

全民英檢秘笈

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●郭岱宗(英文系副教授)

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(“經濟不景氣”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!