显/至关重要的原因。

- 5) The reasons are presented below.

原因如下。

4. 第二段内容填充

①分类论证

- 1) The first reason can be seen by every person.

第一个原因其实很明显。

- 2) Another reason why..(凑字数，但不可滥用) is that....(有利于写长句)

另外一个原因是....

- 3) There is another factor that deserves some words here.

还有另外一个很重要的原因。

- 4) more essential factor why.... is that

更为重要的原因是.....

- 5) A further reason why.... is that...

更深层次的原因是....

- 6) The second thing that must be taken into consideration is that...

第二个原因也很重要(值得考虑)，亦即.....

- 7) The third but very important reason is that...

第三个比较重要的原因是.....

- 8) The last factor to be taken seriously is...

第三个重要原因是

- 9) Moreover/Furthermore.

此外，

- 10) Finally/Last but not least.

最后



②因果论证

- 1) A number of factors are accountable for this situation.
造成这种情况的原因有很多。
- 2) The answer to this problem involves many factors.
这个问题的答案涉及很多因素。
- 3) The phenomenon mainly stems from the fact that...
这种现象主要源于.....
- 4) The factors that contribute to this situation include...
造成这种情况的因素包括.....
- 5) The change in ...largely results from the fact that...
在...方面的变化很大程度上是因为....
- 6) One of the most common factors (reasons) is...
最常见的因素（原因）之一是.....

5. 第三段总结措施

①措施

- 1) It might be time to hear the warnings of some economists/scientists.
该是听听一些经济学家的警告的时候了。
- 2) It is time that we put/urged an immediate end to the undesirable situation of ____.
该是结束_____这种讨厌的情况/趋势的时候了。
- 3) Therefore, in order to __, effective means should be taken to ____
所以，为了____，必须采取有效措施来_____。
- 4) It is high time that __. Here are some of the things that might be taken up immediately.该是_____的时候了。这里有几项措施可以立即着手执行。
- 5) It is suggested that the government should make efforts to ____..
人们建议政府应该做出努力去_____。
- 6) Awareness of the seriousness of the problem is the first step toward the solution.
意识到这个问题的严重性是解决问题的第一步。

②谚语警示

- 1) A case in point is __例子__. Therefore, it is goes without saying that it is of great of importance to practice the proverb __谚语__
这方面的一个例子是。因此，不言而喻，实践这句谚语_____是非常重要的
- 2) With the rapid development of, an increasing number of people come to realize that it is also of practical use to stick to the saying: __谚语__. The more we are aware of the significance of this famous saying, the more benefits we will get in our daily study and job.
随着....的发展，越来越多人认识到实践..._____谚语_____的重要性。我们越是意识到这句名言的重要性，我们在日常学习和工作中得到的好处就越多。
- 3) “....”Such is the opinion of a great man. This remark has been confirmed time and time again by many historical events. _____。
这是一位伟大的人物的观点。该言论已经被许多历史事件反复验证。



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4) There is an old saying, “.....” It is the experience of our forefathers, however, it is correct in many cases even today.

古语道：“_____”这是前辈的经验，但在今天许多情况下也适用。

5) “.....” is the opinion held by__ This remark has been confirmed time and again by more and more people. “_...”

_____是_____的观点，而且被越来越多的人反复证实。

四、 阅读理解

(一) 选词填空

1.命题介绍

(1) 题型介绍

选词填空这一题型是大学英语四级考试的新题型，选词填空题的文章长度在220-250 词左右，要求从给出的 15 个词中选择 10 个填入合适的空中。长度体裁一般多为记叙文、说明文或夹叙夹议的文章。题材多具有社会性、普及性，如人物介绍、科普知识或社会热点，而不会选择过于专业化的文章。所考的 10 个词均为实词，即能独立充当句子成分的词，如名词、形容词、动词和副词。可以看出，这一部分很大程度在考察语法知识。

2.题型分值

测试内容	题目数量	分值比例	考试时间
Section A: 选词填空	10	5% (35.5 分)	40 分钟 (248.5 分)
Section B: 段落匹配	10	10% (71 分)	
Section C: 仔细阅读	10	20% (142 分)	

在题目的分值方面，大学英语四级阅读的分值分配如图所示，其中选词填空，是阅读理解的 Section A 部分，它在四级阅读部分的分值占比较小，分值比例占 5%，约为 35.5 分。同时该题目具有一定的难度，但是掌握了做题技巧和方法后，同样可以在这部分拿到可观的分数。

(2) 解题步骤

①浏览全文和选项

这一步为了解文章的大致内容和选项，做到心中有数。主要关注文章中涉及的人物、事件、地方、原因以及结果。反复出现的词将会是帮助大家掌握文章大致内容的重要线索。



注意：扫读各段段首句，务必看懂第一句。选词填空第1句是不会出题的，一般第一句对全文起概括、提示的重要作用。因此，务必认真理解。注意空格前后内容，为寻找正确选项做铺垫。以2020年7月的四级真题为例，可以发现文章的第一句话中没有设题目，而且可知该文章是与科学有关。

“Science and everyday life cannot and should not be separated.” Those were the words uttered by pioneering British scientist Rosalind Franklin, who firmly believed that the pursuit of science should be 26 to all.

② 确定选项的词性

标出15个选项的词性，这一步骤最为关键。四级选词填空只考实词中的四种，代词、数词、虚词（包括冠词、介词、连词、感叹词）是不考的，不会出现在选项里。所以，选项单词有六大类词性：n., v., adj., adv., v-ing., v-ed。标注的词性如下表所示。

词性	标记	句子成分
名词	标写 n	做主语和宾语
形容词	标写 adj	做定语
副词	标写 adv	做状语
动词	要细分为 v, v-ing., v-ed 等	一般做谓语，填什么形态要根据实际语法时态判断

③ 词性判断

标注词性时，一般通过后缀来判断。这里带大家复习一下各词缀对应的词性：

不同词性	结尾后缀	举例单词
名词后缀	以 ion, age, ness, ity, ship, ance, ment, ence, ency, cant, th 等为结尾	implication, courage, loneliness, reality, friendship, assistance, agreement, reference, frequency, significant, depth
形容词后缀	以 ive, able, ent, ant, ful, ous, ary, ic, ical, less 结尾；	active, reliable, different, distant, powerful, Dangerous, contrary, electric, physical, Dependent, fearless
副词后缀	以 ly, ably, ally, ward, wise 结尾；	Literally, suitably, conditionally, upward, otherwise
动词后缀	以 ize, ise, ish, fy 结尾。	Publicize, criticise, vanish, minify

④ 注意：

以-ing, -ed 结尾的词既可能是动词，也可能是分词用作形容词。考试时，这两种都会考到，根据历年考试情况，作动词情况比较多，但也考到过分词用作形



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容词的情况。所以，遇到-ing,- ed 结尾的词，一定要结合上下文考虑。

有的词，同时兼顾多种词性，既可做动词，也可做名词或形容词，实际运用得根据上下文判断。比如 challenge, display, concern, range, rest 等，遇到这种情况两种词性都要标出来，下表为例举部分一词多性单词。

Book	n:书籍	v: 预约
Change	n:支票	v: 改变
Circle	n:圆	v: 盘旋
Cross	n:十字形记号	v: 交叉
Current	n:激流	Adj:现在的
Deal	n:成交	v:解决
Deposit	n:定金	v:将...放在
Challenge	n:挑战	v:对...怀疑
Concern	n:关心	v:涉及
Range	n:范围	v:排序
Rest	n:其余	v:休息
Open	n:公开; 户外	v:打开

(3) 带入原文，进行匹配

词性分类之后，回到原文中，根据原文中空格前后的单词或语句确定所填词的词性，然后从分好类的单词中选择出词性、意思、语法都符合要求的最佳选项。我们可以根据一些简单的语法知识确定答案。

① 空格处应填入名词(n.)的情况

(1) 冠词 (a /an/the)、形容词 (adj) + _____，空格处应填入名词；

例题 1:

The 26 is that loneliness is a huge, if silent, risk factor .

解：空格位于定冠词 The 之后,因此空格处需要填入名词。因为空格后的系动词 is 是单数，因此本空格应填入不可数名词或可数名词单数形式。

(2) _____ +动词，可以考虑空格处应填入该动词的主语（名词）；

(3) 介词 (to ,from ,for 等) + _____，空格处充当介词宾语，答案应为名词或动名词。

② 空格应填入动词(vt./vi)的情况

(1) 名词/代词 pron (作主语) + _____ +名词/代词 (作为动词的宾语)，空格处应及物动词；

例题 2:

When Ph.D. student Quentin Willot 32 the hair from an ant with a knife and put it under a heat lamp, its temperature jumped.

解：空格位于主语 Quentin Willot 之后, 宾语 the hair 之前,因此空格处需要填入



动词作谓语。

(2) 名词/代词+____，此时的动词做谓语；

例题 3:

I 34 that with online surveys I just click the option that's closest to my mouse cursor(光标)to get the damn thing off my screen.

解：空格位于主语之后,空格所在部分缺少谓语,因此空格处需要填入动词。

(3) 不定式标志 to+____，有两种情况。一种是空格处应填入动词原形；另一种情况 to 作介词，空格应填入动名词 v-ing 形式。这是一种动词+介词 to+动名词作宾语结构。这一种结构是考试中的大热考点，考生容易产生定势思维，想当然的认为“to”之后要跟 to do"不定式，所以，请特别重视下列含有“to"的动词短语。

admit to doing sth	承认做了某事
apply to doing sth	适用于做某事
object to doing sth	反对做某事
see to doing sth	负责做某事
stick to doing sth	坚持做某事
take to doing sth	喜欢上做某事。逐渐习惯做某事。

例题 4:

But for the Saharan silver ant, crawling from their underground nests into the sun's brutal rays to 27 for food, this is the perfect time to seek lunch.

