

# 112 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)

一、綜合測驗：下面三篇短文共有 15 題，每篇各有 5 題，為第 1-15 題，每題 2 分，共 30 分，請依短文文意，選出一個最適合該空格的答案。

▲閱讀下文，回答第 1-5 題

Inflation is a rise in prices. It can be 1. as the decline of purchasing power over time. The rate at which purchasing power drops can be reflected in the average price increase of a basket of selected goods and services over some period of time. The rise in prices, often expressed as a percentage, means that a unit of currency effectively buys less than it did in prior periods. Inflation can be 2. with deflation, which occurs when prices decline and purchasing power increases. While it is easy to measure the price changes of individual products over time, humans need to extend beyond just one or two products. Individuals need various products as well as a host of services for living a comfortable life. They include commodities like food grains, metal, fuel, 3. like electricity and transportation, and services like health care, entertainment, and labor. Inflation aims to measure the overall impact of price changes for sets of products and services. It allows for a single value representation of the increase in the price level of goods and services over a period of time. Prices rise, 4. means that one unit of money buys fewer goods and services. This loss of purchasing power impacts the cost of living for the common public, ultimately leading to a decline in economic growth. Despite some issues, the 5. among scholars is that sustained inflation occurs when a nation's money supply growth outpaces economic growth.

- |                 |              |                 |                  |
|-----------------|--------------|-----------------|------------------|
| 1. (A)infected  | (B)defined   | (C)transported  | (D)employed      |
| 2. (A)confined  | (B)completed | (C)conducted    | (D)contrasted    |
| 3. (A)utilities | (B)anxieties | (C)economies    | (D)personalities |
| 4. (A)who       | (B)what      | (C)that         | (D)which         |
| 5. (A)consensus | (B)substance | (C)installation | (D)prescription  |

▲閱讀下文，回答第 6—10 題

In the past, museums placed emphasis on preserving artifacts and conveying knowledge to visitors. However, contemporary museum visitors expect more diverse and enjoyable experiences. Therefore, capturing visitors' attention, arousing their curiosity, and providing information in interesting ways to create 6. museum experiences are important for museums. In museums, engagement has been identified as a major factor in increasing visitor satisfaction levels. Experiences in museums are shaped by interactions between the museum and its visitors. 7. physical surroundings, texts, and images, information and communication technologies have the ability to better engage younger digital natives by combining the benefits of real-world environments, contents, and images. Podcasts are one of the technological advancements that museums are utilizing more frequently. The term "podcast" was 8. from the words "iPod" and "broadcast." It is provided to visitors on a free-subscription basis at regular intervals. Podcasts have begun to alter the nature of audio tours at museums. In contrast to earlier audio-tape tours, podcast tours include many hours of recorded information, including remarks from artists and visitors. Podcast tours in museums can be 9. online or through visitors' mobile devices. For instance, the Minneapolis Institute of Art carried out its obligations to educate the public about the history of its collection. It produced a popular podcast series, 10. "The Object." Each of the podcasts in the series focused on one item from the collection, highlighting its cultural significance and connections to other artifacts. The podcast tours can greatly affect the enjoyment and experiences of tourists.

6. (A)vulnerable (B)fascinating (C)redundant (D)indifferent  
7. (A)Guilty about (B)Humiliated by (C)Resulting in (D)Coupled with  
8. (A)coined (B)mocked (C)prized (D)shaved  
9. (A)exploded (B)abandoned (C)distributed (D)contaminated  
10. (A)estimated by (B)complying with (C)named as (D)fighting against

▲閱讀下文，回答第 11－15 題

A wide range of people benefit from bathrooms without a specific gender. Transgender and gender non-conforming people frequently experience tension, anxiety, and mistreatment when accessing the gendered bathroom. This burden can be 11. or even eliminated by offering a private and non-gendered stall. At school, all-gender washrooms are much easier for staff and teachers to monitor and maintain, particularly in educational environments. An open-plan, inclusive, and unisex washroom has been found to reduce instances of bullying and antisocial behavior. Gender-neutral restrooms are also helpful for people with disabilities who have other-gender caregivers. They usually 12. problems when using the facilities. Gender-neutral bathrooms can provide a more welcoming and comfortable situation for two people of different genders. Furthermore, they are safer for families with children, as parents will be able to 13. other-gender children to wash up without fear. Last but not least, it is cheaper to construct a single gender-neutral bathroom than two smaller separated facilities. In Taiwan, whether it is grandparents out with their grandkids, or parents on a family outing, the question of which restroom to take the kids into is always an issue. To make it easier on families, nowadays more parks are installing friendly restrooms to small children. Aside from family-friendly facilities, local governments are also thinking about 14. when designing public restrooms. For instance, unisex facilities include urinals, squat toilets, and sitting toilets in one space, allowing anyone to use the restroom freely. This would protect the rights of transgender people 15. resolving the shortage of facilities for women at the same time.

