

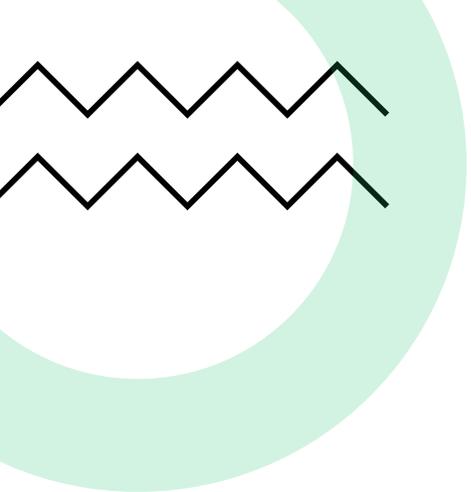


如何  
提升閱讀速度  
和  
單字量



中壢高商  
61326  
陳思妍





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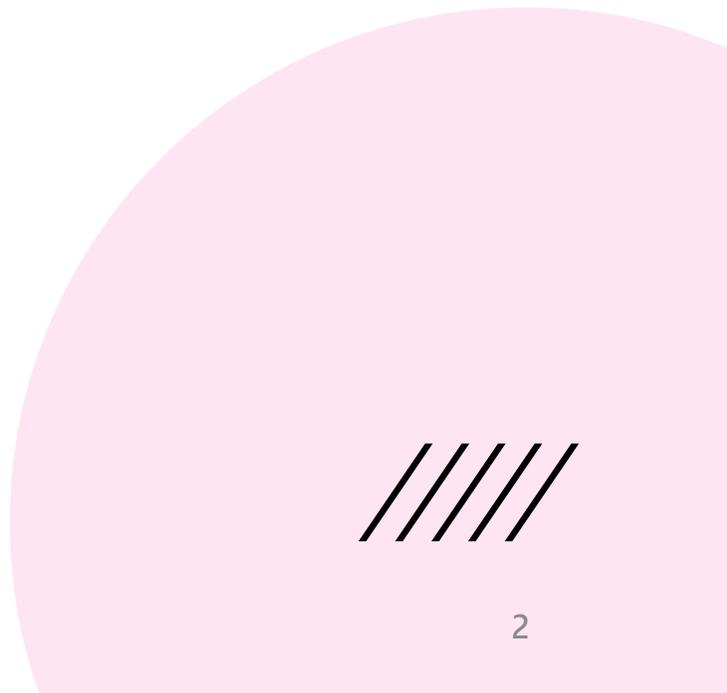
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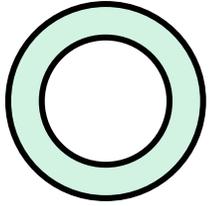
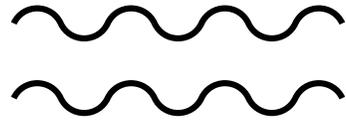
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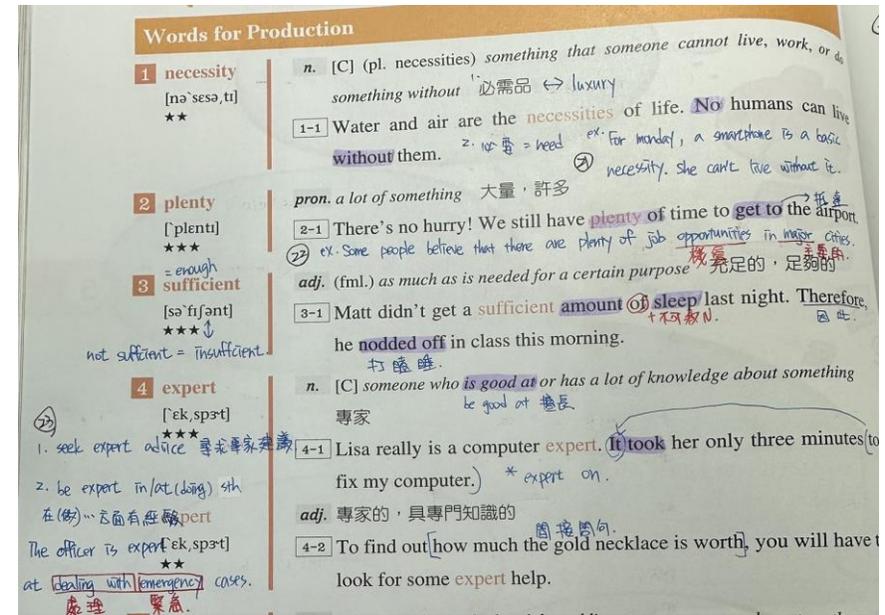
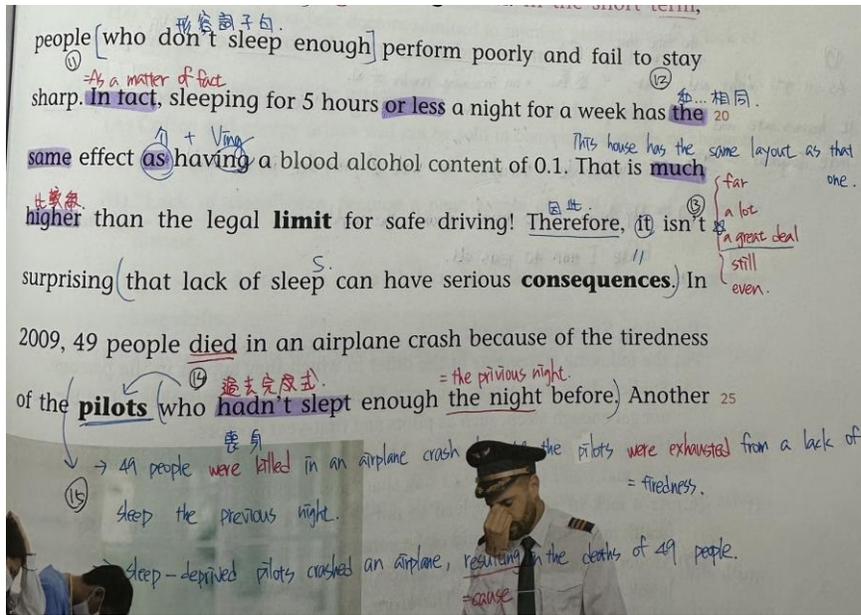


