

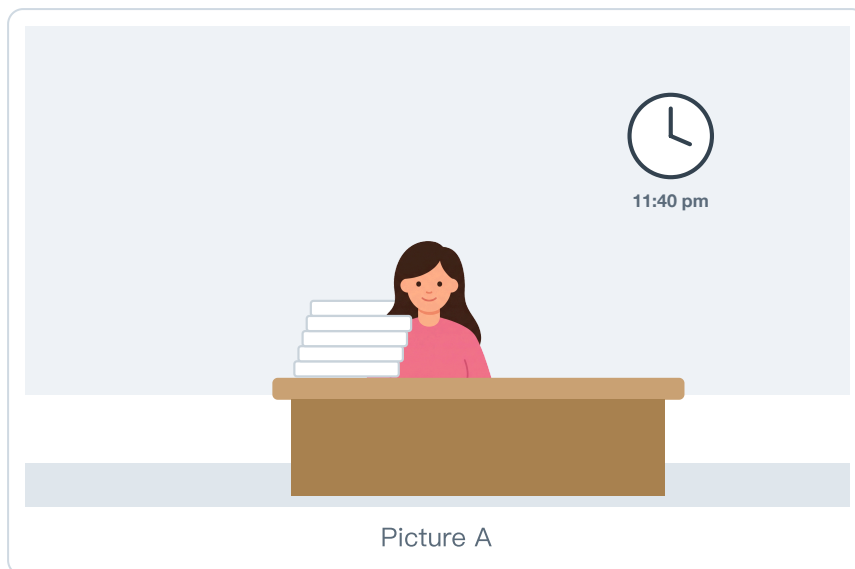
中級聽力測驗 單字第 09 回 壓力與心理健康 教師用 (含錄音稿・答案・詳解)

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答案一覽

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

第 1 部分 看圖辨義 Picture Description



For questions number one and two, please look at picture A.

1. How does the woman at the desk feel? 答案 B

桌前這位女子感覺如何？

- A. Amused by a joke. 被笑話逗樂。
- B. Tense and under pressure.** 緊繃且承受壓力。
- C. Relaxed and satisfied. 放鬆而滿足。
- D. Bored and sleepy. 無聊想睡。

詳解 | 女子皺眉、嘴角下垂，桌上堆滿文件，牆上時鐘顯示深夜，是緊繃（tense）、有壓力（pressure）的樣子。satisfaction（滿足）是本回主題字，但與畫面不符。

2. What is on the desk? 答案 B

桌上有什麼？

- A. An electrical fan. 一台電風扇。
- B. A pile of papers.** 一疊文件。
- C. A glass of jelly. 一杯果凍。
- D. A vase of flowers. 一瓶花。

詳解 | 桌上是一疊高高的文件。vase（花瓶）、electrical（電的）、jelly（果凍）都是本回單字的誘答。

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

Picture B

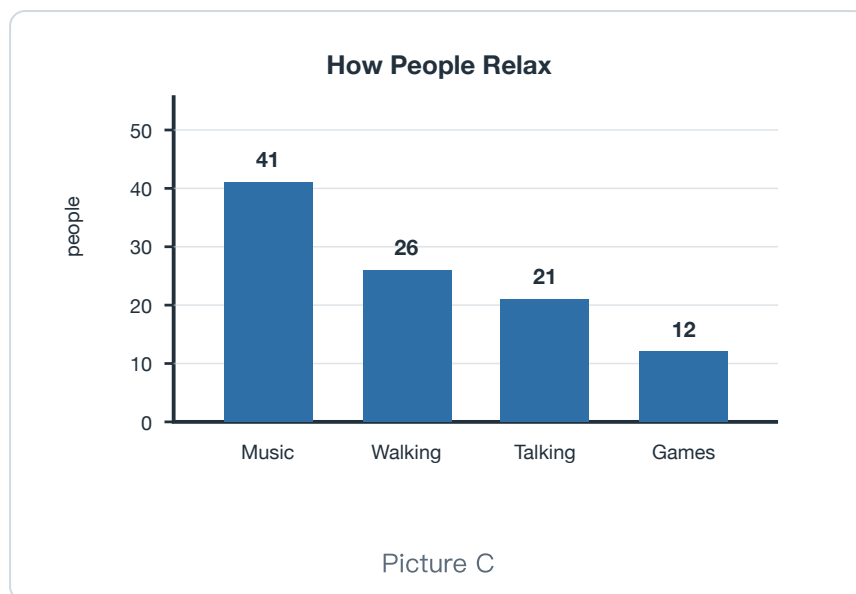
For question number three, please look at picture B.

