



名师带你高效冲刺四六级

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内容提要

- 一、四六级考试知多少？
- 二、如何备考效率高？
- 三、单词记不住怎么破？
- 四、四大题型如何解？
- 五、备考资源推荐

一、四六级考试知多少？

1.1 考试类别、时间和报名

➤ 口试每年5月/11月

(2022年11月19日-四级；11月20日-六级)

➤ 报考条件：无需过笔试分数线，
完成当次四/六级笔试报考即可

➤ 笔试每年6月/12月

(2022年12月17日上午-四级；下午-六级)

➤ 具体报名时间关注学校通知

Tip：越早考越好！



1.2 口试形式、时长、题型、流程

- **机考**：试题材料用文字/画面提示(图画、图表、照片等)。考生由系统**随机编排**，**两人一组**。
- 分三个部分,考试总时间**约18分钟**。
- 人工评分+计算机评分，后转换为 **A、B、C和D**四个等级

部分	内容	考试过程	答题时间
第一部分	自我介绍和问答	先由考生自我介绍,然后回答考官提问。考试时间约2分钟。	自我介绍:每位考生20秒(两位考生依次进行) 回答问题:每位考生30秒(两位考生同步进行)
第二部分	陈述和讨论	考生准备1分钟后,根据所给提示作个人陈述;两位考生就指定的话题讨论。考试时间约8分钟。	个人陈述:每位考生1分30秒(两位考生依次进行) 两人讨论:3分钟
第三部分	问答	考生回答考官的一个问题。考试时间约1分钟。	每位考生45秒(两位考生同步进行)



1.3 笔试时长、总分、题型和分值

- 四级：125分钟
- 六级：130分钟（听力多了5分钟）
- 总分710分（四级达425分，才可报考六级）

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

写作 15%
听力 35%
阅读 35%
翻译 15%



1.4 考试流程及注意事项

考试流程

试音

→ 答题卡1上完成作文、听力 → 收答题卡1

→ 答题卡2上完成阅读、翻译 → 收答题卡2

注意事项

- 正确粘贴条形码在答题卡1
- 听听力时，边听边涂



二、如何备考效率高？

“三二一原则”

