

國立南科國際實驗高級中學 112 學年度第 1 次正式教師甄選試題卷

科目：雙語部 中等教師數學專長 --- 英文筆試

一、選擇題：(每題 3 分，共 75 分)

Korfball is a ball sport, with similarities to netball and basketball. It is played by two teams of eight players with four female players and four male players in each team. The objective is to throw a ball into a netless basket that is mounted on a 3.5 m high pole. Invented by a Dutchman, the sport is played in about 70 countries all over the world, including Taiwan.

In 1902, Nico Broekhuysen, a school teacher from Amsterdam, was sent to Nääs, a town in Sweden, to follow an educational course about teaching gymnastics to children. This is where he was introduced to the Swedish game "ringboll." In ringboll one could score points by throwing the ball through a ring that was attached to a 3 m pole. Men and women played together, and the field was divided into two zones, and players could not leave their zone. When Broekhuysen returned to Amsterdam he decided to teach his students a similar game. He replaced the ring with a basket (for which the Dutch word is *korf* or *mand*), so it was easier to see whether or not a player had scored. Broekhuysen also simplified the rules so that children could understand and play the game. Thus korfball was born. The main idea was the same as ringboll, but the new sport now stood on its own.

A korfball match typically consists of two halves or four periods, with the length varying depending on the competition. When the match consists of halves, the duration is typically 25 minutes, with periods typically between 7 and 10 minutes, with a one-minute break between the first and second periods and between the third and fourth periods. At half time the break is five or ten minutes. Four players of each team are in one zone and the other four are in the other zone. Within each zone, a player may only defend a member of the opposite team of the same gender.

At the beginning of the match, one team chooses a particular half of the court. That half will be that team's defending zone, with "their" basket in it. Players score by throwing the ball through the opposing team's basket. After two goals, the teams change zones: defenders become attackers and attackers become defenders. In between those zone-changes, attackers cannot set foot on their defending zone or vice versa. At half time the teams swap halves of the court.

The rules prevent physical strength dominating the game. Blocking, tackling, and holding are not allowed, nor is kicking the ball. Once a player has the ball, that player cannot dribble or walk with it; however, the player can move one foot as long as the foot on which the player landed when catching the ball stays in the same spot. Therefore, tactical and efficient teamwork is required, because players need each other in order to keep the ball moving. A player may not attempt to score when defended, which occurs when the defender is in between the opponent and the basket, is facing his/her opponent, or is within arm's length and attempting to block the ball. This rule encourages fast movement while also limiting the impact of players' height compared to their opponents.

() 1. According to this passage, which of the following pictures correctly depicts a korfball post?



- () 2. Why did Broekhuysen use a basket instead of a ring for a korfbal post? (A) To make it look more obvious. (B) To make the ball easier to spot. (C) To make a goal easier to identify. (D) To make it different from basketball.
- () 3. Which of the following is NOT mentioned in this passage? (A) How a korfbal game is played. (B) How korfbal is taught in school. (C) How similar korfbal is to ringboll. (D) How korfbal came into existence.
- () 4. Why are blocking, tackling, holding, and ball-kicking not allowed in a korfbal match? (A) To minimize the influence of physical strength. (B) To make it easier for players to move around. (C) To encourage tactical and efficient teamwork. (D) To inspire faster movement among players.
- () 5. Which of the following about korfbal is NOT true? (A) A player may shoot with a defender farther than arm's length. (B) Players have to restrict their movement to their own zone. (C) Players can only defend opponents of the same sex. (D) The player with the ball is not allowed to move at all.

Do you find it increasingly difficult to throw away or part with possessions? Do you experience distress at the thought of getting rid of them, and thus end up gathering a huge number of items, regardless of their actual value? If so, chances are you suffer from hoarding disorder.