- |                  |               |               |                 |
|------------------|---------------|---------------|-----------------|
| 11. (A)lessened  | (B)brightened | (C)frightened | (D)strengthened |
| 12. (A)doze off  | (B)run into   | (C)sneak out  | (D)wrap up      |
| 13. (A)accompany | (B)undermine  | (C)implement  | (D)contemplate  |
| 14. (A)episode   | (B)hostage    | (C)diversity  | (D)impulse      |
| 15. (A)whether   | (B)while      | (C)who        | (D)whereby      |

二、閱讀測驗：下面三篇短文共有 15 題，每篇各有 5 題，為第 16—30 題，每題 2 分，共 30 分，請閱讀短文後，選出最適當的答案。

▲閱讀下文，回答第 16—20 題

With the impacts of COVID-19, people may have experienced stress, and it has serious negative effects on their physical and mental health. Therefore, mindfulness is a possible method for reducing stress. People can employ mindfulness, namely awareness and nonjudgmental acceptance of one's moment-to-moment experience, as a self-care technique to reduce the harmful consequences of stress. Mindfulness has been linked to promote psychological well-being and has shown to be effective in alleviating various forms of psychological distress such as anxiety, worry, fear, and anger, among others.

The practice of mindfulness has been found to help regulate and facilitate self-regulation. The mind is typically in a state of constant change, with thoughts arising from sensory experiences or memories of the past. The frequencies and diversities of our thoughts can hinder our abilities to regulate our emotions and attention, potentially resulting in impulsive and irrational behaviors. Mindfulness is a state of consciousness that is inherent in all of us. Therefore, the method for bringing the mind into the state of mindfulness can be learned again. People can acquire or redevelop mindfulness skills to cultivate a mindful state of mind. The self-regulatory mechanism can be reset to its baseline once the consciousness is in a state of mindfulness.

Most mindfulness practices require participants to focus on a single thought or a still object. They can concentrate on the awareness of each breath or a visual focus on an object while sitting in a comfortable position. The mind will automatically dominate the random thoughts as it focuses on one thing or idea, controlling the distractions. Self-awareness is at its highest when the mind concentrates on just one concept or thought. The sharp focus on the present moment corresponds with an enhanced sense of self-awareness. In this self-awareness state, the self-regulatory system is restored. By restoring the self-regulatory process, purposeful actions become possible, which is crucial for maintaining long-term changes in health behaviors.

Different approaches to mindfulness exist, including an eight-week Mindfulness-Based Stress Reduction program, cognitive restructuring, adaptive learning techniques, or yoga. These programs effectively improve focus and compassion while reducing stress, eating disorders, and insomnia. In addition, participants reported considerably decreased levels of perceived stress after a week of 5-minute daily meditations or 20-minute sessions using the Headspace or Insight Timer apps. By taking part in mindfulness trainings, people can live their lives without experiencing a lot of tension or anxiety.

16. Which of the following is the best title for this passage?
- (A)The Benefits of Mindful Parenting
  - (B)The Role of Mindfulness in Addiction
  - (C)The History and Origins of Mindfulness
  - (D)The Practices and Impacts of Mindfulness
17. Which of the following statements best expresses the main idea in paragraph 1?
- (A)Mindfulness is the conscious attention and it involves clearing one's mind of all thoughts.
  - (B)Mindfulness can help people reduce stress and facilitate the formation of new neuronal pathways in the brain.
  - (C)Cultivating mindfulness is an effective technique for improving mental health and has wide-reaching consequences.
  - (D)Learning about mindfulness and incorporating mindful strategies every day take commitment, but there are several tips to promote regular practices.
18. According to paragraph 2, which of the following statements is true?
- (A)Mindfulness and self-regulation improve activation and connectivity in the brain and digestive systems.
  - (B)A wide range of industries, including the performing arts and health care, are using mindfulness more frequently.
  - (C)Everyone has an innate capacity for awareness, so it is unlikely that using the mindfulness approach will retrain the mind.
  - (D)Our ability to more effectively self-regulate our feelings and concentration can be inhibited by the diversity of our thoughts.
19. According to paragraph 3, which of the following statements is true?
- (A)Mindfulness increases self-regulation, and enhancing self-regulation helps health behavior change.
  - (B)People can practice meditation by resting in a comfortable chair and observing a ball being thrown upward.
  - (C)Cognitive awareness and emotions are made possible by mindfulness, and mindfulness heightens emotional distraction.
  - (D)Many studies showed that increased cognitive mistakes were positively related to a person's higher level of mindfulness.



20. Which of the following statements best expresses the main idea in paragraph 4?
- (A) Aided by modern technology, researchers continue to study the history of mindfulness.
- (B) Practicing Buddhist meditation involves looking outward to observe what is happening in the working environment.
- (C) Home practices are encouraged as part of mindfulness-based interventions to improve skill development.
- (D) It is important to know that mindfulness practices do not have to be lengthy to result in positive changes.

