106 學年度四技二專統一入學測驗 外語群英語類專業(二) 試題

第一部分:選擇題(60分)

- -、綜合測驗(第1-15題,每題2分,共30分)
- ▲下篇短文共有5個空格,為第1-5題,請依短文文意,選出一個最適合該空格的 答案。

The government encourages Taiwan residents to properly dispose of toilet paper. There are plans to put up signs in public toilets, <u>1.</u> people to throw used paper into the toilet bowl. However, the results cannot be seen overnight as it <u>2.</u> time to change people's habits. People are used to throwing toilet paper in the trash can; the younger generation has learned the <u>3.</u> from the elderly. Nowadays, many young people start to change their habit <u>4.</u> they travel overseas and learn about the proper use of modern toilets. To meet the rising demand of water soluble paper, paper makers have prepared to <u>5.</u> production of the new item. Some Internet users have also come up with creative ideas to educate the public. Hopefully, flushing the toilet paper will become a habit to Taiwanese people in the near future.

1. (A)instructs	(B)instructed	(C)instructing	(D)will instruct	
2. (A)spends	(B)gives	(C)saves	(D)takes	
3. (A)container	(B)garbage	(C)practice	(D)waste	
4. (A)when	(B)where	(C)which	(D)who	
5. (A)break up	(B)speed up	(C)give up	(D)hang up	
▲下篇短文共有5個空格,為第6-10題,請依短文文意,選出一個最適合該空格的				
答案。				

Can smoking drive people mad? Scientists have scratched their heads over this question for years. A study <u>6.</u> in *The Lancet Psychiatry* about two years ago suggested so. According to the study, daily tobacco use might be a contributor to psychosis, a general term for various kinds of mental illness. <u>7.</u> data from 61 studies around the world between 1980 and 2014, which surveyed in total nearly 15,000 smokers and 273,000 non-smokers, the researchers discovered two striking facts. First, 57 percent of the people first <u>8.</u> psychosis were smokers and second, daily smokers developed psychotic illness around one year earlier than non-smokers. The researchers emphasized that they had not conclusively proven smoking as a cause of psychosis and <u>9.</u> further research had

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to be done. However, their findings did suggest that smoking should be taken seriously as a possible risk factor for developing psychosis and not <u>10</u>. simply as a consequence of the illness. Since smoking has long been known to cause cancer or stroke, there seems to be one more good reason for people not to smoke.

6. (A)publishe	d (B)to publish	(C)publishing	(D)which published	
7. (A)For analy	yzing (B)Analyzed	(C)Analyzing	(D)Had analyzed	
8. (A)consisted	of (B)impressed	by (C)engaged in	(D)diagnosed with	
9. (A)which	(B)that	(C)so which	(D)that which	
10. (A)emigrate	d (B)inherited	(C)refunded	(D)dismissed	
▲下篇短文共有 5 個空格,為第 11-15 題,請依短文文意,選出一個最適合該空格				
的答案。				

Natural Selection, a theory developed by Charles Darwin in the 1800s, explains how the features of a species can change over many generations. These changes may take different forms. Sometimes, a plant or animal may develop completely new characteristics which enable it to live successfully in a new habitat. _____, evidence indicates that the dolphin's ancestors once lived on land. To this day, dolphins breather air through lungs, just as land animals do. However, we know them as water animals because they live in water and have developed features that make them good swimmers. 12. , living things may also develop new features permitting them to endure in their own habitat. Take polar bears as an example; not all polar bears have always been white. In the past, the white polar bears 13. well with their environment, so they were more successful in escaping from predators. While their dark colored peers were killed more frequently, the white polar bears survived to <u>14.</u> so that their numbers grew. Sometimes the habitat of a species will change in some way. This change may force the species to either move to a new habitat or adapt to the changed habitat. One example of a species that adapted to a new area is the peppered moth. Peppered moths <u>15.</u> in the forests of England for thousands of years. They rest on the trunks of trees during the day and, while resting, are the diet of many birds. Peppered moths vary in color, from light-colored to dark-colored. In the unpolluted area, more light-colored moths survive. In the polluted area, more dark-colored moths survive.

