

Lesson Seven**Learning to Keep Your Cool****I. 字彙測驗**

- symptoms** 1. Based on these s _____ ms, I think you've got a cold.
- restless** 2. I was feeling very r _____ s and didn't get to sleep until three a.m.
- experience** 3. Sharing your e _____ e of losing someone you love helps heal the wound.
- panicked** 4. Jane p _____ ked when she found herself lost in the woods.
- increased** 5. The crime rate in this city has i _____ ed a lot in recent years.
- material** 6. If you need further m _____ l to help you with the report, you can get it from the Internet.
- Overcoming** 7. O _____ ming your fear is not easy, especially when the fear is coming from your subconscious mind.
- irritable** 8. I felt i _____ e whenever my mom compared my test results with my sister's, which were always better.
- concentrate** 9. Please c _____ e on those small dots and tell me what you see.
- thoroughly** 10. The police have checked his background t _____ ly and found nothing.
- budget** 11. Mrs. Lin needs to b _____ t carefully or she will soon find herself deep in debt.
- reward** 12. I'd like to offer a r _____ d to whoever finds my lost puppy.
- skip** 13. Don't s _____ p breakfast; it's not good for your health.
- otherwise** 14. You have to try harder to impress the boss; o _____ e, you'll be fired.
- obstacle** 15. The biggest o _____ e that stops people from becoming successful is their lack of confidence.
- tension** 16. There's been a lot of _____ (tense) between the two countries since the peace talks broke down.
- manageable** 17. These problems may seem difficult, but in fact, they are quite _____ (manage).
- carelessness** 18. My masterpiece was completely destroyed, thanks to your _____ (careless).
- digest** 19. It's hard to _____ (digestion) all of the things you said.
- organization** 20. The _____ (organize) he works for is aiming to help the poor.

II. 語法測驗

- (A) 1. My throat hurts because I've been suffering _____ a cold all week.
(A) from (B) on (C) by (D) for
- (B) 2. She asked me for my phone number, and I completely _____.
(A) stood up (B) blanked out (C) called up (D) took after
- (B) 3. You should avoid _____ to her if you don't like the things she says.
(A) to chat (B) chatting (C) chat (D) be chatting
- (A) 4. The band has a new album out; _____, they are starting a tour of Asia soon.
(A) in addition (B) as a rule (C) in particular (D) for example
- (C) 5. If anyone asks you, _____ them we are just good friends.
(A) to tell (B) telling (C) tell (D) I told
- (D) 6. A group of politicians have gone to South America on a _____ mission.
(A) finding facts (B) facts finding (C) finding-fact (D) fact-finding
- (B) 7. Brett explained the situation as clearly _____, but his boss didn't believe him.
(A) as could (B) as he could (C) he can (D) that he can
- (C) 8. _____ taking this short cut, we can get there in less than an hour.
(A) For (B) To (C) By (D) At
- (A) 9. I've never really told my parents _____ I appreciate them.
(A) how much (B) how many (C) so that (D) so as
- (D) 10. He came home after midnight, and found his mother _____ up for him.
(A) to wait (B) wait (C) was waited (D) waiting

III. 片語句型與造句

1. Some Others 有些……，有些……

例 Some of his classmates laugh at his pranks. Others find them childish.
他的同學裡面，有些人覺得他的惡作劇很好笑，有些人則認為幼稚。

- (1) 有些人透過努力工作成功，有些人則只是運氣好。

Some people earn their success by working hard. Others are just lucky.

- (2) 有些人認為那個人有罪，有些人則不同意。

Some people think the man is guilty. Others don't agree.

2. such as 比如

例 I've been to a lot of countries in Asia, such as Japan, Thailand, and Korea.
我去過亞洲許多國家，比如說日本、泰國與韓國。

- (1) 試著避開油膩 (greasy) 食物，比如說炸雞。

Try to avoid greasy foods such as fried chicken.

- (2) 她喜歡冬季運動，比如說滑雪與溜冰。

She loves winter sports such as skiing and ice skating.

3. what is called 大家所稱呼的……，所謂的

例 Jonathan is what is called a "lady's man," so I wouldn't fall in love with him if I were you.

