

中級聽力測驗 單字第 09 回 壓力與心理健康

GEPT INTERMEDIATE · LISTENING COMPREHENSION TEST

全部共 35 題，作答時間約 30 分鐘。錄音只播出一次，請於聽到題目後立即作答。第一、二部分的題目與選項不印在本試題本上；第三、四部分請從印出的四個選項中選出最適當的答案。

姓名：

班級：

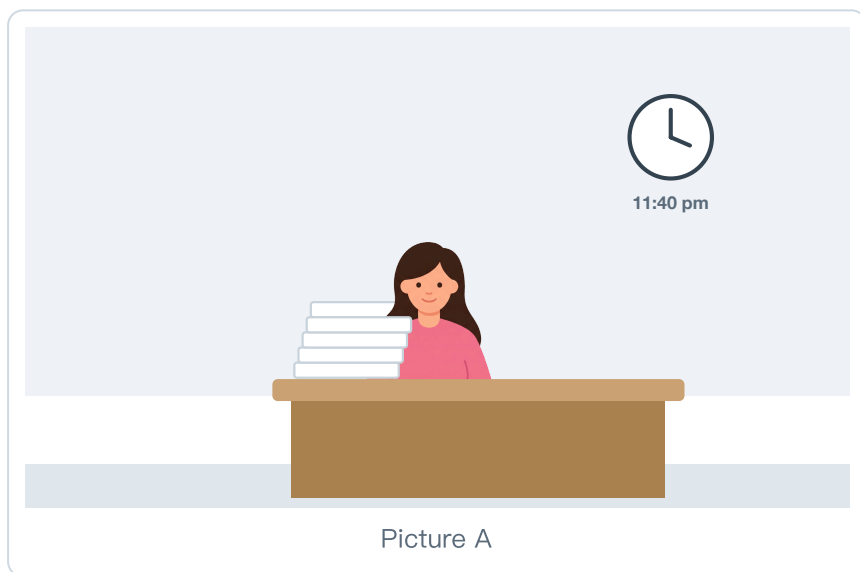
日期：

得分：

第 1 部分 看圖辨義 Picture Description

In this part, you will see four pictures. For each question, look at the picture and choose the best answer to the question you hear. Each question and its four choices will be spoken only once. They are NOT printed in your test book.

本部分共 5 題。請看圖片，聽問題與四個選項，選出最適當的答案。問題與選項只播出一次，且不印在試題本上。

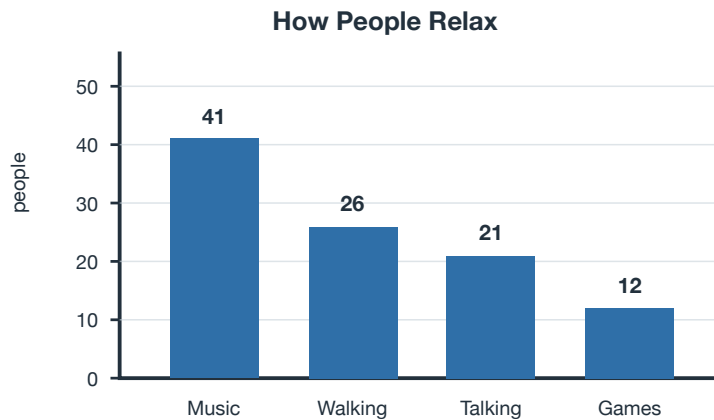


第 1—2 題：請看上圖，題目與選項由錄音播出。

COUNSELING CENTER	
Group therapy	Mon. PM
Helpline	Every day
Yoga class	Wed. PM
One-to-one talk	Fri. AM

Picture B

第 3 題：請看上圖，題目與選項由錄音播出。



Picture C

第 4 題：請看上圖，題目與選項由錄音播出。

IF YOU PANIC

1. Breathe slowly for one minute
2. Write down the worry
3. Call a friend
4. Go for a short walk

Picture D

第 5 題：請看上圖，題目與選項由錄音播出。

第 2 部分 問答 Question Response

In this part, you will hear a question or a statement, followed by four responses. Choose the best response to what you hear. Everything is spoken only once and is NOT printed in your test book.

