

2020年6月四级听力解析

【听力原文-passage 1】

原文: Passage one

There is a saying that goes something along the lines of ‘You must love yourself first before you can love someone else.’ Similarly, I personally believe that you must be comfortable and happy in your own company before you can truly be yourself in the company of others. There is a massive difference between being lonely and being alone. Loneliness is a horrible feeling. However, you don’t have to actually be alone to feel that way. Many times, I’ve felt lonely when surrounded by a big group of people. (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. (17) The trick is to be active. Get outside, stretch your legs, do something cultural, buy yourself something tasty to eat or something pretty to wear. You don’t have to take anyone else into consideration and can do whatever you please. (18) Spending time alone also allows you to more efficiently take care of problems. And then, when it’s time to be social and meet up with your friends, you will be fully there, because you won’t have too much other stuff floating around in your mind. (18) Having been alone for a bit, you will also appreciate your friends’ company more and chances are your time spent together will be more worthwhile.

Question 16: What does the speaker say about being alone?

Question 17: What does the speaker say how to reduce one’s feeling of loneliness?

Question 18: What is an advantage of spending one’s time alone?

【题目解析】

Q16. 根据听力原文“In contrast, being alone can actually be a blessing, particularly, when you’ve actively chosen it.”可知独处有的时候也会让人感觉很欣慰。

Q17. 根据听力原文“The trick is to be active. Get outside, stretch your legs, do something cultural, buy yourself something tasty to eat or something pretty to wear. You don’t have to take anyone else into consideration and can do whatever you please.”可知降低孤独感好的方法是主动做让自己开心的事情。

Q18. 根据听力原文“Spending time alone also allows you to more efficiently take care of problems.”以及“Having been alone for a bit, you will also appreciate your friends’ company more and chances are your time spent together will be more worthwhile.”就可以锁定独处带来的好处。

【题目解析】

本题主要论述了独处的好处,谈到了独处可以让人们在处理问题的时候更加高效,也会更加珍惜有朋友陪伴的时间。同时文章也提及到了独处和感到孤独是不一样的。因此考生在答题过程中,一定要非常清楚 lonely 和 alone 之间的区别,这样才能答题正确。在问题的考察上,三道题均属于考察细节题,考生需要注意听到关键的词汇。