強納森是大家所謂的「情聖」，所以如果我是妳，我就不會愛上他。

- (1) 北極光 (Northern Lights) 是由所謂的太陽風暴 (solar wind) 所引起的。

The Northern Lights are caused by what is called the solar wind.

- (2) 麗麗 (Lily) 就是大家所說的「美女」(eye catcher)。她總是吸引年輕男子的注意力。

Lily is what is called an "eye catcher." She always attracts young men's attention.

4. make + O + V 使役動詞後面接原形動詞

make it adj. (for sb.) to V it 當虛受詞，代替後面不定詞

例 His insensitive remarks made me want to yell at him.

他所說的話簡直白目到家，讓我很想吼他。

You are making it hard for us to enjoy the trip.

你搞得讓我們很難享受這趟旅程。

- (1) 比賽輸得這麼慘，讓這位網球選手想要 (feel like) 放棄。

Losing the game so badly made the tennis player feel like giving up.

- (2) 正確的準備將會使發表 (deliver) 演說容易一些。 (... it ...)

The right preparation will make it easier to deliver a speech.

5. may (not) + have p.p. 可能（不）

例 She may have known the answer already, but I'm not sure.

她可能已經知道答案了，但我無法確定。

He may not have been the Prince Charming that she was looking for, but they were always happy together.

他或許不是她一直在尋尋覓覓的白馬王子，但是他們兩人在一起的時候總是非常開心。

- (1) 我想電視的聲音可能已經吵醒寶寶了。

I think the noise of the TV may have woken the baby.

- (2) 經理可能還沒有時間考慮你的申請。

The manager may not have had time to consider your application yet.

6. build up 建立、累積（事業、財富）；增進、鍛鍊（健康）

例 To build up such a big enterprise requires a lot of time.

要建立起這樣一個大企業需要不少時間。

This soup can help you build up your strength after illness.

這道湯可以幫助你在病後恢復體力。

- (1) 他正在努力累積足夠的積蓄好讓自己可以退休。

He is working hard to build up enough savings so that he can retire.

- (2) 我正試圖藉由舉重來鍛鍊肌肉。

I'm trying to build up my muscles by lifting weights.

7. view ... as ... 視……為……

例 George viewed his wife as his best friend in the world.

喬治把太太視為是這世上最好的朋友。

- (1) 我已經認識他多年，但並未把他視為親近的朋友。

I've known him for years, but I don't view him as a close friend.

- (2) 你可能不同意，不過當局（authorities）把這類行為視為是犯罪。

You may not agree, but the authorities view such behavior as a crime.

**8. (no) better than V-ing/NP （不）比……好；無異於
(no) more than V-ing/NP （不）比……多；差不多**

例 By charging such high prices, that store owner is no better than a thief.

開價這麼高，這個店家簡直是搶錢。

Don't spend more than ten dollars on that stuff.

那個東西千萬別花超過十塊錢。

Spending a vacation in here is no better than staying at home and watching TV.
在這裡度假跟待在家裡看電視沒什麼兩樣。

My father feels that anything more than studying—such as playing sports—is unnecessary.

我爸爸覺得除了唸書之外的任何事，像是運動，都是不必要的。

- (1) 如果你不跟我說實話，那麼你就跟騙子沒什麼兩樣。

If you don't tell me the truth, then you are no better than a liar.

- (2) 如果你不喜歡我所說的話很抱歉，不過那幾乎都是實話。

I'm sorry if you don't like what I said, but it's no more than the truth.

9. S + V + (that)-clause and that-clause 動詞的受詞為兩個 that 子句

例 The reporter said (that) a bomb has gone off and that several people have been killed.

記者表示有一顆炸彈爆炸造成數人死亡。

- (1) 諾瑪 (Norma) 很驚訝地發現，她忘了帶皮包，而且手機又沒電了。

Norma was shocked to find (that) she had forgotten to take her purse and that her cell phone was out of power.

- (2) 安的主管 (Ann's supervisor) 告訴她，他已經注意到她工作認真，而且已向總經理提過 (tell)。

Ann's supervisor told her (that) he had noticed her hard work and that he had told the general manager.

10. it takes practice/time to V 做……需要練習/時間

例 It certainly takes a lot of practice to accomplish what she has.

