

L7 Learning to Keep Your Cool

課文翻譯

你是否曾經在考試中驚慌不已或是腦筋一片空白？大部分學生不只在考試中而且在考試前都經歷過某種程度的焦慮。有些人主要是有生理上的症狀，如頭痛、肚子痛、想吐、不安及睡眠問題。其他人則比較多是情緒上的症狀，像是容易哭泣、易怒，或是一下子變得沮喪。他們都為所謂的考試焦慮所苦。

事實上，一點點壓力是有幫助的，壓力會使學生感覺上緊發條，幫助使他們表現得更好。可是考試焦慮會使得學生難以專注，因為他們可能睡眠不足，所以這種焦慮可能會增加考試時遺忘及失誤的機會。這種焦慮也會影響考試表現，因為學生難以好好準備考試。準備不周全可能是由於：

- 時間管理不佳
- 無法組織課程內容
- 不良的學習習慣

如果你受考試焦慮所苦，你應該知道這是有方法可以克服的。考前試著建立自信，將此考試視為一個展現你學了多少的機會。徹底消化及組織教材，讓自己有充裕的時間，避免認為有必要在考試前抱佛腳。此外，一夜好眠可以讓你頭腦清醒。

在考試中，仔細閱讀指示，然後分配考試時間。假如你腦筋一片空白，跳過那題繼續往下作答。當其他學生開始交卷，不要恐慌，第一個交卷並沒有獎賞。如果你發現自己開始緊張及焦慮，試著放鬆，否則你可能無法寫下你實際上知道的答案。盡可能伸展自己的身體，拉緊手臂及腿部的肌肉，然後突然放鬆，這可以助你紓壓。但是記得不要過於放鬆，完全放鬆不比過於緊張來得好。如果你太過平靜以至於不在乎自己在考試上表現得好不好，你就不會考好的。

預期自己會有焦慮感，這可提醒自己要盡全力，而且也可以給你更多能量幫助你專心，只要將焦慮維持在一個你可以掌握的程度。要了解焦慮事實上可以是一種習慣，也要明白化焦慮為助你成功的助力是需要練習的。一旦你開始考試，就別再擔心，盡力做到最好。尤其不要忘記考完後慶祝一番。要很開心因為你已經克服一大障礙！

單字例句翻譯

1. panic

Diane panicked when she realized she had left her purse on the MRT.

當黛安知道她把皮包留在捷運上時，慌了起來。

The crowd was panicked at the sound of the guns, and everyone ran away.

聽到槍聲，群眾驚慌失措，每個人都逃之夭夭。

Within minutes of the fire breaking out, the audience was in a panic.

火災發生不到幾分鐘，觀眾陷入恐慌之中。

There was a moment of panic when it was discovered that the building was on fire.

當這棟建築物被發現著火時，引起一陣驚慌。

2. blank

I had practiced my speech for hours, but when I stepped out on stage, I totally blanked.

這篇演講我已經練了好幾個小時，但是當我站到台上時，腦筋卻一片空白。

Please tear a blank sheet of paper out of your notebook and write your name at the top.

請從你的筆記本裡撕下一張白紙，把名字寫在最上方。

3. experience

With the coming of e-books, the publishing industry is experiencing a new challenge to its survival.

電子書的出現讓出版業經歷生存的新挑戰。

Traveling alone can be a scary experience, but it can also be very rewarding.

自助旅行有可能是個可怕的經驗，但是也可能是一趟非常值得的旅程。

Sarah's work experience consists of a number of part-time restaurant jobs.

莎拉的工作經驗裡有很多是餐聽的兼職工作。

Matthew is an experienced engineer, so he is in charge of several projects.

因為馬修是一位很有經驗的工程師，所以他主導多項計畫。

4. mainly

Since I am very busy during the week, I mainly exercise on the weekend.

因為我週間都很忙碌，所以我主要在週末時間運動。

5. symptom

Symptoms of a cold include a sore throat, runny nose, and a cough.

感冒的症狀包括喉嚨痛、流鼻水及咳嗽。

6. restlessness

Children often feel a sense of restlessness when they are supposed to sit still.

當小孩子應該好好坐著時，常會覺得坐立難安。

After living in the small town for two years, he felt restless and decided to move.

住在這小鎮兩年後，他覺得浮躁難安，決定搬離。

7. irritable

It is difficult to get along with an irritable person.

跟易怒的人很難相處。

8. bit

Success may require a little bit of luck, but hard work counts more.

成功或許需要一點運氣，但是努力更重要。

9. concentrate

It is not easy for children to concentrate since their attention span is short.

要讓小孩子專注不容易，因為他們的專注期間很短。

Many people find that exercise can help to concentrate the mind.

許多人發覺運動有助於心智專注。

Concentration is necessary when you are doing a complicated task.

當你在進行一項複雜的任務時，專注是必要的。

10. increase

If you want to increase your vocabulary, reading English news can help.

如果你想要增加字彙量，閱讀英語新聞會有幫助。

As the price of gas increases, the number of people riding bicycles also increases.

隨著油價上漲，騎腳踏車的人也增加了。

There has been an increase in the city's population since the mass rapid transit system was established.

自從捷運系統建立之後，這城市的人口已有增加。

Because of the financial crisis, the unemployment rate is on the increase.

由於財政危機，失業率也隨之上升。

11. careless

Careless driving may lead to an accident.

開車若不小心可能會造成車禍。

Because of his carelessness, the little boy broke his grandma's precious vase.

