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考試科目	英語教學理論與實務	所別	英國語文學系	考試時間	3月15日 星期六	第3節
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NOTE:

1. Answer, in English, the following questions, within the time limit.
2. You will be graded based on whether/how you show a clear understanding of each issue and present and develop each argument in a clear and logical way.

QUESTIONS:

1. What is the English learning background of your students? What difficulties do they have in learning grammatical points/sentence structures? What approaches, methods, or techniques do you often use in your instruction for coping with such difficulties? Explain with examples. (25%)
2. What are the most important teaching/learning goals of your English course? What are the prime criteria you use to select your English course books or teaching materials for helping your students to reach these goals? Why? Give your reasons and opinions. (25%)
3. Is your class teacher-centered, student-centered or both? What activities go with the teacher-centered approach and what activities go with the student-centered approach? Explain why you believe some activities go better with one approach or the other. (25%)
4. When you teach reading/listening, when do you use the bottom-up approach and when do you use the top-down approach? Describe the different activities that you use with regard to the two approaches to illustrate how you teach reading/listening. (25%)

備考	試題隨卷繳交
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命題委員： (簽章) 97年3月5日

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考試科目	英文能力測驗與寫作	別	英文系英語教學碩士 在職專班 (ETMA)	考試時間	3月15日 星期六	第IV節
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I. Complete the passage using the words provided. Choose the word that best completes a sentence and write its correct form on the answer sheet. 20%

- | | | | | | |
|-------------|-----------|---------|---------|--------------|----------|
| acceptable | envision | general | lead | occur | probable |
| psychiatric | represent | sharp | suggest | transitional | variate |

Risk factors for suicidal thoughts, plans, and attempts are consistent across countries, and include having a mental disorder and being female, younger, less educated, and unmarried. So says new research from Harvard University and World Health Organization (WHO) World Mental Health Survey Initiative. The study examined both the prevalence and the risk factors for suicide across 17 countries, and is the largest, most 1 examination of suicidal behavior ever conducted.

Published in the February issue of the British Journal of Psychiatry, the study was led by Matthew Nock, associate professor of psychology in the Faculty of Arts and Sciences at Harvard University, with data collected by the WHO World Mental Health Survey Initiative.

“Our research suggests that suicidal thoughts and behaviors are more common than one might think, and also that key risk factors for these behaviors are quite consistent across many different countries around the world,” says Nock.

Among those interviewed, 9.2 percent reported that they had seriously thought about suicide and 2.7 percent reported having made a suicide attempt at some point in their lives. However, there was 2 from country to country with regard to the rates of suicidal thoughts and behaviors. For instance, rates of suicidal thoughts ranged from 3.1 percent of people in China to 15.9 percent of those in New Zealand. A reason for this may be that different cultural standards exist with regard to the 3 of telling others about suicidal thoughts. Therefore, among countries with lower rates of suicidal thoughts, it’s possible that some thoughts of suicide were not reported.

備考	試題隨卷繳交
命題委員：	(簽章) 97年3月7日

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Across the countries included in the study, risk factors for suicidal behavior included female gender, younger age, fewer years of education, unmarried status, and the presence of a mental disorder. Additionally, the risk of suicidal thoughts increased 4 during adolescence and young adulthood in every country studied.

The strongest risk factor associated with suicidal thoughts and behaviors were mood disorders in high-income countries and impulse control disorders in low- and middle-income countries.

“We often think of suicidal thoughts and behaviors as 5 among people who are depressed,” said Nock, “but across all of these countries, we found that it is not just depression that increases the risk of suicidal behaviors. Impulse-control disorders, substance-use disorders, and anxiety disorders all are associated with a significantly higher risk of suicidal thoughts and attempts.”

In fact, the study showed that among people with suicidal thoughts, the risk of actually making an attempt was highest not among those with a mood disorder, but in those with substance abuse and impulse-control disorders, 6 that these disorders are most strongly associated with acting on suicidal thoughts when they are present.

Among other interesting findings in the study was that among people with suicidal thoughts, 29 percent later made a suicide attempt, and these attempts occurred most often within the first year after the onset of suicidal thoughts. The 7 of a suicide attempt among people with both suicidal thoughts and a plan was 56 percent, but only 15.4 percent among those without a plan.

