

注意:

新托福市面上没有真题，备考最佳材料就是旧托福的真题！然而——普通的 PBT 真题历年在考场上偷录的声音质量存在严重的问题，影响我们学习使用！

特点:

本材料取材于旧托福 CBT 机考的真题，声音质量很清晰
按照场景分类去学习，同话题横听段子，事半功倍

场景分类如下：音频地址：<http://www.xiaoma.com/bbs/thread-2167-1-1.html>

A: campus topic类（适用于新托福的长对话部分）

B: 历史类

C: 生物类

D: 地球科学类

E: 天文学类

F: 人体生理心理类

G: 人类学类

使用方法:

(1) 先做题（适用于新托福主旨题和细节题）

(2) 听写：请参考：[这里](http://www.xiaoma.com/bbs/thread-10089-1-1.html)（<http://www.xiaoma.com/bbs/thread-10089-1-1.html>）
和[这里](http://www.xiaoma.com/bbs/thread-105-1-1.html)（<http://www.xiaoma.com/bbs/thread-105-1-1.html>）

(3) 跟读中弥补听写的缺陷

(4) 总结整理场景词汇并时常温习

你会得到:

(1) 听写真题，更快的提高托福听力的实力

(2) 跟读真题，更准备的把握学术文章特征

(3) 总结词汇，应对以后专业词汇得心应手

感谢小马社区学习委员端木.宇和机经版版主ecarolfly帮我校对听力文稿
如大家在使用过程里还有文字错误，[请与我联系woshimajun@hotmail.com](mailto:woshimajun@hotmail.com)

人体生理心理学

第一篇（心理学）

1. What aspect of Sternberg's model does the professor discuss?
 - A. How intelligent people use the environment to their advantage
 - B. How the model is used in traditional intelligence testing
 - C. How students can use the model when they study
 - D. Why the model has three parts

2. What is the advantage of Sternberg's model?
 - A. It predicts academic success reliably.
 - B. It is simpler than previous models.
 - C. It makes intelligence tests easy to score.
 - D. It is more complete than previous models.

3. What will the professor probably talk about next?
 - A. Ways to diagnose learning problems
 - B. An experiment on noise reduction
 - C. Another aspect of a theoretical model
 - D. How the environment influences test performance

4. Why is the professor talking about a study problem?
 - A. To illustrate a theoretical point
 - B. To help his students improve their study habits
 - C. To explain an experiment he conducted
 - D. To underline the importance of intelligence testing

★Listen to a Psychology professor as he begins his class

Recent research indicates that the commonly use models of intelligence are too narrow. Last time we began talking about Sternberg's 3-part models intelligence. You will recall that his theory include some aspects of intelligence that haven't been considered in traditional intelligence testing. Today we will take up one part of Sternberg's theory. In this part, he tries to account for the relationship of intelligence to the environment. Intelligent people tend to use the environment to accomplish their goals. This is done in 3 ways: by adapting to the environment, by changing the environment or by selecting out of the environment. Let's look at **how it takes into the case**. Suppose your roommate always studies with radio on. You know that you need quiet in order to concentrate and thus use your study time effectively. You could try wearing your plug when you study that would be adaptation or you could set up a new study corner for yourself far from the

radio that changing the environment. Finally, you could change rooms and find a new roommate that is selecting out of the environment. Whichever solution you choose, you are showing intelligent behavior because you are aware of the effect environment has on your ability to study. Of course, you might say why don't I just talk to my roommate about the problem. That brings us to a different part of Sternberg's Model—interpersonal intelligence.

词汇讲解:

- | | |
|-----------------|----------------|
| 1. intelligence | 智力, 智慧, 才智, 聪明 |
| 2. narrow | 狭, 窄, 狭隘的, 狭小的 |
| 3. account for | 证明, 说明; 由于 |
| 4. adapt to | 使适应, 使适合, 使适于 |
| 5. plug | 耳塞 |
| 6. corner | 偏僻处, 角落 |
| 7. be aware of | 意识到 |

Correct answers: A D C A

第二篇（生理学）

1. What is the discussion mainly about?

- A. A philosophy for healthy living
- B. A form of therapy
- C. The causes of stress
- D. A new kind of cardiovascular exercise

2. What does a biofeedback machine do?

- A. It measures small physiological changes within the body.
- B. It analyzes the results of psychological tests.
- C. It increases the rate at which the heart beats.
- D. It makes soothing noises that promote relaxation.