# 1. 利用課本及單字



將文章有的文法與片語在旁邊加以補充  
並補充與句子或單字相似的詞語

單字旁邊補充相關的片語和近似詞, 在生詞與  
相關用法上塗上螢光筆, 且在旁寫下相關例句





# 2. 利用考卷

在寫考卷時,盡量準備一隻螢光筆,將字彙填充或克漏字的**關鍵詞**都畫起來,利用**關鍵詞**,可以**增進寫考卷的準確度**,練習久了,閱讀速度也會變快!

在寫**閱讀測驗**或**文意選填**時,可以用**斷句**的方式,縮短句子的程度,也可以較好理解文章意思,在空格前將**關鍵詞**圈起來,方便聯想答案



Unit 14 COVID-19 Reinfections: What We Know and How We Can Protect Ourselves  
(pp. 56-59 / December 29-30, 2022)

一、字彙 (30%)

(L) 1. A diet that is high in sugar and fat poses a threat to our health. (D) bead  
(A) handful (B) detail (C) threat 威脅

(L) 2. The hiker fled in panic when he saw a bear in the forest. (D) accident  
(A) panic 恐慌 (B) porcelain (C) receipt

(B) 3. There are many cool products on display at the trade fair. (D) complex  
(A) eager (B) ongoing 持續中 (C) wild

(L) 4. My best friend's voice sounds similar to my uncle's voice. (D) electronic  
(A) similar 相似 (B) hopeful (C) global

Reside 5. It is necessary to fill out a few forms when starting a bank account. (D) electronic  
Beside 6. I don't want to go to Joe's party. B resides, he isn't my friend anyway.

