GEPT全民英檢中高級 & TOEIC多益 語言檢定紀錄

新竹女子高級中學 315班 19號 張綺媃

目錄

考後心得與反思 —-	p. 02
檢定介紹與報考動機	———— p. 04
備考過程與時間規劃	———— p. 06
全民英檢中高級證書	———— p. 07
多益成績單 ————	p. 08

考後心得與反思

突破瓶頸:如何克服口說與寫作的難關

已準備時間較長的全民英檢來說,因為準備英檢的同時我也在準備學測的英文,兩者雙管齊下,所以把準備時間拉得比較長。而在準備期間我遇到的最大困難就是我的口說跟寫作其實並非一次就過。因為缺乏一個環境讓我沉浸於全英文的地方,也沒有舞台讓我能說英文,口說能力就衰退得比較快。

當我意識到這個問題時我才取以下方法:

方式	說明	
與ChatGPT英文溝通	每天早上花二到三分鐘,一邊洗漱 ,一邊與ChatGPT以英文對話。並 設定對話結束後請ChatGPT給予我 發音、文法、詞彙等方面的建議。	
單字延伸	要求自己完成以下練習再吃午飯: 1. 講出眼前看到一個東西的單字 2. 將此單字延伸為詞組 3. 將詞組延伸為句子 4. 挑戰加長句子 5. 講30秒以上,與此物有關的描述	
看美劇	在吃午餐時邊看美劇,為自己打造 母語人士的美語環境。	
英文雜誌	每天聽及閱讀雜誌	

我最終成功達到通過全民英檢中高級聽說讀寫的目標。

通過全民英檢中高級,下一步邁向國際!

未來我想進一步去挑戰更進階的雅思與托福,為我的留學之夢奠定 堅實的語言基礎。提升學術英語能力,以便能夠自信地適應國外的學習環境,並在國際舞台上發揮自己的專業所長。

檢定介紹與報考動機

檢定介紹:

- TOEIC 多益的考試項目包含聽力及閱讀測驗。我報考的是 2025 年 2 月 16 日新竹場。
- GEPT全民英檢中高級的考試項目包含聽力、閱讀測驗、口說及閱讀。我報考的是 2024 年 12 月 21 日新竹場。

我的成績:

- TOEIC 多益的英文檢定成績為 910 分,含聽力 470 分、閱讀 440 分,最終取得金色證書。
- GEPT全民英檢中高級檢定成功通過聽說讀寫四項測驗。





圖一 全民英檢中高級聽說讀寫四項通過之證書

圖二 多益成績單

報考動機:

我想報考TOEIC與GEPT檢定的動機主要有三:

- 增進交流: 英文做為國際語言,是全球最通用的語言,因此學好英文能夠增進與來自四方的朋友交流的機會。
- 爭取未來出國深造機會:未來有想要出國讀碩士的打算,因此也想 藉此機會多增進英語能力,並提早做準備。
- 檢測學習成果: 而參與TOEIC與GEPT測驗最主要的目的是為了透過檢 定去評測自己的學習成果。

考前目標:

TOEIC多益:

- 1. 拿到金色證書
- 2. 在考前完成一本六回的模擬測驗
- 3. 每天背單字

GEPT全民英檢中高級:

- 1. 聽說讀寫四項皆通過
- 2. 每天閱讀並聽一篇英文雜誌內容
- 3. 每天與ChatGPT以英文對話二到三分鐘
- 4. 每周寫一篇以上的英文作文
- 5. 每天刷英文題目
- 6. 每天背英文單字

備考過程與時間規劃

多益:

準備時間:一兩個禮拜。

時間規劃:考前每天完成一回聽力加閱讀測驗,並且用每天英文知識王 (單字app)背單字,背完三回。

學習資源及工具:

模擬試題:每天騰出完整的兩個小時聽跟寫模擬試題,讓自己完全 沉浸於模擬考試的氛圍下。

英文單字王:利用零碎時間打開軟體背單字,再利用內建的測驗功 能檢測。

前面兩三回的閱讀都很難在時間內完成,但在調整過解題策略以及配速, 之後的每回基本上都能達到金色證書的標準。

全民英檢中高級:

準備時間: 一年多

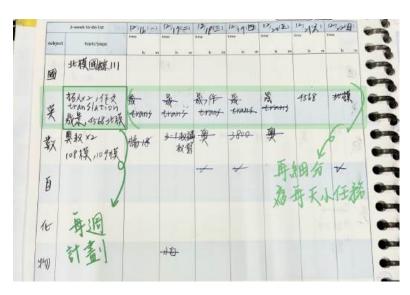
時間規劃: 先訂好每週大計畫, 再細分為每天的任務。

學習資源及工具:

