

國立台灣師大附中 113 學年度 教師甄試 英文科 筆試 題目卷

I. Passage Completion (10%)

For each blank in the passage, choose from the table below an item (A~L) that fits the context best. There are two redundant items.

Youth mental health is in crisis. Teachers aren't okay either. Educators experience substantially higher rates of depression than the overall population. The 1 are high: two-thirds of children in the U.S. are impacted by trauma. Yet, too often, educators don't receive any training regarding mental health during college.

Given that school counselors balance an average caseload of 408 students and are often overloaded with administrative responsibilities, teachers are pushed to the frontlines, which may be more of a problem than we thought: Researchers have uncovered a 2 relationship between student and teacher well-being. A contributing factor to teacher stress can be exposure to student hardships, which can lead to secondary trauma, or "compassion fatigue," which mirrors PTSD.

Similarly, the phenomenon of "stress contagion" shows that students in classrooms where teachers self-report high levels of burnout 3 with elevated cortisol, a key stress hormone. Studies also show that teachers serve as attachment figures for young people, meaning that the ways teachers connect with students, especially in times of stress, can impact how students relate to others and how they expect to be treated by others. Teachers' stressors may impair their ability to build supportive relationships with students, 4 students' own experiences of, and expectations for, attachment.

The Council for the Accreditation of Teacher Preparation requires that teacher education programs cover diversity, equity and inclusion — but not mental health, despite the topics' 5. Incorporating basic awareness into teacher training of anxiety, depression and trauma is important, as is instruction on ways of talking about mental health with young people. This will equip teachers with tools to identify and respond to students when they most need help. Better understanding about 6 trauma and its warning signs, along with guidance on intervention, will also prepare teachers to enter their careers with increased self-awareness and the ability to address the crises.

Pilot programs addressing mental health of teachers have shown 7 results. For example, districts that paid for teachers to receive therapy reported that "Of the teachers that provided feedback, 100 percent reported an improvement in personal well-being and that the experience positively impacted their students' mental health and academic performance." This idea of therapist-teacher support 8 the supervision model in psychological training in which novice therapists meet regularly with experienced therapists to process the emotional toll of their work.

We need a new ethic of training in education that gives teachers tools for 9 themselves and their students in times of stress. If we mandate mental health training, we can make school a safer place for students and teachers—a place where grief, anxiety and stress are not relegated to whispers in the hallway but instead 10 as powerful moments for learning, connection and support.

(A) complicating	(B) leveraged	(C) vicarious
(D) promising	(E) echoes	(F) wake up
(G) sustaining	(H) marginalized	(I) stakes
(J) buoys	(K) reciprocal	(L) interconnectedness

II. Discourse structure (12%)

For each blank in the passage, choose an item (A~F) that fits the context best.

Emotional intimacy is about sharing your innermost thoughts, feelings, and experiences with someone and being able to be vulnerable without fear of judgment or rejection. Relationships built on emotional intimacy can often withstand the ups and downs of life with a deep level of understanding, connection and care between the people involved.

However, for many of us, emotional intimacy is scary. We worry we'll be rejected or hurt if we show our true selves. 11 Our parents may have taught us to be independent and self-sufficient, which can only contribute to our emotional distance and make it difficult to open up and depend on someone else. Additionally, we may have received messages from society that emotional intimacy is weak and not a valuable trait. We may thus view emotional intimacy as something to be avoided.

12 Without it, we may continually struggle to truly connect with another person. That is why it's essential to understand the root of our fears with self-compassion and learn to embrace emotional intimacy instead of running from it, especially if we are yearning for a long-term commitment or a close friendship. Studies find that adults in long-term relationships are more likely to report feeling emotionally close to their partner than those in shorter relationships. 13

So how do you create healthy emotional relationships? It all starts with communication. Building intimacy requires honesty and communication. 14 Also, it's important to spend quality time together on a regular basis. Spending time together allows you to connect with each other without distractions. Quality time means having long conversations, sharing experiences, and simply enjoying each other's company. 15 Finally, be supportive of each other. This means being there for each other during tough times, offering encouragement and understanding, and being each other's biggest supporters.

Emotional intimacy is not just about sharing feelings with each other. It's also about feeling heard and understood, supported and valued, by your partner. 16

- (A) When you have emotional intimacy in a relationship, you feel like you can really be yourself and that they accept and love you for who you are.
- (B) You need to feel safe sharing your thoughts, feelings, and experiences without fear of judgment or rejection.
- (C) The truth is that emotional intimacy is a vital part of any close relationship, even platonic relationships.
- (D) It also means being curious about where the other person is coming from without judgment and ridicule.
- (E) This makes sense, as we often need time to develop trust and intimacy with someone.
- (F) Our upbringing and society's messages have played a significant role in our fear of intimacy and vulnerability.

III. Translating the sentences into English (18%)

1. 現在學生在學習語言時，會更喜歡使用數位設備，主要是因為有像語音識別和互動多媒體練習等工具。
2. 透過應用程式和線上平台，教師可以讓學習個人化，將學生從被動接受者轉變為主動學習者，並實現更深入的語言沈浸。

IV. Making a cloze test (20%)

Rewrite the following article (508 words) into a passage in 150~200 words with 5 cloze questions. Each question should contain four options (A~D), with the correct answer provided.