這個小男孩不小心打破奶奶珍藏的花瓶。

12. error

Rosa writes well in English, with few grammatical errors.

蘿莎的英文作文不錯，少有文法錯誤。

13. result

Some people believe that a drop in temperature can result in catching a cold.

有些人認為氣溫驟降會引起感冒。

The quarrel between the couple was a result of miscommunication.

這對夫妻的爭執源自於溝通不良。

14. organize

The bride's friends organized a lovely bridal shower for her before the wedding.

這位新娘的朋友們在婚禮前為她舉辦了一場送禮派對。

The Boy Scouts is an organization based in America for boys and young men.

男童軍是一個源於美國的組織，由男孩與年輕男子組成。

She is not very skilled at organization—just look at her messy office.

她不善於組織——只要看看她那凌亂的辦公室就知道了。

15. overcome

Most of us need help to overcome difficulties in life.

我們之中大部分的人都需要協助來克服人生中的困難。

16. digest

Bill digested his father's advice and then decided to quit his present job.

比爾消化他父親的建議，然後決定辭掉他目前的工作。

The fascinating lecture contained much more information than I could digest.

這堂引人入勝的課程講授含有很多超出我能力所能吸收的內容。

Morris has a good digestion so he can eat whatever he likes.

莫理斯的消化能力很好，所以他可以吃任何他喜歡吃的東西。

Exercise right after a meal is not good for digestion.

吃完飯後馬上運動對消化不好。

17. material

I gathered material from different sources to strengthen my paper.

我收集了不同來源的資料來強化我的報告內容。

This research project is based on historical materials.

這項研究計畫是以歷史資料為根據的。

18. thoroughly

Sharon went over her résumé thoroughly before submitting it.

雪倫在交出履歷表之前徹底地檢視了一次。

19. cram

It is better to review every day than to cram for an exam at the last minute.

每天複習會比你考前抱佛腳來得好。

Most Taiwanese students go to a cram school to sharpen their test-taking skills.

大部分的台灣學生都上補習班磨鍊他們的考試技巧。

20. budget

I have budgeted one hundred dollars a week for groceries.

我一星期買食品雜貨的預算是一百元。

If you don't budget, you will probably overspend.

如果你不計畫如何用錢，有可能會過度花費。

The bride's father set a budget of fifty thousand dollars for her wedding.

這位新娘的父親定了五萬元的預算籌備她的婚禮。

21. skip

It is not a good idea to skip breakfast; you will only be hungry later.

略過早餐不吃並不好，之後你就會覺得餓了。

22. reward

The police offered a \$50,000 reward for information leading to the arrest of the bank robber.

警方提供五萬元獎賞，希望能夠得到可以逮捕銀行搶匪的消息。

She rewarded the boy for bringing back her lost purse.

她給這位男孩獎賞，因為他拾回她的皮包。

23. tense

I tensed (up) when I was called upon by the teacher to get my report card.

當我被老師叫到去領成績單時，我好緊張。

Don't tense your shoulders. Just try to relax.

肩膀不要繃得緊緊的，只要試著放鬆就好了。

Poor communication can cause tension between parents and children.

溝通不良會造成親子間的緊張。

There has been an obvious tension in their marriage since he cheated.

自從他外遇，他們的婚姻關係就一直處於明顯的緊張狀態。

Everybody was quiet in the tense atmosphere.

每個人在這樣的緊張氣氛下都很安靜。

24. otherwise

Wear sunscreen when you go to the beach; otherwise, you may damage your skin.

去海邊要塗防曬，否則你的皮膚會受傷。

25. actually

She looks very young, but she is actually in her thirties.

她看起來很年輕，但實際上她已經三十幾歲了。

26. manageable

I have a lot of work to do, but if I use my time well, it is a manageable amount.

我要做的工作很多，但是假如我能善用時間，這樣的工作量是可以應付得來的。

She manages her family's finances, paying the bills, dealing with the bank, and so on.

她處理她家裡的財務、付賬單、和銀行往來的事情等等。

27. obstacle

Don't let your disability be an obstacle to success. You can do it!

不要讓你的殘缺成為成功的阻礙。你可以辦到的！

Idioms and Phrases

1. keep one's cool

When you meet with a crisis, keeping you cool enables you to deal with it in an efficient way.

遭遇危機時，冷靜下來能使你有效率地處理危機。

2. blank out

Laura totally blanked out after she heard that her mom had a car accident.

蘿拉在聽到她母親發生車禍時，腦筋一片空白。

3. a (little) bit of

Would you like a little bit of my chocolate bar? It might cheer you up.

我有巧克力你要不要吃一點？它可能會讓你心情變好。

4. result from

He has trouble sleeping, which results from the pressure he faces at work.

他失眠是因為工作上所面臨的壓力。

5. view...as...

Many employers view the ability to speak a second language as a huge benefit.

很多雇主都視能說外語為一大優勢。

6. plenty of

It takes plenty of money to start your own business.

創業需要很多錢。

7. go blank

I went blank when I saw the large amount of the bill I had to pay.

當我看到一大筆帳單要支付時，腦筋一片空白。

8. go on

Even in the face of terrible tragedy, life goes on.

即使面臨這樣悲慘的境遇，日子還是要過下去。

9. put down

Keeping a diary is a good way to put down your feelings in words.

寫日記是將心情化為文字的好方法。

10. keep in mind

Keep in mind the times you failed. Those experiences can motivate you later in life.

記得你失敗的那些時刻，那些經驗將化為你往後人生中的激勵。

11. above all

He values money above all.

他尤其重視金錢。