▲ 閱讀下文，回答第 21–25 題

The research-based pharmaceutical industry can play a critical role in ensuring a country's future competitiveness in an advancing global economy. Here are a few noteworthy statistics about medicine industry in Figure 1.

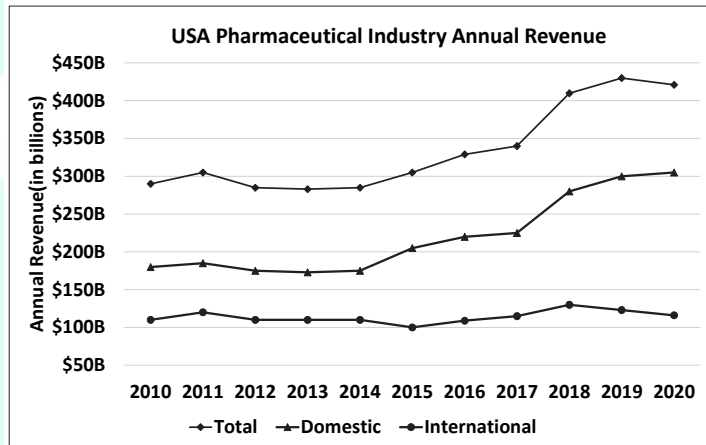


Figure 1

Thanks to advances in science and technology, the pharmaceutical industry is entering an exciting new era in medicine development and customer services. Over the past two decades, the medicine industries in different countries have been increasing the research and development (R&D) expenditure (see Figure 2), which can turn fundamental research into innovative treatments that are widely available and accessible to patients.

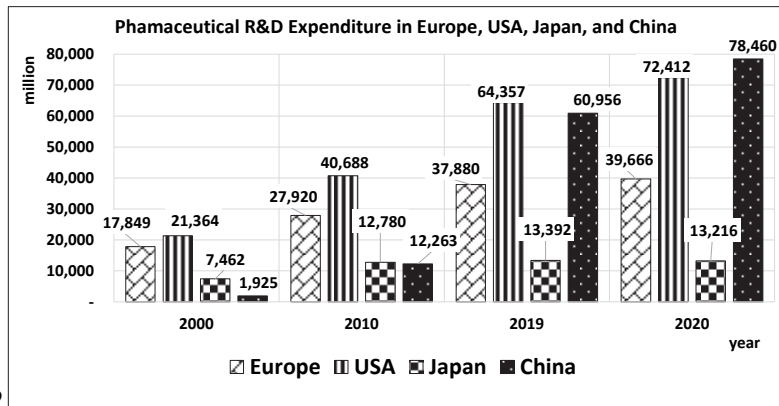


Figure 2

In addition to R&D, technology in pharmacy has been making significant strides to improve the whole industry. These advancements below are diverse and cross-functional.

### 1. Patient Relationship Management (PRM)

Due to the longer time it takes to complete and deliver prescriptions, online pharmacies are using PRM software to manage client contacts through social media, short message service, and email. Additionally, it increases the patient's trust in their preferred pharmacies and offers ready-to-use discussion points for the patient's interactions with their doctor.

### 2. Automated Dispensing Cabinet (ADC)

ADC is a computerized drug storage device or cabinet designed for hospitals. It enables the tracking of drug distribution and managing expired medications. This increases fill time, decreases human error, and allows staff to focus on patient contact rather than filling the prescription.

### 3. Medication Therapy Management (MTM)

MTM, an online platform to manage a patient's medication, is a review provided by a pharmacist to a patient, and medication problems can be identified and addressed. Problems may include medications not being used correctly, duplication of medications, and unnecessary medications.

### 4. Medication Reminder Devices

Patients may get smart medicine reminders from a variety of devices in the market. Technology for these include reminder devices that lock after taking the correct dose, alarms and flashing lights when a patient requires a dose, and a patient compliance dashboard that can show the next scheduled dose.

21. According to the statistics about the medicine industry in Figure 1, which of the following statements is true?
- (A)The total annual revenue tripled and grew strikingly after 2017.
  - (B)The graph shows that there is a sharp increase in the total, domestic, and international revenues in 2015.
  - (C)The USA medicine industry made over \$400 billion in domestic revenue and over \$100 billion in international revenue in 2012.
  - (D)While the domestic revenue continues to grow at a steady pace, international revenue shows a slightly downward trend in 2018-2020.
22. Which area has the highest investment growth during 2010-2019 in Figure 2?
- (A)Europe            (B)USA            (C)China            (D)Japan
23. According to the statistics in Figure 2, which of the following statements is true?
- (A)China's expenditure in R&D fell slightly in 2010, but reached a peak in 2019.
  - (B)There was a slight downward trend in Japan's investment between 2019 and 2020.
  - (C)Between 2000 and 2010, there was a considerable fall in the Europe's R&D investment.
  - (D)The USA's expenditure in R&D was highest at all times, compared with the other countries.
24. Which of the following is **NOT** true about technology advancements in pharmacy?
- (A)Medication Reminder Devices helps patients avoid taking too much or insufficient medication.
  - (B)Automated Dispensing Cabinet (ADC) tracks the stocking of medications to improve inventory control.
  - (C)Patient Relationship Management (PRM) software finds the best price on affordable prescriptions to save patient's money on medical costs.
  - (D)Medication Therapy Management (MTM) assists pharmacists to monitor and evaluate patients' response to remedy, including safety and effectiveness.
25. Which device can be used by pharmacists to know if medications are running low or approaching expiration?
- (A)Medication Reminder Devices
  - (B)Automated Dispensing Cabinet (ADC)
  - (C)Medication Therapy Management (MTM)
  - (D)Patient Relationship Management (PRM)