According to an annual global report, if you're after mental wellbeing and a flourishing life, you should pay attention to those who live in the Dominican Republic, Sri Lanka, Tanzania and Panama. These countries have topped the list of destinations with the best mental health in the fourth Annual Mental State of the World Report—a study by Sapien Labs that measures mental wellbeing.

The report assigned 71 countries a mental wellbeing metric according to a comprehensive survey of cognitive and emotional capabilities, of which more than 500,000 responses were collected. After analyzing the results, Sapien Labs found certain continents tended to score more highly than others. "Several African and Latin American countries topped the country rankings, while wealthier countries of the core Anglosphere, such as the United Kingdom and Australia, are towards the bottom," the report stated.

This isn't the first time this split has been observable either, as previous years' reports have had similar results. "This pattern suggests that greater wealth and economic development do not necessarily lead to greater mental wellbeing," the report continued.

During the pandemic, the phrase "languishing" became popular as a way to describe the world's general malaise. The opposite of this is "flourishing", which describes not only having no mental illnesses but positive mental health. So, why are African and Latin American countries flourishing relative to Anglo-Saxon countries? The answer, according to Sapien Labs, is because internet-enabled populations in wealthy countries are also likely to have youth on smartphones, ultra-processed food and weak social ties; three factors that have been linked to poor mental health.

Science has long proven the correlation between happiness, mental wellbeing and community. "Social connectedness is a key driver of wellbeing and resilience," states the Ministry of Social Development website. "Socially well-connected people and communities are happier and healthier, and are better able to take charge of their lives and find solutions to the problems they are facing."

According to Sapien Labs, adults' risk of mental health challenges is four times lower if you have close family relationships - but wealthier countries were least likely to say they were close with many adult family members, at just 23 percent. Similarly, there is a strong body of research on the impact of processed food and a growing number of studies around technology use. "We found that over half of those who eat ultra-processed food daily are distressed or struggling with their mental wellbeing, compared to just 18 percent of those who rarely or never consume ultra-processed food," the report stated. This is almost a three-fold increase.

Meanwhile, a sample of almost 28,000 survey respondents found that 18- to 24-year-olds' mental health was strongly impacted by how young they were when they got their first smartphone. "In countries that are generally at the top of the list in this report, and less developed countries in general, the average age that young people first own a smartphone is typically older," the report stated. In Sub-Saharan Africa, it's 16 years old, 14-15 in Latin America and 11 in the core Anglosphere.

V. Making a reading comprehension test (20%)

Create 3 reading comprehension questions based on the passage below. Provide correct answers under each question.

- Question 1: Multiple-choice question, with **SIX** choice items (A~F) and **AT LEAST ONE** correct answer (10%)
- Questions 2: Blank-filling question, based on the following Chinese cues: (5%)
請從文章中找出最適當的單詞(word)填入下列句子空格中，並視語法需要做適當的字形變化。每格限填一個單詞(word)。
- Question 3: Short-answer question (5%)

A number of studies have indicated that the levels of antioxidants are higher in organic foods, as compared to inorganic foods, and so are the levels of certain types of micronutrients such as iron, zinc and vitamin C. The higher levels of antioxidants are attributed to the fact that organic foods have no dependence on chemical pesticide sprays for protection, but instead produce antioxidants, which act as the protection. Therefore, a shift from conventionally grown cereals, vegetables, and fruits to organic ones has the benefit of providing extra amounts of antioxidants into the diets.

Also, while pesticide use is absent in organic foods, non-organic foods have been found to have some toxic pesticides, such as cadmium—whose accumulation can be harmful to the health of their consumers. According to a research study conducted on the two types of foods, non-organic foods were found to contain higher amounts of pesticides, four times more than in organic. Although cadmium may not be harmful in small amounts, accumulation into the body over time can reach harmful levels. Therefore, the consumption of organic foods will help consumers avoid the risks of the accumulation of pesticide residue altogether.

Physically, there also exists a considerable contrast between organic and nonorganic foods in appearance. For instance, when a person goes shopping for fruits, he or she almost instantaneously notices the differences in appearance between the two types of food products. Organic products such as fruits will always be variable sizes and shapes, presenting some form of physical imperfection compared to their non-organic counterparts.

On the other hand, nonorganic foods will always appear to have a relatively similar appearance in accordance with their various types. The differences arise from the treatments given to the products during growth. Non-organic products, some of which have undergone minimal processing or are generally unprocessed, are usually subjected to treatment by use of artificially processed substances for growth enhancement, which is not the case for organically produced products. These substances are responsible for giving the products an almost perfect shape. That way, they will always appear similar. Contrarily, the organic foods, whose growth is under the influence of substances naturally produced by the plant, will not achieve the same kind of perfection in non-organic products due to the variations in supply of these growth substances to different parts of the plants.

VI. Essay writing (20%)

In your opinion, what is the biggest challenge that the 108 Curriculum Guidelines give to senior high school English teachers? How do you cope with it? Write about 250 words in two paragraphs.