二、克漏字 (25%)

The worst of the COVID-19 pandemic may be over, but we can't forget about the ongoing threat of the virus. Although there is still some risk from COVID-19, there is some good news. First, (7) viruses change over time, they typically become less deadly but spread more easily. And while COVID-19 may still be dangerous for some people, newer variants will likely be far less so for young, healthy people. Second, we have an excellent tool like the (8), newer variants will likely be far less so for young, healthy people. They not only help prevent the worst symptoms, but they can also help limit transmission to fight COVID-19: vaccines. Experts suggest (9) a regular vaccine booster to maintain your body's resistance to from person to person. This is because virus-(10) protective immune cells disappear over time, and a booster kick-starts your body's production of these cells. There is hope that an "all-in-one" vaccine could one day (11) future variants of the virus with a single shot.

7. (A) as (B) with (C) until (D) unless  
8. (A) entire (B) exact (C) elderly 老年人 (D) historic  
9. (A) get (B) getting (C) to get (D) that getting  
10. (A) fancy (B) tasty (C) empty (D) specific 特定的  
11. (A) soak in (B) lead to (C) stand for (D) protect against

四、文意選填 (20%)

Most people might laugh if they hear that chocolate is healthy. While it does sound funny, it is not a joke that eating chocolate has been proven to have 21 health benefits.

The most important health 22 could be the level of antioxidants found in chocolate. The cacao bean is packed with more antioxidants than any other plant. These antioxidants lower the risk of heart disease by 23 "bad" cholesterol.

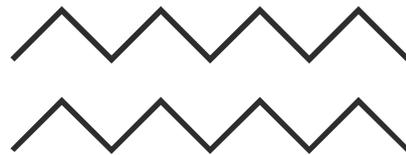
Another health benefit of eating chocolate is that it betters blood circulation. Chocolate causes the body to 24 a substance that relaxes the arteries. It can lower blood pressure and allow blood to 25 more easily around the body. More blood running to the brain helps keep its function steady and prevent it from 26 dementia.

Chocolate has also been found to lower 27. After people eat chocolate, their bodies produce the hormones that make them feel good. In addition, chocolate has high levels of magnesium. This can help relaxation by not 28 the body to release the stress hormone.

These health benefits can be found in high 29 dark chocolate. This means that milk or cream

Handwritten notes: N = S + could V. (next to 21); N (next to health); + N/Ving. (next to 22); + N/Ving. (next to 23); + N/Ving. (next to 24); + N/Ving. (next to 25); + N/Ving. (next to 26); + N/Ving. (next to 27); + N/Ving. (next to 28); 高品質 (next to 29).

# 困境&方法：

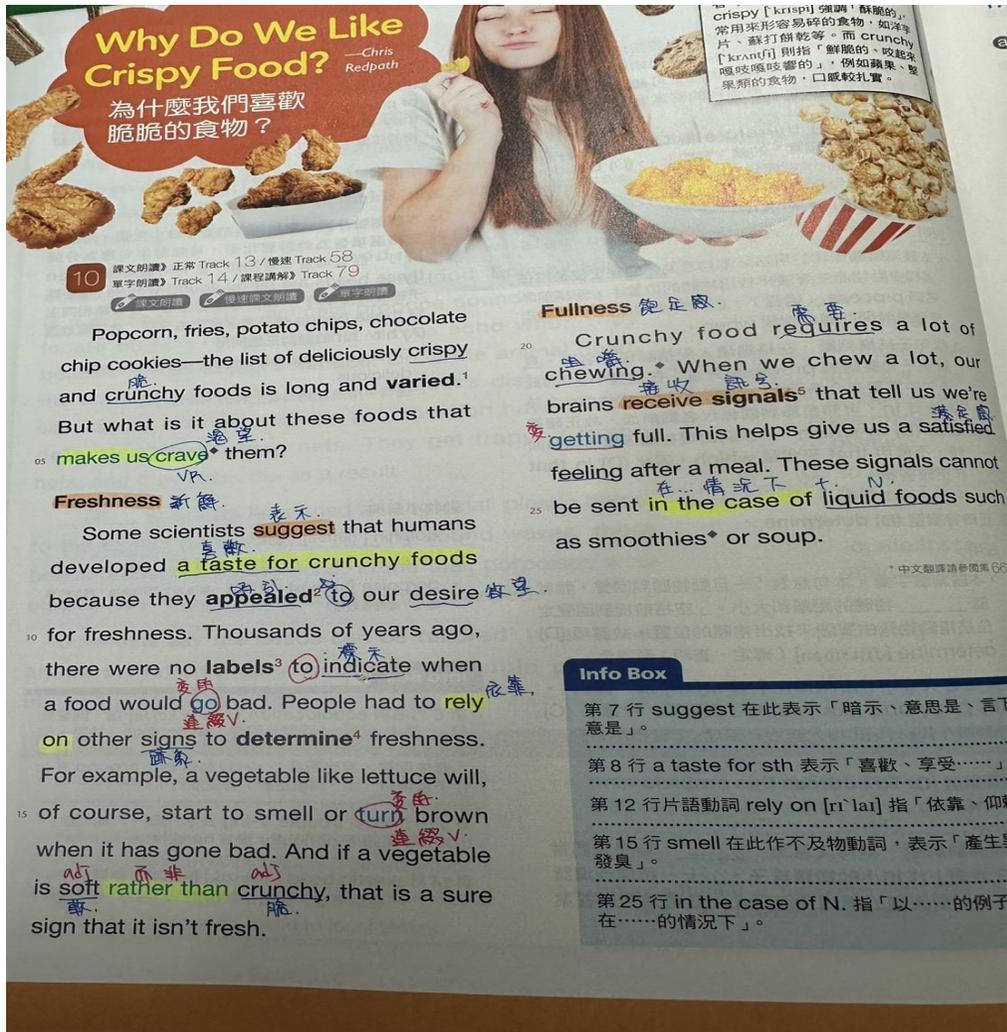
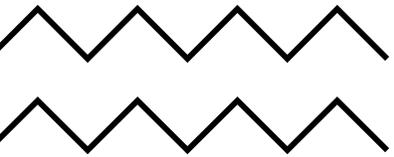