Hoarding disorder is different from collecting. People who have collections, such as stamps or model cars, carefully search out specific items, organize them and display their collections. Collections can be large, but they aren't usually cluttered. Also, they don't cause the distress and problems functioning that are part of hoarding disorder. By contrast, hoarding often creates extremely **cramped** living conditions with only narrow pathways winding through stacks of clutter. Countertops, sinks, stoves, desks, and all other surfaces are usually piled with stuff. You may not be able to use some areas for their intended purpose. For example, you may not be able to cook in the kitchen. When there's no more room inside your home, the clutter may spread to the garage, vehicles, yard and other storage areas.

Hoarding ranges from mild to severe. In some cases, hoarding may not have much impact on your life, while in other cases it seriously affects your daily functioning. The first symptoms of hoarding disorder often appear during the teenage to early adult years. You may get and save too many items, gradually build up clutter in living spaces, and have difficulty getting rid of things. As you grow older, you may continue getting and holding onto things that you may never use and don't have space for. By middle age, the clutter can become overwhelming as symptoms become more severe and increasingly difficult to treat.

It's not clear what causes hoarding disorder. Genetics, brain function and stressful life events are being studied as possible causes. Here are some risk factors in hoarding disorder:

Personality. Many people who have hoarding disorder have a behavior style that includes trouble making decisions and problems with attention, organization and problem-solving.

Family history. There is a strong association between having a family member who has hoarding disorder and having the disorder yourself.

Stressful life events. Some people develop hoarding disorder after experiencing a stressful life event that they had difficulty coping with, such as the death of a loved one, divorce or losing possessions in a fire.

If you or a loved one has symptoms of hoarding disorder, talk with a health care provider or a mental health provider with expertise in diagnosing and treating hoarding disorder as soon as possible. Some communities have agencies that help with hoarding problems. Check with the local or county government for resources in your area. As hard as it might be, if your loved one's hoarding disorder threatens health or safety, you may need to contact local authorities, such as police, fire, public health, child or elder protective services, or animal welfare agencies.

Because little is understood about what causes hoarding disorder, there's no known way to prevent it. However, _____. This is especially important because by the time clutter becomes a noticeable problem, hoarding likely has been going on for a while.

- () 6. Which of the following is the word **cramped** closest in meaning to? (A) Small. (B) Weak. (C) Untidy. (D) Crowded.
- () 7. What is a major distinction between hoarding and collecting? (A) How long the items have been kept. (B) Whether the items are kept in specific areas. (C) How large the number of the gathered items is. (D) Whether the gathered items are well organized.

- () 8. What is the fourth paragraph mainly about? (A) When people may make it a habit to hoard. (B) How serious hoarding disorder can become. (C) What kind of people are more likely to develop hoarding disorder. (D) Where people with hoarding disorder are more likely to keep their items.
- () 9. Which of the following is most likely the sentence in the blank in the last paragraph? (A) as with many mental health conditions, getting treatment at the first sign of a problem may help prevent hoarding from getting worse (B) treatment can help people with hoarding disorder to decrease their saving, acquisition, and clutter, and live safer, more enjoyable lives (C) with the help of a licensed mental health professional, such as a psychologist, people learn to understand why they hoard and how to feel less anxiety when throwing away items (D) the overall prevalence of hoarding disorder is approximately 2.6%, with higher rates for people over 60 years old and people with other psychiatric diagnoses, especially anxiety and depression
- () 10. According to this passage, which of the following is NOT true? (A) People who have lost a close friend are more likely to develop hoarding disorder. (B) There are ways available to prevent hoarding disorder from happening. (C) The exact cause of hoarding disorder is still unknown. (D) Hoarding disorder tends to get worse with age.

If you've ever put off an important task by, say, alphabetizing your spice drawer, you know it wouldn't be fair to describe yourself as lazy. After all, alphabetizing requires focus and effort. And it's not like you're hanging out with friends or watching Netflix. You're cleaning. This isn't laziness or bad time management. This is procrastination.

