

# 仁武高中111學年度



## 自主學習計畫



主題：Fun鬆學英文

報告者：五年四班/二號/高珮玲



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# 規畫階段

動機/目標/引用資料/策略



# 動機



隨著時代的發展與世界的交流，

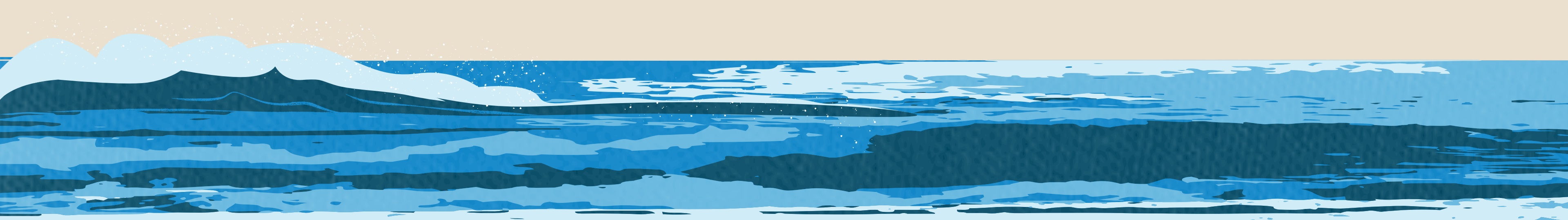
「英文」成為了各國彼此溝通的共同語言。

不管是在日後交流或者是課業/就業等，英文都和我們的生活息息相關！

因此想透過此次學自主學習以自學的方式提升英文能力。

# 目標

透過自主學習加深英聽能力及增加單字量。





# 英聽方面—引用資料/策略

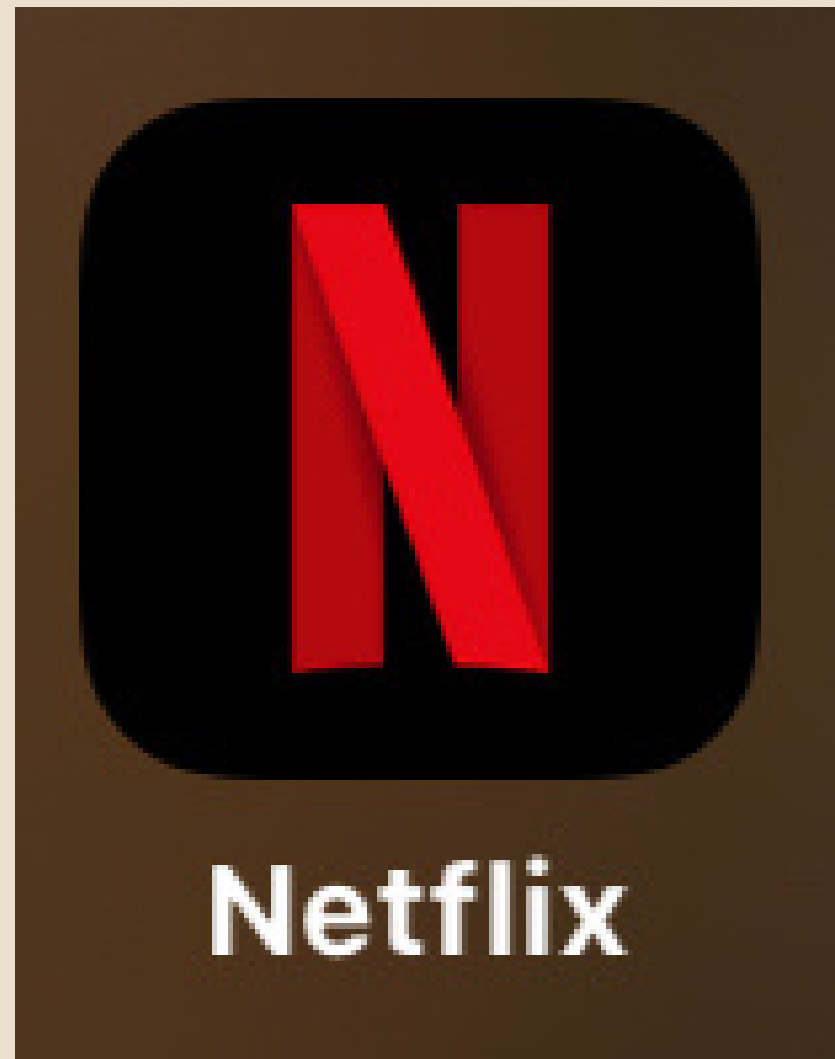


Step1⇒挑選一部美劇。

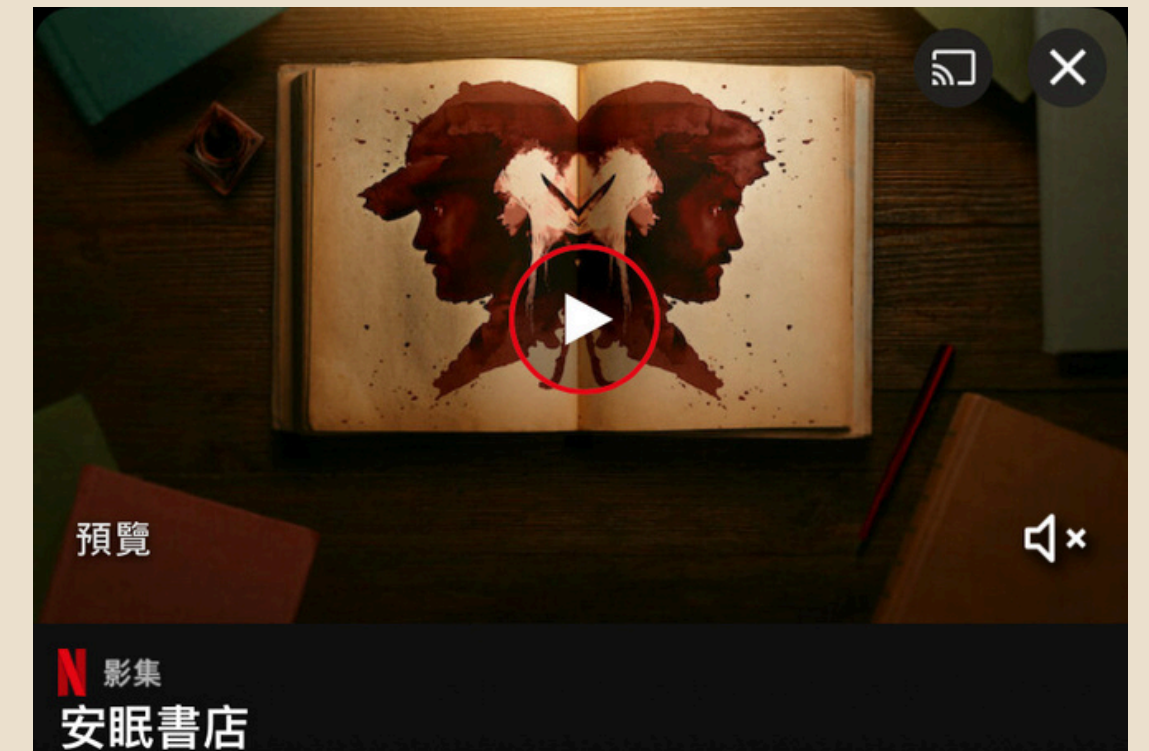
Step2⇒看著中文翻譯字幕掌握內容。

Step3⇒將翻譯改為英文並進行觀看及跟讀。

Step4⇒關掉字幕，自行理解內容。



# 英聽方面—引用資料/策略



美國短片喜劇

《六人行》及《荒唐分局》

一集約20分鐘左右

語速較快，但內容可以聽得懂。



美國懸疑暗黑劇《安眠書店》

一集約50分鐘左右

語速較快，內容豐富，長句多。

聽/讀較難一、兩次就解決。



# 英聽方面—影集中印象深刻的畫面？



出自 《六人行》 S2E14

Ross對Rachel說：

“You are my lobster.”

(你是我的龍蝦。)







## 英聽方面—影集中印象深刻的畫面？



“You are my lobster.”

(你是我的龍蝦。)

- 可用來告白。
- 龍蝦一生只會認定一個伴侶，意旨我一生只會愛你一人。



# 英聽方面—影集中印象深刻的畫面？



出自《荒唐分局》S8E10

大結局總是帶有離別意味，  
而99分局的所有人也將面臨分別。  
以下片段為Jack對警局同事說的話。







Because goodbye are inherently sad.

告別總是難過的。

They mean that something's ending.

它意味著某件事情的結束。

And this one is especially sad because what we had so great.

而告別這裡更是令人難受萬分，因為我們擁有的回憶超棒的。

But it's not all sad, right?

但也不是只有難過啊，對吧？

We're moving on to things that we love.