- 黄金备考期：考前**三**个月
- **二**马拉车：单词+真题
- **一**颗恒（狠）心



2.1 单词

- 记**核心词汇**，且重点记忆其中的**动词**，通过**构词规律**推导其他词性。

aspiration

/ˌæspəˈreɪʃən/ n. [C] sth. that you hope to achieve 渴望

benefit

/'benɪfɪt/ n. [C] a helpful or good effect 利益，好处

The discovery of oil brought many **benefits** to the town. 石油的发现给这个城镇带来了许多好处。

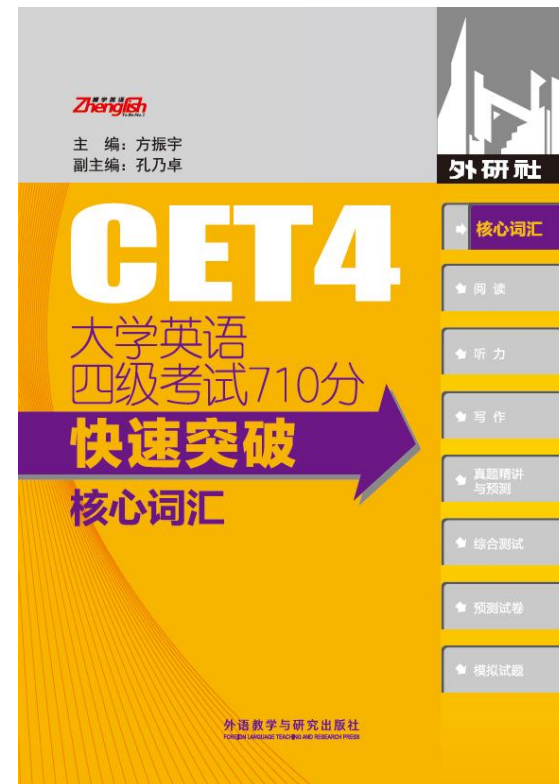
v. be helped by sth. or help sb. 受益，有益于

I feel that I have **benefited** greatly from her wisdom. 我觉得她的智慧让我受益良多。

派 beneficiary *n.* 受益人 / **beneficial** *a.* 有益的，有帮助的

同 interest/profit

不管基础好不好：真题里影响做题的词，都要记住，定制专属于你的词汇宝典！



2.2真题

➤ 建议重点训练阅读和听力（分值更高）

每周一套完整练习+专项阅读/听力

➤ 建议做题顺序&时间分配：

翻译→阅读Section C→Section B → Section A

阅读时间从40分钟加到50分钟，翻译从30分钟减到20分钟

➤ 养成良好做题习惯：

掐时间做、不查词典、不精读、划关键词、标记题号（方便分析错因）

➤ 及时总结错误原因：

单词不认识？ 荧光笔标出、记住。**定位不准确？** 比对解析，找到信号词，以后留心。**粗心？**

总之，务必找到扣分原因，今后避开雷区，见证刷题效果。



三、单词记不住怎么破？



/ˌæspəˈreɪʃən/ *n.* [C] sth. that you hope to achieve 渴望

It's a story about the lives and **aspirations** of poor Irish immigrants.

这个故事讲述了贫穷的爱尔兰移民的生活和他们的渴望。

分 **aspire** (渴望) + **tion** 派 **aspire** *v.* 渴望

- **定法:** 15遍抄记法 (视觉记忆者、精记) / 听记法 (听觉记忆者、泛记)
- **定习:** 当天, 第2天, 第3天, 下一周开始, 下下周开始, 分别快速复习一遍, 不会的打勾

曲折前进

- 充分利用碎片化时间和助记工具 (如背单词APP)

提升效率

- 重视利用教材资源 (如外研随身学)
- 巧妙借用助记方法 (如自然拼读、词根词缀、谐音联想)



3.1 助记方法举例

音标拼读

➤ estimate

['estɪmət]

➤ democratic

[,demə'krætɪk]

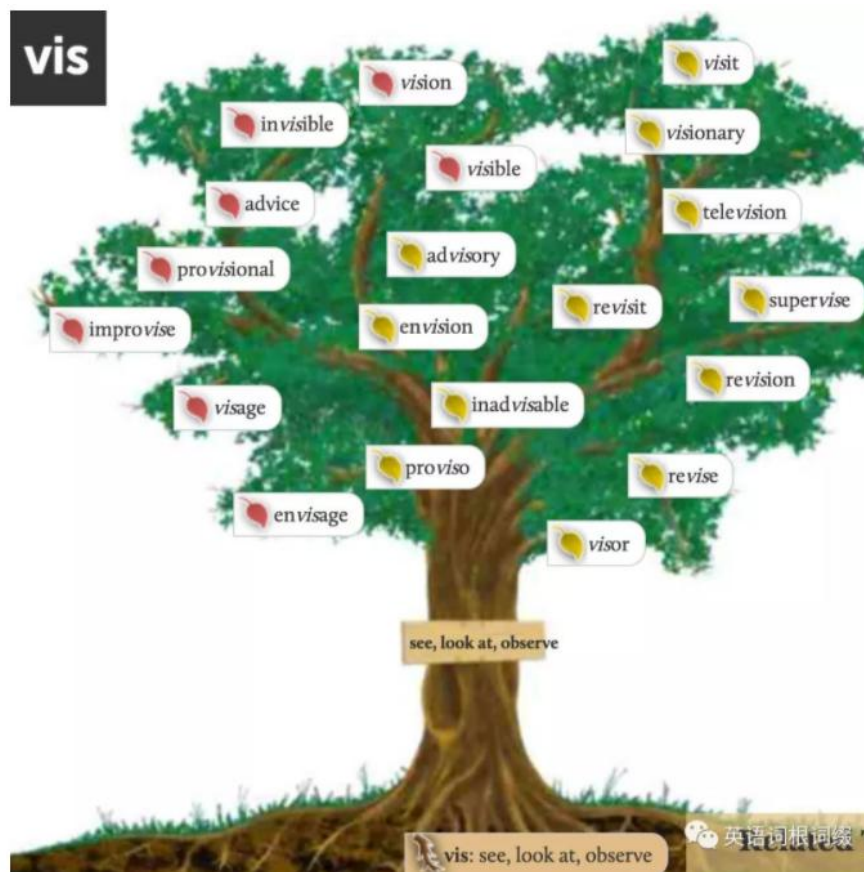
➤ resemble

[rɪ'zemb(ə)l]