11.	(A)After all	(B)For example	(C)By contrast	(D)On the other hand
12.	(A)Unlikely	(B)Hardly	(C)Originally	(D)Similarly
13.	(A)accustomed to	(B)blended in	(C)composed of	(D)enrolled in
14.	(A)reproduce	(B)represent	(C)restrain	(D)register
15.	(A)live	(B)are living	(C)have lived	(D)had lived

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二、閱讀測驗(第16-30題,每題2分,共30分)

▲閱讀下文,回答第 16-20 題

The United States' aviation industry was rising in the 1920s. During the time, people in America still regarded flying a plane as an exciting sport, so very few would choose to travel by air. But a young woman named Edna Gardner Whyte thought differently. She believed that very soon people would take airplanes as a means of transportation and no longer see flying an aircraft simply as a fast and dangerous sport. In 1926, she signed up for lessons to learn to be a pilot. But most of her teachers persuaded her to quit, for flying planes was no job for women. Edna didn't give up, and just followed her heart to continue the lessons. With her perseverance, she finally realized her dream of becoming a licensed pilot. Yet, most airline companies at that time still hesitated to employ women pilots. Therefore, even though she was a good pilot, Edna still couldn't land a job flying planes. She had to keep proving herself repeatedly.

In 1934, she participated in a flying race in Maryland. She was the only female player in the race and thus, made fun of by other players before the race kicked off. To everyone's surprise, she won in the end, and her winning silenced all the other players. To prevent such a thing from happening again, a sign saying "Men Only" was posted when the same race took place in the next year. In 1937, she won another race. What delighted her this time was she received a big prize from Amelia Earhart, the first woman who flew solo across the Atlantic Ocean. While Amelia enjoyed much more fame and honor at that time, Edna flew many more hours in her lifetime. Edna was so fond of flying that she never stopped doing it until she was in her eighties. When she quit racing, she devoted herself to teaching people to fly. In 1991, at the age of 89, she published her autobiography, *Rising Above It*, and passed away the following year. As an air racer, she will always be remembered for having won more than two dozen air races.

- 16. What is the passage mainly about?(A)The aviation industry in the 1920s. (B)The flying race in Maryland.(C)Two famous women in aviation history. (D)A pioneering woman pilot.
- 17. According to the passage, what might be the reason that very few Americans traveled by airplane in the 1920s?

(A)Airplane tickets could not be easily purchased.

- (B)All women were not allowed to board an aircraft.
- (C)Not many airline companies hired women as pilots.

(D)Not many people thought the airplane was a transportation tool.

18. According to the passage, which of the following is true about Edna's training to be a pilot?

(A)She received a lot of discouragement from the teachers.(B)She made up her mind to withdraw from the flying lessons.(C)Most of her teachers applauded her decision to join the lesson.(D)Though trying hard, she nearly passed the flying test in the end.

- 19. When was the "Men Only" sign put up in the Maryland race?(A)1926(B)1934(C)1935(D)1937
- 20. According to the passage, which of the following is true?(A)Edna was the first woman flying alone across the Atlantic Ocean.(B)Amelia and Edna had spent the same amount of time flying planes.(C)Edna taught people to fly after she stopped taking part in air races.(D)Amelia Earhart had happily received a prize from Edna Whyte.

▲閱讀下文,回答第21-25題

The first slow city in Taiwan is Fenglin Township. In 2014, it became a member of an international "slow city" organization. Located in Hualien County, Fenglin boasts a culture that matches the way of life promoted by the organization. The residents value traditions and maintain their own methods of farming, food preparation, and keeping friendly relations.

To appreciate the beauty of Fenglin, one has to take the time to **soak up** its relaxing atmosphere. While economic progress has brought about vast changes elsewhere, Fenglin remains untouched by industrial development or noisy traffic. By preserving the casual charm of its mountain township, the local community hopes to leave **this special gift** for future generations.