3. According to the board, which service is available every day? **答案 D**

根據看板，哪一項服務每天都有？

- A. Yoga class. 瑜珈課。
- B. Group therapy. 團體治療。
- C. One-to-one talk. 一對一晤談。
- D. The helpline.** 諮詢專線。

詳解 | 看板上只有 Helpline 標示 Every day，其餘三項各有固定日期。看板題要看清楚時間欄。



For question number four, please look at picture C.

4. Looking at the survey results, what do most people do to relax? **答案 A**

看這份調查結果，多數人用什麼方式放鬆？

- A. Listen to music. 聽音樂。
- B. Talk to friends. 跟朋友聊天。
- C. Take a walk. 散步。
- D. Play video games. 打電動。

詳解 | 圖中聽音樂 41 最高，散步 26、聊天 21、電玩 12。survey（調查）是本回通用字，圖表題要比對數值。

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

For question number five, please look at picture D.

5. Looking at the note, what should the reader do first? **答案 A**

看這張便條，讀的人應該先做什麼？

- A. **Breathe slowly.** 慢慢呼吸。
- B. Write down the worry. 把煩惱寫下來。
- C. Call a friend. 打給朋友。
- D. Go for a run. 去跑步。

詳解 | 便條依步驟編號，第 1 步是 Breathe slowly for one minute。panic（恐慌）情境下的處理順序是本回答主題。

第 2 部分 問答 Question Response

W: Why does she panic every time the phone rings?

為什麼電話一響她就恐慌？

6. **答案 A**

- A. **It reminds her of some bad news last season.** 那讓她想起上一季的壞消息。
- B. The mathematical phrase was hard to define. 那個數學用語很難定義。
- C. They play bingo at the center for the elderly. 他們在長者中心玩賓果。
- D. She broke the seal on the box out of spite. 她出於怨恨扯開了箱子上的封條。

詳解 | panic（恐慌）是主題字，正解給出原因（想起上一季的壞消息）。season、spite、seal、mathematical、phrase、bingo、elderly 都是本回答單字的誘答。

M: Do you feel any sympathy for him at all?

你對他有任何同情嗎？

7. 答案 C

A. We followed the brook to the sea, where an iceberg had drifted close to shore. 我們沿著小溪走到海邊，那裡有一座冰山漂近岸邊。

B. The rumor about the minister spread fast. 關於部長的謠言傳得很快。

C. **Some, though he brought it on himself.** 有一些，雖然是他自找的。

D. Her pronunciation of that paragraph improved. 她那一段的發音進步了。

詳解 | sympathy (同情) 是主題字，正解表達有限度的同情。rumor、minister、pronunciation、paragraph、iceberg、brook 都是誘答。

W: What is the primary cause of stress among students?

學生壓力的主要來源是什麼？

8. 答案 B

A. The maker of the vase lives elsewhere. 那個花瓶的製作者住在別處。

B. **Competition, according to the survey.** 根據調查是競爭。

C. The virus spread through the elementary school. 病毒在小學裡傳開。

D. That scheme has a peculiar significance. 那個計畫有奇特的意義。

詳解 | primary (主要的)、survey (調查)、competition (競爭) 都是本回單字。virus、elementary、scheme、peculiar、significance、maker、elsewhere 都是誘答。

M: Is her condition satisfactory now?

她的狀況現在算令人滿意嗎？

9. 答案 B

A. The employer offered him employment. 那位雇主提供他一份工作。

B. **Much better, though her nerves are still fragile.** 好多了，不過她的神經還是很脆弱。

C. The plot was clarified in chapter three. 劇情在第三章釐清了。

D. Electricity prices rose again. 電價又漲了。

詳解 | satisfactory (令人滿意的)、nerve (神經) 都是本回單字。employer、employment、electricity、plot、clarify 都是誘答。

W: Why did the horror film scare him so much?