词根词缀

➤ 最常见的词根有418个，前缀有113个，后缀有122个。

➤ 词根-含义； 前缀-含义； 后缀-词性



visit v. 参观 (vis+it)
visible adj. 可见的 (vis+ible)
previse v. 预见 (pre预先+vis+e)
revise v. 修正, 改订 (re再+vis+e)
supervise v. 监督 (super在.....上+vis+e)



3.1 助记方法举例

谐音联想

➤ ambulance n. 救护车['æmbjələns]

俺不能死→救护车

➤ ambition n. 抱负[æm'biʃ(ə)n]

俺必行

➤ surly adj. 暴躁的['sɜ:li]

失礼→暴躁

➤ drag v. 拖拉拽[dræg]

拽一个→拽

➤ adolescence n. 青少年时期

[,ædə'les(ə)ns]

爱豆来生死→爱豆来了,激动得要

死要活→青少年时期

串记法

➤ 适合词汇量大的同学

举例: happy 开心

同义词^Q Happy Glad Delightful Amused Joyful Delighted

反义词^Q Unhappy Miserable Dire Deplorable Abject Direful

形近词^Q Hobby Happen

音近词

词组 Be happy about Be happy to do



四、四大题型如何解？

- 听力
- 阅读
- 写作
- 翻译



4.1 听力：精听真题，力求全部听懂（1-2篇/天）

步骤一：根据题型，预判位置

2022年6月四级真题（选自《大学英语四级考试真题全解+标准预测》）

题目/题型

新闻

长对话

短文

演讲

News Report Three

[5] A four-year-old girl has walked eight kilometers through a snowy forest to seek help for her sick grandmother who later died of a heart attack. The young girl braved the threat of bears, wolves and temperatures far below freezing. She made the journey through a remote region in Siberia after waking up to find her grandmother motionless. Named locally as Carla, she lives alone with her elderly grandmother and her blind grandfather. [6] As a result, the girl's mother is facing a criminal case. She stands accused of leaving a minor in danger in the care of the elderly. She also faces investigation from childcare services who will also be asking why Carla was left alone with her vulnerable relatives. The journey took place in February when temperatures average -25°C . Russian reports on social media suggest the forest may have been as cold as -34°C . The journey was only recently confirmed by authorities. [7] But though she was suffering from the effects of extreme cold, the child reportedly suffered no life-threatening effects. Last year, a three-year-old boy survived alone for three days in a remote forest in the same region.

4.1 听力：精听真题，力求全部听懂（1-2篇/天）

步骤二：选项分析

1.划关键词，即**名词、动词、形容词**（知道意思最好，不知道拉倒）

2.看词拼音（即像中文拼音一样**大致拼出单词读音**） 或 语境猜词

3.预判问题（∵卷子上无提问）

2021年6月四级真题（选自《大学英语四级考试真题全解+标准预测》）

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.

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

[4] The family is now offering a 5000-pound reward for the safe return of the dog after launching a social media campaign to find the thief. The dog is 6 and a half years old and was last seen wearing

步骤三：注意听**信号词**，选答案

2021年12月六级真题（选自《大学英语六级考试真题全解+标准预测》）
2022年6月四级真题（选自《大学英语四级考试真题全解+标准预测》）

News Report Three

[5] A four-year-old girl has walked eight kilometers through a snowy forest to seek help for her sick grandmother who later died of a heart attack. The young girl braved the threat of bears, wolves and temperatures far below freezing. She made the journey through a remote region in Siberia after waking up to find her grandmother motionless. Named locally as Carla, she lives alone with her elderly grandmother and her blind grandfather. [6] As a result, the girl's mother is facing a criminal case. She stands accused of leaving a minor in danger in the care of the elderly. She also faces investigation from childcare services who will also be asking why Carla was left alone with her vulnerable relatives. The journey took place in February when temperatures average -25°C . Russian reports on social media suggest the forest may have been as cold as -34°C . The journey was only recently confirmed by authorities. [7] But though she was suffering from the effects of extreme cold, the child reportedly suffered no life-threatening effects. Last year, a three-year-old boy survived alone for three days in a remote forest in the same region.

步骤四：对完答案，不看解析再听一遍，力求自己找到错因

步骤五：再听一遍，没听出来的看原文，划出相应句子，看解析找错因

步骤六：积累

- 背高频生词
- 听录音跟读，音形对应！

信号词

一、转折性词汇

but, yet, however, though, whereas, unfortunately, unexpectedly, instead, rather than, other than, to be frank, frankly speaking, to tell you the truth, etc.