我們都要繼續為走向我們所愛的事物。

And we'll always have the memories of our time together.

我們也永遠會有這段回憶可以珍惜。



別離總參雜著難過，但同時我們也要向前行走，繼續做自己所熱愛的事物。

即使分離了，但彼此的美好回憶卻會永遠存於心中。

只要記得這份美好回憶，別離就永遠不是別離，而是新旅程的開始，帶著美好回憶前行的開始。



# 英聽方面—影集中印象深刻的畫面？



出自《安眠書店》S2E7。

Delilah對正在失戀中且使用不正確的方法  
治癒情傷的Joe說的話。





Really don't think any of that stuff works for anyone who's truly broken.

我真的覺得對真正受傷的人來說那些一點用也沒有。

Serves us better to just keep barreling forward and hope the demons can't keep up.

繼續往前滾動還比較好，希望惡魔不要追上來。

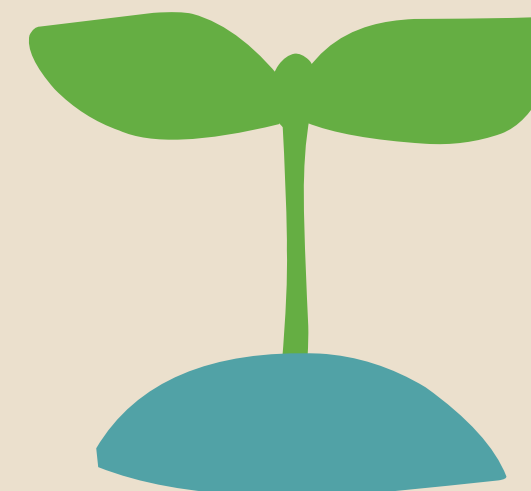
So...might as well be who you are.

所以，也許就做你自己就好。

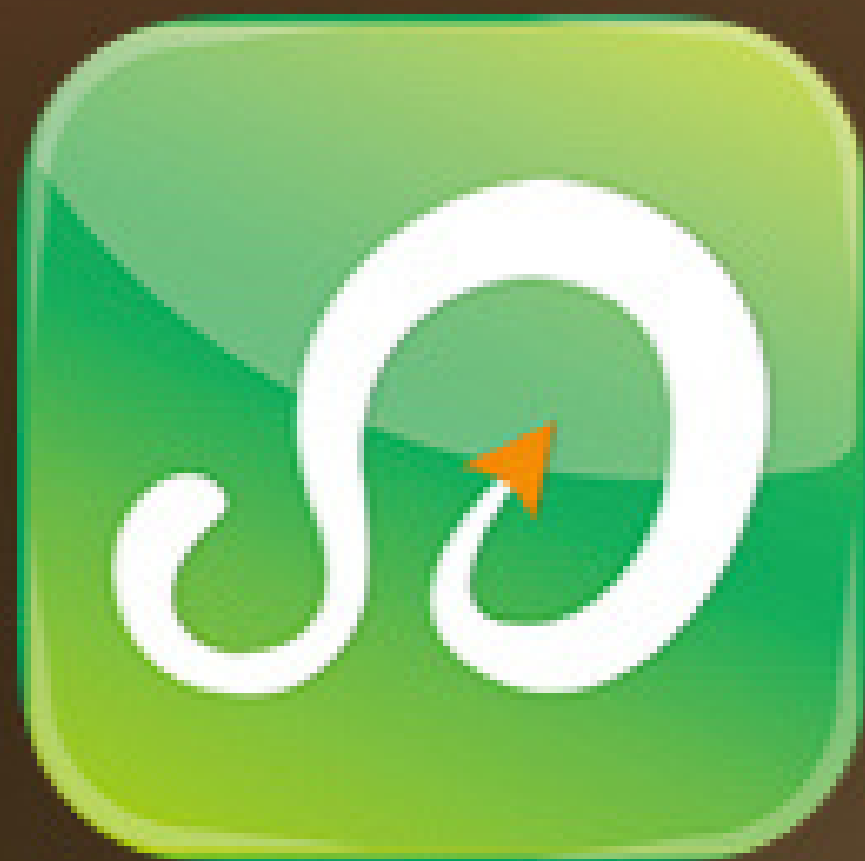
傷痛是一輩子的，不論再多的安慰及改變也只是徒勞。  
停在原點只會放大傷痛，人生的缺口是注定填滿不了的，  
但或許只要一切盡力，能做自己就好。