為什麼那部恐怖片把他嚇得那麼慘？

10. 答案 A

A. He has a very visual imagination. 他的想像非常視覺化。

B. The engineering course is enjoyable. 那門工程課很有趣。

C. The mist expanded across the valley. 霧氣蔓延過整個山谷。

D. Her wit and her attraction held the whole room. 她的機智與魅力抓住了全場。

詳解 | horror (恐怖)、scare (驚嚇) 都是主題字，正解用 visual (視覺的) 想像力解釋原因。
engineering、enjoyable、wit、attract、mist、expand 都是誘答。

M: Does she sympathize with people under pressure?

她能體會承受壓力的人嗎？

11. 答案 A

A. Very much. She went through the same thing. 非常能。她也經歷過同樣的事。

B. His conscience would not let him restrict it. 他的良心不容許他去限制它。

C. The splendid reception lasted all evening. 那場盛大的接待持續了整晚。

D. The violation was declared last week. 那項違規上週被宣告。

詳解 | sympathize (同情)、pressure (壓力) 都是主題字。violation、declare、conscience、restrict、splendid、reception 都是本回複習字的誘答。

W: What a magnificent view — wow!

多麼壯麗的景色——哇！

12. 答案 C

A. The lousy weather ruined the competition. 糟糕的天氣毀了比賽。

B. He devoted his shift to the survey. 他把整個班次都投入那份調查。

C. It lifts your mood straight away, doesn't it? 它馬上讓人心情變好，對吧？

D. The routine definition of satisfaction has not changed. 滿足的常見定義並沒有改變。

詳解 | wow 與 mood (心情) 都是主題字，正解順著讚嘆帶出心情轉變。routine、definition、devote、shift、lousy 都是誘答。

M: He shows no emotional reaction at all.

他完全沒有情緒反應。

13. 答案 D

A. His jaw was still sore from the injection. 打針之後他的下巴還在痛。

B. The vegetarian menu is imaginative. 那份素食菜單很有想像力。

C. The capitalist system attracts criticism. 資本主義制度招來批評。

D. That's just his way of coping with sorrow. 那只是他面對悲傷的方式。

詳解 | emotional (情緒的)、sorrow (悲傷) 都是本回單字。vegetarian、imaginative、capitalist、jaw 都是誘答。

W: What helped you most during that difficult year?

那個艱難的一年裡什麼幫助你最大？

14. 答案 D

A. She participated in the primary election. 她參加了初選。

B. The identification of the virus took months. 病毒的鑑定花了好幾個月。

C. That nasty, scary rumor endangered his job. 那個惡毒又嚇人的謠言危及他的工作。

D. The encouragement of a few close friends. 幾位好友的鼓勵。

詳解 | encouragement (鼓勵) 是本回衍生字。identification、nasty、endanger、participate、primary 都是誘答。

M: Do you think the tension in the office will ease?

你覺得辦公室的緊張氣氛會緩和嗎？

15. 答案 C

A. The implication of that phrase is unclear. 那個說法的言外之意不清楚。

B. It's a pity the vase was broken. 花瓶破了真可惜。

C. Once the deadline passes, probably. 截止日過了以後大概會。

D. The electrical fault caused the panic. 電路故障引發了恐慌。

詳解 | tension (緊張) 是主題字，正解指出緩和的條件 (截止日過後)。implication、phrase、pity、electrical、panic 都是本回單字，但其餘三個選項都沒有回應問題。

第 3 部分 簡短對話 Short Conversations

W: I've been sleeping badly since the exams started.

從考試開始我就睡不好。

M: That's the pressure talking. Try a fixed bedtime routine.

那是壓力造成的。試試固定的睡前作息。

W: I'll give it a go tonight.