解：空格位于动词不定式符号 to 之后,介词短语 for food 之前,因此空格处需要填入动词原形。

例题 5:

These methods apply to learning English.这些方法适用于英语学习。

解：这是一种动词+介词 to+动名词作宾语结构。因此为动名词 learning。

③ 空格应为形容词(adj.)的情况

(1) 名词+____或____+名词，空格处应填形容词；

例题 6:

In 2015 these ants were joined in the desert by scientists from two Belgian universities, who spent a month in the 28 heat tracking the ants and digging out their nests.

解：空格后是名词 heat,因此空格处需要填入形容词。

(2) 副词+____，可以考虑空格处应填入形容词；

例题 7:

Companies are so 29for a hit of stars that if you delete the survey the company sends you another one.



解：空格位于副词 so 之后,因此空格处需要填入形容词。

(3) 系动词或 be 动词+_____, 空格处应填入形容词作表语。

例题 8:

In the workplace, too, trust is 26.

解：空格所在句是一个主系表结构,空格处可以填入名词或形容词作表语。

④空格应为副词(adv.)的情况

(1) 动词+_____或_____+动词, 空格处应填入副词;

(2) _____+形容词, 空格处应填入副词。

例题 9:

More than half of American adults are unmarried, and researchers have found that even among those who are married, 30% of relationships are 35 strained.

解：空格位于系动词 are 和形容词 strained 之间, 且句子成分完整, 因此需要填入副词。

(4) 重读文章, 巧用排除

考生不仅要迅速地确定答案, 还要在确定答案之后迅速地复查。检查上下文是否通顺、上下文的逻辑结构是否正确、文章的意思是否出现偏差等。并且可以在最后将不确定的答案根据排除法安放在句子中, 选择最符合语法与逻辑的答案。复查无误后即可确定为最后答案。

(三) 匹配题

1. 命题介绍

匹配题的篇章后附有 10 个句子, 每句一题。每句所含的信息出自某一段落, 要求找出与每句所含信息相匹配的段落。长篇阅读的文章基本都是专业题材的文章。并且由于文章篇幅较长, 不要求完全理解。可以通过略读或查读的方式找到题干的信息, 并根据原文内容相比做出正确选择。注意有的段落可能对应两题, 有的段落可能不对应任何一题。

2. 做题步骤

(1) 略读文章, 了解主旨

阅读文章标题和文章重要部位了解文章内容和主旨。

- 1) 文章标题
- 2) 首段第一句话
- 3) 末段第一句话和最后一句话



(2) 分析题目，巧做标记

找出题目中的关键词和定位词。并在题干中圈出。因为有些题目中的关键词在段落中基本完全一样。其中关键词是指题目简化后的中心词，最能表示出句子的含义。定位词是题目中的专有信息或特殊信息(数字、时间、地点、人物、动作、专有名词、修饰语、特殊字体和特殊符号等)，它能帮助定位到具体的段落。例如：标红为关键词，圆圈为定位词

1) According to Borzekowski, **children** having chances to use a **family computer** are likely to acquire **better results** on the different tests.

2) The reports issued in the Archives of Pediatrics & Adolescents Medicine find that **watching too much** TV leads to **poor performance** in school.

(3) 按题查找，粗读文章

先看题目，按题查找。带着题目中的定位词，到原文中去查找定位，找到句子信息所在段落。如果有看到关键词，就跳回题干。在查读时，一目十行地寻视与答题内容相关的词句，与此无关的内容要很快略过。在最短的时间内掠过尽可能多的内容，找到所需要的信息。

确定答案。定位后，在定位词附近找有无与题目关键词相关内容，有则直接选择该段，无则继续往下找定位词(可在未确定位置标上定位词的题号以便下次判断)。

3.真题讲解

2021年6月大学英语四级考试真题(一)

The start of high school doesn't have to be stressful

A) This month, more than 4 million students across the nation will begin high school. Many will do well. But many will not. (43) **Consider that nearly two-thirds of students will experience the “ninth-grade shock,” which refers to a dramatic drop in a student's academic performance.** Some students cope with this shock by avoiding challenges. For instance, they may drop difficult coursework. Others may experience a hopelessness that results in failing their core classes, such as English, science and math.

B) This should matter a great deal to parents, teachers and policymakers. Ultimately it should matter to the students themselves and society at large, because students' experience of transitioning (过渡) to the ninth grade can have long-term consequences not only for the students themselves but for their home communities. We make these observations as research psychologists who have studied how schools and families can help young people thrive.

C) In the new global economy, students who fail to finish the ninth grade with passing grades in college preparatory coursework are very unlikely to graduate on



time and go on to get jobs. (39) One study has calculated that the lifetime benefit to the local economy for a single additional student who completes high school is half a million dollars or more. This is based on higher earnings and avoided costs in health care, crime, welfare dependence and other things.

D) The consequences of doing poorly in the ninth grade can impact more than students' ability to find a good job. It can also impact the extent to which they enjoy life. Students lose many of the friends they turned to for support when they move from the eighth to the ninth grade. (42) One study of ninth-grade students found that 50 percent of friendships among ninth graders changed from one month to the next, signaling striking instability in friendships.

E) In addition, studies find the first year of high school typically shows (36) one of the greatest increases in depression of any year over the lifespan. Researchers think that one explanation is that ties to friends are broken while academic demands are rising. Furthermore, most adult cases of clinical depression first emerge in adolescence(青春期). (41) The World Health Organization reports that depression has the greatest burden of disease worldwide, in terms of the total cost of treatment and the loss of productivity.

F) Given all that's riding on having a successful ninth grade experience, (45) it pays to explore what can be done to meet the academic, social and emotional challenges of the transition to high school. So far, our studies have yielded one main insight: Students' beliefs about change—their beliefs about whether people are stuck one way forever, or whether people can change their personalities and abilities—are related to their ability to cope, succeed academically and maintain good mental health. Past research has called these beliefs “mindsets(思维模式),” with a “fixed mindset” referring to the belief that people cannot change and a “growth mindset” referring to the belief that people can change.

G) In one recent study, we examined 360 adolescents' beliefs about the nature of “smartness”—that is, their fixed mindsets about intelligence. We then assessed biological stress responses for students whose grades were dropping by examining their stress hormones(荷尔蒙). Students who believed that intelligence is fixed—that you are stuck being “not smart” if you struggle in school—showed higher levels of stress hormones when their grades were declining at the beginning of the ninth grade. If students believed that intelligence could improve—that is to say, when they held more of a growth mindset of intelligence—they showed lower levels of stress hormones when their grades were declining. This was an exciting result because (37) it showed that the body's stress responses are not determined solely by one's grades. Instead, declining grades only predicted worse stress hormones among students who believed that worsening grades were a permanent and hopeless state of affairs.

H) We also investigated the social side of the high school transition. In this study, instead of teaching students that their smartness can change, (40) we taught them that their social standing—that is, whether they are bullied or excluded or left out—can change over time. We then looked at high school students' stress responses to daily social difficulties. That is, we taught them a growth mindset about their social lives. In this study, students came into the laboratory and were asked to give a public speech in



front of upper-year students. The topic of the speech was what makes one popular in high school. Following this, students had to complete a difficult mental math task in front of the same upper-year students.

I) Experiment results showed that students who were not taught that people can change showed poor stress responses. When these students gave the speech, their blood vessels contracted and their hearts pumped less blood through the body—both responses that the body shows when it is preparing for damage or defeat after a physical threat. Then they gave worse speeches and made more mistakes in math. But

(44) when students were taught that people can change, they had better responses to stress, in part because they felt like they had the resources to deal with the demanding situation. Students who got the growth mindset intervention(干预) showed less-contracted blood vessels and their hearts pumped more blood—both of which contributed to more oxygen getting to the brain, and, ultimately, better performance on the speech and mental math tasks.

J) These findings lead to several possibilities that we are investigating further. First, we are working to replicate(复制) these findings in more diverse school communities. We want to know in which types of schools and for which kinds of students these growth mindset ideas help young people adapt to the challenges of high school. (38) We also hope to learn how teachers, parents or school counselors can help students keep their ongoing academic or social difficulties in perspective. We wonder what would happen if schools helped to make beliefs about the potential for change and improvement a larger feature of the overall school culture, especially for students starting the ninth grade.

选项及解析 1:

36. The number of people experiencing depression shows a sharp increase in the first year of high school.

解: 根据题干中标注的关键词来查找。题干中的 The number of people experiencing depression shows a sharp increase 对应原文中的 one of the greatest increases in depression of any year over the lifespan,故答案为 E)。

37. According to one study, students' academic performance is not the only decisive factor of their stress responses.

解: 题干中的 not the only decisive factor 对应定位句中的 not determined solely, 题干中的 students' academic performance 指的就是定位句中的 one's grades,故答案为 G)。

38. Researchers would like to explore further how parents and schools can help ninth graders by changing their mindset.

解: 题干中的 Researchers 和 parents and schools 分别对应定位句中的 We 和 teachers, parents or school counselors,题干中的 can help ninth graders by changing their mindset 是对定位句中 can help students keep their ongoing academic or social difficulties in perspective..的概括归纳, 故答案为 J)。

39. According to one study, each high school graduate contributes at least



500,000 dollars to the local economy.