二、逻辑类词汇

表原因的because, because of, for, as, due to, owing to, in that, now that, according to,

表结果的therefore, so, as a result, consequently, eventually,

表递进的apart from, in addition, furthermore, what's more, moreover, etc.

三、比较级、最高级词汇

most importantly, the most popular... the biggest of... maximum/minimum..., peak, etc.

四、表“第一” / “最后”的序数词

the first, firstly, first of all, initially, finally, eventually, etc.

五、事实罗列词汇

actually, in fact, as a matter of fact, etc.

六、表“研究、调查显示”的词

research showcase, study show, survey indicates, etc.

七、表“重要”的形容词

important, crucial, chief, major, significant, unique, essential, necessary, vital, etc.

4.2 阅读

2021年6月四级真题（选自《大学英语四级考试真题全解+标准预测》）

长篇阅读Section C

步骤：

→看选项划关键词（名动形）

→定位原文

→同义替换，选出答案

Tips: ①依次出题原则、

②注意信号词

全文翻译

[51]做一名信息技术或IT工作者，并不是我艳羡的工作。他们在关键会议进行中途，需要立即修复停止工作的投影仪。同事会为同一问题多次致电服务台而感到沮丧，他们不得不忍受同事的坏脾气。他们也知道有更强大、更可靠、更快速的系统，但他们的雇主根本不会拿出资金购买。

[52]根据最近的一项调查，依赖IT支持的工人认为IT是导致工作不满的主要原因。他们发现，有时自己并没有犯错，而生产力会突然下降或者质控系统突然失灵，他们对此却无能为力。

IT的使用几乎渗透到各个工作领域。它已经成为员工完整工作体验的重要组成部分。[53]IT正常运作时，员工的信心就会膨胀。当运转良好的机器将他们从枯燥的任务或重复的实践中解放出来时，他们的工作满意度也会激增。不过，一事情会导致众多员工感到沮丧，那就是IT转换出现故障，员工预期已经膨胀，而这时一长串的种种提效承诺却会落空。[54]倘若业务领导者在实施IT计划时，很少考虑这些变化对终端用户的影响，就会发生上述状况，这就是为什么管理人员应了解IT用户体验对员工的重大影响，并付出大量努力来确保其IT团队能消除编程错误和应用程序崩溃。同时他们要提供充分和及时的IT支持，使用户能够处理工作中的技术故障。更重要的是，IT从业者需要了解用户在使用IT时的心理体验。

[55]因此，企业需要建立自己的IT基础架构，使其适合员工的工作，而不是调整员工的工作以适应公司的IT限制。

4.2 阅读

2021年6月四级真题（选自《大学英语四级考试真题全解+标准预测》）

长篇阅读Section C

步骤:

→看选项划关键词（名

动形）

→定位原文

→同义替换

①依次出

②信号词

55. How can a business help improve its employees' experience in using IT?

- A) By designing systems that suit their needs.
- B) By ensuring that their mental health is sound.
- C) By adjusting their work to suit the IT system.
- D) By offering them regular in-service training.

swells. Their job satisfaction, too, can surge when well-functioning machines relieve them of dull tasks or repetitive processes. But if there's one thing that triggers widespread employee frustration, it's an IT transformation project gone wrong, where swollen expectations have been popped and a long list of promised efficiencies have been reversed. This occurs when business leaders implement IT initiatives with little consideration of how those changes will impact the end user, which is why managers should appreciate just how influential the IT user experience is to their employees, and exert substantial effort in ensuring their IT team eliminates programming errors and application crashes. Adequate and timely IT support should also be available to enable users to cope with technological issues at work. More importantly, IT practitioners need to understand what employees experience mentally when they use IT.

Therefore, businesses need to set up their IT infrastructure so that it is designed to fit in with their employees' work, rather than adjust their work to fit in with the company's IT limitations.