Etymologically, "procrastination" is derived from the Latin verb *procrastinare*—to put off until tomorrow. But it's more than just voluntarily delaying. Procrastination is also derived from the ancient Greek word *akrasia*—doing something against our better judgment. That self-awareness is a key part of why procrastinating makes us feel so rotten. When we procrastinate, we're not only aware that we're avoiding the task in question, but also that doing so is probably a bad idea. And yet, we do it anyway.

Procrastination isn't a character flaw or a curse on your ability to manage time, but a way of coping with challenging emotions and negative moods induced by certain tasks—boredom, anxiety, insecurity, frustration, resentment, self-doubt and beyond. It is about being more focused on the immediate urgency of managing negative moods than getting on with the task. The particular nature of our **aversion** depends on the given task or situation. It may be due to something inherently unpleasant about the task itself—having to clean a dirty bathroom or organizing a long, boring spreadsheet for your boss. But it might also result from deeper feelings related to the task, such as self-doubt, low self-esteem, anxiety or insecurity. Staring at a blank document, you might be thinking, *I'm not smart enough to write this. Even if I am, what will people think of it? Writing is so hard. What if I do a bad job?* All of this can lead us to think that putting the document aside and cleaning that spice drawer instead is a pretty good idea. But, of course, this only compounds the negative associations we have with the task, and those feelings will still be there whenever we come back to **it**, along with increased stress and anxiety, feelings of low self-esteem and self-blame.

At its core, procrastination is about emotions, not productivity. The solution doesn't involve downloading a time management app or learning new strategies for self-control. _____. "Our brains are always looking for relative rewards. If we have a habit loop around procrastination but we haven't found a better reward, our brain is just going to keep doing it over and over until we give it something better to do," said psychiatrist and neuroscientist Dr. Judson Brewer, Director of Research and Innovation at Brown University's Mindfulness Center. To rewire any habit, we have to give our brains what Dr. Brewer called the "Bigger Better Offer" or "B.B.O." In the case of procrastination, we have to find a better reward than avoidance—one that can relieve our challenging feelings in the present moment without causing harm to our future selves. The difficulty with breaking the addiction to procrastination in particular is that there is an infinite number of potential substitute actions that would still be forms of procrastination, Dr. Brewer said. That's why the solution must therefore be internal, and not dependent on anything but ourselves.

- () 11. What is implied in the second paragraph? (A) Procrastination is essentially irrational. (B) Procrastination is based on unawareness. (C) When we procrastinate, we do it involuntarily. (D) We don't make a judgment when we procrastinate.
- () 12. Which of the following is the word **aversion** closest in meaning to? (A) Myth. (B) Dislike. (C) Motivation. (D) Complaint.
- () 13. What does the pronoun **it** in the third paragraph refer to? (A) Negative associations. (B) The spice drawer. (C) Those feelings. (D) The task.
- () 14. Which of the following is most likely the sentence in the blank in the last paragraph? (A) It has to do with managing our emotions in a new way (B) It's still easier to change our circumstances than ourselves (C) It's a reminder of our commonality—we're all vulnerable to painful feelings (D) It relates to ways of managing the feelings that typically trigger procrastination
- () 15. According to the passage, which of the following may be a feasible solution to procrastination? (A) To seek advice on self-control. (B) To learn how to better manage time. (C) To forgive yourself for procrastinating. (D) To break the task at hand into smaller chunks.

If you plan on going to Hawaii, don't bring any pets. Hawaiians are wary of letting in foreign animals. Your beloved Rex or Fi-fi could spend up to 120 days in quarantine. They have strict rules for importing animals. They carefully screen all incoming pets. Who could blame them? They've had problems with new animals in the past.

The black rat was introduced to Hawaii in the 1780s. These ugly suckers originated in Asia, but they migrated to Europe in the 1st century. Since then they've snuck on European ships and voyaged the world with them. These rats carry many diseases including the plague. They are also good at surviving and tend to displace native species. That means that after they infest an area, there will be fewer birds and more black rats. Most people prefer living around birds.

