

# 龍騰高中英文 Book 5 Lesson 1 單字學習單

Grade \_\_\_\_\_ Class \_\_\_\_\_ No. \_\_\_\_\_ Name \_\_\_\_\_ Score \_\_\_\_\_

## 課本單字：

✧ **retain (v.)**  
保留到後面=保有、保持

**re-**  
後面  
(back)

**ob-**  
加強語氣

✧ 加強語氣+持有=獲得  
obtain (v.)  
obtainable (adj.)  
可獲得的

## 延伸單字：

✧ 在下面抓住=使持續、維持  
sustain (v.)  
sustainable (adj.)  
可持續的、永續的

**sus-**  
之下

**tain**  
保留、持有、  
抓住 (hold)

**man-**  
手

✧ 用手抓住=維持、保養、扶養  
maintain (v.)  
maintenance (n.)

✧ 在之間維持(某人)於某狀態=使快樂  
entertain (v.)  
entertainment (n.) 娛樂  
entertaining (adj.)  
使人愉快的

**enter-**  
之間

**con-**  
一起

✧ 抓在一起=包含、抑制、使滿足  
contain (v.)  
container (n.) 容器  
content (n.) 內容  
content (adj.) = contented  
滿足的  
contentment (n.) 滿足

✎ 練習題：Refer to the pictures below, and complete the attached sentences with the words listed above. Change the word form if necessary.



1. Besides generating profits, many companies worldwide are concerned about the planet and aim to promote \_\_\_\_\_ development.



2. Wearing a mask and washing one's hands are the most effective measures to \_\_\_\_\_ the spread of viruses.



3. Debbie gave birth to her child in the United States so that the latter could \_\_\_\_\_ American citizenship.



4. For \_\_\_\_\_, I binge-watch popular TV drama series whenever I get the chance.



5. Victoria skips breakfast, counts her calorie intake, and exercises regularly in order to \_\_\_\_\_ a healthy weight.

| Examples of virtues |      |             |             |      |               |
|---------------------|------|-------------|-------------|------|---------------|
| 📖 課本單字              |      |             | 📖 延伸單字      |      |               |
| 名詞                  | 字義   | 形容詞         | 名詞          | 字義   | 形容詞           |
| honesty             | 誠實   | honest      | compassion  | 同情   | compassionate |
| truthfulness        | 坦率   | truthful    | courage     | 勇氣   | courageous    |
| modesty             | 謙虛   | modest      | bravery     | 勇敢   | brave         |
| humility            | 謙遜   | humble      | patience    | 耐心   | patient       |
| perseverance        | 鍥而不捨 | persevering | persistence | 堅持不懈 | persistent    |
| integrity           | 正直   |             | generosity  | 慷慨   | generous      |
| righteousness       | 正義   | righteous   | justice     | 正義   | just          |
| composure           | 沉著   | composed    | diligence   | 勤勉   | diligent      |
| steadiness          | 沉穩   | steady      | frugality   | 節儉   | frugal        |
| moderation          | 適度   | moderate    | tolerance   | 寬容   | tolerant      |

✎ 練習題：

The first few letters of some words are given in Table A. The other parts of these words are given in Table B. Spell out the words and complete the blanks in Table A. Then, match the completed words with their corresponding definitions.

**Table A**

- |                |  |
|----------------|--|
| 1. fru_____ ●  | ● hardworking and serious  |
| 2. per_____ ●  | ● the quality of accepting others' beliefs or behavior even when you may not agree |
| 3. dili_____ ● | ● fairness   |
| 4. com_____ ●  | ● the quality of being careful when spending money                                 |
| 5. to_____ ●   | ● being willing to wait and take your time   |
| 6. jus_____ ●  | ● the quality of being able to understand other people's suffering                 |
| 7. pa_____ ●   | ● the quality of continuing to do something even in the face of difficulties       |

**Table B**

|       |      |     |       |    |      |       |
|-------|------|-----|-------|----|------|-------|
| li    | sis  | ent | rance | ga | le   | ssion |
| tence | tice | ty  | pa    | ti | gent |       |

## Qualities of A Model Student



### 主題單字

1. adolescent [ˌædɪˈesnt] *n.* 青少年
2. discipline [ˈdɪsəplɪn] *n.* 紀律
3. decent [ˈdisnt] *adj.* 正派的
4. optimistic [ˌɒptəˈmɪstɪk] *adj.* 樂觀的
5. criteria [kraɪˈtɪrɪə] *n.* 準則
6. endeavor [ɪnˈdevə] *n.* 努力
7. strive [straɪv] *v.* 奮鬥
8. emulate [ˈemjəˌleɪ] *v.* 仿效
9. diligent [ˈdɪlədʒənt] *adj.* 勤奮的
10. punctual [ˈpʌŋktʃʊəl] *adj.* 守時的
11. obligation [ˌɒbləˈgeɪʃən] *n.* 義務；職責
12. courteous [ˈkɜːtjəs] *adj.* 謙虛有禮的
13. sensible [ˈsensəbl] *adj.* 明理的
14. socialize [ˈsoʃəˌlaɪz] *v.* 參加社交活動；合群
15. superior [səˈpɪrɪə] *adj.* 優越的



### 小試身手

|                |                |             |              |              |
|----------------|----------------|-------------|--------------|--------------|
| (A) discipline | (B) obligation | (C) emulate | (D) superior | (E) punctual |
|----------------|----------------|-------------|--------------|--------------|

Leo and Rosie are talking about their class's model student candidates.