解：题干中的 According to one study 和 each high school graduate 分别对应定位句中的 One study has calculated that 和 a single additional student who completes high school, 题干中的 contributes at least 500,000 dollars to the local economy 是对定位句中 the lifetime benefit to the local economy. . . is half a million dollars or more 的同义转述, 故答案为 C)。

40. In one study, students were told their social position in school is not unchangeable.

解：推移而改变。题干中的 students were told 和 their social position 分别对应定位句中的 we taught them 和 their social standing, 题干中的 is not unchangeable 是对定位句中 can change overtime 的同义转述, 故答案为 H)。

41. It is reported that depression results in enormous economic losses worldwide.

解：题干中的 It is reported that 对应定位句中的 The World Health Organization reports that, 题干中的 depression results in enormous economic losses worldwide 是对定位句中 depression has the greatest burden of disease worldwide, in terms of the total cost of treatment and the loss of productivity 的概括归纳, 故答案为 E)。从这道可以看出, 有的段落可能对应两题, 第 36 题和 41 题都对应了 E 选项。

42. One study showed that friendships among ninth graders were far from stable.

解：题干中的 friendships among ninth graders 对应定位句中的 friendships among ninth graders, 题干中的 far from stable 是对定位句中 striking instability 的同义转述, 故答案为 D)。

43. More than half of students will find their academic performance declining sharply when they enter the ninth grade.

解：题干中的 More than half of students 对应定位句中的 nearly two-thirds of students, 题干中的 their academic performance declining sharply 是对定位句中 a dramatic drop in a student's academic performance 的同义转述, 故答案为 A)。

44. Researchers found through experiments that students could be taught to respond to stress in a more positive way.

解：题干中的 respond to stress in a more positive way 是对定位句中 when students were taught that people can change, they had better responses to stress 的概括归纳, 故答案为 D)。

45. It is beneficial to explore ways to cope with the challenges facing students entering high school.

解：情感的挑战是值得的。题干中的 It is beneficial 和 explore ways to cope with the challenges 对应定位句中的 it pays 和 explore what can be done to meet the academic, social and emotional challenges。题干是对定位句的同义转述, 故答案为 F)。



（四）阅读题

1. 命题介绍

阅读题是阅读题中乃至所有题目中分值最大的题目，并且其难度低于选词填空，因此一般是获得分数概率最高的题目，认真把握好这一题型十分重要。阅读题共有两篇文章，每个文章后 5 道单选题。在时间分配上，阅读题的时间大约把握在 18 分钟左右，即 9 分钟一篇。匹配题的做题时间控制在 15 分钟左右，最后是选词填空在 7 分钟左右为最佳。因此阅读部分的总体做题时间在 40 分钟左右即可。

2. 做题步骤

（1）先看题目，做好标注

与之前的匹配题类似，首先对题目和选项进行一定的了解，标注问题中的关键词和定位词。在做带着题干考察目的看文章

（2）对比题目，细读文章

1) 原则 1:

抓住每一段的第一句话和最后一句话，用于抓住文章主旨。

2) 原则 2:

题目的顺序与文章的顺序高度一致。每篇文章后的五道题目都是严格按照文章的先后顺序出题的。第一道题绝大多数都是针对第一自然段的内容进行命题，而最后一题往往是针对末端或者全文的中心来命题。所以，做题的时候一定要注意定位段落。如果在做题的过程中发现了某道题定位不准，可以先定位下一道题目的原文出处，最后再按顺序倒推就行了。顺序原则可以很快帮助大家在中定位出原文出处，剩下的就看你对原文信息和题目选项的对比理解能力了。

3) 原则 3

时刻牢记同义替换。同义原则在阅读单选中有 60% 的题目可以用此解题。

例题 1:

（1）相关原文:

This may not be surprising given that this is the age range when women have children. It's also the age range when many women are trying to balance careers and home. One reason women may **feel exhausted** is that they have a hard time saying "no." Women want to be able to do it all volunteer for school parties or cook delicious meals-and so their answer to any request is often "Yes, I can."

（2）题目:

52. Why do working women of child-bearing age tend to **feel drained of energy**?

- A) They struggle to **satisfy the demands of both work and home.**
- B) They are too devoted to work and unable to relax as a result.
- C) They do their best to cooperate with their workmates.



D) They are obliged to take up too many responsibilities.

(3) 解：题干中的 feel drained of energy 与文章中的 feel exhausted 属同义替换词，因此在这个表示的前后段落可能为正确答案，由前文中的：“It's also the age range when many women are trying to balance careers and home.”中的描述与 A 选项的：“satisfy the demands of both work and home” 是同义替换，因此答案为 A 选项。

3. 题型讲解

① 词汇题

通过上下文对单词进行查找相同的词句或者同义替换的词句。

例题 1：2020 年 12 月大学英语四级考试真题(一)

1) 相关原文

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. (48) Recent studies have shown that children and young people largely prefer to see a counselor 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).”

2) 题目：

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

- A) At home.
- B) At school.
- C) In hospitals.
- D) In communities.

3) 解：根据关键词可以找到定位段落，可知此句的句意为，为什么学校最适合提供心理健康服务，因为儿童和年轻人在很大程度上更喜欢在学校里找辅导员，而不是在校外，故答案为 B。

例题 2：2020 年 12 月大学英语四级考试真题(二)

1) 相关原文：

(47) Boredom has been linked to behavior issues including inattentive driving, mindless snacking, excessive drinking, and addictive gambling. In fact, many of us would choose pain over boredom.

2) 例题 2：

47. What does the author say boredom can lead to?

- A) Determination.
- B) Concentration.
- C) Mental deterioration.
- D) Harmful conduct.

3) 解：定位句提到，无聊与一些行为问题有关，包括心不在焉地开车、漫不经心地吃零食，过度饮酒和赌博成瘾。这些行为都是不好的行为习惯，与 D)项中的 Harmful 表述相符，故答案为 D)。



② 句子理解题

此类题目可能出现原文中的句子，进行理解其句意，可以通过前后文的解释对其进行理解，对这个句子进行分析判断。

例题 3：2020 年 12 月大学英语四级考试真题(二)

1) 相关原文：

But boredom isn't all bad. By encouraging self-reflection and daydreaming, it can spur creativity. An early study gave participants abundant time to complete problem-solving and word-association exercises.

2) 题目：

49. Why does the author say **boredom isn't all bad**?

- A) It stimulates memorization.
- B) It allows time for relaxation.
- C) It may promote creative thinking.
- D) It may facilitate independent learning

3) 解：定位句提到，无聊并不都是坏事。随后第二句具体说明无聊的好处，即无聊能促进自我反省和幻想，进而激发创造力。C)选项与原文内容相符，故为答案。

例题 4：2020 年 9 月大学英语四级考试真题(一)

1) 相关原文

The work-life balance is dead. By this, I'm not advocating that you should give up your pursuit of having a fulfilling career and a thriving personal life, and I'm definitely not saying that you have to give up one to have the other. **I also acknowledge that we have a work-life problem, but I'm arguing that the concept of balance has never been helpful, because it's too limiting.** You see, our language makes a difference, and how we refer to things matters because it affects our thinking and therefore our actions.

2) 题目

51. What does the author suggest by saying "**The work-life balance is dead**"?

- A) The hope of achieving a thriving life is impossible to realize.
- B) The pursuit of a fulfilling career involves personal sacrifice.
- C) The imbalance between work and life simply doesn't exist anymore.
- D) The concept of work-life balance contributes little to a fulfilling life.

3) 解：由题干中的 **work-life balance is dead** 定位到第一段第一句：**The work-life balance is dead**，文章第一句指出，工作与生活平衡的说法已经消亡。因此，本句话的具体涵义可在下文找到，第三句中提到平衡的概念从来没有什么帮助，因为它太局限了。选项 D) 中的 **contributes little** 和原文中的 **has never been helpful** 相对应，故答案为 D)。

③ 推断题

选择与原文意思最接近，所用推理步骤最少的就是正确答案

例题 5：2021 年 6 月大学英语四级考试真题(一)

1) 相关原文：



(46) Educators and business leaders have more in common than it may seem. Teachers want to prepare students for a successful future. Technology companies have an interest in developing a workforce with the STEM (science, technology, engineering and math) skills needed to grow the company and advance the industry.

2) 题目:

46. What does the author say about **educators**?

- A) They seek advice from technology companies to achieve teaching goals.
- B) They have been successful in preparing the workforce for companies.
- C) They help students acquire the skills needed for their future success.
- D) They partner with technology companies to enhance teaching efficiency.

3) 解:

定位句指出,教育工作者和商界领袖的共同点比看起来要多。教师希望为学生成功的未来做好准备。Teachers “教师”指的就是 educators “教育工作者”,由此可见,教育工作者帮助学生为成功的未来做好准备,即帮助学生获得未来成功所需的技能,故答案为 C)。

④态度题

依据中心句推断,找带有感情色彩的词,如 excessively, fortunately 等等以及所举例子的倾向

例题 6: 2020 年 9 月大学英语四级考试真题(一)

1) 相关原文

It's more constructive to think of solutions that continue to evolve over shifts in life and work. Rather than falling or failing, you may have good days or better days or not-so-good days. (54) **These variations are normal, and it's more useful to think of life as something that is ever evolving and changing, rather than a high-risk enterprise where things could go wrong with one misstep.**

2) 题目

54. What does the author say about **life**?

- A) It is cyclical.
- B) It is dynamic.
- C) It is fulfilling.
- D) It is risky.