Since their arrival in Hawaii, black rats have been pests. They've feasted on sea turtle eggs. They've eaten tree saplings, preventing trees from being reforested. And they've been a leading cause in the extinction of more than 70 species of Hawaiian birds. They love to climb trees to eat bird eggs. They also compete with forest birds for food, such as snails, insects, and seeds.

Perhaps more troubling, black rats threaten humans. They spread germs and incubate disease. They are a vector for more than 40 deadly illnesses. Some think that rat-borne diseases have killed more people than war in the last 1,000 years. Rats also eat our food. They eat more than 20% of the world's farmed food. And that's why the mongoose was brought to Hawaii.

During the mid-1800s, the Hawaiian sugar industry was thriving. Americans were just realizing that they loved sugar. Hawaii was pretty much the only place in America where one could grow sugarcane. But those filthy vermin were tearing up the fields. Black rats were destroying entire crops. What's a plantation owner to do? The answer is simple. Import an animal known to kill rats. What could go wrong with that? In 1883 plantation owners imported 72 mongooses and began breeding them.

People revere the mongoose in its homeland of India. They are often kept tame in Indian households. Mongooses feed on snakes, rats, and lizards, creatures that most people dislike. They are also cute and furry. And they kill deadly cobras. What's not to love? Sadly, India is a much different place than Hawaii. When the mongooses got to Hawaii, they did not wipe out the rats as plantation owners hoped. Instead, they joined them in ravaging the birds, lizards, and small plants that were native to Hawaii. It's not that the mongooses became friends with the rats. They still ate a bunch of them. But mongooses are not too different from most other animals: they go for the easy meal. In Hawaii they had a choice. Pursue the elusive black rat or munch on turtle eggs while tanning on the beach. Most took the easy route.

Now Hawaii has two unwanted guests defacing the natural beauty. The Hawaiians have learned their lesson. Talks of bringing in mongoose-eating gorillas have been **tabled**. So don't get uptight when they don't welcome your cat Mittens with open arms. They're trying to maintain a delicate ecosystem here.

- () 16. How does the author start this passage? (A) With a story. (B) With a policy. (C) With a demand. (D) With a question.

- () 17. Which of the following is NOT mentioned in this passage? (A) How mongoose problems were overcome in Hawaii. (B) Why the sugar industry was growing in Hawaii. (C) Why mongooses were introduced to Hawaii. (D) How black rats made their way into Hawaii.
- () 18. Why did mongooses become undesired in Hawaii? (A) They ate too few black rats. (B) They caused deadly diseases. (C) They did more harm than good. (D) They behaved fiercely toward humans.
- () 19. Which of the following is the word **tabled** in the last paragraph closest in meaning to? (A) Feared. (B) Delayed. (C) Affected. (D) Proposed.
- () 20. According to this passage, which of the following is NOT true? (A) A foreign animal has to be kept insulated four months before being brought into Hawaii. (B) Black rats may force groups of native animals to leave where they live. (C) Mongooses are welcome in India and can live with people there. (D) Black rats in Hawaii feast mainly on the residents' food.

Named the 2022 Oxford Word of the Year by public vote, the term “goblin mode” is defined by Oxford University Press (OUP) as “a type of behavior which is unapologetically self-indulgent, lazy, slovenly, or greedy, typically in a way that rejects social norms or expectations.” Essentially, goblin mode is a form of letting ourselves go. It’s that 2 a.m. decision to shuffle to the kitchen and scrounge out the last bit of our favorite ice cream from the bottom of the pint that’s been sitting in the back of our freezer, unnoticed, for weeks. It’s going to the grocery store in our sweats and not caring who we run into in public. And it’s that spur-of-the-moment satisfaction we feel from grabbing junk food for lunch instead of cooking up a healthy meal.

The term—while getting its start from a Twitter thread in 2009—grew viral during the COVID-19 pandemic. When we were all stuck at home doomscrolling and finding new ways to cope with chaos, we began to care less about our personal appearances and more about our personal comfort and joy. During COVID, we learned how to cope in different ways and we’ve learned how to rest and recover. Goblin mode is truly about taking care of ourselves in nontraditional ways.