• 主題是翻譯: 每天一篇

● 閱讀、克漏字 : 每日各一回

● 模擬學測考題 : 周末一天一篇



圖三 一週計畫表

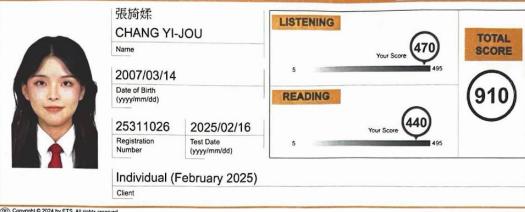


圖四 全民英檢中高級聽說讀寫四項通過之證書放大圖



LISTENING AND READING OFFICIAL SCORE CERTIFICATE

TOEIC* 臺灣區總代理 忠欣股份有限公 2F., No. 45, Sec. 2, Fuxing S. Rd., Da'an Taipei City 106472, Taiwan (R.O.C.)



Copyright © 2024 by ETS. All rights reserved.

ETS, the ETS logos, and TOEIC are registered trademarks of ETS in the United States and other countries, used under license in Taiwan.



- ・TOEIC®臺灣區總代理 忠欣股份有限公司為讓成績使用單位辨識本成績單之真實性・提供智慧型手 機使用之專屬應用程式服務。成績使用單位可在智慧型手機上下載右方之應用程式,並在網路連線下查閱本成績單之原始內容。
- TOEIC成績屬於考生本人之隱私與個人資料,使用本查驗應用程式之用戶,請確認已取得考生同意 或具有查驗該成績單之權利,否則請勿使用本應用程式,以免違反個人資料保護法之相關規定。
- TOEIC成績保留兩年,可查驗期間為測驗日後兩年內。

TOEIC成績單查驗應用程式

Android版

iOS版

LISTENING

Your scaled score is between 400 and 495. Test takers who score around 400 typically have the following strengths:

- They can infer the central idea, purpose, and basic context of short spoken
- I ney can infer the central idea, purpose, and basic context of short spoken exchanges across a broad range of vocabulary, even when conversational responses are indirect or not easy to predict.
 They can infer the central idea, purpose, and basic context of extended spoken texts across a broad range of vocabulary. They can do this even when the information is not supported by repetition or paraphrase and when it is necessary to connect information across the text.
 They can understand details in short spoken exchanges, even when negative constructions are present, when the language is syntactically complex, or when difficult vocabulary is used.
 They can understand details in extended spoken texts, even when it is necessary to connect information across the text and when this information is
- necessary to connect information across the text and when this information is not supported by repetition. They can understand details when the information is paraphrased or when negative constructions are present.
- To see weaknesses typical of test takers who score around 400, see the *Proficiency Description Table.

READING

Your scaled score is close to 450. Test takers who score around 450 typically have the following strengths

- They can infer the central idea and purpose of a written text, and they can make inferences about details
- . They can read for meaning. They can understand factual information, even when it is paraphrased.
- They can connect information across an entire text, and they can make
- connections between two related texts.

 They can understand a broad range of vocabulary, unusual meanings of common words, and idiomatic usage. They can also make distinctions between the meanings of closely related words.

 They can understand rule-based grammatical structures. They can also understand difficult expressions and
- understand difficult, complex, and uncommon grammatical constructions

To see weaknesses typical of test takers who score around 450, see the *Proficiency Description Table.

ABILITIES MEASURED	PERCENT CORRECT OF ABILITIES MEASURED FYOUR Percentage 100%	ABILITIES MEASURED	PERCENT CORRECT OF ABILITIES MEASURED 2 Your Percentage
Can infer gist, purpose and basic context based on information that is explicitly stated in short spoken texts	87 0%	Can make inferences based on information in written texts	85
Can infer gist, purpose and basic context based on information that is explicitly stated in extended spoken texts	90 0%	Can locate and understand specific information in written texts	0% 90
Can understand details in short spoken texts	93	Can connect information across multiple sentences in a single written text and across texts	0% 84 100%
Can understand details in extended spoken texts	93 0%	Can understand vocabulary in written texts	0% 92
Can understand a speaker's purpose or implied meaning in a phrase or sentence	0%	Can understand grammar in written texts	90

**** HOW TO READ YOUR SCORE REPORT:**

Percent Correct of Abilities Measured:
Percentage of items you answered correctly on this test form for each one of the Abilities Measured. Your performance on questions testing these abilities cannot be compared to the performance of test-takers who take other forms or to your own performance on other test forms.

Note: TOEIC scores more than two years old cannot be reported or validated.

Copyright © 2024 by ETS. All rights reserved.

ETS, the ETS logos, and TOEIC are registered trademarks of ETS in the United States and other countries, used under license in Taiwan.



圖六 金色證書