▲閱讀下文，回答第 26—30 題

The prevention of child abuse is a difficult and multifaceted task. The importance of preventing it, however, cannot be overemphasized because the physical and psychological consequences of abuse can be very serious. Child abuse can result not only in physical handicaps but also in severe neurological problems. ( ① ) A blow to the head can cause bleeding inside a child's skull, ultimately leading to brain damage. What is particularly surprising and disturbing is that infants, whose skulls are much larger than their brains (which are still growing) can suffer hemorrhages throughout the brain simply by being shaken. The shaken baby syndrome can cause brain damage as well as visual problems and deficits in language and motor skills.

Besides the neurological consequences of abuse, children also suffer from disturbances in emotional and social development. ( ② ) They have learned from their home life that the involvement with other people carries a great deal of pain. They tend to be inhibited and socially unresponsive, often backing away when a friendly caregiver or another child approaches them. Such children have also been found to be overly compliant or to exhibit violent and aggressive behavior towards adults and peers. Some abused children are **hypervigilant**, meaning that they are constantly on the lookout for danger, scanning the environment and ever-ready to attack.

( ③ ) For example, it may well be the case that because of the ill treatment they have received, these children failed to develop the social skills required to engage in harmonious social interactions. Or, they may be imitating the hostile interpersonal exchanges that they have experienced. Some children overcome the physical and psychological effects of child abuse, particularly those with strong social support and resiliency skills who can adapt and cope with bad experiences. For many others, however, child abuse may result in physical, behavioral, emotional or mental health issues—even years later. ( ④ )

We can take important steps to protect the child from exploitation and child abuse, as well as prevent child abuse in our neighborhood or community. The goal is to provide safe, stable, nurturing relationships for children.

26. According to the passage, the prevention of child abuse is a difficult and multifaceted task, \_\_\_\_\_.
- (A) but it is easy to deal with child abuse with the financial support
  - (B) but we still have to do our best to help children from getting harmed
  - (C) and all we need to do is to simplify the prevention task and make it manageable
  - (D) and our efforts may turn out to be in vain for the character development of children

27. Which of the following has the closest meaning to the word "**hypervigilant**" in paragraph 2?  
(A)highly dependent (B)very primitive (C)overly ignorant (D)extremely alert
28. According to this passage, abused children generally \_\_\_\_\_.  
(A)are better trained to take challenges  
(B)have difficulty interacting with people  
(C)are likely to learn from good experiences  
(D)are prone to imitate harmonious social exchanges
29. What is the main purpose of this passage?  
(A)To address the social issue of child abuse.  
(B)To evaluate the consequence of child labor.  
(C)To report a particular case of child exploitation.  
(D)To give information about child welfare resources.
30. Which number indicates the most appropriate place to insert the following sentence?  
"Some factors may account for the social behaviors among abused children."  
(A)① (B)② (C)③ (D)④

**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。

環保意識興起，消費者越來越關注環境問題，並傾向使用環境友善設計商品。

①在世界各地，對綠色產品的需求已促使大型企業改變商業模式。綠色企業最初只受到一小部分人的矚目。如今，即使是最大的跨國公司，也必須表現出對環境的關心。

②使用森林和植物等意象設計拓展行銷，可使品牌更具吸引力。

**參考解答：**

①Major corporations have altered their business models in response to the global demand for eco-friendly products. (The worldwide request for environmentally conscious products has caused significant corporations to modify their approach to business.)

②Incorporating visual elements such as forests and plants in marketing can enhance the appeal of a brand. (Including images of forests and plants in marketing strategy can increase the attractiveness of a brand.)



**【參考範例】**

April 29<sup>th</sup>, 2023

Dear Mayor,

I am writing to you as a long-term resident of this city, concerned about the current state of transportation. After living here for many years, I have noticed that there is a lack of bicycle lanes throughout the city, which has led to many traffic problems.

