

## 第六十九期

### *Some Difficulties Faced by Introverts*

#### 內向的人面臨的困難

Some say that there are two kinds of people in the world: introverts and extroverts. The former refers to people who prefer to work alone, while the latter refers to people who work better in groups. A third category, omniverts, describes people who display **traits** of both.

有人說世界上有兩種人：內向的人與外向的人。前者指喜歡獨自工作的人，後者指比較喜歡團體工作的人。第三種是中向性格者(omniverts)，描述擁有這兩者特點的人。



For a long time, there has been a negative **perception** of introverts. People who are introverted are thought to be shy and lonely people. They get nervous in groups and don't really know how to **socialize** or play an active role in a team setting. While this is not actually always true, it is proven that extroverts tend to be more successful in educational and professional environments.

長久以來我們都對內向的人有負面的看法。內向的人被認為是害羞又孤獨的人。他們在團體中感到很緊張，也不太知道要如何與他人交際，也不知道要如何在團隊中扮演主動的角色。事實上這些不一定是真的，但有證據顯示外向的人在教育及專業領域中較為成功。

Recently, experts have argued that our schools and workplaces are usually set up to **favor** extroverts. More credit is given to those who speak up more. They point out that introverts may be just as, or even more **qualified** for many roles, including ones at the **managerial** or leadership level. They usually let other people speak or share their opinions, which can positively impact teamwork.



最近，專家提出我們學校及工作場所通常都偏愛個性外向的人。說話比較大膽的人也獲得較多的讚揚。專家們指出內向的人也許、或甚至較具資格承擔許多職位，包括管理職或領導階層。他們通常會讓他人講述或分享那些能正面影響團體工作的意見。

One thing we need to do if we want to let introverts **thrive** is to give them the space they need to do their work. Teachers

shouldn't only recognize students who always answer the questions and award students who tell others what to do. Group work is important, but it shouldn't dominate classroom activities. 假如我們想要讓內向的人發光唯一需要做的就是給他們需要工作的空間。教師不應該只認可那些總是回答問題的學生，也要獎賞那些引導其他人的學生。團隊合作很重要，但也不應該是首要的課堂活動。

### Vocabulary 好字精選

1. trait (n) characteristic 特性，特徵

Your personality traits influence who you like to hang out with.

你的個人特性影響你想要一起出去的人。

2. perception (n) the way something is seen/regarded 看法，觀念，感覺

What is the average American's perception of North Korea?

一般美國人對北韓的看法如何？

3. socialize (v) to chat/talk/communicate with others 參與社交，交際

Sydney loves socializing with her friends.

Sydney 喜歡和她朋友一起交際。

4. favor (v) to show preference or better treatment to sth/sb 偏愛，偏袒

Our math teacher always seems to favor boys in the class.

我們數學老師似乎一直都很偏袒班上的男同學。

5. qualified (adj) suitably experienced 具有資格的，合格的

Unfortunately, you aren't qualified for this position.

不幸地，你的資格不足以承擔這個職位。

6. managerial (adj) relating to managers 管理人的，管理方面的

Does the candidate have any managerial experience?

申請人是否有管理經驗？

7. thrive (v) to do very well (in a certain environment) 興旺，繁榮，茂盛生長

This flower thrives in damp, cool environments.

這花朵在濕潤、涼爽的環境中茂盛生長。

### Phrases and Sentence Patterns句型解析

1. the former...the latter (sentence pattern) the former refers to the first of two things mentioned in the previous sentence, the latter refers to the second 前者...後者...

Her best friends are Emily and Paulina. The former is her ex-classmate. The latter is her current colleague.

她最好的朋友是 Emily 與 Paulina。前者是她之前的同學。後者是她現在的同事。

2. thought to be (phr) considered 被認為是  
New Orleans is thought to be the birthplace of jazz.  
紐奧良被認為是爵士樂的出生地。

3. set up (phrasal verb) established or organized in a certain way 設立，建立，開創  
The factory floor is set up to allow people to walk through easily.  
工廠地板的鋪設讓人可以輕易地走動。

4. speak up (phrasal verb) to speak louder or express one's opinion 大聲說，不顧忌地說出  
The teacher was annoyed because none of the students would speak up when she asked questions.  
老師火惱了，因為沒有學生在她問問題時願意大聲回答。