3) 解: 定位由题干中的 say about life 定位到文章第三段末句,定位句中的 think of life as 对应题干中的 say about life, evolving and changing 意为“进化和改变”,其意义和选项 B)中的 dynamic “动态的”对应,故答案为 B)。

⑤注意首末段,首末句

此处一般为主旨题,并且要注意转折句以及作者有意识重复的观点。

例题 7: 2020 年 12 月大学英语四级考试真题(一)

1) 相关原文

If play and building are critical to 21st-century skill development, that's really good news for two reasons: Children are born builders, makers, and creators, so fostering (培养) 21st-century skills may be as simple as giving kids room to play,



tinker and try things out, even as they grow older. Secondly, it doesn't take 21st-century technology to foster 21st-century skills. (50) This is especially important for under-resourced schools and communities. Taking whatever materials are handy and tinkering with them is a simple way to engage those important “maker” skills. And anyone, anywhere, can do it.

2) 题目

50. What does the author advise **disadvantaged schools and communities** to do?

- A) Train students to be makers to meet future market demands.
- B) Develop students' creative skills with the resources available.
- C) Engage students with challenging tasks to foster their creativity.
- D) Work together with companies to improve their teaching facilities.

3) 解：文章最后的定位句指出，这一点对于资源不足的学校和社区尤其重要。利用手边的任何材料，让孩子们去鼓捣小玩意，这是运用那些重要的“制造者”技能的一个简单方法。任何人在任何地方都能做到。换言之，资源不足的学校和社区应尽可能地利用现有资源，故答案为 B。

例题 8：2020 年 12 月大学英语四级考试真题(三)

1) 相关原文：

The debate isn't new. A century ago, chemist Svante Arrhenius started one of the first debates over the potential for humans to influence the planet's climate. Arrhenius calculated the capability of carbon dioxide to trap heat in the Earth's atmosphere, but other chemists disagreed. Some argued that humans weren't producing enough greenhouse gases, while others claimed the effects would be tiny. (55) Now, of course, we know that whatever you call it, human behavior is warming the planet, with grave consequences ahead.

2) 题目：

55. What is the author's **final** conclusion?

- A) Global warming is the more accurate term.
- B) Accuracy of terminology matters in science.
- C) Human activities have serious effects on Earth.
- D) Politics interferes with serious scientific debate

3) 解：由题干中的 the author's final conclusion 和题文同序的原则定位到最后一段最后一句。最后一段开始，作者概括性地介绍了对于术语的争论有史以来就存在。定位句指出，我们知道，不管你怎么称呼它，人类的行为正在使地球变暖，而且面临着严重的后果。由此可见，作者认为无论采用哪个术语，人类的活动都正在给地球带来不好的后果，故答案为 C)。

五、翻译

(一) 命题介绍

翻译题型即为段落翻译，将汉语翻译为英语，测试学生把汉语所承载的信息用英语表达出来的能力。分值比例占总体的 15%，大约为 106.5 分，考试时间在 30 分钟左右。题目内容多为中国历史、文化、经济、社会发展等主题，文章长



度大约为 140-160 个汉字。

(二) 评分标准

成绩分为六个档次：

分数占比	要求
13%-15%	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%	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%	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%	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%	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	未作答，或只有几个孤立的词，或译文与原文毫不相关。

(三) 做题原则

- 1.把中文结构调整英文结构，结构搭配完整清晰，抓住主干，理清思路。
- 2.善用技巧，学会同义替换，词类转换，词的增补，调整语序，避免直译。

(四) 解题步骤

1. 通读全段，确定时态和基本句型(拆分，从句，同位语，非谓语)
2. 分析汉语句主干，找出主语、谓语、宾语及其他成分。翻译汉语时可在松散繁杂的汉语表达中，提炼出符合译入语英语思维习惯的句子和主干结构，再将提炼出的主干结构翻译成充当英语主干结构的主句，其他成分根据语法规则植入即可。

例如：中国长城是中国古代为抵御敌人的侵袭而修筑的伟大工程。

主干提炼：长城是工程。

主干翻译：The Great Wall is a project.

全句翻译：The Great Wall is a great project in ancient China constructed to defend against the attacks of enemies.

3. 确定单词和短语的翻译（标出较难翻译的部分）
4. 表达句子，字迹工整，划线涂改
5. 校对翻译内容，除关注是否漏译外，尤其注意：
 - ①可数名词复数，谓语第三人称单数
 - ②简单词拼写错误
 - ③是否用逗号连接两个句子
 - ④在没有并列关系的句子中是否有且只有一个谓语（两个动词之间有没有不定式符号 to）
 - ⑤“有”的意思是否表达准确(have, there be, with)
 - ⑥主谓是否搭配（主语是否能够发出谓语的动作，需不需要改成被动语态）。单词词性



(五) 历年题目内容

根据对历年翻译题目的内容进行统计和分析，可见翻译主题大多涉及历史文化，社会经济，自然风光，饮食文化，科技教育，医疗健康等主题。同时下表为2016年至今的翻译题目的主题，可见近些年中对于历史和传统文化等内容的考察较多，因此可以适当加强对此方面词汇的积累。英语四级翻译热点词汇见附录四。

年份	四级翻译主题
2016.6	风筝、功夫、乌镇
2016.12	红色、白色、黄色
2017.6	黄河、长江、珠江
2017.12:	泰山、黄山、华山
2018.6:	飞机、地铁、公交车
2018.12	APP、智能手机、移动支付
2019.6	灯笼、舞狮、剪纸
2019.12	四世同堂、姓名、教育
2020.7	火锅
2020.9	茅台、茶、北京烤鸭
2021.6	龙井茶、普洱茶、铁观音

(六) 真题分析

1. 历史文化

例题 1: 2019 年 12 月大学英语四级真题 (二)

(1) 题目

中国的家庭观念与其文化传统有关。和睦的大家庭曾非常令人羡慕。过去四代同堂并不少见。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。但他们之间的联系仍然很密切。许多老年人仍然帮不大着照看孙辈。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。

(2) 参考译文

China's family values are related to its cultural traditions. Harmonious extended families used to be very enviable. It was not uncommon in the past for **four generations of a family to live under the same roof**. (四世同堂，短语表达记忆) According to the tradition, many young people continued to live with their parents after marriage. Today, that tradition is changing. As housing conditions improve, more and more young couples are opting to live apart from their parents. But the connections between them still remain strong. Many old people still help to look after their **grandchildren** (孙辈，考察重要单词的记忆). And young couples take time to visit their parents, especially during important festivals such as the **Spring Festival and the Mid-Autumn Festival** (春节和中秋节，考察节日名称的记忆).



2. 社会经济

例题 2: 2018 年 12 月大学英语四级真题 (三)

(1) 题目

过去几年里，移动支付市场在中国蓬勃发展。随着移动互联网的出现，手机购物逐渐成为一种趋势。18 到 30 岁的年轻人构成了移动支付市场的最大群体。由于现在用手机付款很容易，许多消费者在购物时宁愿用手机付款，而不愿用现金或信用卡。为了鼓励人们多消费，许多商店给使用移动支付的顾客打折。专家预测，中国移动支付市场未来仍有很大发展潜力。

参考译文：

The **mobile payment** (移动支付，考察词语组合记忆能力) market has thrived in China **during the past few years**. (在过去的几年中，考察句式的使用) With the advent of the mobile Internet, mobile shopping has gradually become a trend. Young people aged from 18 to 30 have constituted the largest group of the mobile payment market. Because it is quite easy to make a payment by phone, many consumers would rather pay by mobile phone than **in cash or by credit card** (现金或者信用卡，考察重要单词的使用). In order to encourage people to spend more, many stores offer discounts to consumers who use the mobile payment. **As is predicted by experts**, (专家预测，重要句式的考察) the mobile payment market in China still has great potential for development in the future.

3. 自然风光

例题 3: 2019 年 12 月大学英语四级真题 (一)

(1) 题目

泰山位于山东省西部。海拔 1500 余米，方圆约 400 平方公里。泰山不仅雄伟壮观，而且是一座历史文化名山，过去 3000 多年一直是人们前往朝拜的地方。据记载，共有 72 位帝王曾来此游览。许多作家到泰山获取灵感，写诗作文，艺术家也来此绘画。山上因此留下了许许多多的文物古迹。泰山如今已成为中国一处主要的旅游景点。

(2) 参考译文：

Mount Tai is **located in** (位于，考察对于位置的表述) the western part of Shandong Province. **It has a height of** (海拔为，考察对于高度的表述) more than 1,500 meters and **covers an area of about** (占地为，考察对于占地的表述) 400 square kilo meters. Mount Tai is a **majestic** (雄伟的，考察重要单词的记忆) mountain with historical and cultural significance. It has been a place of worship for at least 3,000 years. It is recorded that 72 **emperors** (帝皇，考察重要单词的积累) had visited it. Writers came to seek inspiration for poems and essays and artists for painting. Therefore, a great many ancient records and relics (遗物，考察单词的积累) were left there. Mount Tai has now become a principal tourist site in China.

4. 饮食文化

例题 4: 2020 年 7 月大学英语四级真题

(1) 题目

在中国，火锅已有 2,000 多年的历史，最早流行于最寒冷的地区，然后在很多



地区盛行,出现了具有地方特色的种类。吃火锅时,家人和朋友围坐在桌边,桌子中间放着热腾腾的火锅。吃火锅时,人们可以根据自己的口味放肉、海鲜,蔬菜和其他配料,自己烹饪。人们可以一边尽情地聊天,一边享受美餐。

(2) 参考译文

Hot pot (火锅, 考察重要单词的积累) has a history of more than 2, 000 years in Chin. It first enjoyed popularity in the coldest regions, and then **prevailed** (流行, 考察高级词汇的积累) greatly in many regions with the emergence of many varieties of local features. When having hotpot, family members and friends sit around the table, with a boiling hot pot in the middle. When enjoying hot pot, people can add meat, seafood, vegetables and other **ingredients** (配料, 考察单词的积累) according to their own taste and cook by themselves. People could be free to chat with other while enjoying a good meal.