4.2 阅读

段落匹配 Section B

“平行阅读法” 步骤:

→看题号内容划关键词 (名动形)

→速读原文A段, 找是否有题号关键词之处

If 有, 则细读, 并找出至少2个同义替换, 将A写在该题号前面;

If 无, 则继续速读B段

→读B段, 重复以上步骤, 直到所有段落读完, 且所有题号做完

(这样的好处是, 题号虽然看了很多遍, 但原文只读了一遍。更节省时间、正确率更高)

Tips: ①可能很多段都有一样的词, 注意, 一定要找到至少2个同义替换;

②可能一个段落匹配多个题号

4.2 阅读

段落匹配 Section B

“平行阅读法”步骤:

→看题号内容划关键词

→速读原文A段, 找关键词

if有, 则细读, 并找出至少2个同义替换, 将A写在该题号前面;

if无, 则继续速读B段

→读B段, 重复以上步骤

2018年6月六级真题 (选自《外研社大学英语六级考试真题全解》)

36. There are a couple of plants **tough and adaptable** enough to survive on **bare rocky hills** and in **deserts**.
37. Farrant is trying to isolate genes in resurrection plants and reproduce them in crops.
38. **Farmers in South Africa** are more at the mercy of nature, especially **inconsistent rainfall**.

Grow Plants Without Water

- A) Ever since humanity began to farm our own food, we've faced the unpredictable rain that is both friend and enemy. It comes and goes without much warning, and a field of *lush* (茂盛的) leafy greens one year can dry up and blow away the next. Food security and fortunes depend on sufficient **rain**, and nowhere more so than in Africa, where 96% of **farmland depends on rain** instead of the irrigation common in more developed places. It has consequences: South Africa's ongoing drought—the worst in three decades—will cost at least a quarter of its corn crop this year.
- B) Biologist Jill Farrant of the University of Cape Town in South Africa says that nature has plenty of answers for people who want to grow crops in places with unpredictable rainfall. She is hard at work finding a way to take traits from rare wild plants that adapt to extreme dry weather and use them in food crops. As the earth's climate changes and rainfall becomes even less predictable in some places, those answers will grow even more valuable. “The type of farming I'm aiming for is literally so that people can survive as it's going to get more and more dry,” Farrant says.
- C) Extreme conditions produce extremely tough plants. In the rusty red deserts of South Africa, steep-sided rocky hills called inselbergs rear up from the plains like the bones of the earth. The hills are

4.2 阅读

选词填空Section A (十五选十)

最后做，性价比不高

步骤：

- 1看选项，标词性&理解词义 (tip: 有的单词会有几种词性)
- 2看段落，根据上下文**语法**，看空格缺什么词性，缩小范围
- 3看段落，根据上下文**语义**，看空格缺什么意义，选定。

4.3 作文

考试时

字数要

总分总

题型变

2018年6

Dire

(一) 感谢信模板:

Dear _____,

I am writing this letter to express my sincere gratitude for _____. Had it not been for your assistance in _____, I fear that _____ may not have _____. I'd like you to know that you _____ always remember _____.

I hope that I will _____ . Will you kindly _____ seeing you soon!

Again, I would like _____ and pass my best wishes _____.

Yours,

trust bet

should write at least 1

图片作文模板一:

① As is vividly revealed in the picture, _____ (描述图片内容). The picture reminds us of an old Chinese saying— _____ (进一步说明图片表明的含义).

② Undoubtedly _____ (总结深刻含

Therefore, when _____

_____ (总结深刻含

③ In a word, _____

图表作文模板一:

① The bar chart _____ (给出图表的出处) reflects _____ (解释图表所反映的现象). From these statistics, it can be seen that _____ (具体说明这一现象).

② Generally speaking, _____ (分析这一现象产生的几点原因) factors have contributed to this phenomenon. For one thing, _____ (第一点原因). For another, _____ (第二点原因).

③ As far as I am concerned, _____ (发表个人看法). First, _____ (其中一条解决办法). Second, _____ (另外一条解决办法).

Tips: 不同类型的范文

4.3 作文

语言第一位!