I urge you to consider setting up bicycle lanes throughout the city for the following reasons:

- 1.Safety: Without dedicated bicycle lanes, cyclists are forced to share the road with motor vehicles, which can be very dangerous. Cyclists are at risk of accidents and injuries, especially in areas with heavy traffic. By setting up bicycle lanes, the city can reduce the risk of accidents and promote safer transportation options for cyclists.
- 2.Environmental benefits: Encouraging cycling as a mode of transportation can help reduce the city's carbon footprint. By providing cyclists with dedicated lanes, it will encourage more people to cycle rather than drive, which can help reduce air pollution and improve the overall quality of the environment.
- 3.Health benefits: Cycling is a great form of exercise, which can help promote a healthy lifestyle for residents. By providing dedicated bicycle lanes, the city can encourage more people to cycle, which can lead to improved physical and mental health outcomes.

Overall, I strongly believe that setting up bicycle lanes throughout the city is a crucial step towards promoting safer, more sustainable, and healthier transportation options. Thank you for considering my request, and I look forward to seeing the positive changes that can bring to our community.

Sincerely,

Peter

**外語群英語類專業(二)－【解答】**

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



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

## 第一部分：選擇題

通貨膨脹是價格上漲的一種形式。它可以被定義為隨著時間的推移購買力下降的表現。購買力下降的速度可以反映在一籃子選定商品和服務的平均價格增長中。價格上漲通常表示為百分比，這意味著貨幣單位購買的東西比以前買得少。通貨膨脹可以與通貨緊縮相對應，通貨緊縮發生時，價格下降，購買力增加。雖然單獨測量產品隨時間的價格變化很容易，但人們需要擴展到一兩個產品之外。個人需要各種產品以及一系列生活所需的服務，包括像糧食、金屬、燃料這樣的商品、像電力和交通這樣的公共事業以及像醫療保健、娛樂和勞動這樣的服務。通貨膨脹旨在衡量產品和服務組合價格變化的總體影響。它允許用單一價值表示一段時間內商品和服務價格水準的增長。價格上漲，這意味著一單位的貨幣購買的商品和服務更少，這種購買力的下降影響公眾的生活成本，最終導致經濟增長的下降。儘管存在一些問題，但學者之間的共識是，當一個國家的貨幣供應增長超過經濟增長時，就會出現持續的通貨膨脹。

1. (A)感染 (B)定義 (C)運輸 (D)雇用
2. (A)監禁 (B)完成 (C)進行 (D)相對比
3. (A)公用事業 (B)焦慮 (C)經濟 (D)個性
4. 用關代 which 代替 Prices rise
5. (A)共識 (B)物質 (C)安裝 (D)處方

過去，博物館注重保存文物並向參觀者傳遞知識。然而，當代博物館參觀者希望得到更多樣化、更愉悅的體驗。因此，吸引遊客的注意力，引起他們的好奇心，以及以有趣的方式提供資訊以創造迷人的博物館體驗對博物館來說非常重要。在博物館中，參與度被認為是提高參觀者滿意度水準的重要因素。博物館體驗是由博物館與遊客之間的互動所塑造的。結合實體環境、文本和圖像，資訊和通信技術有能力通過組合真實世界環境、內容和圖像來更好地吸引年輕的數位原住民。播客是博物館越來越頻繁利用的技術進步之一。"播客"一詞是從"iPod"和"廣播"兩個詞彙創造而來的。播客以免費訂閱的方式定期提供給遊客。播客已經開始改變博物館的音訊導覽的性質。與早期的音訊磁帶導覽相比，播客導覽包括許多小時的錄音資訊，包括藝術家和遊客的



評論。博物館的播客導覽可以線上分享或通過遊客的行動裝置進行。例如，明尼阿波利斯藝術博物館履行了向公眾傳授其收藏歷史的職責。它製作了一系列廣受歡迎的播客，名為"物品"(The Object)。該系列中的每個播客都聚焦於收藏品中的一件物品，突出其文化意義和與其他文物的聯繫。播客導覽可以極大地影響遊客的享受和體驗。

6. (A)脆弱的 (B)迷人的 (C)多餘的 (D)冷漠的
7. (A)有罪惡感的 (B)感到羞辱的 (C)導致 (D)結合
8. (A)鑄造 (B)嘲笑 (C)珍視 (D)剃光
9. (A)爆炸 (B)廢棄 (C)分享 (D)污染
10. (A)估計由 (B)遵守 (C)命名為 (D)對抗

沒有特定性別的洗手間對許多人都有好處。跨性別和非二元性別的人在使用性別化洗手間時經常會感到緊張、焦慮和虐待。通過提供一個私人和非二元性別的隔間，可以減輕或甚至消除這種負擔。在學校裡，所有性別的洗手間對於工作人員和教師來說更容易監督和維護，特別是在教育環境中。一間開放、包容和性別中立的洗手間已被發現可以減少欺凌和反社會行為的發生。性別中立的洗手間也有助於有其他性別照顧者的殘疾人。他們通常在使用設施時遇到問題。性別中立的洗手間可以為兩個不同性別的人提供更受歡迎和舒適的情況。此外，對於有孩子的家庭來說，它們更安全，因為父母可以放心地陪伴異性孩子去洗手間。最後但並非最不重要的是，建造一個單一的性別中立洗手間比建造兩個較小的分開設施更便宜。在臺灣，無論是祖父母和孫子女外出，還是父母和家人外出，哪個洗手間適合孩子總是一個問題。為了方便家庭，現在更多的公園都安裝了友好的兒童洗手間。除了家庭友好設施，地方政府在設計公共洗手間時也考慮到了多樣性的問題。例如，性別中立的設施在一個空間內包括小便斗、蹲式馬桶和坐式馬桶，讓任何人都可以自由使用洗手間。這將保護跨性別人士的權利，然而同時解決女性設施短缺的問題。