The survey included data from 17 countries: Nigeria, South Africa, Colombia, Mexico, the United States, Japan, New Zealand, China, Belgium, France, Germany, Italy, the Netherlands, Spain, Ukraine, Israel, and Lebanon. A total of 84,850 adults were asked about suicidal behaviors and socio-demographic and 8 risk factors.

Previous studies of suicidal behavior have largely relied on smaller, self-selected samples of suicidal individuals, so it has been unclear how well the results would 9 in different countries around the world. This study is the first to examine the thoughts and behaviors of individuals across numerous, diverse countries.

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Suicide is a 10 cause of death worldwide, but information on its prevalence and risk factors is unavailable in many countries, particularly in those that are less developed. Currently, resources devoted to the treatment of mental disorders and to suicide prevention are lacking in many countries. Further research could help to explain the differences in prevalence of suicide thoughts across nations, Nock said.

II. Read the following passage and chose the best answer for each question. (20%)

Passage One

According to the **repair and restoration theory**, the purpose of sleeping is to enable the body to recover from the exertions of the day. During sleep the body increases its rate of cell division and the rate at which it produces new proteins. It also digests food. There is no doubt that these and perhaps restorative processes also take place when we are awake but sitting quietly. Evidently we do not need sleep in order to rest the muscles or any other tissues, other than perhaps the brain. We have several other reasons to doubt that sleeping is like resting to catch your breath after extensive exercise. First, people need only a little more sleep after a day of extreme physical or mental activity than after a day of inactivity. Second, some people get by with much less than the "normal" 7 to 8 hours of sleep a day. Third, some people have intentionally gone without sleep for a week or more, suffering less severely than we might have expected.

In one study, volunteers went without sleep for 3 nights; an experimenter periodically took their temperature and measured their performance on logical reasoning tasks. Both temperature and logical reasoning declined during the first night and then increased almost to their normal level the next morning. During the second and the third nights, temperature and logical reasoning decreased more than they had the first night, but again they improved the following morning. Thus, sleep deprivation produces a pattern of progressive deterioration that is superimposed on the normal circadian cycle of rising and falling body temperature and reasoning ability. In short, sleeping apparently depends partly on how long one has gone without sleep and partly on the time of day (that is, where one is within the circadian rhythm). Evidently, sleep contributes to repair and restoration of the body, even if that is not its only reason for existence.

The **evolutionary theory of sleep**, although not denying that sleep provides some important restorative functions, proposes that evolution has programmed us to perform those functions at a time when activity would be inefficient and possibly dangerous. Note, however, that sleep protects us only from the sort of trouble we might walk into; it does not protect us from trouble that comes looking for

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us! So we sleep well when we are in a familiar, safe place; but we sleep lightly, if at all, when we fear that burglars will break into the room or that bears will nose into the tent.

The evolutionary theory accounts well for differences in sleep among species. For instance, lions surely do not need five times as much repair and restoration as horses do. But lions can afford to have long periods of inactivity because they spend little time eating and are unlikely to be attacked while they sleep. Horses and sheep must spend almost all of their waking hours eating, because their diet is very low in calories. Moreover, they cannot afford to sleep too long or too soundly, because their survival depends on their ability to run away from attackers.

Which of the two theories of sleep is correct? Supporters of the repair and restoration theory concede that the timing and even amount of sleep depend on when the animal is least efficient at finding food and defending itself. Supporters of the evolutionary theory concede that during a time that evolution has set aside for an animal to conserve energy, the animal takes that opportunity to perform repair and restoration functions.

11. According to the passage, the repair and restoration theory of why we sleep does NOT explain ____.
- why resting without sleeping is enough to restore the muscles and other tissues
 - why the amount of sleep needed is not much different after a day of extreme activity than after a day of inactivity
 - why some people sleep less than others do
 - all of the above
12. According to the passage, human beings ____.
- cannot stay awake more than 24 hours
 - suffer physical damage if they go more than a week without sleep
 - become unable to reason logically after several days without sleep
 - none of the above
13. It can be inferred from the passage that the main reason why some people can tolerate sleep deprivation better than the others is that ____.
- people differ in the amount of sleep they need
 - people differ in their evolutionary levels
 - some people work harder than others
 - all of the above

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						星期六	

14. According to the passage, which of the following statement is FALSE?
- Scientists don't really know why we sleep.
 - Logical reasoning is usually better at night than in the morning.
 - Both theories of sleep are correct.
 - Sleepiness depends partly on how long you have gone without sleep and partly on the time of day.
15. The word "circadian" in second paragraph is closest to the meaning of ____.
- biological
 - metabolic
 - rhythmic
 - glandular

Passage Two

Conflict is particularly always present in an ongoing relationship between two people. That does not mean it is bad or that it should be suppressed. When handled constructively, researchers point out, conflict may "(1) bring problems out into the open, where they can be solved, (2) put an end to chronic sources of discontent in a relationship, and (3) lead to new insights through the clashing of divergent view." The key to intimacy is the ability to handle conflict well, which means the ability to communicate well.