5. 科技教育

例题 5: 2018 年大学英语四级真题 (一)

(1) 题目:

过去, 乘飞机出行对大多数中国人来说是难以想象的。如今, 随着经济的发展和生活水平的提高, 越来越多的中国人包括许多农民和外出务工人员都能乘飞机出行。他们可以乘飞机到达所有大城市, 还有很多城市也在筹建机场。航空服务不断改进, 而且经常会有廉价机票。近年来, 节假日期间选择乘飞机外出旅游的人数在不断增加。

(2) 参考译文:

In the past, traveling by plane was unimaginable for most Chinese people. Nowadays, with the development of China's economy and the improvement of people's living standards, more and more Chinese people, including many farmers and **migrant workers** (外出务工人员, 考察词组的记忆), can travel by air. They can fly to all **major cities** (大城市, 考察词组的记忆), and many other cities are also planning to build airports. Air services continue to improve, and there are often cheap flights. So in recent years, **the number of people** (重要句式的考察) choosing to travel by air during holidays **has been increasing**.



附录：

一.短篇新闻类型及真题例举

四级听力的短篇新闻常见的有六种类型，按出现频率的高低依次是：气象及自然灾害，事故或犯罪，日常生活，健康及环保，科技军事类以及政治经济报道等。

1. 气象及自然灾害等不可抗力因素

例题 1：2020 年 12 月大学英语四级考试真题(一)

(1) 相关原文：

A poisonous fish which has a sting strong enough to kill a human is invading the Mediterranean, warn scientists. The International Union for Conservation of Nature has raised concerns after the poisonous fish was spotted in the waters around Turkey, Cyprus, and the eastern Mediterranean. Native to the South Pacific and Indian Ocean, the potentially deadly fish has poisonous hooks and a painful sting capable of killing people. Although fatalities are rare, the stings can cause extreme pain and stop people breathing. The fish, often known as Devil Fire fish, is a highly invasive species, and environmentalists fear its arrival could endanger other types of marine life. After being spotted in the Mediterranean, a marine scientist says, “The fish is spreading, and that's a cause for concern.”

(2) 题目：

1. A) Many people have been attacked by Devil Fire fish.
B) The Mediterranean is a natural habitat of Devil Fire fish.
C) Invasive species are driving away certain native species.
D) A deadly fish has been spotted in the Mediterranean waters
2. A) It could badly pollute the surrounding waters.
B) It could pose a threat to other marine species.
C) It could disrupt the food chains there.
D) It could add to greenhouse emissions.

(3) 答案：

1. What is reported in the news?

D【精析】主旨大意题。新闻开头为主旨句,指出一种带刺的有毒鱼类正在入侵地中海水域,其毒性足以致人死亡。接下来新闻提到这种鱼类的原产地,并指出这种鱼正在地中海水域扩散,令人担忧。由此可知,新闻围绕在地中海水域发现的致命鱼类而展开。

2. What is the environmentalist concerned about the spread of Devil Firefish in the Mediterranean?

B【精析】细节辨认题。新闻末尾提到,海洋专家称魔鬼火鱼正在地中海水域扩散,环保主义者担心这种鱼的到来可能危及其他海洋生物。

2.事故或犯罪案件

例题 2：2021 年 6 月大学英语四级考试真题(一)



(1) 相关原文:

Kirsteen Marshall, a 34-year-old mum of one, posted a tearful video on social media Wednesday, begging for the safe return of her beloved pet dog. After combing through the security video outside a Gorbals shop, Kirsteen has now posted an image of a man suspected of stealing the dog.

The image appears to show a man carrying the dog in his arms. Kirsteen also believes the video obtained from the shop shows the dog being stolen by a man before driving off in a car which had been waiting nearby.

The family is now offering a 5,000 reward for the safe return of the dog after launching a social media campaign to find the thief.

The dog is six and a half years old and was last seen wearing a red collar.

Kirsteen said: "We'll pay that to anyone who brings him home as long as they are not responsible for his disappearance."

Police are investigating the incident.

(2) 题目:

3. A) Get her pet dog back.
B) Beg for help from the police.
C) Identify the suspect on the security video.
D) Post pictures of her pet dog on social media.
4. A) It is suffering a great deal from the incident.
B) It is helping the police with the investigation.
C) It is bringing the case to the local district court.
D) It is offering a big reward to anyone who helps.

(3) 答案:

3. What is Kirsteen Marshall trying to do?

A【精析】细节辨认题。新闻开头提到,一位34岁的母亲克里斯汀·马歇尔周三在社交网站上传了一个声泪俱下的视频,祈求她的宠物狗能平安回家,因此答案为A)。

4. What does the news report say about Kirsteen Marshall's family?

D【精析】细节辨认题。新闻中提到,克里斯汀·马歇尔的家人在社交媒体上发起了寻找小偷的活动,并悬赏5,000英镑给帮助自己爱犬安全回家的人,因此答案为D)。

3. 日常生活类报道

例题3: 2021年6月大学英语四级考试真题(一)

(1) 相关原文:

And finally in tonight's news, a 9-year-old boy named Joe, told not to draw in class, wins a job decorating a restaurant with his drawings. Rather than shutting down the habit of drawing in his school's workbook, Joe's parents decided to encourage his creativity by sending their son to an after-school art class. His teacher recognized Joe's talent and posted all his work online, which led to something pretty wonderful.

A restaurant named "Number 4" in Newcastle contacted Joe's teacher to ask if the 9-year-old could come and decorate its dining-room with his drawings. Every day



after school, Joe's dad drives him to the restaurant so he can put his ideas straight on the wall. Once he's all done, the work will remain there permanently.

Joe's dad said Joe is a really talented little boy. He's excellent at school. He's great at football. But drawing is definitely what he is most passionate about.

(2) 题目

1. A) Enrol him in a Newcastle football club.
B) Send him to an after-school art class.
C) Forbid him to draw in his work book.
D) Help him post his drawings online.
2. A) Contacted Joe to decorate its dining-room.
B) Hired Joe to paint all the walls of its buildings.
C) Renovated its kitchen and all the dining-rooms.
D) Asked Joe for permission to use his online drawings.

(3) 答案:

1. What did Joe's parents decide to do?

B【精析】细节辨认题。新闻开头提到,9岁男孩乔被告知不要在课堂上画画,却得到了一份用他的画装饰餐厅的工作。乔的父母没有改掉他在学校练习册上画画的习惯,而是决定送他去参加一个课外艺术班来鼓励他的创造力,因此答案为B)。

2. What did the restaurant“Number 4”do?

A【精析】细节辨认题。新闻中提到,纽卡斯尔“4号”餐厅联系了乔的老师,询问乔能否用自己的绘画作品来装饰其餐厅。此后,乔的父亲每天在他放学后开车送他去餐厅画画做装饰用,故答案为A)。

4. 健康及环保

例题 4: 2021 年 6 月大学英语四级考试真题(二)

(1) 相关原文

Glasgow has pledged to become the first carbon neutral city in the UK. The city's council and Scottish Power have announced a range of strategies in an attempt to reduce carbon emissions ahead of the new national target of 2045.

First Minister Nicola Sturgeon welcomed the pledge and said: “Today's announcement between Scottish Power and Glasgow City Council—to make Glasgow the UK's first net-zero city is a very welcome step. Reaching our goals will need exactly this kind of partnership approach with government, business, local authorities and citizens all playing their part.”

Speaking ahead of the All Energy Conference being held in Glasgow, Scottish Power chief executive Keith Anderson said: “We have a large supply of renewable energy on our doorstep and one of the only two lower mission zones in action across the UK. Now, we need to invest in the technologies and programmes that transform the rest of Glasgow's economy and make us net zero before anyone else.”

(2) 题目

3. A) Scotland will reach the national target in carbon emissions reduction ahead of schedule.



- B) Glasgow City Council has made a deal with Scottish Power on carbon emissions.
C) Glasgow has pledged to take the lead in reducing carbon emissions in the UK.
D) First Minister Nicola Sturgeon urged Scottish Power to reduce carbon emissions.

4. A) Glasgow needs to invest in new technologies to reach its goal.
B) Glasgow is going to explore new sources of renewable energy.
C) Stricter regulation is needed in transforming Glasgow's economy.
D) It's necessary to create more low-emission zones as soon as possible.

(3) 答案

3. What do we learn from the news report?

C 【精析】细节辨认题。新闻开头提到,格拉斯哥承诺要成为英国第一个碳中和城市,并通过一系列的措施减少碳排放。因此,答案为 C)。

4. What did ScottishPower's chief executive say ahead of the All Energy Conference?

A 【精析】细节辨认题。新闻中提到,苏格兰电力公司的首席执行官在能源大会之前提出他们需要投资技术和项目来实现格拉斯哥其他地区的经济转型。因此,答案为 A)。

5. 最新科技及军事运用

例题 5: 2020 年月大学英语四级考试真题(一)

(1) 相关原文:

A NASA satellite orbiting over Portugal took photographs that reveal the effects of pollution from ships. One of the photos shows a thin film of clouds above the brilliant blue of the North Atlantic, cut by white lines of thicker clouds that look like scars. NASA officials explained those thicker clouds are signs of ship traffic below. When ships power their way through the ocean, they pump exhaust into the atmosphere, just as cars do. And those massive amounts of particles can cause clouds to form. Get enough of those particles in one place, as from the exhaust of a ship, and they can lead to the creation of new clouds easily visible from space. "These clouds can be huge. Some of them stretch hundreds of kilometers from end to end, NASA officials said. It's likely that these sorts of clouds are having some effect on the global climate, according to NASA officials. But scientists aren't yet sure what effect it has.