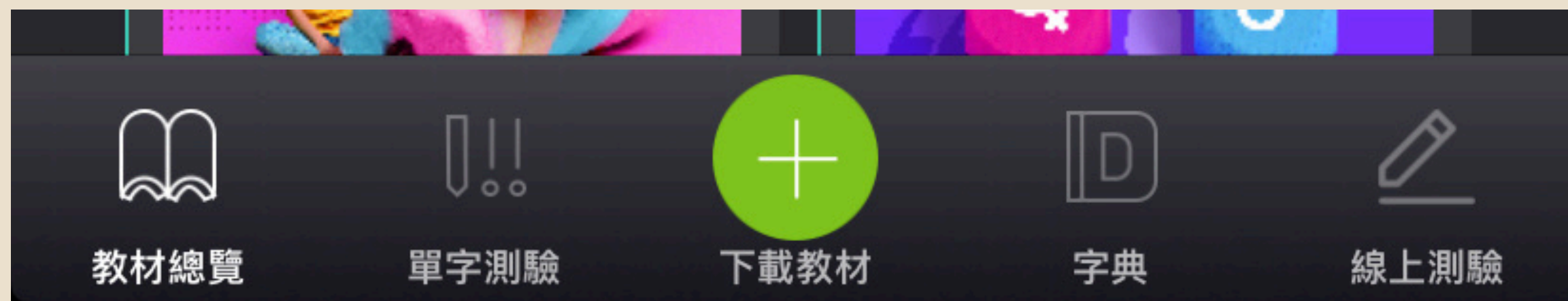
# 加強單字量—引用資料/策略



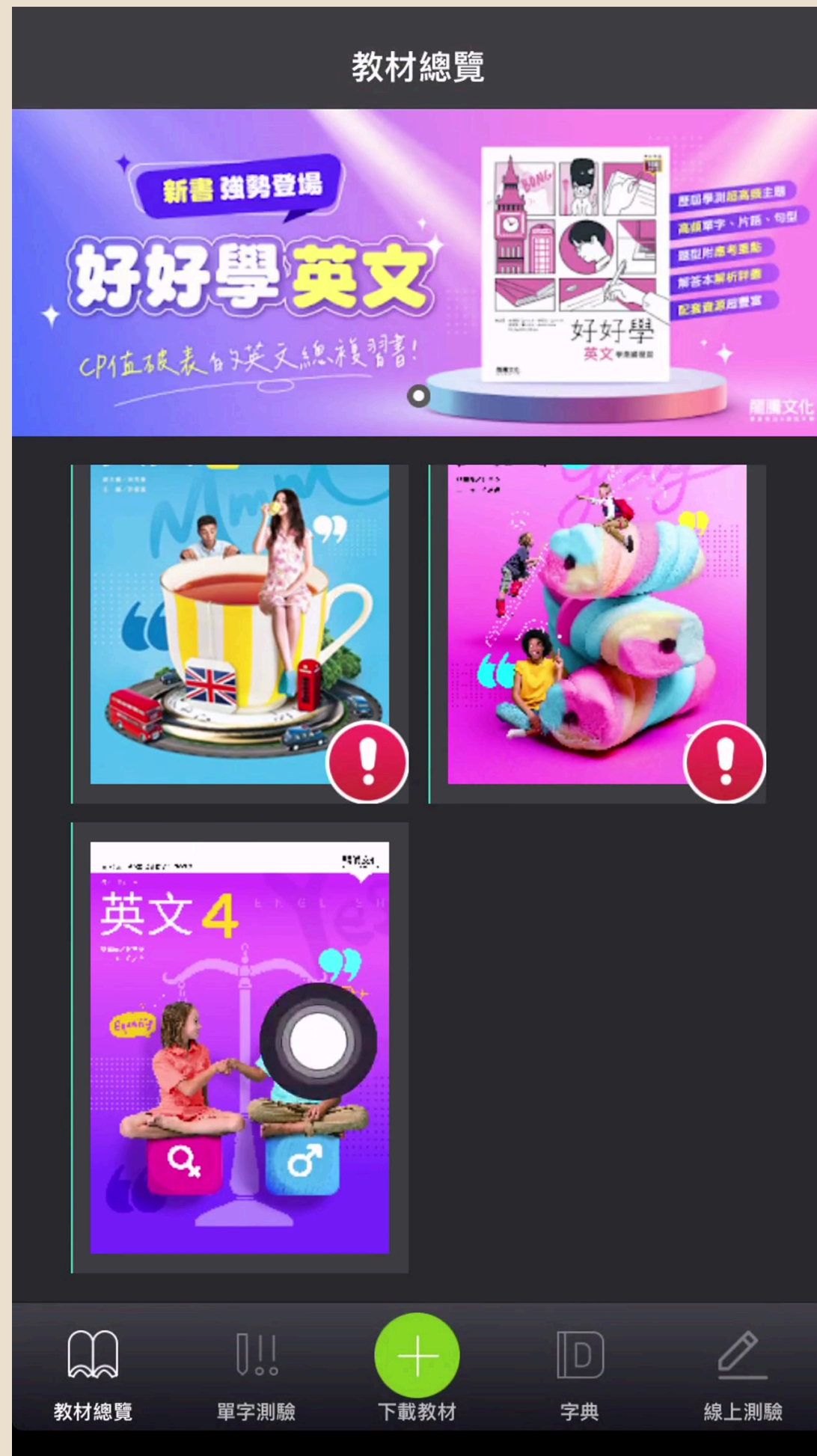
先下載校內英文課程教材，  
並且利用回家時使用手機觀看課文影音資源，  
利用內建單字卡複習英文及善用內建題庫。  
與課堂黃卷做連結練習。