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### *Personal Bubble and Comfort Zone*

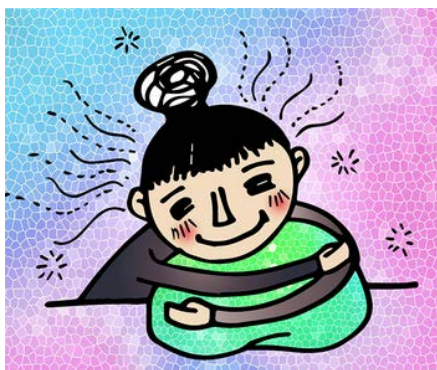
#### 個人空間及舒適圈

How do you feel when a **stranger** sits beside you on the bus? What about when somebody stands so close that you can feel his or her breath? If this makes you feel uncomfortable, you could say that this person has entered your 'personal bubble.' This is an area of space around you that you consider yours. You don't want others to **occupy** that space, unless you are **intimate** with them. The size of a personal bubble varies from culture to culture. Americans like to have 1.2 meters between themselves when talking to each other, but Japanese or Indians might still be comfortable with half the space. That is because Japan and India have much higher population densities so people are used to being closer together.

在公車上有陌生人坐在你旁邊時，你有什麼感覺？如果有人離你的距離近到你可以感覺到對方呼吸，感覺如何？如果以上行為會讓你不自在，你可以說這人已踏入你的個人空間。個人空間是你認為屬於自己的個人範圍。你不需要其他人佔用這空間，除非你和他們很親密。個人空間的範圍在各文化中皆為不同。美國人喜歡和他人保持在 1.2 公尺以上的距離交談，但日本人或印度人只要一半的距離即可感到自在。這是因為日本和印度的人口密度相當高，因此人們習慣與他人接近。



Although the expressions sound similar, a 'comfort zone' is not exactly the same as a personal bubble. Your comfort zone is an area or situation in which you feel comfortable, for example in your home or with your friends. The opposite is a danger zone, where you feel the most stress, such as while giving a speech. It is interesting to note that humans are the most successful when they are in between the comfort zone and the danger zone. A little bit of danger or stress pushes us to try new things.



儘管用詞聽起來很相似，但「舒適圈」和個人空間不徑相同。舒適圈指的是一個會讓你感到舒服的一個區域或情況，舉例來說，像是在自己的家中或是和朋友相處。反之即是危險圈，會讓你覺得最具壓力的狀況，像是演講。有趣地是，人類最成功的時刻會是處在舒適圈及危險圈交接處。少許的危機及壓力可以推動我們嘗試新事物。

## Vocabulary 好字精選

1. bubble (n) an air filled space with a liquid/invisible shell 氣泡

Sage loves to blow bubbles in the park.

Sage 喜歡在公園吹泡泡。

2. zone (n) area 區域

This is a school zone; please drive slowly.

這裡是學校範圍；開車請減速慢行。

3. stranger (n) someone you don't know 陌生人

Many kids are taught not to accept candy from strangers.

許多兒童們被教導著，不能接受陌生人的糖果。

4. occupy (v) take up an area 佔領，佔據

The office building occupies one entire side of the street.

這棟辦公大樓佔據了這條街的一整側。

5. intimate (adj) close (romantically or just friends) 親密的(友人/情人)

Malinda and Bryan have been intimate friends since junior high.

Malinda 和Bryan從國中時就一直是好朋友。

## Phrases and Sentence Patterns句型解析

1. sth + vary from A to A (sentence pattern) something is different in each A 不同於 A

Taste in food varies from country to country.

各國的人對於食物的喜好都不大相同。

2. population density (expression) the number of people per square km in an area 人口密度

Taiwan has one of the highest population densities in the world.

台灣是世上人口密度最高的國家之一。

3. S + be + used to + Ving (sentence pattern) S has the habit of or is familiar with doing something 習慣於

Laney is used to saying goodbye to friends because her family moves a lot.

Laney 已經習慣於和朋友道別，因為她和她的家人常常搬家。

4. it is adj to note that (sentence pattern) it is adj for us to point out that 要注意...

It is scary to note that last year was the hottest year on record.

注意到去年是歷史紀錄上最炎熱的一年是件可怕的事情。



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