(2) 题目:

1. A) Ship traffic in the Atlantic.
C) Exhaust from cars in Europe.
B) Warm currents in the ocean.
D) Particles emitted by power plants.
2. A) They need to be taken seriously.
B) They have a huge effect on fishery.
C) They might be causing trouble to air flights.
D) They may be affecting the world's climate.

(3) 答案:

1. What has caused the thick clouds in the photos taken by NASA satellite?



A【精析】新闻开头提到,美国宇航局官员解释说这些较厚的云层是大西洋上船舶往来的痕迹。当船舶穿过海洋,它们就像汽车一样将废气排放到大气中,大量的颗粒物便形成了云层。因此答案为 A)。

2. What do NASA officials think about the thick clouds?

D【精析】新闻末尾提到,美国宇航局官员称,这些云层面积很大,可绵延数百公里,很可能对全球气候造成一定的影响。因此答案为 D)。

6. 政治报道

例题 6: 2020 年 12 月大学英语四级考试真题(二)

(1) 相关原文:

The village of Maref in Alaska voted on Tuesday to move to the state's mainland. The move is due to global warming and rising sea levels. Most of the village's 169 registered voters took part in the town hall meeting. They decided in a vote of 89 to 78 to move from their land on Sarichef Island, near the Arctic Circle. Maref Council Secretary Donna Barr said the vote was largely symbolic. It will be costly financially to the community. "About 15 years ago, they estimated the cost at \$ 180 million. I would figure it's much higher now," Barr said. "We don't see the move happening in our lifetime because of the funding." The village roughly 650 residents have seen warming temperatures melt sea ice and permanently frozen land. This has resulted in houses falling into the water. At least 31 villages in Alaska face "immediate threats" due to climate change, the Government Accountability Office reported in 2009.

(2) 题目:

3. A) Whether or not to move to the state's mainland.
B) How to keep the village from sinking into the sea.
C) Where to get the funds for rebuilding their village.
D) What to do about the rising level of the seawater.
4. A) It takes too long a time.
B) It costs too much money.
C) It has to wait for the state's final approval.
D) It faces strong opposition from many villagers.

(3) 答案:

3. What is Maref's vote on Tuesday about?

A【精析】细节辨认题。新闻开篇指出,马廖夫村的村民周二投票是为了决定是否搬往该州的内陆地区。

4. Why did Donna Barr say they wouldn't see the plan carried out any time soon?

B【精析】目的原因题。新闻中提到,Donna Barr 说这次投票基本上是象征性的,此举会对社区造成经济损失。15 年前,预计搬迁成本是 1.8 亿美元,现如今的费用只会更高。Barr 认为,由于资金问题,这一项目恐怕难以实施。

其中政治报道出现频率比较低,且比较难,主要体现在一些复杂词汇和固定搭配,如“federal system (联邦制)”等。这些词汇在平时并不常见,所以非常考验大家平时的积累。

二: 开头部分常用句式



1. 议论文常用开头

- 1) Everything has a good side and a bad side, andis no exception.
万事万物有其两面性，而_____也是如此。
- 2) As the proverb goes: "every coin has its two sides"....is no exception.
俗语有云:"万事万物都有两面性。"_____也不例外。
- 3) The discussion as to whether the ... is a blessing or a curse arouses most peoples interests.
是好坏利弊问题引起了很多人的兴趣。
- 4)plays such an important role that it undeniably becomes the biggest concern of the present world.
_____尤为重大而引起当今社会的关注。
- 5) With the development of the society,... is increasingly important.
随着社会的发展，_____变得越来越重要。
- 6) The merits of this is obvious...
其好处显而易见。
- 7) Everything in the world has its own two sides. Without exception, A has both advantages and disadvantages.
任何事情都有两面性，A 也不例外，有其优势和劣势(利与弊)。
- 8)undoubtedly plays an increasing significant role in modern life.
不容置疑，_____在现代生活中不断显示出起重要性。
- 9) There comes a question: is it a blessing or a curse.
问题是:_____是福是祸?
- 10) There is no denying that everything has one more face and ... is no exception.
不可否认，每一件事物都有其两面性，其实，_____也不例外。
任何事情都有两面性，A 也不例外，有其优势和劣势(利与弊)。

2. 现象背景类常用开头句式

- 1) Recently, the rise in the problem of _ _ has aroused public/wide concern.
近来，_____问题的增加已经引起了公众/广泛的关注。
- 4) Recently, the issue of has been brought into focus/brought to public attention.
近来，_____问题已经成为人们关注的焦点。
- 3) The problem of _ _ has caused wide concern over recent years.
近年来，_____问题已经引起了广泛的关注。
- 4.) With the rapid growth of _... _ have/has become increasingly important in our daily life.
随着_____的快速增长，_____在我们的日常生活中已经变得越来越重要。
- 5) Now people in growing/significant numbers are beginning/coming to realize/be aware that _ _ .如今，越来越多的人开始意识到_____
- 6) One of the burning/pressing questions/problems facing/confronting our nation/society is _ _ .我们的国家/社会今天面临的紧迫问题之一一定_____。
- 7) With _ _ . playing an increasingly important role in _ _... , more and more _ _ .
随着在_____中的作用日益重要，越来越多的_____



3.表示例举的句式

- 1) For example/For instance
例如
- 2) It can be given a concrete example,
可以举一个具体的例子，
- 3) Take ... for an example, it is a very obvious case
拿.....作为例子，这是一个非常明显的例子
- 4) There is one impressive example I want to mention here.
我想在这里提到一个令人印象深刻的例子。
- 5) In order to see this point clearly, let us see an example.
为了清楚地看到这一点，让我们看一个例子。
- 6) It is best illustrated if given the following example.
如果给出下面的例子，这是最好的说明。
- 7) Perhaps the most important example of ...is that...
也许...最重要的例子是....
- 8) As I remember, / I now still remember that.
我记得，/我现在还记得。
- 9) It is a forceful example to demonstrate the importance of ...
这是一个有力的例子来证明...的重要性。。。
- 10) To illustrate this, there is an example that is very persuasive.
为了说明这一点，有一个很有说服力的例子。
- 11) An instance that accompanies this reason is that...
伴随着这个原因的一个例子是。

4.结尾常用句式

- 1) But all in all, I would say the advantages outweigh the disadvantages. With the advance of society, if we encourage the merits and eliminate the drawbacks, all people will enjoy a better life.
但是，总的说来，我认为其优势大于劣势。随着社会的发展，如果我们能对此善加利用，所有的人都能生活得更好。
- 2) From what has been discussed above, we may finally draw the conclusion that...
通过以上的讨论，我们可以得出如下结论，__
- 3) So, as I see it...
因此，我个人认为，_-----_。
- 4) What we must do is to encourage the strength and diminish the weaknesses to the least extent.
我们必须尽可能发挥其优势，趋吉避凶。
- 5) In conclusion, although ... has its negative effects, it can to a great extent bring us more advantages.
总的说来，虽然_____有其负面的影响，在很大程度上，其也将给我们带来很多好处。
- 6) From what has been discussed above, we can see ... does more harm than good to us. Therefore, I strongly approve of the motion that...



从以上论述可知，____对我们百害而无一利。

- 7) It might be time to hear the warnings of some economists. 该是听听一些经济学家的警告的时候了。
- 8) It is time that we put/urged an immediate end to the undesirable situation/tendency of _____. 该是结束_____这种讨厌的情况/趋势的时候了。
- 9) Therefore, in order to _____, effective means should be taken to _____. 所以，为了_____, 必须采取有效措施来_____。
- 10) It is high time that _____. Here are some of the things that might be taken up immediately. 该是_____的时候了。这里有几项措施可以立即着手执行。
- 11) It is suggested that the government should make efforts to _____. 人们建议政府应该做出努力去_____。
- 12) In short/In any case, we should/ought to/must _____. 总之/无论如何，我们应该/必须_____。

5. 常用高级句式

- 1) 倒装句：否定副词放前，往往要部分倒装

She hardly has time to listen to music. → Hardly does she have time to listen to music.
她几乎没时间听音乐。

- 2) 插入语：删掉完全对主句无影响的名词词组、短句，对前文更好的解释说明
When we look at a realistic painting - a portrait of a historical figure - we accept by convention that the portrait represents a real person or actual objects.

- 3) 强调句：It is sb./sth. that do something.

"It is...that" 删掉对主句没有影响，只是为了强调突出中间的“sb./sth.”部分。
这个句式超加分，推荐记。

It is acknowledged that the difficulty of communication has been greatly reduced by advanced development of the Internet.

- 4) 定语从句(which+句子): 主句，对“主句”或者“主句中的名词”用 which 继续解释说明

- 5) with 表伴随：主句，with sb./sth. doing

with 可以很好的对主句进行补充说明，更能很好的凑字数。

With the development of science and technology, people's living standards have gradually improved.