英文 GoGoGo



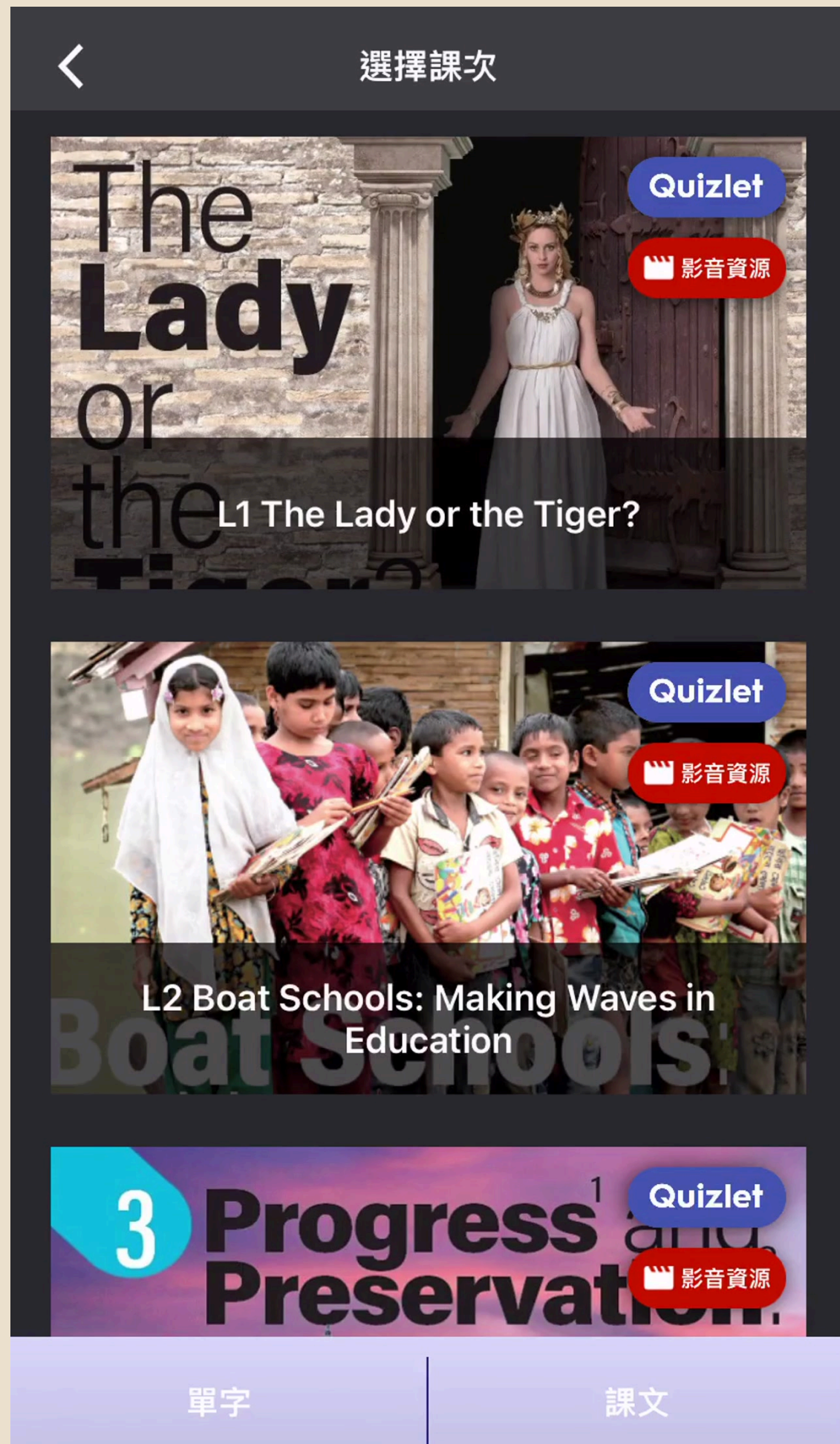




# 如何下載教材？



點進主頁後按下載教材（如圖上）  
並選擇自己需要的教科書。



# 如何測驗單字？

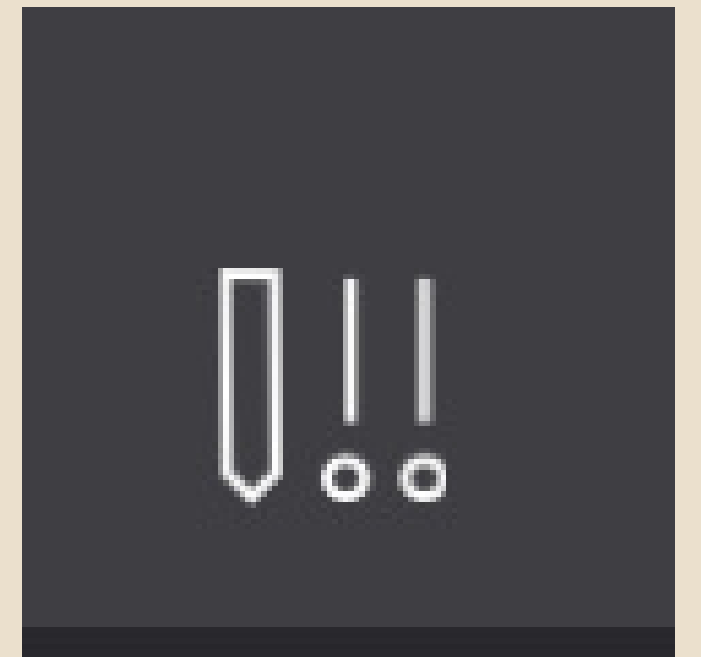