我今晚試試看。

16. What does the man suggest? **答案 C**

男子建議什麼？

- A. Taking sleeping pills. 吃安眠藥。
- B. Stopping revision completely. 完全停止複習。
- C. Keeping a regular routine. 保持規律作息。**
- D. Seeing a doctor at once. 立刻看醫生。

詳解 | 男子建議 a fixed bedtime routine (固定的睡前作息)。pressure (壓力)、routine (作息) 都是本回單字。

M: She burst into tears in the middle of the meeting.

她在會議中途突然哭了出來。

W: Everyone felt sympathetic, but no one knew what to say.

大家都很同情，但沒人知道該說什麼。

M: Sometimes just sitting with someone is enough.

有時候只是陪著就夠了。

17. How did the others react? **答案 D**

其他人的反應如何？

- A. They asked her to leave. 他們請她離開。
- B. They ignored her completely. 他們完全不理會。
- C. They laughed at her. 他們嘲笑她。
- D. They felt for her but stayed silent. 他們同情她但沒說話。**

詳解 | sympathetic (同情的) 但 no one knew what to say，正是「有感受卻沉默」。

W: Did the survey show what workers worry about most?

調查有顯示員工最擔心什麼嗎？

M: Job security, by a long way.

工作保障，遙遙領先。

W: That doesn't surprise me at all.

我一點也不意外。

18. What worries workers most? 答案 B

員工最擔心什麼？

A. Their managers. 主管。

B. Keeping their jobs. 保住工作。

C. Their pay. 薪水。

D. Long hours. 工時長。

詳解 | Job security 就是「保住工作」，by a long way 是「遙遙領先」。survey（調查）是今回單字。

M: The doctor said my tension headaches come from clenching my jaw.

醫生說我的緊張性頭痛來自咬緊牙關。

W: Do you do it in your sleep?

你睡覺時會這樣嗎？

M: Apparently, without noticing.

顯然會，而且沒察覺。

19. What causes the man's headaches? 答案 D

男子頭痛的原因是什麼？

A. A virus. 病毒。

B. Not drinking enough water. 水喝不夠。

C. Too much screen time. 看螢幕太久。

D. Tightening his jaw. 咬緊牙關。

詳解 | clenching my jaw 是「咬緊牙關」。tension（緊張）是主題字，jaw 是複習字，virus 是誘答。

W: He seems to take everything so personally.

他好像什麼事都往心裡去。

M: His nerves have been bad since the accident.

自從那場意外之後他的神經一直很脆弱。

W: Then we should be patient with him.

那我們該對他有耐心。

20. What does the woman conclude? **答案 B**

女子的結論是什麼？

A. He should be replaced. 應該換掉他。

B. They should treat him gently. 他們應該溫和對待他。

C. He is pretending. 他是裝出來的。

D. He needs a new job. 他需要一份新工作。

詳解 | we should be patient with him 是「該對他有耐心」。nerve（神經）是主題字。

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

M: I want a session that is free and runs in the evening.
我想找免費、而且晚上進行的課程。

W: Then only one matches.
那只有一個符合。

M: Book me in, please.
請幫我報名。

21. Look at the table. Which session will the man attend? **答案 B**

請看表格。男子會參加哪一場？

- A. Stress Workshop. 壓力工作坊。
- B. Evening Meditation. 晚間冥想。**
- C. Weekend Retreat. 週末靜修。
- D. Lunchtime Talk. 午間講座。

詳解 | 條件是免費且在晚上。Evening Meditation 是 19:00、Free，同時符合。Stress Workshop 雖免費但在上午；Weekend Retreat 要收費。

W: Everyone says exercise helps with mood, but I never have time.

大家都說運動能改善心情，但我從來沒時間。

M: Even ten minutes of walking counts, you know.

你知道嗎，就算走十分鐘也算。

W: That does sound manageable.

那聽起來確實做得到。

22. What does the man point out? **答案 A**

男子指出什麼？

A. A very short walk is still useful. 很短的散步一樣有用。

B. She should join a gym. 她該去健身房。

C. Exercise does not really help. 運動其實沒用。

D. Mood cannot be changed. 心情是無法改變的。

詳解 | Even ten minutes of walking counts 強調短時間也有效。mood（心情）是主題字。

M: The rumor about the layoffs has everyone on edge.