11. (A)減輕 (B)變亮 (C)害怕 (D)加強
12. (A)打瞌睡 (B)遇到 (C)溜出去 (D)裹起來
13. (A)陪伴 (B)破壞 (C)實施 (D)思考
14. (A)情節 (B)人質 (C)多樣性 (D)衝動
15. while + Ving 然而(分詞構句之用法)

在 COVID-19 的影響下，人們可能會經歷壓力，這對他們的身體和心理健康有嚴重的負面影響。因此，正念是一種減輕壓力的可能方法。人們可以使用正念，即對自己每時每刻的體驗進行意識和非判斷性接受，作為一種自我護理技術，減少壓力的有害後果。正念已被證實可以促進心理健康，並且在緩解各種心理困擾，如焦慮、擔憂、恐懼和憤怒等方面顯示出有效性。

正念的實踐被發現有助於調節和促進自我調節。思維通常處於不斷變化的狀態，思想會從感官體驗或過去的記憶中產生。我們思想的頻率和多樣性可能會妨礙我們調節情緒和注意力的能力，可能導致衝動和非理性的行為。正念是一種所有人都內在具有的意識狀態。因此，將思想帶入正念狀態的方法可以再次學習。人們可以獲得或重新發展正念技能，以培養正念的心態。一旦意識處於正念狀態，自我調節機制就可以重置到其基線。

大多數正念實踐要求參與者專注於一個單一的思想或一個靜止的物體。他們可以專注於每個呼吸的意識或者在一個舒適的姿勢中通過視覺集中在一個物體上。當注意力集中於一件事或一個想法時，思維會自動控制隨機思想，控制分心。當思維集中於一個概念或思想時，自我意識處於最高狀態。對當前時刻的銳利專注與增強的自我意識相對應。在這種自我意識狀態下，自我調節系統得到恢復。通過恢復自我調節過程，可以實現有目的的行動，這對於保持長期的健康行為變化至關重要。

正念有不同的方法，包括為期八周的正念減壓課程、認知重構、適應性學習技巧或瑜伽。這些課程可以有效地改善注意力和同情心，減輕壓力、飲食失調和失眠。此外，參與者報告說，在使用 Headspace 或 Insight Timer 應用程序每天進行 5 分鐘的冥想或 20 分鐘的練習一周後，感知到的壓力水平大大降低。通過參加正念訓練，人們可以在沒有太多緊張或焦慮的情況下過上自己的生活。

16. 以下哪項是這篇文章的最佳標題？
- (A)正念育兒的好處 (B)正念在成癮中的作用  
(C)正念的歷史和起源 (D)正念的實踐和影響
17. 以下哪項陳述最能表達第 1 段的主要思想？
- (A)正念是有意識的注意力，它涉及清除一個人的所有想法。  
(B)正念可以幫助人們減輕壓力並促進大腦中新神經元通路的形成。  
(C)培養正念是改善心理健康的有效方法，並且具有廣泛的後果。  
(D)學習正念並每天採用正念策略需要專注，但是有幾個技巧可以促進常規做法。

18. 根據第 2 段，下列哪項陳述是正確的？
- (A)正念和自我調節可以改善大腦和消化系統的激活和連通性。  
 (B)很多行業，包括表演藝術和醫療保健，都更頻繁地使用正念。  
 (C)每個人都有與生俱來的覺知能力，因此使用正念方法不太可能重新訓練頭腦。  
 (D)我們更有效地自我調節我們的感受和注意力的能力會被我們思想的多樣性所抑制。
19. 根據第 3 段，下列哪項陳述是正確的？
- (A)正念增強自我調節，增強自我調節有助於改變健康行為。  
 (B)人們可以通過坐在舒適的椅子上休息並觀察向上拋出的球來練習冥想。  
 (C)正念使認知意識和情緒成為可能，正念也會加劇情緒分心。  
 (D)許多研究表明，認知錯誤的增加與一個人的更高層次的正念成正相關。
20. 以下哪項陳述最能表達第 4 段的主要思想？
- (A)在現代技術的幫助下，研究人員繼續研究正念的歷史。  
 (B)練習佛法禪修包括向外看，觀察工作環境中發生的事情。  
 (C)鼓勵家庭練習作為基於正念的干預措施的一部分，以提高技能發展。  
 (D)重要的是要知道正念練習不一定要很長時間才能帶來積極的變化。

