

How to Improve¹ Your Self-Control

如何提升自制力

—Jay Sailors



15 課文朗讀》正常 CD/MP3 25 / 慢速 MP3 64
單字朗讀》CD/MP3 26 / 課程講解》MP3 87

Discipline[◆] is never easy. You sit down to study but decide to check Facebook first. As you look at Facebook, you start **chatting²** with friends. Soon, an hour has passed, and you haven't even touched your textbook. If you have days like this, don't worry: discipline can be learned.

To improve your self-control, you should ask yourself what your goal is. Make your answer as **specific³** as possible. For example, instead of saying "I want to concentrate[◆] better on my studies," you could say "I'm going to study for one hour without checking Facebook." This way, your goal is easier to **achieve⁴**.

It's also important to stay away from temptations.[◆] If you're trying to lose

weight, don't leave junk food in your house. If you don't see it, then you'll be less likely to think about it.

Speaking of food, studies show that following a regular **diet⁵** helps improve discipline. When you're hungry, it's harder for you to focus and to make the right decisions. Therefore, remember to eat healthy meals and snacks each day.

Info Box

- 第 17 行 stay away from N. 表示「遠離……」。
- 第 19 行 junk food [dʒʌŋk] 指「垃圾食物」，通常是熱量高但缺乏營養素的食物。
- 第 20 行 be less likely to V. 指「較不可能……」，副詞 less (較少地) 修飾形容詞 likely (有可能的)。
- 第 22 行 speaking of sth/sb 表示「說到……；談到……」。

* 中文翻譯請參閱第 67 頁

關鍵解析 Language Notes

1. instead of 的用法

片語介系詞 instead of 接 N./V-ing，表示「代替……；而不是……」，可置於句首或主要子句後面，句型為：

Instead of N./V-ing, S. + V.
S. + V. + instead of N./V-ing

- Instead of trying to fix my old computer, I bought a new one.
我沒有試著修舊電腦，而是買了一台新的。
- I want to eat fish instead of chicken tonight.
我今晚想吃魚而不是雞肉。

延伸學習

instead 作副詞用，表示「代替；反而」，可放在句首或句尾。

- George didn't go to the gym. He went to the park instead.
喬治沒有去健身房。他反而去了公園。

2. It's Adj. (for sb) to V. 的句型

此句型的 it 為虛主詞，真正的主詞為不定詞片語 (to V.)；形容詞用來修飾不定詞片語。以文中句為例：

主詞為不定詞片語，視為單數

To stay away from temptations is also important.

→ It's also important to stay away from temptations.

↳ 改用虛主詞 it，將不定詞片語移到形容詞後面

形容詞之後可加入 for sb 表示「對……來說」，如第 25 行用法。再來看個例句：

↳ 介系詞須用 for

- It's hard for Jenny [to ask her mother for advice.]
對珍妮來說，要向她媽媽尋求建議很難。

Word Focus

字首 self-

字首 self- 表示「靠自己的；對自身的」，常與名詞（如文中用法）或形容詞結合。

self- 自己的 + control 控制 = self-control [ˌselfkənˈtrɒl]
自制力；自我掌控 (標題)

字彙 Vocabulary

* 為大考出現過的字彙

- * 1. **improve** [ɪmˈpruːv] v. 增進；改善；提升
The company is looking for ways to **improve** its customer service.
- * 2. **chat** [tʃæt] v. 聊天、閒聊 (三態為 chat-chatted-chatted)
I **chatted** for one hour with my friend who lives in Australia.
- * 3. **specific** [spɪˈsɪfɪk] adj. 明確的；特定的 (文中 as specific as possible 表示「盡可能明確的」)
Are you looking for a T-shirt in a **specific** color?
- * 4. **achieve** [əˈtʃiːv] v. 達成、獲得
The actor **achieved** his dream of winning the award.
- * 5. **diet** [ˈdaɪət] n. 日常飲食；規定飲食 (p. 34 第 20 行 watch one's diet 指「注意飲食」)
Kevin's daily **diet** includes lots of fruit.

◆ 字彙小筆記：僅供參考

- * ◆ discipline [dɪsəplɪn] n. 自律；紀律 (作不可數)
- * ◆ concentrate [ˈkɒnsəntreɪt] v. 專心、專注 (可作及物或不及物用，之後常接 on N./V-ing 表示「專注於……」)
- * ◆ temptation [tɛmpˈteɪʃən] n. 誘惑；誘因

Give It a Try 請選出正確選項。

- 1 Greg needs to _____ his grades if he wants to go to a good college.
A. achieve B. improve
- 2 _____ having dinner at home, he ate at a restaurant.
A. Instead B. Instead of
- 3 It was unusual _____ Mary to get up so early.
A. for B. to

* 答案請參閱第 67 頁