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UNIT 1

1

Love

> PART 1

Warm-up Activities

1. Listen to a passage and fill in the blanks with the words you have just heard.

Love is as critical for your mind and body as oxygen. The more connected you are, the healthier you will be both 1) _____ and emotionally. The less connected you are, the more you are at risk.

It is also true that the less love you have, the more depression you are likely to 2) _____ in your life. Love is probably the best antidepressant, and this is because one of the most common 3) _____ of depression is feeling unloved. Most depressed people don't love themselves and they do not feel loved by others. They also are very self-focused, making them less 4) _____ to others and depriving them of opportunities to learn the skills of love.

There is a mythology in our culture that love just happens. As a result, the depressed often sit around 5) _____ waiting for someone to love them. But love doesn't work that way. To get love and keep love alive, you have to go out and learn a variety of 6) _____ skills.

Love is a 7) _____ skill, not something that comes from hormones or emotions particularly. If you don't learn the skills of love you will be more likely to be depressed, not only because you will not be connected enough but because you will have many 8) _____ experiences.

Good communication skills are a means by which you develop 9) _____ and intensify connection. The more you can communicate, the less depressed you will be, because you will feel 10) _____ and understood.

2. Listen to the passage again and answer the following questions.

- 1) What is the relationship between love and depression?
- 2) According to the passage, how do you get love and keep love alive?

> PART 2

Listening

Tips

新闻听力的选材特点与考点分析

大学英语四级听力考试由短篇新闻、长对话和听力篇章构成。其中，短篇新闻共包含三篇，总共 450—500 词，每篇 2—3 道题，分值占四级听力的 20%。

1. 选材特点

四级新闻听力材料多选自国内外知名媒体，内容涉及政治、经济、文化、教育、科技、灾难、社会问题等。每条新闻篇幅短小，主题单一。

2. 考点分析

(1) 新闻的导语。导语是对新闻事件的高度概括，引领全文，听懂了导语，也就听懂了新闻的主要内容。

(2) 新闻的尾句。尾句有时是对新闻的总结或概述，所以，新闻的尾句也可能成为题点。

(3) 新闻材料的信息点。新闻听力的命题点常常是新闻报道的六要素，即 what、who、why、where、when、how，时间、地点、相关人物和事件内容等信息往往是设题重点。

Listen to three news reports and choose the best answer to each question you hear.

> **News Report 1**

1. A) Family members take it in turns to look after their parents.
B) Encourage self-care.
C) Turn to assisted living centres.
D) Resort to private hospitals.
2. A) It can keep the elderly close to their loved children.
B) It is large enough to accommodate many family members.
C) It has no separate areas for living and bathing.
D) It is not convenient for older adults to live in.
3. A) Camera.
B) Soft padding.
C) Safety light.
D) Walk-in shower.

< **Word Bank**

citizen *n.* 居民; 公民
padding *n.* 衬垫
hand railing 扶手
intercom *n.* 对讲机; 内部通话装置

> **News Report 2**

4. A) Chocolates.
B) Flowers.
C) Jewellery.
D) Undivided attention.
5. A) 40%.
B) 45%.
C) 90%.
D) 50%.
6. A) Connecting with the love of your life through electronic devices.
B) Building relationships with others through various social activities.
C) Staying away from electronic devices and being truly connected with the one you love.
D) Making more friends through electronic devices.

< **Word Bank**

undivided *adj.* 全部的
device *n.* 设备; 装置
digital *adj.* 数字的



News Report 3

7. A) It dropped from 63 deaths per 1,000 live births to 35 deaths from 1990 to 2012.
B) It increased from 35 deaths per 1,000 live births to 63 deaths from 1990 to 2012.
C) It decreased to 63 deaths per 1,000 live births in 2012.
D) It increased to 35 deaths per 1,000 live births in 2012.
8. A) Close attention from many experts.
B) Millions of dollars invested in medicine.
C) The improvement of living conditions.
D) Financial aid and international cooperation.
9. A) Children need more nutritious food to grow.
B) Children need more social interaction and involvement by their caretakers.
C) Most children can meet their developmental potential.
D) Children cannot get access to enough medicine.
10. A) A nutritious diet.
B) Medicine.
C) Love.
D) Lack of care.



Word Bank

infant *n.* 婴儿; 幼儿

mortality *n.* 死亡率

nutritious *adj.* 有营养的

> PART 3

Listening & Speaking

1. Listen to a talk and decide whether the following statements are true (T) or false (F).

- _____ 1) The word “love” can remind you of happiness as well as sadness.
- _____ 2) People may hurt those they love through subtle things.
- _____ 3) Not everyone does unhealthy things.
- _____ 4) Unhealthy signs are so important that people can seldom miss them.
- _____ 5) The ability to love better is a skill we can build and improve on over time.

2. Listen to the talk again and answer the following questions.

- 1) When does the word “love” come to your mind?
- 2) What subtle things may harm those we love?
- 3) What are the five markers of unhealthy love?
- 4) What is the first step to improving?



Word Bank

explicitly *adv.* 明确地; 明白地

disrespect *v.* 不尊敬

subtle *adj.* 微妙的; 不明显的

guilt *v.* 使感到内疚

illuminate *v.* 说明; 阐释

intensity *n.* 紧张

isolation *n.* 孤独

jealousy *n.* 嫉妒

belittle *v.* 轻视

volatility *n.* (性格) 反复无常

rabbit hole 兔子洞, (喻) 进入的奇妙、未知的世界

instinct *n.* 本能; 直觉

> PART 4

Speaking

1. Answer the following questions and share your responses with your partner.

- 1) Do you often show your love to people around you? Why?
- 2) How do you show your love to people around you?
- 3) Do you help strangers who are in need? Why?
- 4) What can you do to help strangers who are in need?