裁員的謠言讓大家都很不安。

W: Has anyone actually asked the employer?

有人真的去問過雇主嗎？

M: No one dares to.

沒人敢問。

23. What is the situation? **答案 D**

目前的情況是什麼？

A. The layoffs have been confirmed. 裁員已經確定。

B. The employer has denied it. 雇主已經否認。

C. Everyone has resigned. 所有人都辭職了。

D. People are worried but not asking. 大家很擔心但沒有人去問。

詳解 | 謠言讓人不安，卻 No one dares to（沒人敢問）。rumor（謠言）、employer（雇主）都是本回單字。

W: I felt such relief when the results finally came.

結果終於出來時，我覺得好放鬆。

M: The waiting is always the worst part.

等待總是最難熬的部分。

W: Three weeks of it, in my case.

以我的情況來說是三個星期。

24. How long did the woman wait? 答案 C

女子等了多久？

A. Three months. 三個月。

B. She is still waiting. 她還在等。

C. Three weeks. 三個星期。

D. Three days. 三天。

詳解 | Three weeks of it 指等待期。satisfaction（滿足）與 relief 的情緒對比是今回主題。

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

M: I'd like a book about handling stress, but nothing too long.
我想找一本處理壓力的書，但不要太長。

W: Then this one is your best choice.
那這一本最適合你。

M: I'll borrow it.
我借這本。

25. Look at the table. Which book will the man borrow?

答案 B

請看書單。男子會借哪一本？

- A. The Anxious Brain. 《焦慮的大腦》。
- B. Calm Mind.** 《平靜的心》。
- C. Rest and Recovery. 《休息與恢復》。
- D. Living with Pressure. 《與壓力共處》。

詳解 | 條件是主題為壓力處理、且頁數不多。Calm Mind 是 Stress、120 頁最短，同時符合。Living with Pressure 有 340 頁太長。

第 4 部分 簡短談話 Short Talks

W: Attention, all staff. As part of our wellbeing scheme, the company is opening a quiet room on the second floor from Monday. Anyone who feels tense during the day may use it for up to twenty minutes. There is no need to explain why, and no record is kept. Please switch your phone to silent before entering. We hope this small change reduces some of the pressure many of you have mentioned.

全體同仁請注意。作為員工福祉計畫的一部分，公司將自星期一起在二樓開放一間靜心室。白天感到緊繃的同仁都可以使用，每次最多二十分鐘。不需要說明原因，也不會留下紀錄。進入前請將手機轉為靜音。我們希望這個小改變能減輕許多同仁提到的壓力。

26. Who may use the quiet room? 答案 D

誰可以使用靜心室？

- A. Only those with a doctor's note. 只有持醫生證明的人。
- B. Visitors to the building. 來訪的訪客。
- C. Only managers. 只有主管。
- D. Any member of staff who feels tense. 任何感到緊繃的同仁。**

詳解 | 廣播說 Anyone who feels tense during the day may use it。tense（緊繃）、pressure（壓力）都是主題字，scheme（計畫）是通用字。

27. What must people do before entering? 答案 A

進入前必須做什麼？

- A. Silence their phone. 把手機轉靜音。**
- B. Leave their bag outside. 把包包留在外面。
- C. Sign a form. 簽一份表格。
- D. Ask a manager. 詢問主管。

詳解 | 廣播說 Please switch your phone to silent before entering。其餘三項都沒有提到，且廣播強調不需說明、不留紀錄。

M: Hello, this is the university counseling service returning your call. We can offer you an appointment next Tuesday at four, or Thursday at eleven. The first session lasts fifty minutes and is simply a chance to talk; there is no test and no paperwork. Everything you say stays between you and the counselor. If neither time suits, please let us know and we will look for another slot.