研究型製藥業可以在確保國家未來在不斷發展的全球經濟中的競爭力方面發揮關鍵作用。以下是有關藥品行業的一些值得注意的統計資料，見圖 1。

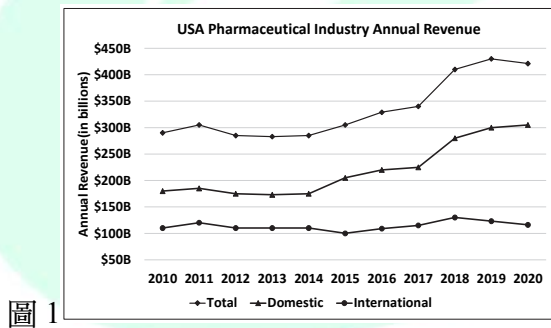


圖 1

由於科學技術的不斷進步，製藥行業正在進入一個令人興奮的新時代，涉及藥品開發和客戶服務。在過去的二十年中，不同國家的醫藥產業一直在增加研發支出(見圖 2)，這可以將基礎研究轉化為創新性治療方法，並使其廣泛可用和可供患者使用。

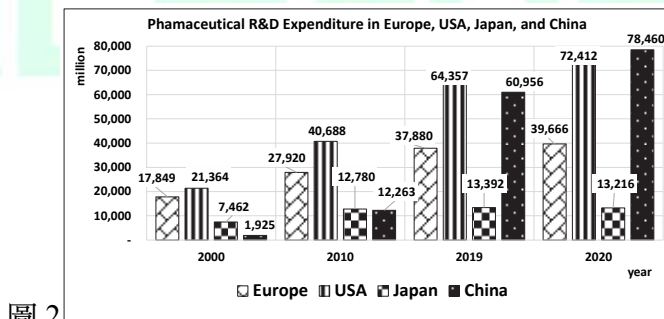


圖 2

除了研發之外，製藥技術一直在取得重大進展，以改善整個行業。以下這些進步領域多樣且跨職能：

1. 患者關係管理(PRM)

由於完成和交付處方需要更長的時間，線上藥店正在使用 PRM 軟體通過社交媒體、短信和電子郵件來管理客戶聯繫。此外，它增加了患者對其首選藥店的信任，並為患者與醫生的交流提供了可用的討論點。

2. 自動配藥櫃(ADC)

ADC 是一種針對醫院設計的電腦化藥物存放裝置或櫥櫃。它能夠跟蹤藥物分發和管理過期藥物。這可以增加填充時間，減少人為錯誤，並使工作人員能夠專注於患者接觸，而不是填寫處方。

3. 藥物治療管理(MTM)

MTM 是一種線上平臺，用於管理患者的藥物，由藥劑師向患者提供審核，可識別和解決藥物問題。問題可能包括藥物使用不正確、藥物重複使用和不必要的藥物。

4. 藥物提醒裝置

患者可以從市場上多種設備中獲得智慧藥物提醒。這些技術包括在正確服用劑量後鎖定的提醒設備、當患者需要服用藥物時發出的警報和閃光燈，以及可以顯示下一個計畫劑量的患者遵從性儀錶板。

21. 根據圖 1 中有關醫藥行業的統計數據，下列哪些說法是正確的？
- (A) 年總收入在 2017 年之後翻了三倍並且增長驚人。
  - (B) 該圖顯示 2015 年總收入、國內收入和國際收入急劇增加。
  - (C) 2012 年，美國醫藥行業的國內收入超過 4000 億美元，國際收入超過 1000 億美元。
  - (D) 在國內收入繼續穩定增長的同時，國際收入在 2018-2020 年呈小幅下降趨勢。
22. 圖 2 中 2010-2019 年投資增速最高的地區是哪個？
- (A) 歐洲                      (B) 美國                      (C) 中國                      (D) 日本
23. 根據圖 2 的統計數據，下列哪些說法是正確的？
- (A) 2010 年中國的研發支出略有下降，2019 年達到峰值。
  - (B) 2019 年至 2020 年日本投資有小幅下降趨勢。
  - (C) 2000 年至 2010 年間，歐洲的研發投入大幅下降。
  - (D) 與其他國家相比，美國的研發支出歷來最高。



24. 以下哪項關於藥學技術進步的說法是不正確的？
- (A)藥物提醒裝置幫助患者避免服用過多或不足的藥物。
  - (B)自動配藥櫃(ADC)跟蹤藥物庫存以改善庫存控制。
  - (C)患者關係管理(PRM)軟件可在負擔得起的處方中找到最優惠的價格，以節省患者的醫療費用。
  - (D)藥物治療管理(MTM)協助藥劑師監測和評估患者對藥物治療的反應，包括安全性和有效性。
25. 藥劑師可以使用哪種設備來了解藥物是否用完或即將過期？
- (A)服藥提醒裝置
  - (B)自動配藥櫃(ADC)
  - (C)藥物治療管理(MTM)
  - (D)患者關係管理(PRM)

