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**全民英檢秘笈**

**全民英檢**

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一、題目
  
A: I feel so (1)沮喪、憂鬱(adj).
  
B: Do you know that (2)數百萬計的people (3)因...而苦 (4)嚴重的 (5)沮喪、憂鬱(n.)?(6)不是只有你才有這個現象.
  
  
A:(7)有沒有 (8)跡象 of (9)憂鬱症?
  
B:According to (10)專家們,(11)請看以下:
  
1.(12)失掉 the (13)能力 to enjoy anything.
  
2.Lose (14)食慾 (or(15)大吃特吃).
  
3.(16)從...退縮 friends and (17)親戚.
  
4.Become (18)心情差 by small things.
  
5.Sleep too much (or have (19)失眠症)
  
6.Lose (20)集中力.
  
7.Feel (21)沒價值的.
  
  
A:what about (22)冷漠?
  
B:Yes.You may feel (23)焦慮的 and (24)心裡不平靜.
  
A:What should I do? I (25)睡得不好 and cannot (26)集中注意力.
  
B: I'm not a (27)精神科醫師 or (28)心理學家. You (29)或許 can talk to the school (30)諮詢師 first. I (31)聽說 they are really (33)專業的。
  
  
二、答案
  
(1)depressed (2)millions of (3)suffer from (4)severse (5)depression(&quot;經濟不景氣&quot;亦為depression) (6)You are not alone (7)Are there (8)Signs (9) depression (10)experts (11)Here they are (12)Lose (n.:lose 損失),adj.:lost (失去的),adj.:loose(鬆的) (13)ability(adj.:able 能夠的:be able to = can) (14)appetite (appetizer:開胃菜) (15)overeat (16)withdraw from (17)relatives (18)upset (19)insomnia (20)concentration (adj:concentrated) (21)worthless (22)apathy (23)anxiou (24)restless (25)sleep poorly (26)concentrate (片語:concentrate on) (27)psychiatrist (28)psychologist (29)probably (30)counselors (31)heart (或have been told) (32)cool (33)professional
  
  
三、中文(請將以下口譯英文3、4次)
  
A:我覺得好沮喪
  
B:你知道有數百萬計的人都因嚴重的沮喪而苦嗎？你這不算什麼！
  
A:憂鬱症有沒有跡象？
  
B:根據專家的看法，有哪些跡象:
  
1.不再能夠享受事或物。
  
2.喪失食慾或是大吃特吃。
  
3.不想見親朋好友。
  
4.一點小事就會心情不好。
  
5.嗜睡或失眠。
  
6.無法集中注意力。
  
7.覺得自己沒用。
  
A:會不會對人對事變得冷漠？
  
B:會。也可能會感到焦慮或是心慌。
  
A:那我該怎麼辦呢？我睡眠很差，而且精神無法集中。
  
B:我不是精神科或心理醫師。你應該可以找學校的輔導員談談，聽說他們很棒，非常專業！