Leo: What do you think a model student should be like?

Rosie: He or she should be someone the rest of us really look up to—someone who has a positive attitude toward challenges. I think this is a rare quality in adolescents.

Leo: A model student should be diligent as well. They should have a desire to learn and strive to achieve their goals.

Rosie: Learning is a student's \_\_\_\_\_, but hardworking students seem to be an endangered species nowadays. I really admire those students who show self-\_\_\_\_\_. How can they manage to resist so many temptations in life and always overcome difficulties in their endeavors?

Leo: That's what makes those students role models for us to \_\_\_\_\_. Considering these criteria, I think both Ethan and Ella are qualified model students. They are also optimistic, courteous, and sensible people. I hope that someday, I can be someone like that.

Rosie: What amazes me is that both of them are highly self-disciplined. Also, they are always \_\_\_\_\_, and they never procrastinate. That is no easy thing!

Leo: I'd say I like Ethan a bit more. He is such a decent young man! He never thinks he's \_\_\_\_\_ to anyone else, even though he has every reason to be proud of himself. It's incredible that such a nice guy can also socialize so easily.

Rosie: It's no wonder so many people in our class like him. He's a humorous, easy-going type of guy. I remember he even spent half an hour helping me with my math homework once. Okay, I'll vote for him!

## School Guidance and Counseling

### 主題單字

- |   |   |
|---|---|
| 1. counselor [ˈkaʊnslə] <i>n.</i> 顧問；輔導員    | 10. psychological [ˌsaɪkəˈlɒdʒɪkəl] <i>adj.</i> 心理的 |
| 2. intervention [ˌɪntəˈvenʃən] <i>n.</i> 干預 | 11. cultivate [ˈkʌltəˌvet] <i>v.</i> 培養             |
| 3. plea [pli] <i>n.</i> 懇求                  | 12. defensive [dɪˈfensɪv] <i>adj.</i> 懷有戒心的         |
| 4. potential [pəˈtenʃəl] <i>n.</i> 潛能       | 13. sentimental [ˌsɛntəˈmentl] <i>adj.</i> 多愁善感的    |
| 5. maturity [məˈtʃʊərəti] <i>n.</i> 心智成熟    | 14. dilemma [dɪˈlemə] <i>n.</i> 兩難；進退維谷             |
| 6. despair [dɪˈspɛr] <i>n.</i> 絕望           | 15. desperate [ˈdɛspərɪt] <i>adj.</i> 急切的           |
| 7. adversity [ədˈvɜːsəti] <i>n.</i> 逆境      | 16. indignant [ɪnˈdɪɡnənt] <i>adj.</i> 憤慨的          |
| 8. soothe [suð] <i>v.</i> 安慰                | 17. philosophy [fəˈlɒsəfi] <i>n.</i> 哲學             |
| 9. sensitivity [ˌsensəˈtɪvəti] <i>n.</i> 敏感 |   |

### 小試身手

|                  |                   |              |               |               |
|------------------|-------------------|--------------|---------------|---------------|
| (A) intervention | (B) psychological | (C) dilemmas | (D) cultivate | (E) indignant |
|------------------|-------------------|--------------|---------------|---------------|

With students always facing new challenges at school, guidance in the form of school counseling has gained considerable attention recently. School counseling services offer pupils \_\_\_\_\_ support so that they can identify and realize their full potential. High school students, in particular, benefit a lot from such counseling. Faced with heavy schoolwork and peer pressure, they need a strong support system and a professional counselor whom they can turn to for advice. Professional counselors are good at setting up a safe environment for students to open up about their anxiety, \_\_\_\_\_, or even depression, all of which can make them suffer. Also, they listen attentively and empathize genuinely, and they can help students develop problem-solving and decision-making skills, which are essential survival skills in modern society.

Some school instructors and advisers have remarkable sensitivity in recognizing their students' emotional conflicts. When they sense a student's desperate plea for help, a proper \_\_\_\_\_ can serve to save that student from despair. During the transitional stage of reaching maturity, adolescents face different kinds of emotional conflict, but not everyone reaches out for help. Those who retreat further into their own isolation and become defensive and \_\_\_\_\_ need assistance to put their adversity in perspective. This requires more than empathy, however; collaboration among counselors, teachers, and parents is crucial. It is also imperative that schools assess their students' abilities in multiple ways. High school is a stage to \_\_\_\_\_ a positive philosophy of life. Through proper and timely guidance, students will have a greater chance of figuring out what they want from their lives.