3. What are two goals of biofeedback?

Click on 2 answers.

- A. To improve muscle tone
- B. To help people learn to relax
- C. To classify different types of stress
- D. To help people gain control over involuntary bodily processes

4. What does the professor imply about the practice of biofeedback during the 1960's?

- A. Doctors tried to make a lot of money with it.
- B. It was not approved for use by the medical establishment.
- C. Supporters believed it could treat a wide variety of conditions.
- D. It was not carried out safely.

5. In the future, what problem are researchers hoping to treat with biofeedback?

- A. Heart disease
- B. Paralysis
- C. Depression
- D. High blood pressure

★Listen to a conversation in a Physiology seminar. The professor and the students are discussing Biofeedback

P: The focus of our conversation today is biofeedback. Basically it's the technical in which patients are able to monitor their own body function. What it does is to monitor physiological changes in a patient that he or she would necessarily be conscious of. Generally speaking, these changes are someone negative nature like rates of heart beat or muscle tension and are most often

induced by stress. And once the patients become aware of the changes, they can, um...learn to control them. It's a relatively new therapy, um... may possible by technology.

M: But what the technology have to do with this? Isn't it obvious when someone is tense and has a rapid heart beat?

P: Well, some changes are very subtle and happen faster than the human can monitor alone.

M: So how is someone made aware of these physiological changes?

P: Well, the patient is hooked up to a machine, and it needs either a beep or a flashing light in response to...well like I said: muscle tension or rapid heart beat. And the beeps all whatever signal the patient.

W: Would you say this is kind of psychological conditioning? That it tries to change a person's behavior by negative reinforcement. So you are forced to relax because you are afraid the machine would feedback you?

P: Um... you are certainly not far off, but your example isn't quite right. I think the goal is to become more aware of what happen to your body when reacting to the stress. If you are aware of it, you have a greater degree to control over it, and theoretically you can minimize it. And the result is similar, you learn at least in the case of stress disorders to control tension in your body.

W: Is biofeedback used only for stress disorders?

P: No, it has lots of other applications. But right now, stress is what most successfully treat. Interestingly, biofeedback is **over weighted** when they first came out in 1960. People claim that it could be used to control all kinds of things, like abnormally high blood pressure, severe hard condition what have you, I didn't turn out exactly to be true.

M: Do you think biofeedback will ever be used to treat other conditions thus successfully as has stress?

P: Good question. Now I've heard that some researchers are looking into the possibility that it might someday be used to help certain paralysis people recover to use their arms ,their legs, but...that's quite away off.

词汇讲解:

biofeedback	机能反馈疗法〔利用机械医疗作用,使病人自动控制和调整正常机能的医疗技术〕
be conscious of	知道
rates of heart beat	心率
muscle tension	肌肉张力
therapy	【医学】疗法; 疗效
subtle	精细的; 巧妙的, 精巧的, 敏感的, 敏锐的
reinforcement	增强, 加固; 补强物, 强化物; 补给品
theoretically	理论(上)的, 学理上的 (opp. applied)
abnormally	反常的
severe	(疾病等)严重的

Correct answers: B A B D C B

- (1) 历年旧托福mp3 及脚本 <http://www.xiaoma.com/bbs/forum-24-1.html>
- (2) 什么是听写 <http://www.xiaoma.com/bbs/thread-10089-1-1.html>
- (3) 怎样听写 <http://www.xiaoma.com/bbs/thread-105-1-1.html>
- (4) 语音识别问题起因 <http://www.xiaoma.com/bbs/thread-10833-1-1.html>
- (5) 因听写而进步 <http://www.xiaoma.com/bbs/thread-9539-1-1.html>
- (6) 对听写者说的话 <http://www.xiaoma.com/bbs/thread-2225-1-1.html>
- (7) 听力问题解答 <http://www.xiaoma.com/bbs/thread-103-1-1.html>
- (8) 新托福听力汇总 <http://www.xiaoma.com/bbs/thread-8779-1-1.html>

最全最新全国 IBT 考场实况分析电子书:

<http://www.xiaomaguohu.net/bbs/thread-8948-1-1.html>

2005--2007 历年机经汇总校对版 :