Two residents who left behind them the fast-moving lifestyles of big cities to return to Fenglin and experience slow living are Chen Kengyan and Zhong Sunlung. Chen quit teaching to take over the family farm before going on to earn a certificate in organic farming. Now, he starts work at 5 a.m., goes home at 9 a.m., takes a rest until lunch, and then continues his work on the farm. Next door, Zhong pulls weeds on his peanut farm early in the morning, and spends leisurely afternoons taking pictures. He first started off aiming to learn from his mother traditional styles of cooking and frying peanuts; he now sells his own brand of snacks.

Also doing his best is Xu Mingtang. He came home to look after his aging parents, and later worked with a group which provides funding for organic farming. He also tries to

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educate farmers on the environmental impacts of various farming methods.

However, the township faces one concern—the outflow of young people. In view of the population loss, the community now takes on the task of attracting the young to return home. After all, their hope lies in the young to carry on the fine traditions of Fenglin culture.

21.	What is the passage mainly about?				
	(A)How to work less and earn more.				
	(B)An alternative way of living.				
	(C)Health benefits of living in the mountains.				
	(D)The instruction of diverse farming ways.				
22.	According to the passage, which of the following is encouraged by slow living?				
	(A)Building many highways.	(B)Little contact with friends.			
	(C)Natural farming methods.	(D)Taking up stressful jobs.			
23.	Which of the following has the closest me	eaning to the phrase "soak up" in paragraph			
	2?				
	(A)enjoy (B)clean up	(C)dry up (D)shower			
24.	Which of the following does the phrase "	this special gift" in paragraph 2 refer to?			
	(A)heavy traffic	(B)new industries			
	(C)economic progress	(D)leisurely pace			
25.	According to the passage, which of the for	llowing is NOT true?			
	(A)Fenglin residents hope to reduce the population of the town.				
	(B)Fenglin residents regard slow living as a desirable way of life.				
	(C)Chen Kengyan has received proper training in organic farming.				
	(D)Zhong Sunlung learns to cook peanuts and creates his own products.				

▲閱讀下文,回答第26-30題

Crowdfunding is an efficient way of raising money from a large number of people. If some people have difficulty paying for certain expenses, they may turn to using Internet platforms to ask friends and strangers for contributions to help cover those expenses. In general, these platforms allow participants to start such "life events" campaigns as crowdfunding for adoption costs, wedding fees, or medical expenses. Some platforms insist that they would **leave the door open** and users can keep whatever has been raised while others require users to meet certain criteria before they get any money.

However, there are a growing number of criticisms about these campaigns, especially those addressing certain ethical dilemma. One such criticism highlights an instance when in order to compete for attention, everyone wrote their stories as heart-breaking as possible so that they could get more votes and higher scores. In addition, many users link their campaigns from crowdfunding platforms to their Facebook and Twitter accounts or other social media. As a result, even when their campaigns are over, their private information, such as a baby's identity, is still exposed for the public to access. Ironically, all these acts originating from good intention may turn out to be harmful to one's integrity and privacy.

Although some comments on crowdfunding can be harsh, crowdfunding just reflects the Internet's power to transmit information. Through this kind of platform, those who actually undergo financial difficulties can find more helpful channels to solve their problems. It is also crucial to **accomplish** the mission of constructing a world of mutual help and benefits. Yet crowdfunders should be cautious while posting private information on the Internet. It is recommended that people keep those intimate details away from websites.

26. According to the passage, which of the following is <u>NOT</u> mentioned as an acceptable reason for crowdfunding?

(A)Holding a banquet for marriage.(C)Planning an overseas expedition.

(B)Getting a surgical operation.(D)Preparing to adopt an orphan.

- 27. According to the passage, what does it mean by "leave the door open" in paragraph 1?(A)Crowdfunding is only for people with financial problems.
 - (B)There are no restrictions on the use of funds raised from the campaigns.
 - (C)All crowdfunders should meet certain conditions before they get paid.
 - (D)Users are banned from linking their campaigns to their Facebook accounts.