When we’re stressed or overwhelmed, our sympathetic nervous system kicks in. This network of nerves activates our fight-or-flight response by triggering a number of biological processes in our body that include increasing our heart rate and breathing ability, slowing down our digestion and improving our eyesight and reflexes. When we experience chronic stress, anxiety or depression, our sympathetic nervous system works around the clock to protect our mind and body from the possibility of danger. When our stress levels are high, we can experience a number of negative effects in our bodies and our overall mental health. But when that stress **subsides**, our parasympathetic nervous system controls our body’s response during times of rest and allows our minds and bodies to calm down, relax and recover. Goblin mode enables us to shut down our sympathetic nervous system and go into the parasympathetic nervous system response. It allows us to restore, recharge, and rejuvenate.

The heart of restoration is about being kind to ourselves in the way we choose to recover from certain situations. Maybe it’s as simple as deep breathing techniques or taking a nap. Or maybe we want to use the opportunity to close the curtains, dim the lights, grab that junk food and catch up on a show. Whatever we choose to cope with our stress, the restorative aspect of goblin mode is dependent on not guiltting ourselves or feeling ashamed for how we’re responding.

When we’re low on battery power, we have to find ways to recharge. If we find ourselves going to bed early, sleeping in or indulging in a late-afternoon nap, that’s OK. Burnout is a real problem that affects our physical and mental health. And recharging isn’t just limited to our sleep schedule—if we don’t feel like getting together with friends or family or we’re ready to take a social media detox, that’s OK, too. Sometimes, we just need a little time to ourselves in our own little goblin cave.

While recharging is about how our body feels, rejuvenation is more about how we bring joy back into our life. Not sure where to start? Try journaling about how we’re feeling, what makes us happy each day and what we miss most, and then see what comes up. When we have purpose and meaning, that’s rejuvenating. Rejuvenation is more for our mind, spirit and soul.

Despite all the benefits, if we find ourselves having a hard time emerging from our cave of self-care, we may want to have a heart-to-heart chat with our inner goblin. When something starts to affect our ability to function, our daily life or our mental and physical health, we need to take a step back and say, “I’m doing too much of this.” In those instances, it’s important to reach out to a mental health provider. By doing so, we can get help address some

of the underlying causes of our stress and anxiety and find healthier coping mechanisms that boost our self-esteem and self-confidence.

- () 21. Why are sympathetic and parasympathetic nervous systems mentioned in the third paragraph? (A) To show how goblin mode is triggered. (B) To explain how goblin mode helps to relax. (C) To demonstrate how they affect people's moods. (D) To explore how complicated nervous systems are.
- () 22. What does the word **subsides** most likely mean in this passage? (A) Covers part of the cost. (B) Gets more and more obvious. (C) Moves from one side to another. (D) Gradually becomes less and then stops.
- () 23. According to this passage, how do we restore ourselves in goblin mode? (A) By caring about our own health. (B) By doing simple body movements. (C) By being good to ourselves without feeling guilty. (D) By being honest with ourselves about our feelings.
- () 24. Which of the following is NOT mentioned about goblin mode in this passage? (A) How goblin mode derives its name. (B) What goblin mode is all about in essence. (C) How we can recharge ourselves by going goblin mode. (D) Who we can turn to when going overboard in goblin mode.
- () 25. What message does the author want to convey? (A) Though helpful, goblin mode has its potential risks. (B) A new health trend tends to emerge from a pandemic. (C) People should prevent themselves from going goblin mode. (D) Being occasionally self-indulgent has mental and physical benefits.

二、申論題：(每題 25 分)

1. Since its launch in November 2022, Chat Generative Pre-trained Transformer, or ChatGPT for short, has been all the rage and seen a wide range of applications. As it enters the classroom, it has had impacts on teaching and learning as well. Do you think its benefits outweigh its risks, or the other way around? Please write an essay to state your opinions.