

<<最新大学英语四级考试模拟试题集>>

图书基本信息

书名：<<最新大学英语四级考试模拟试题集>>

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作者：刘世娟 编

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内容概要

为了帮助广大考生了解和熟悉最新四级考试题型和内容,并最终顺利通过大学英语四级英语考试,本书严格按照教育部颁发的《大学英语课程教学要求》和全国大学英语四、六级考试委员会最近颁布的《大学英语四级考试大纲(2006修订版)》的要求进行编写。

本书提供了八套新题型大学英语四级模拟试题,套套试题均完全按照四级新大纲的要求设计,在形式和难度上力争最大限度地接近大学英语四级考试真题,具有较高的信度和效度。

每套试题后配备了标准答案和翔实的解析,考生通过自测和针对性训练,可在短时间内掌握必要的解题思路和应试技巧。

附录提供了2009年6月的大学英语四级考试真题,供考生考前自测,以便真实了解自身的英语水平。

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章节摘录

Take Care Of Yourself. You are special. Get enough rest and eat well. If you are irritable and tense from lack of sleep or if you are not eating correctly, you will have less ability to deal with stress-ful situations. If stress repeatedly keeps you from sleeping, you should ask your doctor for help. Make Time for Fun. Schedule time for both work and recreation. Play can be just as important to your well-being as work; you need a break from your daily routine to just relax and have fun. Be a Participant. One way to keep from getting bored, sad, and lonely is to go where it's all happening. Sitting alone can make you feel frustrated. Instead of feeling sorry for yourself, get involved and become a participant. Offer your services in neighborhood or volunteer organizations. Help yourself by helping other people. Get involved in the world and the people around you, and you'll find they will be attracted to you. You're on your way to making new friends and enjoying new activities.

Check Off Your Tasks. Trying to take care of everything at once can seem overwhelming, and, as a result, you may not accomplish anything. Instead, make a list of what tasks you have to do, then do one at a time, checking them off as they're completed. Give priority to the most important ones and do those first.

Must You Always Be Right? Do other people upset you——particularly when they don't do things your way? Try cooperation instead of confrontation. It's better than fighting and always being "right" - A little give and take on both sides will reduce the strain and make you both feel more comfortable. It's OK to Cry. A good cry can be a healthy way to bring relief to your anxiety, and it might even prevent a headache or other physical consequence. Take some deep breaths, they also release tension.

Create a Quiet Scene. You can't always run away, but you can "dream the impossible dream". A quiet country scene painted mentally, or on canvas, can take you out of the turmoil of a stressful situation. Change the scene by reading a good book or playing beautiful music to create a sense of peace and tranquility.

Avoid Self-Medication. Although you can use the drugs to relieve stress temporarily, drugs do not remove the conditions that caused the stress in the first place. Drugs, in fact, may be habit-forming and create more stress than they take away. They should be taken only on the advice of your doctor.

The Art of Relaxation The best strategy for avoiding stress is to learn how to relax. Unfortunately, many people try to relax at the same pace that they lead the rest of their lives. For a while, tune out your worries about time productivity, and "doing right". You will find satisfaction in just BEING, without striving. Find activities that give you pleasure and that are good for your mental and physical well-being. Forget about always winning. Focus on relaxation, enjoyment, and health. Be Good To Yourself.

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