28. What is the main idea of paragraph 2?
(A)Some drawbacks of crowdfunding campaigns.
(B)An approach to initiating fundraising campaigns.
(C)Some merits of crowdfunding campaigns.

(D)The best way to safeguard your privacy.

29. Which of the following has the closest meaning to the word "**accomplish**" in paragraph 3?

(A)justify (B)deceive (C)execute (D)boycott

30. According to the passage, which of the following is true?

(A)Internet platforms are all the same in their rules and regulations.

(B)Social media nowadays provide access to fundraising.

(C)Users do not need to get higher scores in order to get money.

(D)The author advised that crowdfunders should make stories miserable.

第二部分:非選擇題(40分)

一、翻譯測驗(第1-4題,每題4分,共16分)

(一)中譯英(8分)

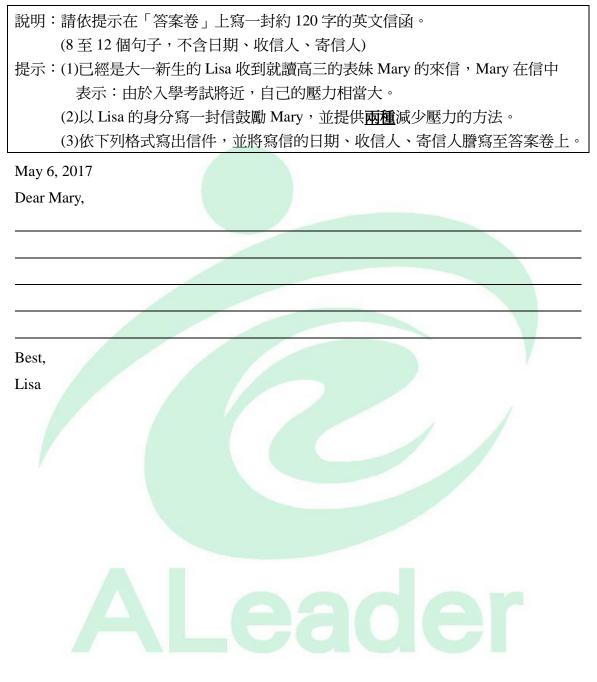
說明:請將以下短文中劃底線處之中文句子譯成正確、通順、達意的英文,並將答案 寫在「答案卷」上。請依序作答。每題4分,共8分。

每次走進書店,總會看到門口的架子上擺滿了國內外雜誌。1.<u>瀏覽雜誌可以提供</u> 我們最新的訊息和多元的知識。閱讀專業雜誌,例如攝影雜誌、汽車雜誌、服裝設計 雜誌等,能獲得許多課外資訊。2.廣泛閱讀既可擴展我們的視野,也可充實我們的人 生。

(二)英譯中(8分)

說明:請將以下短文中劃底線處之英文句子譯成正確、通順、達意的中文,並	並將答案
寫在「答案卷」上。請依序作答。每題4分,共8分。	

Flowers have a language of their own. Red roses are the most popular flowers exchanged as they are symbols of love. **3.**<u>White roses imply a new beginning while</u> <u>yellow roses symbolize friendship.</u> Every flower sends meaningful information. Therefore, **4.**<u>if you want to let a flower do the talking for you, you had better make sure what</u> <u>message you want to convey.</u> 二、寫作測驗(24分)



106 學年度四技二專統一入學測驗 外語群英語類專業(二) 試題詳解

1.(C)2.(D)3.(C)4.(A)5.(B)6.(A)7.(C)8.(D)9.(B)10.(D)11.(B)12.(D)13.(B)14.(A)15.(C)16.(D)17.(D)18.(A)19.(C)20.(C)21.(B)22.(C)23.(A)24.(D)25.(A)26.(C)27.(B)28.(A)29.(C)30.(B)

