

實踐大學 101 學年度研究所碩士班入學招生考試試題
所 別：共同科目 40 分鐘
科 目：英文 共 5 頁第 1 頁

→ 備註：請在答案卷上作答，於本試題紙上作答者一律不予計分。

A. Read the paragraph and answer the questions. (8%)

You need stress in your life! Does that surprise you? Perhaps so, but it is quite true. Without stress, life would be dull and unexciting. Stress adds flavor, challenge, and opportunity to life. Too much stress, however, can seriously affect your physical and mental well-being. A major challenge in this stress-filled world of today is to learn how to cope with stress so that it does not become too much. What kinds of things can cause too much stress in our lives? We often think of major crises such as natural disasters, war, and death as main sources of stress. These are, of course, stressful events. However, according to psychologist Wayne Weiten, on a day-to-day basis, it is the small things that cause stress: waiting in line, having car trouble, getting stuck in a traffic jam, having too many things to do in a limited time.

1. Choose the correct answer:

- a) stress is harmful
- b) stress is beneficial
- c) stress is both harmful and beneficial
- d) we should avoid stress at all cost

2. What happens if there is no stress in our lives?

- a) life will be good
- b) life will be bad
- c) life will be boring
- d) life will be exciting

3. What happens if there is too much stress in our lives?

- a) we will be happy mentally
- b) we will be happy physically
- c) our body will not stay healthy
- d) our body will not stay healthy and it also harms us spiritually

4. Which statement is not true?

- a) we often stressful when major incidents occur.
- b) stress comes from many reasons such as getting a bad news.
- c) stress comes from many reasons such as being unable to win a lottery.

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d) losing someone you love can cause a major stress too.

B. Choose the best word or phrase to complete the following sentences. (4%)

5. You need stress (in your/at/during) _____.

- a) work or school
- b) life
- c) workout
- d) driving

6. Without stress life is _____.

- a) unexciting
- b) exciting
- c) unacceptable
- d) acceptable

C. Read the second paragraph and choose the correct answers. (16%)

The body responds to stressful events by going through three stages: (1) alarm, (2) resistance, and (3) exhaustion. Let's take the example of a typical commuter in rush-hour traffic. If a car suddenly pulls out in front of him, his initial alarm reaction may include fear of an accident, anger at the driver who committed the action, and general frustration. His body may respond in the alarm stage by releasing hormones¹ into the bloodstream which cause his face to flush, perspiration to form, his stomach to have a sinking feeling, and his arms and legs to tighten. The next stage is resistance, in which the body repairs damage caused by the stress. If the stress of driving continues with repeated close calls or traffic jams, however, his body will not have time to make repairs. He may become so conditioned² to expect potential problems when he drives that he tightens up at the beginning of each commuting day. The third stage, exhaustion, occurs if the stress continues over a long period of time, and the body depletes its resources for fighting stress. A result may be illnesses such as insomnia,³ migraine headaches, backaches, ulcers,⁴ high blood pressure, and even heart disease.

7. which statement is true?

- a) When stress comes, our body will have mental reactions to the stages of stress.
- b) When stress comes, our body will have physical reactions to the stages of stress.

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- c) When stress comes, our body will have both physical and mental reactions to the 3 stages.
d) When stress comes, our body will have mental reactions to the 3 stages.

8. Which statement is true?

- a) The example in the passage indicates driving will cause stress because it's very tiresome.
b) This texts ensure us that it is possible to have a life without stress if you follow the suggestions for experts.
c) When your feel stressful in the first stage, your muscles will become very tide because your body produces hormones.
d) According to the 2 second stages, our torsos become tight when we are under stress.

9. Which statement is false?

- a) When stress comes, our body will have no reactions to the stages of stress.
b) If we are able to know the causes of stress and adjust ourselves, the quality of our lives will be improved.
c) According to stage 3, having suffered stress for long will lead to physical sicknesses.
d) According to the last stage, when the strength stimulated by the stress disappears, we will become exhausted.

10. Which statement is true?

- a) According to stage 3, having suffered stress for long will lead to physical sicknesses.
b) This texts ensure us that it is possible to have a life without stress if you follow the suggestions for experts.
c) When your feel stressful in the first stage, your muscles will become very tide because your body produces hormones.
d) When your feel stressful in the first stage, you are relaxed.

D. Choose the correct form of the vocabulary to answer the questions. (18%)

11. The gardens in the park were _____ by gravel paths.

- a) intersected b) intersect c) intersects d) have intersected

12. It's obvious to show the growing _____ between rich and poor.

- a) disparities b) disparity c) disparities' d) dispirited

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13. If you are rejected, it means you _____.
a) deny b) denied c) denying d) are denied
14. _____ is to gain control of something or a place.
a) take over b) to take over c) to do nothing d) do nothing
15. A person who uses their strength to hurt weaker people is _____.
a) bullied b) bullying c) being bullied d) a bully
16. If Willy is going to end up a relationship with a friend, it means he will _____ that person.
a) be broken b) break up with c) break up d) be breaking up with

E. Choose the correct answer from the provided word families. (18%)

17. Jim felt bad about forgetting our appointment; he was very _____.
a) apology b) apologized c) apologetic d) apologetically
18. The two experiment gave different and _____ results.
a) contradiction b) contradict c) contradictory d) contradicted
19. I needed to talk to my boss, but he was in a meeting and I couldn't _____.
a) intrusion b) intrude c) intrusive d) intrusively
20. My parents were very _____ of my decision to study music.
a) supportiveness b) support c) supported d) supportive
21. Repeated _____ to new vocabulary is necessary before you can learn it well.
a) exposure b) expose c) expository d) explosive
22. As the date of the exam approached, the pressure _____.
a) intensity b) intensify c) intense d) intensified

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D. Write a, b, ..., l beside the vocabulary to match with those in the boxes (36%)

a)Keep confidences	b)virtually	c)verdict	d)promote
e)respondent	f)contradict	g)exposure	h)a good deal of
i)chances are	j)peer	k)frankness	l)critical

23. ____decisions
24. ____not tell secrets
25. ____almost
26. ____disagrees with, state the opposite of
27. ____it is probable that
28. ____people who answer something (like a questionnaire)
29. ____help, advance
30. ____important
31. ____honesty, directness
32. ____coming into contact
33. ____a lot of
34. ____same age group