2. Take turns to introduce the person you love most to your partner.

3. You and your partner are going to have a conversation about ways to volunteer as college students. Your conversation may include:

- different ways to volunteer;
- reason(s) for volunteering;
- benefit(s) of volunteering.

For Your Reference

| | |
|--|------------------------------------|
| make people feel important | be tolerant towards those you love |
| show interest and acceptance | express your affection |
| the most important people in my life | show trust |
| community service project | volunteer to teach |
| library volunteer coordinator | opportunities to meet new people |
| satisfaction from helping others | improve mental well-being |
| prioritise those you love ahead of those you don't | |
| avoid getting into unnecessary disputes, fights, and conflicts | |
| one of the most rewarding activities you can take part in | |
| a positive role model for young people | |

> PART 5

Listening Test

> Section I News Reports

DIRECTIONS: In this section, you will hear three news reports. At the end of each news report, you will hear two or three questions. Both the news report and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D).

Questions 1 and 2 are based on the news report you have just heard.

1. A) As people get older, they no longer need friendships like young people.
B) Friendships become increasingly important as people grow older.
C) Friends can invest in our future career.
D) It is easy to keep a friendship for a long time.
2. A) Because few studies show the importance of friendships for people.
B) Because friendships can keep us from being occupied.
C) Because we all have the ability to build the friendship we need.
D) Because we must become a good friend of somebody.

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

3. A) The impact of parents' emotional connection on their children.
B) The influence of parenting styles on children.
C) Parental love for children.
D) Children's education and marital future.
4. A) They will get married earlier.
B) They will love themselves more.

- C) They will stay in school longer.
- D) They will leave home earlier.

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

- 5.
 - A) The parent who does the housework.
 - B) Giver of love.
 - C) The parent who educates children.
 - D) Financial supporter.
- 6.
 - A) It has spread around the world.
 - B) It advocates that fathers should take more responsibility in family.
 - C) It teaches men how to do housework.
 - D) It aims to reduce violence against women.
- 7.
 - A) They will get better mental health.
 - B) They're more likely to be involved in crime.
 - C) They're less likely to quit drinking.
 - D) They're more likely to use violence against women.

> **Section II Long Conversations**

DIRECTIONS: In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D).

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

- 8.
 - A) 26 years.
 - B) 6 years.
 - C) 20 years.
 - D) 16 years.

9. A) His oldest brother has a lot in common with him.
B) His oldest brother is better than other brothers.
C) His oldest brother is more reliable than others.
D) His oldest brother always asks for advice from him.
10. A) She has lost contact with him.
B) They are totally independent.
C) They are more like intimate friends than siblings.
D) Familial love fades because they live too far away from each other.
11. A) Friends are less important than her family.
B) She wants more sisters rather than female friends.
C) Friends are far more important than her family.
D) Friends are very important to her.

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

12. A) They love each other.
B) They have a strained relationship.
C) They are indifferent to each other.
D) There is a lack of trust between them.
13. A) The way she walks.
B) Her appearance.
C) Her hobbies like reading and jogging.
D) The way she smiles.
14. A) Ask her friends for help.
B) Try to solve the problems by herself.
C) Turn to her parents.
D) Ask her relatives for help.
15. A) They want the man to live with them.
B) They don't show love to the man.
C) They talk to the man once a week.
D) They think differently from the man.

> **Section III** Short Passages

DIRECTIONS: In this section, you will hear three short passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D).

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

16. A) Love is a set of emotions and behaviours.
B) Love is the same in intensity.
C) Love cannot change over time.
D) Love is one of the most studied and most easily understood behaviours.
17. A) There is a single way to show love.
B) You can show your love by spending all your time with the people you care about.
C) Showing your affection is a way to practise love.
D) You can show your love by learning about the other person's history and needs.
18. A) Negative emotions may lead to distress or heartbreak.
B) People won't necessarily experience any negative emotions.
C) Negative emotions become problematic when people cannot function normally because of them.
D) Relationship counselling can help cope with negative emotions.

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

19. A) Give more personal space to their spouse.
B) Show love through a variety of everyday actions.
C) Do everything they can to get involved in the life of their spouse.
D) Stay together with their spouse as much as possible.
20. A) It shows the necessity of catching every word in a conversation.
B) It shows that you're interested in the topic.

- C) It shows your politeness in communication.
 - D) It shows that you value the person and what they say.
21. A) Take it for granted.
B) Let them know you're thinking of them.
C) Let them know your appreciation.
D) Listen to your loved one carefully.

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

22. A) The brains of cats occupy two percent of their body mass.
B) Cats may be able to experience romantic love.
C) Cats cannot experience romantic love because of their small-sized brains.
D) The brains of cats have a structure that is about 19 percent similar to humans'.
23. A) Pets show strong attachments to their caregivers.
B) Pets treat caregivers as mere food dispensers.
C) Pets protect their caregivers from danger.
D) Pets play with their caregivers frequently.
24. A) To show the lifespan of a dog.
B) To show the misery of the dog.
C) To show dogs' love to their masters.
D) To show how persistent Greyfriars Bobby was.
25. A) A food dispenser.
B) A caregiver.
C) A loyal companion.
D) A police dog.

Notes

Look up & Write down

Look up in the dictionary the words which troubled you most while listening and speaking, and write down the meaning of the words.

Review & Recite

Copy the sentences or paragraphs which impressed you most down here. Comment on them and try to recite them.