第一部份:選擇題

一、綜合測驗

政府鼓勵臺灣居民適當地棄置衛生紙。有計劃要在公共廁所貼上標誌,指示人 們把用過的紙扔進馬桶。然而,結果無法在一夜之間見到,因為需要時間來改變人 們的習慣。人們習慣於把衛生紙扔進垃圾桶,年輕一代從老人學會了這種做法。現 在,很多年輕人開始改變他們的習慣,當他們海外旅行和瞭解現代廁所的正確使用。 為了滿足日益增長的水溶性紙的需求,紙製造商有準備加快新產品的生產。一些網 際網路用戶也已經有創造性的想法來教育公眾。希望將衛生紙沖掉在不久的將來成 為臺灣人民的一種習慣。

1. (C)結構題,句尾分詞結構,, which instruct=...., instructing

- 2. (D)單字題,事物花時間用 take。
- 3. (C)單字題, practice 作法。
- 4. (A)結構題, when 引導時間副詞子句。
- 5. (B)片語題, speed up 加速

吸煙會使人發瘋嗎?科學家已經在這個問題傷腦筋很多年。大約兩年前發表在 《精神病學》的一項研究表明如此。根據這項研究,每天使用煙草可能會導致精神 錯亂,精神錯亂是各種精神疾病的總稱。從1980年至2014年,在總計近15,000名 吸煙者和273,000名的非吸煙者的調查顯示,分析世界各地的61個研究的資料的研 究人員發現兩個驚人的事實。首先,57%的第一次診斷患有精神病的人是抽煙者。第 二、每日吸煙者得精神病大約比非吸煙者早一年。研究人員強調,他們沒有確鑿證 明吸煙是精神錯亂的原因,進一步研究工作還要做。然而,他們的研究結果的確建 議應認真對待作為得到精神錯亂發病的危險因素,不只是把它當作疾病的結果而不 理會。因為吸煙長久以來一直被被認為會導致癌症或中風,似乎有一個更好的理由 為人們不要吸煙。

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- 6. (A)文法題,先行詞+(關代+be 動詞)+p.p.=先行詞+p.p.
- 7. (C)結構題,分詞結構,和主詞為主動關係,用現在分詞。
- 8. (D)片語題, be diagnosed with 被診斷出。
- 9. (B)結構題, that 引導名詞子句,當受詞。
- 10. (D)單字題, dismiss 不予理會。

物競天擇,19世紀查理斯,達爾文的理論,解釋了物種的特點經過許多世代如 何改變。這些改變可能會採取不同的形式。有時,一種動物或植物可以開拓全新的 特點,使它能夠成功地住在一個新的棲息地。例如,證據表明海豚的祖先曾經生活 在陸地上。到目前為止,海豚通過肺部呼吸空氣,就像陸地上的動物一樣。然而, 我們知道他們是水中動物因為他們生活在水中和已發展出特點,使他們擅長游泳。 同樣,有生命的東西也可能發展新的特點,允許他們在自己的棲息地生存。以北極 熊為例,並不是所有的北極熊一直是白色。在過去,白色北極熊混合在他們的環境 適應很好,所以他們是更成功逃離掠食者。雖然他們暗黑顏色北極熊更加頻繁地被 殺害了,白色的北極熊活了下來繁殖,所以他們的數目增加。有時物種的棲息地會 以某種方式改變。此種改變可能會迫使物種或移動到一個新的棲息地或者適應改變 了的棲息地。適應新的地區物種的一個例子是英國的斑點蛾。英國的斑點蛾幾千年 來住在英格蘭的森林裏。他們白天在樹幹上休息,休息的時候,成了很多鳥的食物。 英國的斑點蛾有各種顏色,從淺色到深色。在未受污染的地區,更多的淺色蛾生存。

- 11. (B)上下文關係題, for example 舉例說明。
- 12. (D)上下文關係題, similarly 同樣地。
- 13. (B)片語題, blend in 混合。
- 14. (A)單字題, reproduce 繁殖。
- 15. (C)文法題,考時態,for+一段時間 → 現在完成式。