本部分共 10 題。你會聽到一個問句或敘述，接著聽到四個回答，請選出最適當的回應。題目與選項只播出一次，且不印在試題本上。

第 6—15 題：題目與四個選項均由錄音播出，本頁不印任何文字。請在答案卡上作答。

第 3 部分 簡短對話 Short Conversations

In this part, you will hear a short conversation followed by one question. The conversation and the question are spoken only once. Choose the best answer from the four choices printed in your test book.

本部分共 10 題。你會聽到一段簡短對話與一個問題，各播出一次。請從試題本上印出的四個選項中，選出最適當的答案。

16.

- A. Taking sleeping pills.
- B. Stopping revision completely.
- C. Keeping a regular routine.
- D. Seeing a doctor at once.

17.

- A. They asked her to leave.
 - B. They ignored her completely.
 - C. They laughed at her.
 - D. They felt for her but stayed silent.
-

18.

- A. Their managers.
 - B. Keeping their jobs.
 - C. Their pay.
 - D. Long hours.
-

19.

- A. A virus.
 - B. Not drinking enough water.
 - C. Too much screen time.
 - D. Tightening his jaw.
-

20.

- A. He should be replaced.
- B. They should treat him gently.
- C. He is pretending.
- D. He needs a new job.

第 21 題 請看下圖作答

Wellbeing Sessions		
Session	Time	Cost
Stress Workshop	Sat. 10:00	Free
Evening Meditation	Tue. 19:00	Free
Weekend Retreat	Sun. 09:00	\$1,200
Lunchtime Talk	Thu. 12:30	Free

21.

- A. Stress Workshop.
- B. Evening Meditation.
- C. Weekend Retreat.
- D. Lunchtime Talk.

22.

- A. A very short walk is still useful.
- B. She should join a gym.
- C. Exercise does not really help.
- D. Mood cannot be changed.

23.

- A. The layoffs have been confirmed.
- B. The employer has denied it.
- C. Everyone has resigned.
- D. People are worried but not asking.

24.

- A. Three months.
- B. She is still waiting.
- C. Three weeks.
- D. Three days.

第 25 題 請看下圖作答

Library – Wellbeing Shelf		
Title	Topic	Pages
Calm Mind	Stress	120
Living with Pressure	Stress	340
The Anxious Brain	Anxiety	260
Rest and Recovery	Sleep	180

25.

- A. The Anxious Brain.
- B. Calm Mind.
- C. Rest and Recovery.
- D. Living with Pressure.

第 4 部分 簡短談話 Short Talks

In this part, you will hear a short talk followed by two or three questions. The talk and the questions are spoken only once. Choose the best answer from the four choices printed in your test book.

本部分共 10 題。你會聽到一段簡短談話，接著聽到二至三個問題，各播出一次。請從試題本上印出的四個選項中，選出最適當的答案。

26.

- A. Only those with a doctor's note.
- B. Visitors to the building.
- C. Only managers.
- D. Any member of staff who feels tense.

27.

- A. Silence their phone.
- B. Leave their bag outside.
- C. Sign a form.
- D. Ask a manager.

28.

- A. A written test.
- B. A group meeting.
- C. A conversation with no paperwork.
- D. A medical examination.

29.

- A. Sessions are recorded.
- B. What is said stays confidential.
- C. Notes are shared with tutors.
- D. Parents will be informed.

30.

- A. Working late is harmless.
- B. Exercise is the only solution.
- C. Long holidays are essential.
- D. Short regular breaks reduce tension.

31.

- A. Once an hour.
- B. Every thirty minutes.
- C. Twice a day.
- D. Every ninety minutes.

32.

- A. Looking at your phone.
- B. Looking out of a window.
- C. Taking a short walk.
- D. Standing up.

第 33—35 題 請看下圖作答

Mental Health Week		
Day	Event	Place
Mon.	Open Talk	Hall
Wed.	Film Screening	Room 4
Thu.	Group Session	Room 2
Fri.	Art Therapy	Studio

33.

- A. Art Therapy.
- B. Film Screening.
- C. Open Talk.
- D. Group Session.

34.

- A. Art Therapy.
- B. Film Screening.
- C. Group Session.
- D. Open Talk.

35.

- A. Doors close at seven.
- B. No identification is required.
- C. Only students may attend.
- D. A ticket must be bought.

答案卡 Answer Sheet

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35