## 困境

- 常常忘記曾經背過的單字和片語
- 閱讀速度很慢
- 詞彙不夠

## 解決辦法

- 多寫閱讀題並控制時間
- 在寫題目時養成畫關鍵字的習慣
- 利用雜誌和題目去認識新的詞彙與單字
- 將學過的單字或片語做成筆記  
一個禮拜複習1~2次



# 雜誌筆記

利用雜誌去增進閱讀量

並學著自行做筆記

將片語用螢光筆畫上增加

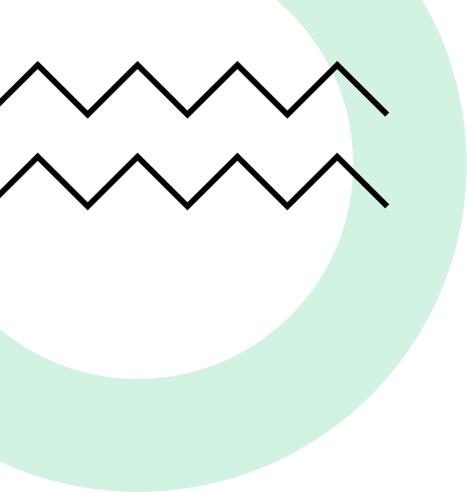
記憶

將沒看過的單字查詢後將意

思寫在旁邊

多認識沒學過的片語和單字

多翻多看



# 反思與學習

從國中開始，我的英文水平就開始慢慢地變差，在聽力、單字和閱讀方面都發現有很大的問題，成績都一直徘徊在及格邊緣，原本以為上了高中成績一定會比國中越來越差，可沒想到，高中的成績都比國中的成績好，開始慢慢變好的原因有很大關鍵是在於**找到了對的學習方法**，上了高中，老師開始告訴我應該如何去讀閱讀題和背單字，所以漸漸的我找到了我讀英文的方式，就是**找關鍵字**，用這種方式練習了一個學期，我發現我的成績開始慢慢地變好，閱讀速度也開始慢慢地加快，我以後也會繼續用這種方式去訓練我自己，讀書要讀好有一個很重要的點，就是要找到對自己正確且適合的讀書方式，這樣讀出來才會有效果，除了閱讀，我的聽力和詞彙量也是我應該要更努力學習的地方，我還需要再去尋找練聽力的方式，找到之後，在更努力去學習，一定會慢慢變好的