二、閱讀測驗

在1920年代,美國的航空業興起。期間,美國人仍然認為飛行是一種令人興奮 的運動,所以很少有人會選擇乘飛機旅行。但一位名叫埃德娜加德納懷特的想法不 一樣。她認為人們很快會把飛機作為一種交通工具,不再認為開飛機只是一種快速 和危險的運動。1926年,她報名參加了機師課程。但大部分老師勸她退出,因為開 飛機不是婦女的工作。埃德娜並沒有放棄,順著心願繼續受訓。用她的毅力,她終 於實現了她夢想成為一名有照飛行員。然而,大多數航空公司在當時仍然猶豫著雇 用女飛行員。因此,即使她是一個好的飛行員,埃德娜仍然不能找到一份開飛機的

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工作。她不得不反復不斷證明自己的能力。

1934年,她參加了在馬里蘭州的飛行比賽。她是唯一的女選手,因此,在賽前 受到其他選手的取笑。出乎所有人的意料,她最後贏得比賽,使其他選手啞口無言。 為了防止再次發生這樣的事,第二年比賽豎立了「只限男性」的牌子。1937年,她 贏得了另一場比賽。令她高興的是,這一次是她從阿米莉亞埃爾哈特,第一位獨自 飛越大西洋的女性,手中接受大獎。雖然阿米莉亞當時享有更多的名望和榮譽,埃 德娜在她的一生飛行時數更多。埃德娜如此喜歡飛行,直到她八十幾歲從未停止飛 行。在她退出比賽後,她致力於教人開飛機。1991年,89歲時,她出版了她的自傳 《Rising Above it》,第二年她去世。作為飛機競賽手,她將因為贏得超過二十幾項比 賽永遠被人們記住。

- 16. (D)主旨題,用刪去法解題,(A)(B)(C)都是細節,刪去,(D)具有開拓精神的女飛行員,為正解。
- 17. (D)細節題,由第一段第二句得解。
- (A)細節題(是非題),考「是」,(B)(C)(D)雨文章描述不符,(A)老師們對她百般勸阻,符合文中描述。
- 19. (C)細節題,第二段 1934年的第二年為 1935年。
- 20. (C)細節題(是非題),考「是」。(A)(B)(D)與文中描述不符,(C)停止參賽後, 她教人們飛行,為正解,符合文中描述。

臺灣的第一個慢城是鳳林鎮。在2014年,它成為國際慢城組織的成員。位於花 蓮縣,鳳林鎮自詡擁有與本組織提倡的生活方式匹配的文化。居民重視傳統、保持 他們自己耕作、準備食物,以及保持友好關係的方法。

要欣賞鳳林之美,就必須花時間去吸收其輕鬆的氣氛。雖然經濟進步在其他地 方帶來了巨大的變化,鳳林仍然不受工業發展或喧鬧的交通的影響。通過保留山城 的休閒魅力,當地社區希望將這個特別的禮物留給後代。

抛下大城市快速的生活方式,回到鳳林體驗慢速生活的兩個居民是陳更炎和鐘順龍。陳辭去教職在得到有機農業證書後接管家庭農場。現在,他上午5點開始工作,9點回到家,休息到午餐,然後在農場裏繼續他的工作。隔壁,鐘一大清早就在他花生的農場拔雜草,下午休閒地拍照。首先他開始從他母親學習傳統風格的烹飪和油炸花生,他現在銷售自己品牌的零食。

此外,許明堂也很賣力。他在家中照顧年邁的父母,後來和提供有機農業資金的群體工作。他還試圖教育農民瞭解不同耕作方式對環境的影響。然而,鳳林鎮也 面臨一個問題 —青年人口外流。鑒於人口流失,社會現在承擔吸引年輕人返回家園 的任務。畢竟,他們希望年輕人繼承鳳林文化的優良傳統。