預防兒童虐待是一項艱鉅而多方面的任務。然而，預防虐待非常重要，因為虐待的身體和心理後果可能非常嚴重。兒童虐待不僅可能導致身體殘疾，還可能導致嚴重的神經問題。(①)頭部受到打擊可能導致兒童顱內出血，最終導致腦損傷。特別令人驚訝和令人不安的是，嬰兒的頭骨比他們的大腦(仍在發育中)大得多，只要被搖晃就可能遭受全腦出血。搖晃嬰兒綜合症可能導致腦損傷以及視覺問題及語言和運動技能的缺陷。

除了虐待的神經後果外，兒童還會遭受情感和社交發展的干擾。(②)他們從家庭生活中學到，與他人的互動帶來很大的痛苦。他們往往是孤僻和社交反應遲鈍的，常常在友善的照顧者或其他孩子接近他們時退縮。這樣的孩子也被發現過分順從或對成年人和同齡人表現出暴力和攻擊性行為。一些遭受虐待的兒童過度警惕，意味著他們不斷警惕危險，掃描環境並隨時準備攻擊。

(③)例如，這些兒童由於受到不良待遇可能未能發展所需的社交技能以參與和諧的社交互動。或者，他們可能在模仿他們所經歷有敵意的人際交往。一些兒童能夠克服兒童虐待的身體和心理影響，特別是那些擁有強大社會支援和應對能力的孩子，他們可以適應且處理不良的經驗。然而，對於許多其他人而言，兒童虐待可能導致身體、行為、情感或心理健康問題，甚至多年後。(④)

我們可以採取重要措施保護兒童免受剝削和虐待，以及在我們的附近或社區內預防兒童虐待。目標是為兒童提供安全、穩定、培養的關係。

26. 根據文章，防止虐待兒童是一項艱鉅且多方面的任務，\_\_\_\_\_。
- (A)但有經濟支持很容易處理虐待兒童問題
  - (B)但我們還是要盡力幫助孩子們不受傷害
  - (C)我們需要做的就是簡化預防任務並使其易於管理
  - (D)而我們的努力對於孩子的性格發展可能是徒勞的



27. 以下哪項與第 2 段中的"高度警惕"一詞的含義最接近？  
(A)高度依賴 (B)非常原始 (C)過於無知 (D)極度警覺
28. 根據這段話，受虐兒童一般是\_\_\_\_\_。  
(A)受過更好的訓練以迎接挑戰 (B)與人交往有困難  
(C)可能從好的經驗中學習 (D)容易模仿和諧的社會交往
29. 這段話的主要目的是什麼？  
(A)解決虐待兒童的社會問題。 (B)評估童工的後果。  
(C)報告特定的兒童剝削案件。 (D)提供有關兒童福利資源的信息。
30. 哪個數字表示最適合插入下列句子的地方？  
"一些因素可能解釋了受虐兒童的社會行為。"  
(A)① (B)② (C)③ (D)④

## 第二部分：非選擇題

### 一、翻譯測驗

#### (一)中譯英(8 分)

- ①Major corporations have altered their business models in response to the global demand for eco-friendly products. (The worldwide request for environmentally conscious products has caused significant corporations to modify their approach to business.)
- ②Incorporating visual elements such as forests and plants in marketing can enhance the appeal of a brand. (Including images of forests and plants in marketing strategy can increase the attractiveness of a brand.)

#### (二)英譯中(8 分)

- ③他們強烈聲稱政府的首要職責是照顧當地居民，而不是遊客或野生動物。
- ④儘管從旅遊中獲得了收入，但這是一個難以令人滿意回答的論點。

### 二、寫作測驗

#### 【參考範例】

April 29<sup>th</sup>, 2023

Dear Mayor,

I am writing to you as a long-term resident of this city, concerned about the current state of transportation. After living here for many years, I have noticed that there is a lack of bicycle lanes throughout the city, which has led to many traffic problems.

I urge you to consider setting up bicycle lanes throughout the city for the following reasons:

- 1.Safety: Without dedicated bicycle lanes, cyclists are forced to share the road with motor vehicles, which can be very dangerous. Cyclists are at risk of accidents and injuries, especially in areas with heavy traffic. By setting up bicycle lanes, the city can

reduce the risk of accidents and promote safer transportation options for cyclists.

2.Environmental benefits: Encouraging cycling as a mode of transportation can help reduce the city's carbon footprint. By providing cyclists with dedicated lanes, it will encourage more people to cycle rather than drive, which can help reduce air pollution and improve the overall quality of the environment.

3.Health benefits: Cycling is a great form of exercise, which can help promote a healthy lifestyle for residents. By providing dedicated bicycle lanes, the city can encourage more people to cycle, which can lead to improved physical and mental health outcomes.

Overall, I strongly believe that setting up bicycle lanes throughout the city is a crucial step towards promoting safer, more sustainable, and healthier transportation options. Thank you for considering my request, and I look forward to seeing the positive changes that can bring to our community.

Sincerely,

Peter



A Leader