三：高级替换词汇

	原词	替换词或短语
表示喜欢的词	like	appreciate, be crazy about, be fond of, be keen on, be addicted to
表示重要的词	important	essential, crucial, vital, fundamental, primary, indispensable,
表示好的词	good	outstanding, perfect, brilliant, remarkable, distinguished, excellent, enlightening, constructive, helpful, valuable, useful
表示很多的词	many	countless, endless, unlimited, innumerable, immeasurable, incalculable, numberless, numerous
表示困难的词	difficult	Abstract, complicated, complex, mysterious, incomprehensible,



的词		unintelligible, confused, bewildered, perplexed
表示坏的词	bad	Terrible, undesirable, unsatisfactory
表示聪明的	clever	intelligent, bright, wise, brilliant
表示美丽的	beautiful, pretty	enchanted, charming, appealing, fascinating, attractive
表示不开心的词	sad	frustrated, discouraged, depressed, downhearted, disheartened, low-spirited
表示担心的词	worried	anxious, uneasy, troubled, concerned, restless
表示特别的词	special	concrete, specific, particular, definite
表示坚决的词	decided	perseverant, persistent, relentless, unyielding, insistent, determined, resolute, resolved, firm
表示完成的词	finish	achieve, accomplish, fulfill, complete
表示渴望的词	want to	tend/intend to do sth, be longing for doing sth, be thirsty for doing sth, look forward to doing sth, can't wait to do sth, desire to do, have the desire to do/for sth
表示做的词	do	practice, carry out, perform, make good use of your time and effort to do, have every reason to do, can't help doing
表示解释的词	explain	account for, illustrate, clarify
表示和...有关的词	be related to	be connected with, be linked to, be relevant to, have something to do with
表示提出意见的词	In my opinion	in my view, in my belief, as far as I can see, in my mind, as far as I am concerned

四：英语四级翻译热点词汇

(1) 文化类

1. 阴历: lunar calendar
2. 阳历: solar calendar
3. 春节: the Spring Festival
4. 除夕: Chinese New Year's Eve
5. 清明节: Tomb Sweeping Day
6. 重阳节: the Double Ninth Festival
7. 腊八节: the Laba Festival
8. 元宵节: the Lantern Festival
9. 劳动节: International Labour Day
10. 中秋节: the Mid-Autumn Festival
11. 端午节: the Dragon Boat Festival
12. 乞巧节(七夕节): Double-Seventh Day



13. 法定节日: legal/statutory holiday
14. 春联: Spring Festival couplets; Lunar New Year couplets
15. 年画: Spring Festival picture; New Year picture
16. 剪纸: paper-cut; scissor-cut
17. 红包: red packet
18. 舞狮: lion dance
19. 舞龙: dragon dance
20. 灯笼: lantern
21. 灯谜: riddles written on a lantern
22. 灯会: lantern show/festival
23. 压岁钱: lucky money
24. 祭祖宗: offer sacrifices to one's ancestors
25. 元宵: sweet dumplings
26. 踩高跷: walk on stilts
27. 扫墓: sweep a grave-pay tribute to a dead person at his tomb
28. 扭秧歌: do the yangge dance
29. 赛龙舟: dragon boat race
30. 月饼: moon cake
31. 赏月: appreciate the glorious full moon; enjoy a bright full moon
32. 毛笔: Chinese writing brush
33. 书法: calligraphy
34. 楷体: formal/regular script
35. 行书: running script/hand
36. 风水: geomantic omen
37. 闰年: leap/intercalary year
38. 十二生肖: Chinese zodiac
39. 庙会: fair; temple fair
40. 放爆竹: let/set off firecrackers
41. 守岁: stay up later or all night on the New Year's Eve
42. 拜年: pay a New Year visit
43. 团圆饭: family reunion dinner
44. 京剧: Peking opera; Beijing opera
45. 秦腔: Shaanxi opera
46. 功夫: kung fu
47. 太极: Tai Chi
48. 口技: ventriloquism; vocal mimicry/ imitation
49. 木偶戏: puppet show
50. 皮影戏: shadow play
51. 折子戏: highlights from operas
52. 杂技: acrobatics
53. 相声: comic dialogue; crosstalk
54. 刺绣: embroidery
55. 苏绣: Suzhou embroidery
56. 泥人: clay figure



57. 中国画: traditional Chinese painting
58. 水墨画: wash painting
59. 中国结: traditional Chinese knot
60. 中国古代四大发明: the four great inventions of ancient China
61. 火药: gunpowder
62. 印刷术: printing
63. 造纸术: paper making technology
64. 指南针: compass
65. 青铜器: bronze ware
66. 瓷器: porcelain; china(ware)
67. 唐三彩: tri-colored glazed pottery of the Tang Dynasty; Tang tri-colour
68. 景泰蓝: cloisonne
69. 秋千: swing
70. 武术: martial arts
71. 旗袍: cheongsam
72. 中山装: Chinese tunic suit
73. 唐装: Tang suit; attire of traditional Chinese style
74. 儒家思想: Confucianism
75. 儒家文化: Confucian culture
76. 道教: Taoism
77. 墨家: Mohist school
78. 法家: Legalist school
79. 佛教: Buddhism
80. 孔子: Confucius
81. 孟子: Mencius
82. 老子: Lao Tzu
83. 庄子: Chuang Tzu
84. 孙子: Sun Tzu
85. 墨子: Mo Tzu
86. 象形文字: pictographic characters; pictograph
87. 文房四宝(笔墨纸砚): four treasures of the study (writing brush, ink stick, ink slab and paper)
88. 《大学》: The Great Learning
89. 《中庸》: The Doctrine of the Mean
90. 《论语》: The Analects of Confucius
91. 《孟子》: The Mencius
92. 《孙子兵法》: The Art of War
93. 《三国演义》: The Romance of the Three Kingdoms
94. 《西游记》: Journey to the West
95. 《红楼梦》: A Dream in Red Mansions
96. 《水浒传》: Water Margin
97. 《山海经》: The Classic of Mountains and Rivers
98. 《资治通鉴》: History as a Mirror
99. 《春秋》: The Spring and Autumn Annals



100. 《史记》: Historical Records
101. 《诗经》: The Book of Songs
102. 《易经》: The Book of Changes
103. 《礼记》: The Book of Rites
104. 《三字经》: Three-Character Scriptures
105. 八股文: eight-part essay
106. 五言绝句: pentasyllabic quatrain
107. 七言律诗: heptasyllabic regulated verse
108. 山东菜: Shandong cuisine
109. 川菜: Sichuan cuisine
110. 粤菜: Cantonese cuisine
111. 扬州菜: Yangzhou cuisine
112. 年糕: New Year cake
113. 油条: deep-fried twisted dough sticks
114. 豆浆: soya milk
115. 馒头: steamed bun
116. 花卷: steamed twisted roll
117. 包子: steamed stuffed bun
118. 北京烤鸭: roast Beijing duck
119. 拉面: hand-stretched noodles
120. 馄饨: wonton
121. 豆腐: tofu
122. 麻花: fried dough twist
123. 烧饼: sesame seed cake
124. 皮蛋: preserved duck egg
125. 蛋炒饭: rice fried with eggs
126. 糖葫芦: sugar-coated haws on a stick
127. 火锅: hotpot
128. 长城: the Great Wall
129. 烽火台: beacon tower
130. 秦始皇陵: Mausoleum of the First Qin Emperor
131. 兵马俑: Terracotta Army
132. 大雁塔: Giant Wild Goose Pagoda
133. 丝绸之路: the Silk Road
134. 莫高窟: Mogao Grottoes
135. 华清池: Huaqing Hot Spring
136. 五台山: Mount Wutai
137. 九华山: Mount Jiuhua
138. 峨眉山: Mount Emei
139. 泰山: Mount Tai
140. 黄山: Mount Huang
141. 故宫: the Imperial Palace
142. 天坛: the Temple of Heaven
143. 午门: the Meridian Gate



144. 大运河: the Grand Canal
145. 护城河: city moat
146. 回音壁: the Echo Wall
147. 居庸关: Juyongguan Pass
148. 九龙壁: the Nine Dragon Wall
149. 黄帝陵: the Mausoleum of the Yellow Emperor
150. 苏州园林: Suzhou garden
151. 西湖: West Lake
152. 九寨沟: Jiuzhaigou Valley
153. 日月潭: Riyuetan Lake; Sun Moon Lake
154. 布达拉宫: Potala Palace
155. 鼓楼: drum tower
156. 四合院: quadrangle dwelling
157. 孔庙: Confucian temple
158. 乐山大佛: Leshan Giant Buddha
159. 十八罗汉: the eighteen arhats
160. 喇嘛: Lama
161. 绿茶: green tea
162. 红茶: black tea

(2) 政治类

1. 新思想: new thought
2. 新常态: new normal
3. 新增长目标: new growth target
4. 新反腐模式: new anti-corruption model
5. 民生: people's livelihood
6. 扶贫: poverty alleviation
7. 国防: national defense
8. 改革开放 40 周年: 40 years of reform and opening up
9. 中国梦: the Chinese Dream
10. 人类命运共同体: a community with shared future for humanity
11. 五位一体: economic, political, cultural, social and ecological progress
12. 四个全面: the four-pronged comprehensive strategy
13. 一带一路: the Belt and Road Initiative
14. 文化自信: cultural confidence
15. 获得感: sense of benefit
16. 成就感: sense of achievement
17. 城市群: city cluster
18. 低碳城市: low-carbon cities
19. 智能制造: intelligent manufacturing
20. 中国制造 2025: Made in China 2025
21. 工匠精神: craftsmanship spirit
22. 中国天眼: 500 米口径球面射电望远镜: China's Eye of Heaven: The Five-hundred-meter Aperture Spherical Telescope (FAST)