- (B)主旨題,用刪去法解題,(A)(C)(D)與文中描述不符,(B)另類的生活方式, 為正解,符合文中描述。
- 22. (C)細節題(是非題),考「是」。(A)(B)(D)與文中描述不符,(C)自然的耕種方式,為正解,符合文中描述。
- 23. (A)字義題, soak up 感受 (氣氛), enjoy 享受,字義接近。
- 24. (D)字義題(指代), this special gift 指前面的 casual charm (休閒的魅力), leisurely pace (悠閒的步伐)字義接近。
- 25. (A)細節題(是非題),考「非」,(B)(C)(D)與文中描述符合,(A)鳳林居民希望 減少該鎮人口,與文中描述不符,為正解。

集資是人們的從眾多人中籌集資金的有效途徑。如果有些人支付一定的費用有 困難,他們可以會轉向使用網際網路平臺來邀請朋友和陌生人捐款,以幫助支付這 些費用。一般情況下,這些平臺允許參與者開始這種"生活事件"的活動作為集資領養 費、結婚費用或醫療費用。一些平臺堅持,他們會不做限制,用戶可以保有募集到 的任何錢,然而有些平台要求用戶符合某些準則才能得到錢。

然而,對於這些活動,有越來越多的批評,尤其是解決某些倫理困境的批評。 有一個這種批評突出一個實例,為了爭奪注意力,每個人都將他們的故事寫得盡量 令人心碎以得到更多的支持票和更高的分數。此外,許多用戶將活動從集資平臺連 結到 Facebook 和 Twitter 的帳戶或其他社交媒體。因此,即使他們的募款活動已經 結束了,他們的私人資訊,如嬰兒的身份仍然暴露給公眾人士使用。諷刺的是,所 有這些行為,源自良好意圖可能有害於一個人的正直和隱私。

雖然某些對集資的評論可能很苛刻,集資只是反映了網際網路的力量來傳輸資訊。通過這樣的平臺,實際上遭受財政困難的那些人可以找到更有幫助的管道,解決他們的問題。此外,至關重要的是要完成建設一個互助和互利的世界的使命。然而集資者在網際網路上發佈私人資訊時應該謹慎。建議人們不要將親密的細節在網站公布。

- 26. (C)細節題(是非題),考「非」,(A)(B)(D)與文中描述符合,(C)計畫海外遊覽, 與文中描述不符,為正解。
- 27. (B)字義題,由第一段最後一句前半句得解。
- 28. (A)主旨題,用刪去法解題,(B(C)(D)與文中描述不符,(A)集資活動的一些缺失, 為正解,符合文中描述。
- 29. (C)字義題, accomplish (完成、實現),與 execute (實行、執行)字義接近。
- 30. (B)細節題(是非題),考「是」。(A)(C)(D)與文中描述不符,(C)時下的社交媒 體提供集資的入口,為正解,符合文中描述。

育達系列 4 創新研發

第二部份:非選擇題

一、翻譯測驗

(一)中譯英

1. Browsing magazines can provide us with the latest information and a wide variety of knowledge.

Extensive reading not only expands our horizon but also enriches our life.
 (二)英譯中

- 3. 白玫瑰意味著一個新的開始,而黃玫瑰象徵友誼。
- 4. 如果你想讓一個花為你說話,你最好確定你想要傳達什麼資訊。

二、寫作測驗

May 6, 2017

Dear Mary,

I am glad to receive your letter, learning that you are under great pressure of forthcoming college entrance examinations.

As a person who has had the same experience, I can understand how you feel. Therefore, I would like to provide you with two methods of reducing stress. First, you can listen to music after you study for a while. Taking a break by listening to music can let you calm down and have a peaceful mind. As a result, your stress is relieved. Second, you can talk with your friends about how you feel. It is not only you who are faced with the pressure from entrance examinations. You can exchange ideas with them. Maybe they can share their feelings with you and provide their good methods of reducing stress. Meanwhile, while you are taking, some of your stress is gone by itself.

I hope my methods will be of help to you and look forward to hearing from you soon.

Best, Lisa

育達系列 5 創新研發