要完成她所完成的事情，肯定需要不斷地練習。

It will take time to get the emergency supplies to the victims of the quake.

要把緊急物資送到地震災民手上需要時間。

- (1) 要變成像史蒂芬先生 (Mr. Stevens) 一樣精於銷售需要練習。

It takes practice to become as good at selling as Mr. Stevens is.

- (2) 修補 (mend) 一段破碎的關係需要時間。

It takes time to mend a broken relationship.

IV. 克漏字測驗

Everyone suffers from stress. 1, we all need a little bit of stress in order to live well. It's what 2 possible for us to get out of bed in the morning and to do all sorts of things. We only need to view stress 3 a problem when there is too much of it. Then it can cause us to 4 a whole range of health problems. Being over-stressed usually 5 some kind of event or situation. If you cannot avoid the situation, you can use some techniques to reduce stress.

For example, do your best 6 a nap every so often. A thirty-minute sleep will recharge your batteries. Try and have a laugh as well. This will 7 make you feel better, but it will make you look better too. Also, 8 people find that they feel less stressed when they express themselves creatively, such as by playing a musical instrument. 9, try to practice good time management. If you find yourself 10 stressed because you cannot keep track of the things you must do, then plan them better.

- | | | | |
|--------------------------|-------------------|--------------------|------------------|
| (B) 1. (A) Instead | (B) In fact | (C) For instance | (D) As usual |
| (C) 2. (A) it is | (B) it makes | (C) makes it | (D) is it |
| (C) 3. (A) to | (B) on | (C) as | (D) for |
| (A) 4. (A) suffer from | (B) put away | (C) switch off | (D) accept by |
| (D) 5. (A) results in | (B) a result of | (C) the result of | (D) results from |
| (C) 6. (A) take | (B) will take | (C) to take | (D) taking |
| (B) 7. (A) other than | (B) not only | (C) aside from | (D) in contrast |
| (A) 8. (A) plenty of | (B) some of | (C) many of | (D) most of |
| (D) 9. (A) In summary | (B) To begin with | (C) In other words | (D) Above all |
| (B) 10. (A) to get | (B) getting | (C) get | (D) be getting |

V. 翻譯

1. 我一直都知道自己不需要依照父母的期望過活，而想要追逐自己的夢想當演員。
I've always known that I don't want to live up to my parents' expectations
and that I would like to chase my own dream to be an actress.
2. 要成為藝術家需要天分，但要成為大師級的人物則需要練習。
It takes talent to be an artist, but it takes practice to be a maestro.
3. 我不知道當時我怎麼了。當吉米突然向我求婚時，我的腦袋一片空白。
I didn't know what had happened to me at that time. I just went (b) blank
when Jimmy popped the question.
4. 你有沒有去看過任何的世界奇觀，比如說泰姬瑪哈陵或萬里長城？
Have you ever been to any of the wonders of the world, such as the Taj
Mahal or the Great Wall of China?
5. 他工作做得沒比他的前任好到哪裡去，我想老闆也快把他解僱了。
He works no better than his predecessor. I think the boss is going to
fire him too.
6. 約翰已經花了很多時間在那份報告上。
John had spent (p) plenty of time working on that report.
7. 有些顧客喜歡點魚，有些則比較偏好牛排。
Some customers like to order fish. Others prefer steak.
8. 這張照片讓 (make) 他想到他的家鄉台南 (Tainan)。
The picture made him think of his hometown, Tainan.
9. 你需要加一點點鹽巴到這道湯裡，幫它提 (bring out) 味。
You need to add a little bit of salt to the soup to bring out the flavor.
10. 你何不把這場慈善舞會 (charity ball) 視為是個推銷 (promote) 生意的機會？
**Why don't you view/regard/treat this charity ball as an opportunity to
promote your business?**
11. 我爸爸花了很多年嘗試建立他的事業。
My father spent a lot of years trying to build up his business.
12. 路克 (Luke) 可能已經簽了合約，雖然我從他的臉上看 (tell) 不出來。
Luke may have signed the contract, although I couldn't tell from his face.