23. 国产航母: domestically built aircraft carrier
24. 国产客机: homemade passenger jet
25. 数字家庭: digital homes
26. 数字经济: digital economy
27. 人工智能: artificial intelligence
28. 第五代移动通信 5G: mobile communications
29. 自媒体: We-Media
30. 自贸试验区: pilot free trade zones
31. 医疗改革: medical reform
32. 国内生产总值: Gross Domestic Product(GDP)
33. 居民消费价格: Consumer Price Index(CPI)
34. 税收减免: tax reduction and exemption
35. 去产能: reducing excess capacity
36. 房地产去库存: reducing real estate inventory
37. 供给侧结构性改革: supply-side structural reform
38. 补短板: strengthening areas of weakness
39. 生态保护红线: ecological wealth
40. 蓝色经济: blue economy
41. 绿色发展: green development
42. 纵向横向经济轴带: north-south and east-west intersecting economic belts
43. 全球伙伴关系网: global partnership network
44. 利益共同体: community of shared interests
45. 无现金支付: cashless payment
46. 扫脸支付: face scan payment
47. 二维码支付: two-dimensional barcode payment
48. 点赞: give a like
49. 虚拟现实: virtual reality
50. 宜居城市: habitable city
51. 分享经济: sharing economy
52. 互联网金融: online finance
53. 提现: cash withdrawal
54. 金融科技: fintech
55. 一小时通勤圈: one-hour commuting circle
56. 智能制造: smart manufacturing
57. 需求侧管理: demand-side regulation
58. 逆全球化: deglobalization
59. 网络直播: live streaming
60. 薪酬改革: salary reform
61. 副中心: subcenter
62. 网红经济: internet celebrity economy
63. 网络空间命运共同体: community of shared future in cyberspace
64. 网络侵权: internet copyright infringement
65. 养老服务: elderly care service
66. 人道主义支援: humanitarian relief



67. 可载人无人机: passenger-carrying drone
68. 可替代能源汽车: alternative energy vehicle
69. 京津冀一体化: Beijing-Tianjin-Hebei integration
70. 清洁能源: clean energy
71. 带薪休假: paid leave
72. 非物质文化遗产: intangible cultural heritage
73. 城际高铁: inter-city high-speed rail
74. 城市住房公积金: urban housing fund
75. 城乡一体化: rural-urban integration
76. 创新型政府: pro-innovation government
77. 出口关税: export duty
78. 互联网+: Internet Plus
79. 冬奥会: Olympic Winter Games
80. 二孩经济: second-child economy
81. 房产税: property tax
82. 分级医疗制度: hierarchical medical system
83. 跨越式发展: leapfrog development
84. 个人信用记录: personal credit records
85. 过度包装: excessive packaging
86. 互联网保险: online insurance
87. 互联网从业者: internet professional
88. 饥饿营销: hunger marketing
89. 积分落户制度: points-based hukou system
90. 基层社区: grassroots community
91. 实名认证: real-name authentication
92. 年度考核: annual assessment
93. 企业文化: corporate culture
94. 创新型人才: innovative talent
95. 人脸识别: facial identification
96. 代驾服务业: designated driver business
97. 交易费: transaction fee
98. 跟团游: package tour
99. 自由行: independent travel
100. 免税店: duty-free store
101. 一个中国原则: the one-China principle
102. 与时俱进: keep pace with the times
103. 综合国力: overall national strength
104. 共同愿望: common desire
105. “走出去”战略: going global
106. 不结盟: non-alignment
107. 单边主义: unilateralism
108. 多边政策: multilateralism
109. 多极世界: multipolar world
110. 人口老龄化: aging of population



- 111. 人口出生率: birth rate
- 112. 社区服务: community service
- 113. 道德法庭: court of ethics
- 114. 盗用公款: embezzlement

(3) 经济类

- 1. 市场经济: market economy
- 2. 计划经济: planned economy
- 3. 可持续发展战略: strategy of sustainable development
- 4. 消费观: consumption concept
- 5. 改革开放: reform and opening up
- 6. 经济特区: special economic zone
- 7. 社会主义市场经济: socialist market economy
- 8. 合作论坛: Cooperation Forum
- 9. 资本主义: capitalism
- 10. 证券市场: stock market
- 11. 总需求: aggregate demand
- 12. 总供给: aggregate supply
- 13. 企业形象: corporate image; enterprise image
- 14. 跨国公司: cross-national /multinational /transnational corporation
- 15. 创业精神: enterprising/pioneering spirit
- 16. 外资企业: foreign-funded/foreign-owned enterprise
- 17. 猎头公司: head hunter; headhunting company
- 18. 假日经济: holiday economy
- 19. 人力资本: human capital
- 20. 航空和航天工业: aerospace industry
- 21. 飞机制造业: aircraft industry
- 22. 电子工业: electronic industry
- 23. 汽车制造业: car industry
- 24. 信息产业: information industry
- 25. 知识密集型产业: knowledge-intensive industry
- 26. 国有大中型企业: large and medium-sized state-owned enterprises
- 27. 轻工业: light industry
- 28. 博彩业: lottery/gambling industry
- 29. 制造业: manufacturing industry
- 30. 垄断行业: monopoly industry
- 31. 市场多元化: market diversification
- 32. 市场监督: market supervision
- 33. 购买力: purchasing power
- 34. 熊市: bear market
- 35. 牛市: bull market
- 36. 城镇化: urbanization
- 37. 房地产: real estate
- 38. 首付: down-payment



39. 个人购房贷款: individual housing loan
40. 经济全球化: economic globalization
41. 经济特区: special economic zones(SEZ)
42. 经济增长: economic growth
43. 泡沫经济: bubble economy
44. 关税: tariff
45. 纳税人: taxpayer
46. 宏观经济: macro economy
47. 货币投放量: the size of money supply
48. 流动性过剩: excess liquidity
49. 经济过热: overheated economy
50. 小康水平: comparatively well-off level

(4) 教育类

1. 义务教育: compulsory education
2. 教育部: Ministry of Education
3. 职业学校: vocational school
4. 大学文凭: university diploma
5. 高等教育: higher education
6. 留守儿童: left-behind children
7. 偏远地区: remote area
8. 课外班: extracurricular classes
9. 应届生: fresh graduate
10. 乡村教师: rural teachers
11. 启发式教学: heuristic teaching
12. 人才交流: talent exchange
13. 人才战: competition for talented people
14. 商务英语证书: Business English Certificate(BEC)
15. 适龄儿童入学率: enrollment rate for schools of school age
16. 升学率: proportion of students entering schools of a higher grade
17. 成人夜校: night school for adults
18. 在职进修班: on-the-job training course; in-service training course
19. 思想政治教育: political and ideological education
20. 毕业生分配: graduate placement; assignment of graduate
21. 充电: update one's knowledge
22. 初等教育: elementary/primary education
23. 大学城: college town
24. 大学社区: college community
25. 高等教育“211”工程: the “211 project” for higher education
26. 高等学府: institution of higher learning
27. 综合性大学: comprehensive university
28. 文科院校: college of (liberal) arts
29. 理工科大学: university of science and engineering
30. 师范: teacher-training school; normal school



31. 高分低能: high scores and low abilities
32. 高考: college entrance examination
33. 高校扩招: the college expansion plan
34. 教育界: education circle
35. 教育投入: educational input
36. 考研: take examination for a graduate programme
37. 课外活动: extracurricular activities
38. 必修课: required/compulsory course
39. 选修课: elective/optional course
40. 基础课: basic courses; foundation course
41. 专业课: specialized course
42. 课程表: school schedule/timetable
43. 教学大纲: teaching programme; syllabus
44. 学习年限: period of schooling
45. 学历: record of formal schooling
46. 学分: (course) credit

(5) 科技类

- 1 纺车: spinning wheel
- 2 蒸汽机动车: steam engine
- 3 发明专利: patent of invention
- 4 创新精神: creative spirit
- 5 设计创意: design creativity
- 6 工业革命: industrial revolution
- 7 信息技术: information technology
- 8 创新成果: innovation achievement
- 9 高速列车: high-speed train
- 10 导航系统: navigation system
- 11 能源消耗: energy consumption
- 12 可替代燃料: alternative fuel
- 13 科学探索: scientific exploration
- 14 电子设备: electronic equipment
- 15 造福人类: bring benefit to mankind
- 16 试验田: experiment plot/field

(6) 健康类

- 1 糖尿病: diabetes
- 2 肥胖症: obesity
- 3 肺炎: pneumonia
- 4 禁烟令: smoking bans
- 5 无偿献血: donate blood
- 6 营养不良: malnutrition
- 7 体检: physical examination
- 8 均衡的饮食: a well-balanced diet



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- 9 中医: traditional Chinese medicine
- 10 医疗保健: preventive medical and healthcare

(7) 安全类

- 1. 雾霾: fog and haze
- 2. 核泄漏: nuclear leak
- 3. 热带风暴: tropical storm
- 4. 病毒携带者: virus carrier
- 5. 救灾工作: rescue/relief effort
- 6. 安全保障措施: safety precaution
- 7. 交通安全: traffic/road safety
- 8. 泥石流: mud-slide; debris flow
- 9. 受灾地区: stricken/afflicted area
- 10. 环境污染: environment pollution

(8) 体育类

- 1. 田径: track and field
- 2. 举重: weightlifting
- 3. 击剑: fencing
- 4. 赛艇: rowing
- 5. 射箭: archery; toxophily
- 6. 锦标赛; 冠军赛: championship; tournament
- 7. 奥运会: the Olympic Games
- 8. 纪录保持者: record holder
- 9. 申办城市: the bidding city
- 10. 开幕式: opening ceremony

拒绝挂科

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