Bad Communication. Most of us think communication is easy, points out psychiatrist David Burns, because we've been talking since childhood. However, it's when we have a conflict that we find out if we communicate well.

Bad communication, says Burns, has two characteristics. (1) *You become argumentative and defensive*: The natural tendency of most of us when we are upset is to argue. The habit of contradicting with others, however, is self-defeating, for it creates distance between you and them and prevents intimacy. Moreover, in this stance you show you are not interested in listening to the other person or understanding his or her feelings. (2) *You deny your own feelings and act them out indirectly*: You may become sarcastic, or pout, or storm out of the room slamming doors. This kind of reaction, known as *passive aggression*, can sometimes be destructive as *active aggression*, in which you make threats or tell the other person off.

Good Communication. "Most people want to be understood and accepted more than anything else in the world," says Burns, knowing that it is a first step toward good communication.

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Good communication, according to Burns, has two attributes. (1) *You listen to and acknowledge the other person's feelings*: Instead of show that you are only interested in broadcasting your feelings and insisting that the other agree with you, you encourage the other to express his or her feelings. You try to listen to and understand what the other person is thinking and feeling.

Some listening guidelines include (a) tune in to your partner's channel to show empathy for his or her thoughts and feelings, (b) give listening signals, both verbally and nonverbally, (c) avoid interruption, an interactional mechanism which men tend to do more than women, (d) ask questions skillfully and gently, not accusingly, and (e) use diplomacy and tact to build trust to talk about difficulties.

An especially wise piece of advice about listening comes from Burns: find some truth in what the other person is saying and agree with it, even if you feel convinced that what he or she is saying is totally wrong, unreasonable, irrational, or unfair. This technique, known as *disarming*, works especially well if you're feeling criticized and attacked. If you resist the urge to argue or defend yourself, it takes the wind out of the other person's sails and has a calming effect. That person will then be more willing to listen to you and more open to your point of view. (2) *You express your own feelings openly and directly*. If you only listen to the other person's feelings and don't express your own, you will end up feeling shortchanged, angry, and resentful. The trick, then, is to express your feelings in a way that will not alienate the other person.

To become an expert at expressing yourself, here are two principles to keep in mind. (a) *Use "I feel" language*: It's always tempting to use accusatory language during the heat of conflict, but this is sure to send the other person stomping out of the room. By using the simple method of saying "I feel" followed by the word expressing your feeling, you don't sound blaming and critical. By telling your partner how you feel, you are able to express your feelings without attacking the other person. (b) *Express praise and keep criticism specific*: In any conflict, we may disagree with a person's specific act or behavior, but we need not reject the other as a person.

16. Acting out your feelings while denying them is called _____.

- a. disagreement
- b. alienation
- c. passive aggression
- d. good communication

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17. The author implies that compared with bad relationships, good relationships have ____.
- a. less conflict
 - b. more love
 - c. better communication
 - d. more ability to compromise
18. The author implies that the best way to bring about good communication is to be ____.
- a. unselfish
 - b. totally honest
 - c. willing to compromise
 - d. logical
19. The author implies that ____.
- a. people's communication styles change depending on whom they are dealing with
 - b. these communication styles are appropriate to use at home but not at work
 - c. people should use different styles of conflict resolution with children
 - d. male dominance/female submission will lead to poor relationship
20. The author implies that ____.
- a. communication styles can be changed
 - b. most people use poor communication
 - c. people pass their communication styles on to their children
 - d. men have less effective communication styles than women

III. Composition. Write a 400-word essay using the following sentence as the thesis statement (i.e., main idea): "The large movement of people from rural to urban areas has major effects on a city's ability to provide housing, employment, and adequate sanitation services. 60%

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