您好，這裡是大學諮商中心回覆您的來電。我們可以安排下週二下午四點或週四上午十一點的預約。第一次晤談約五十分鐘，純粹是談話的機會，沒有測驗也沒有表格要填。您所說的一切僅限於您與諮商師之間。若兩個時段都不合適，請告訴我們，我們會再找其他時間。

28. What is the first session like? 答案 C

第一次晤談是什麼樣子？

- A. A written test. 一項筆試。
- B. A group meeting. 團體會議。
- C. A conversation with no paperwork.** 沒有書面作業的談話。
- D. A medical examination. 身體檢查。

詳解 | 留言說 simply a chance to talk; there is no test and no paperwork。

29. What is emphasised about privacy? 答案 B

關於隱私，留言強調什麼？

- A. Sessions are recorded. 晤談會錄音。
- B. What is said stays confidential.** 談話內容保密。
- C. Notes are shared with tutors. 紀錄會與導師分享。
- D. Parents will be informed. 會通知家長。

詳解 | 留言說 Everything you say stays between you and the counselor。

W: And now our health feature. A new survey of two thousand adults has found that people who take a short break every ninety minutes report far less tension at the end of the day. The researchers were surprised by the size of the difference. They stress that the break does not need to be long — even standing up and looking out of a window seems to help. What does not work, they add, is checking your phone, which the brain treats as more work.

接下來是健康專題。一項針對兩千名成人的新調查發現，每九十分鐘短暫休息一次的人，在一天結束時回報的緊繃感明顯較低。研究人員對差距之大感到意外。他們強調休息不必很長——即使只是站起來看看窗外似乎也有幫助。他們補充，沒有效果的是滑手機，因為大腦會把它當成另一種工作。

30. What did the survey find? **答案 D**

這項調查發現什麼？

- A. Working late is harmless. 加班到很晚沒有害處。
- B. Exercise is the only solution. 運動是唯一的解方。
- C. Long holidays are essential. 長假是必要的。
- D. Short regular breaks reduce tension.** 規律的短暫休息能減少緊繃。

詳解 | 調查發現每九十分鐘短暫休息的人 report far less tension。tension（緊繃）是主題字，survey（調查）是通用字。

31. How often should people take a break? **答案 D**

人們應該多久休息一次？

- A. Once an hour. 每小時一次。
- B. Every thirty minutes. 每三十分鐘。
- C. Twice a day. 一天兩次。
- D. Every ninety minutes.** 每九十分鐘。

詳解 | 報導說 every ninety minutes。

32. What does NOT help? **答案 A**

什麼沒有幫助？

- A. Looking at your phone.** 滑手機。
- B. Looking out of a window. 看看窗外。
- C. Taking a short walk. 短暫散步。
- D. Standing up. 站起來。

詳解 | 報導最後說 What does not work... is checking your phone。前兩項正是被推薦的做法。

Mental Health Week

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

M: Good evening, and welcome to mental health week. On the board are the four events we are running. If you would rather listen than speak, the film screening on Wednesday is the gentlest way to start. Please note that the group session has limited places, so registration is needed. All events are free and open to anyone, and no identification is required at the door. Refreshments are served afterwards.

晚安，歡迎來到心理健康週。看板上是我們舉辦的四場活動。如果您比較想聽而不是說，星期三的電影放映是最溫和的起點。請注意，團體課程名額有限，需要報名。所有活動免費且開放給任何人，入場也不需要證件。活動後備有茶點。

33. Look at the board. Which event is recommended for people who prefer to listen?

答案 B

請看看板。哪一場活動適合比較想聽的人？

- A. Art Therapy. 藝術治療。
- B. Film Screening.** 電影放映。
- C. Open Talk. 開放講座。
- D. Group Session. 團體課程。

詳解 | 談話說比較想聽的人適合星期三那場；對照看板，週三正是 Film Screening。

34. Which event needs registration? **答案 C**

哪一場需要報名？

- A. Art Therapy. 藝術治療。
- B. Film Screening. 電影放映。
- C. Group Session.** 團體課程。
- D. Open Talk. 開放講座。

詳解 | 談話說 the group session has limited places, so registration is needed。

35. What is said about entry? **答案 B**

關於入場，談話提到什麼？

- A. Doors close at seven. 七點關門。
- B. No identification is required.** 不需要證件。
- C. Only students may attend. 只有學生可以參加。
- D. A ticket must be bought. 必須購票。

詳解 | 談話說 no identification is required at the door。identification 是本回複習字。