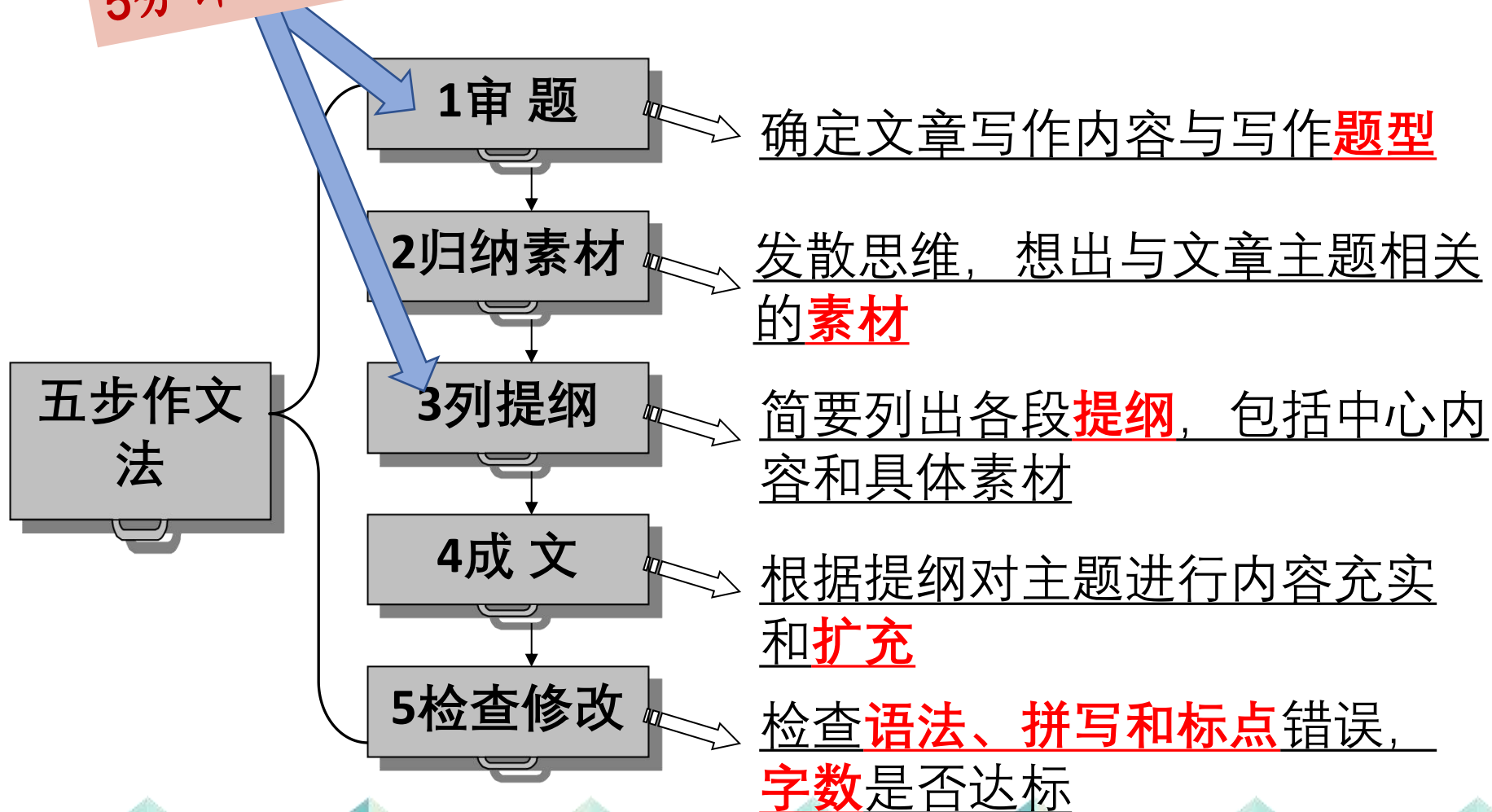
- **基本正确**: 考生的最大问题不是写得太简单, 而是错得太离谱! (拼写、标点、语法。其中语法包括时态、主谓一致、冠词、名词单复数等)
- **丰富多变**: 词汇同义替换、句型长短相间。

档次	评分标准
14分	切题。表达思想清楚, 文字通顺, 连贯性较好, 基本上无语言错误, 仅有个别小错。
11分	切题。表达思想清楚, 文字连贯, 但有少量语言错误。
8分	基本切题。有些地方表达思想不够清楚, 文字勉强连贯; 语言错误相当多, 其中有一些是严重错误。
5分	基本切题。表达思想不清楚, 连贯性差。有较多的严重语言错误。
2分	条理不清, 思路紊乱, 语言支离破碎或大部分句子均有错误, 且多数为严重错误。
0分	作文与题目毫不相关, 或只有几个孤立的词而无法表达思想。

4.3 作文

正式考试前三步
5分钟内完成!

Similar to cooking!



4.4 翻译

四步口诀： 通读断句定时态， 抓出主干定词汇

翻译方法： 无主句？ 多动句的处理？ 不会的词怎么办？

平时积累： 提取真题里的句式， 迁移应用

五、备考资源推荐