VI. 英文瞭望台

課文問答

1. What are three physical symptoms of test anxiety? (paragraph 1)
Headaches, nausea, an upset stomach.
2. Why is a little bit of stress helpful to students? (paragraph 2)
It can make them feel keyed up and help them perform better.
3. In what way should you view a test, in order to reduce your anxiety about it? (paragraph 3)
You should view it as an opportunity to show how much you've studied.
4. What should you do if you go blank in the face of a test question? (paragraph 4)
Skip the question and move on.
5. What is a good way to relieve tension? (paragraph 4)
Tensing and relaxing the muscles.
6. What should you not forget to do after the test? (paragraph 5)
You should not forget to celebrate.

單字比較

<p>plenty of/a great (large) amount of/a good(great) deal of/a lot of/lots of + 不可數名詞 表示「許多」</p>	VS.	<p>plenty of/a (good/great) number of/a lot of/lots of + 可數名詞 表示「許多」</p>
---	-----	---

練習

1. Don't worry; my plane was delayed, so we've still got (p) **plenty** of time to chat.
2. A (n) **number** of people can testify to what I just told you.
3. (L) **Lots** of people went to see the Taipei International Flora Expo.
4. Jessica needs a **large/great** (a)**amount** of money to bail her father out.
5. I've wasted a **good/great** (d) **deal** of time thinking he was going to propose to me.

VII. 閱讀測驗

Traditionally, there was usually only one way students achieved academic qualifications. They had to pass final examinations. Despite the pressure that exams place on students, it was felt that they were the fairest and most honest way to test their abilities and knowledge of the subject. In recent decades, however, education systems in some countries have placed increasing emphasis on coursework.

In the UK, for example, coursework, such as essays, can be up to 30% of a final grade in some high school subjects. The coursework is usually done over two or three years, with exams at the end. Students have different feelings about it, with those who get nervous about exams generally preferring coursework. But some people criticize this system for making it easy to cheat.

The principal of St. Paul's School, a top private high school in London, believes coursework should be abolished and only exams should be used to test students. He says students will copy their work from the Internet if they get the chance. And in many cases, it is parents who do a lot of the coursework for their children. At St. Paul's, the students are graded through exams. The principal, Martin Stephen, says students maintain their enthusiasm for school through emphasis on extra-curricular activities. He believes this improves their exam grades better than coursework.

- (B) 1. One main aim of this passage is to _____.
(A) explain why some students feel extra pressure
(B) compare the use of examinations with coursework
(C) describe methods for using coursework in exams
(D) compare education systems in Taiwan and the UK
- (B) 2. What does the passage say about the use of final examinations?
(A) It is seen as dishonest. (B) It is seen as fair.
(C) It is rarely seen now. (D) It is not good for students.
- (C) 3. Which of the following is true about education in the UK, according to the passage?
(A) Most schools only use exams for 30 percent of final grades.
(B) Students take many different exams over two or three years.
(C) Some students are graded using both exams and coursework.
(D) The majority of students prefer taking exams to coursework.
- (A) 4. Which students are more likely to prefer coursework?
(A) Those who suffer from test anxiety.
(B) Those who go to private schools.
(C) Those whose parents don't help them.
(D) Those who do not use the Internet.

- (D) 5. What does Martin Stephen think about coursework?
- (A) It is very difficult for students to cheat with it.
 - (B) It helps keep students enthusiastic about school.
 - (C) It is the best way to calculate final grades.
 - (D) It should not be used in calculating final grades.

VIII. 看圖寫作

圖 1	圖 2	圖 3
-----	-----	-----

Part I Answer the following questions according to the above pictures.

Picture 1

1. What is today's date?

It is May 11.

2. What is going to happen to Cora tomorrow?

She is going to take an exam.

Picture 2

3. What is the time now?

It is three a.m.

4. What is Cora doing?

She is studying.

Picture 3

5. Where is Cora now?

She is in an exam room/hall.

6. How does she feel?

She feels tired/sleepy.

Part II Write a 100-word composition based on your answers to the questions.

範例 It was the night before the big exam, and Cora was worried. There was a big pile of books on her desk, and she had to stay up all night and study them. She made a big pot of coffee and got down to work. Finally, at around three a.m. Cora felt she had memorized enough information to get a pass grade, and she went to bed. The next morning, halfway through the exam, Cora fell asleep. She didn't finish the paper, and needless to say, she flunked the exam.