

市立新北高工 113 學年度第 1 學期 第二次段考 試 題

班別

座號

電腦卡作答

科目	英文閱讀	命題教師	石芸熙老師	審題教師	張培倫老師	年級	一	科別	機鑄圖模汽資電訊
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請選出最適當的答案；每題 5 分，共 20 題

第一篇

Do you enjoy the sound of your alarm clock? Surprisingly, some new alarm clocks don't need to use sounds at all. The way they target your other senses can be a lot more **pleasant**.

For instance, the Wake-Up Light tries to wake you up naturally. At the time you set it for, a dim light will turn on. This light will gradually get brighter over the next thirty minutes. It's like waking up to a sunrise. ShakeAwake uses your sense of touch. Instead of making a sound, this thin alarm clock will shake your pillow. It's great if you want to let your partner sleep later than you. Finally, there's Sensorwake. At the Google Science Fair, judges named it one of the best new inventions. With this device\*, you will wake up to the smell of coffee, the sea, or the forest.

Deaf people are already using alarm clocks like these. For those of you who are sick of hearing loud beeps, know that you have other choices.

\* device n. [C] 裝置；設備

**1. What's the main topic of the passage?**

- (A) Creative new alarm clocks. (B) Why people sleep in.  
 (C) How to wake up. (D) Different sounds of alarm clocks.

**2. What is special about some new alarm clocks?**

- (A) They have built-in music players.  
 (B) They wake you up using methods other than sound.  
 (C) They are very loud and effective (有效的).  
 (D) They only use light to wake you up.

**3. In the passage, what is the meaning of the word “pleasant”?**

- (A) 尷尬的 (B) 出乎意料的 (C) 令人難忘的 (D) 令人愉快的

**4. Why can ShakeAwake let your partner sleep longer?**

- (A) Because the beep is not very loud. (B) Because it gives off a very dim light.  
 (C) Because it gives off the exciting smell of food. (D) Because it only shakes your pillow.

**5. Who might find the alarm clocks mentioned in the passage particularly useful?**

- (A) People who like loud alarms.  
 (B) Deaf people who cannot hear traditional (傳統的) alarms.  
 (C) People who need to wake up quickly.  
 (D) People who work night shifts and sleep during the day. \* shift n. 輪班

姓名

是

第二篇

My grade-10 teacher is probably the wisest teacher I know. Ms. Wilson often told us that if we wanted to get good grades, we had to study hard. Still, many students in our class didn't listen to her advice. One day, she asked about 10 students to stay after class after they failed a test. I was one of those students.

We were worried Ms. Wilson would be angry. However, she calmly began telling us the following story. One day a man walked past a line of elephants. The animals were tied together with thin ropes. He wondered why the animals didn't break free. Surely they were strong enough. He asked their owner, and the owner replied, "Well, we used the same ropes when the elephants were very young and small. Even as they grew larger and stronger, they were used to believing they couldn't succeed in **escaping** (escape)."

At that point, we all realized we were the elephants. We let a few small failures make us believe we couldn't succeed. It was time for that to change.

**6. What is the main idea of the passage?**

- (A) One should always be a good friend to others. (B) Life is full of changes.  
 (C) Never judge a book by its cover. (D) Don't let the past stop you from succeeding.

**7. How did the students feel when Ms. Wilson asked them to stay after class?**

- (A) Worried she would be angry. (B) Excited to hear a story.  
 (C) Confident in their abilities. (D) Happy and satisfied.

**8. Why didn't the elephants escape?**

- (A) The owner hurt them. (B) They had nowhere to go.  
 (C) They thought they couldn't. (D) The ropes were too thick.

**9. What is the meaning of the word “escape”?**

- (A) 決定 (B) 逃跑 (C) 主辦 (D) 考慮

**10. Which of the following is NOT true?**

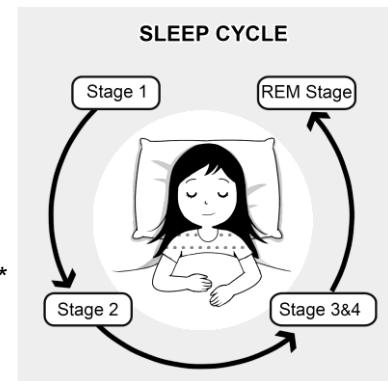
- (A) Ms. Wilson is a wise teacher.  
 (B) The author identified with (和……有共鳴) the elephants in the story.  
 (C) Ms. Wilson got angry at the students about their grades.  
 (D) The author (作者) is a high school student.