<http://www.xiaomaguohu.net/bbs/thread-8783-1-1.html>

如何备考新托福口语部分:

<http://www.xiaomaguohu.net/bbs/thread-8801-1-1.html>

新托福高分会员原创经验:

<http://www.xiaoma.com/bbs/thread-8745-1-1.html>

新托福考试不像原来旧托福可以偷回每次的考题，能供大家学习的ETS出的听力试题，一共有 17 篇，分别是官方指南上 11 篇文章+practiceonline 里面的 6 篇文章（<http://www.xiaomaguohet.net/bbs/thread-2691-1-1.html> 模拟练习三即是）。这 17 篇文章需要大家在了解过听力的出题思路后，再去使用，而且应该是仔细的揣摩每道题的考点。另外如果有的同学喜欢背段子的话，那这 17 篇文章最适合去背诵了。

供我们备考所用的旧托福的试题，可以分成三类：

PBT（考国内）、PBT（考北美）、CBT（大陆范围之外）。

考国内的PBT试题，从 95 年 8 月——2004 年 10 月，供 42 套题，是适合大众使用的材料。需要使用者放弃掉每套题中的小对话部分，只取Part B 和Part C使用即可。我更推荐大家把时间集中在每次旧托福的 Part C 的演讲。在 www.xiaoma.com 的这个地址里 <http://www.xiaomaguohet.net/bbs/forum-24-1.html> 我从 95 年一直按照每套的形式一直放到 2006 年。音频和听力的脚本都在里面。

北美的PBT的试题，被ETS授权给泰德时代于 2003 年出版了 31 套真题。因为是经过授权出版的，所以声音质量与考场一致，这个材料虽然没有我们能得到的国内的PBT试题多，但是声音质量远远好于国内的PBT（因为是在考场上偷录的）。以我接触学生的经验来看，备考听力者比较痛苦的莫过于对场景陌生和对专业场景里的词汇头疼，所以这个声音质量完美的材料，我把它划分成了场景：campus类、历史类、生物类、地球科学类、天文学类、人体生理心里累、人类学类、语言学类、和商业类，供大家同一场景连续突破。在这个地址可以下载<http://www.xiaomaguohet.net/bbs/forum-23-1.html>

具体介绍在这个地址：<http://www.xiaomaguohet.net/bbs/thread-8781-1-1.html>

北美的 CBT 的听力试题，也被我按照场景的模式划分，在这个地址 <http://www.xiaomaguohet.net/bbs/thread-2167-1-1.html>

其他市面上大家可以购买的书籍是：longman 朗文的绿色的综合教程、delta的蓝色备考策略（新东方统一强化班是配发）、barron的紫色模考教程。这个地址可以下载模考光盘 <http://www.xiaomaguohet.net/bbs/thread-2559-1-1.html> 这三类教材都是国外不同的出版机构按照ETS的出题思路出的模拟题，并不是真题。但是，这三个出版机构的语料库是让人羡慕的，所以备考者使用此三本教材做题是小，熟悉长文章套路和话题及词汇是大。切记不能只是拿来做题使用！推荐听写。这三个教材的难度顺序是：朗文<三角洲<巴郎。学习者手里有任何一本外加使用旧托福的听力真题配合听写提高听力实力即可。切莫贪多都做，做就要做的彻底！

我的讲义部分是这样编辑的：

- （1）第三页到第七十六页的听力讲义部分是从朗文的模考光盘里扣出来的。
- （2）场景分类训练的上是CBT的材料、场景分类训练的下是北美的PBT材料
- （3）听觉导向训练里的 36 篇文章是取材于PBT的试题，所以声音质量有点小问题
- （4）Mini训练是朗文模考光盘的 8 套mini试题
- （5）模拟训练 1 和模拟训练 2 是朗文模考光盘的模拟题
- （6）模拟训练 3 是practice online上的真题
- （7）语音识别训练是取材于tomson出版社的高级视听说教材

我的材料，我都已经制作成PDF格式供大家使用，同时提醒大家，不需要再次购买朗文的材料。使用我的材料加上delta三角洲备考策略的 4 套模考题足矣！

如果备考过程里需要泛听一些材料的话，我推荐discovery探索频道的世界百大发现系列的地球科学单元和天文学单元，在这个地址：<http://www.xiaomaguohet.net/bbs/forum-57-1.html>