

<<2010.6命题改革与预测试卷>>

图书基本信息

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内容概要

听记时代：机考的脚步声预示着英语学习方法又将发生革命性的变革……一听记时代来临了，不会听等于不懂英语听记时代，记单词，会认不算懂，听懂才是真的懂；听得出，写得出，才算出色！

如今，纸考命题理念正悄悄地向机考靠拢，华研又率先将听记学习理念应用于试卷编写，既抓准要害，又能提高学习效率，一举两得！

屡次命中：上海交通大学既是CET考试中心的所在地，又是CET考试的阅卷中心。

本卷编者都是上海交通大学外语教育第一线的精英教师，具有多年阅卷经验，掌握第一手的信息。

华研外语10次命中CET-4真题作文、8次命中CET-6真题作文，以及4级听力长对话、短对话等！网上点击率超过千万的“4、6级作文锦囊16篇”就是本卷的经典之作。

（详见封二）

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作者简介

潘晓燕，上海交通大学破格副教授，已出版50本作品，1994年开始参4、6级考试阅卷工作，曾担任过4、6级考试阅读卷组组长。

1997～2007年连续11次荣获上海交通大学及上海市优秀教师称号。

她主讲的4、6级培训班，曾经创造出将考生成绩从12分（100分制）提高到432分（710分制）的奇

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书籍目录

命题改革与预测试卷大学英语6级考试标准预测试卷命题改革与预测试卷大学英语6级考试答案与解析
2009年6月大学英语六级考试试题2009年12月大学英语六级考试试题

章节摘录

Understanding what your PRIORITIES are each and every day is one of the biggest keys to college success. It is also one of the easiest concepts to lose track of. It is a fast-paced world, where it is easy to become sidetracked with social activities, TV shows, video games, etc. Some people carry a card in their wallet, or even a card on their PC, where they list the top 1-5 priorities in their life.

Everyone has exactly 24 hours each day. People who achieve more in life simply make better use of their 24 hours each day than everyone else. What you do with each of your 24 hours has as much to do with your success during college as any other factor. There is an old saying that "if it's important enough to you, you make time for it." Be sure that nobody is in charge of your time except for you. It is one of the most valuable assets you have.

4. Don't Wait Until the End of Your College Career to Stop Procrastinating
Whether it is an event or a semester project that is two months away, ask yourself each day "What can be done now instead of later?"

Write down when you are going to do something, not simply when something is due. Set deadlines for yourself, and put them in writing. Then stick to it. Most people procrastinate because the activity they are supposed to do is not as desirable as what they would rather be doing. However, if you complete tasks early, you can enjoy your leisure time worry-free. This is one of the biggest ways to alleviate stress. If it is the 3rd day of the month, and there is a project due on the 28th of the month, most students hardly have that project on the radar screen yet. Then, they see the project creep up on their calendar on the 24th or 25th, and they say "Uh-oh!"

Further, they realize there is an event planned on the 26th, and they have to work at their part-time job on the 27th. This lack of planning is what leads to either missed deadlines, or turning a project in on time, but with poor quality. In addition to poor quality, it also led to undue stress for 4 days. One easy way to tackle projects ahead of time is to break the project down into several smaller ones. For example, instead of writing a 10-page paper in one night, write 1-page per day for 10 days, or 1-page every other day. This will save time, increase quality, and decrease stress.

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“方法第一”，即TOPWAY，是他的做事原则，方法得当就会事半功倍，让您花最少的时间取得最好的学习效果；“沙里淘金”是他的思维方式，通过电脑分频等诸多科学手段，让您抓住问题的关键，用20%的精力取得80%的成绩，体现“2/8”原则；封面上那个可爱的青蛙举杠铃的Logo，寓意华研的方法可起到真正的“四两拨千斤”的奇效。

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