### 第三篇

Sleepers usually go through five stages at night: stage 1, 2, 3, 4, and then REM (rapid eye movement) sleep.

#### Stage 1

- ✓ Light sleep.



#### Stage 2

- ✓ Breathing\*, heart rate\*, and body temperature\* are going down.

#### REM Stage

- ✓ Heartbeat increases.
- ✓ Breathing fast.
- ✓ Four to six dreams (remembering what they dreamed about when they wake up).

#### Stage 3&4

- ✓ Deep sleep (hard to wake the person up).
- ✓ Wetting the bed (some children).
- ✓ Regular breathing.

\*breathing n. [U] 呼吸 \*heart rate 心率 \*body temperature 體溫

#### 11. What's this passage mainly about?

- (A) Good health and sleep. (B) Having good dreams.  
(C) People's standard sleeping patterns. (D) Having a deep sleep.

#### 12. What happens during REM sleep?

- (A) The person remembers dreams after waking up.  
(B) The person experiences light sleep.  
(C) The person is in deep sleep and hard to wake up.  
(D) Heart rate and breathing are regular.

#### 13. Which of the following statements is NOT true about the characteristics of sleep stages?

- (A) Stage 1 is associated with light sleep.  
(B) Regular breathing is a characteristic of Stage 3 & 4.  
(C) REM sleep involves a decrease in body temperature.  
(D) Stage 3 & 4 involve deep sleep.

#### 14. Which of the following is true?

- (A) People have dreams during their deep sleep.  
(B) People may dream at least 4 times during the night.  
(C) Children usually wet the bed during stage 1.  
(D) During stage 2, people's heart rate increases.

#### 15. What does the word "regular" mean in Stage 3&4?

- (A) 規律的 (B) 緩慢的 (C) 急促的 (D) 喘息的

### 第四篇

How many times have you woken up in the morning, only to fall asleep again a few minutes later? It happens to the best of us. Who wants to get up when our beds are so warm and inviting? But many successful people **have one thing in common**: they get up early. Actor Mark Wahlberg gets up at 3:00 a.m. to hit the gym, to make sure he stays fit. Apple CEO Tim Cook is up by 3:45 to have his first cup of coffee. Dwayne Johnson is much like Wahlberg, except that he hits the gym at 4:00 a.m. rather than 3:00. **So, how do they all manage to get up so early?**

The trick is that they give themselves meaningful\* things to do. Mark Wahlberg knows that in order to stay at the top of his game, he needs to be in shape. The same holds true for Dwayne Johnson. Tim Cook knows that for Apple to remain a leader, he needs to constantly come up with creative ideas. So, if you want to get up early, the first step is thinking about what is most important to you.

\*meaningful adj. 有意義的

#### 16. What's the best title for this reading?

- (A) The Ideal Alarm Clock (B) The Secret of Business  
(C) To Get Up Early (D) To Stay Fit

#### 17. What does the phrase "people have one thing in common" mean?

- (A) They work in the same field. (B) They share a similar feature or habit.  
(C) They are all from the same family. (D) They dislike waking up early.

#### 18. What does the phrase "manage to" mean in the sentence "So, how do they all manage to get up so early"?

- (A) To do something without any effort. (B) To wake up late on purpose.  
(C) To avoid doing something. (D) To find a way to succeed in doing something difficult.

#### 19. What is the key to waking up early, according to the passage?

- (A) Having something meaningful to do. (B) Setting an alarm clock.  
(C) Drinking coffee right after waking up. (D) Going to bed earlier.

#### 20. Which of the following statements about this reading is NOT true?

- (A) Tim Cook usually has his first cup of coffee at around 3:45.  
(B) Mark Wahlberg usually goes to the gym right after he gets up.  
(C) Dwayne Johnson wakes up at 4:00 every morning.  
(D) Both Mark Wahlberg and Dwayne Johnson hit the gym every morning.