Step1.點選想要測驗的課文。

Step2.點選下方「單字」。

Step3.點選右上符號進行測驗。

共三種題型可選擇：

- 看英文選中文
- 看中文選英文
- 英文拼音題



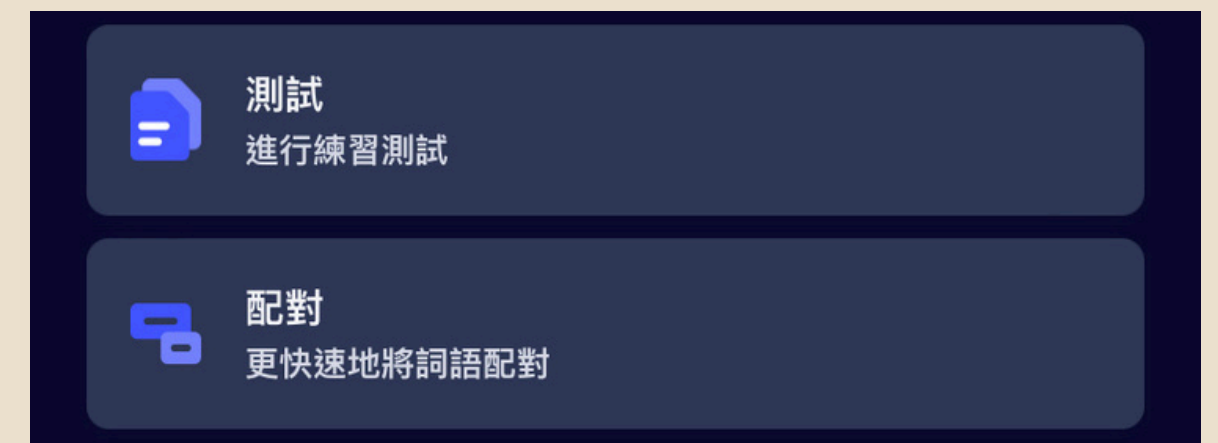
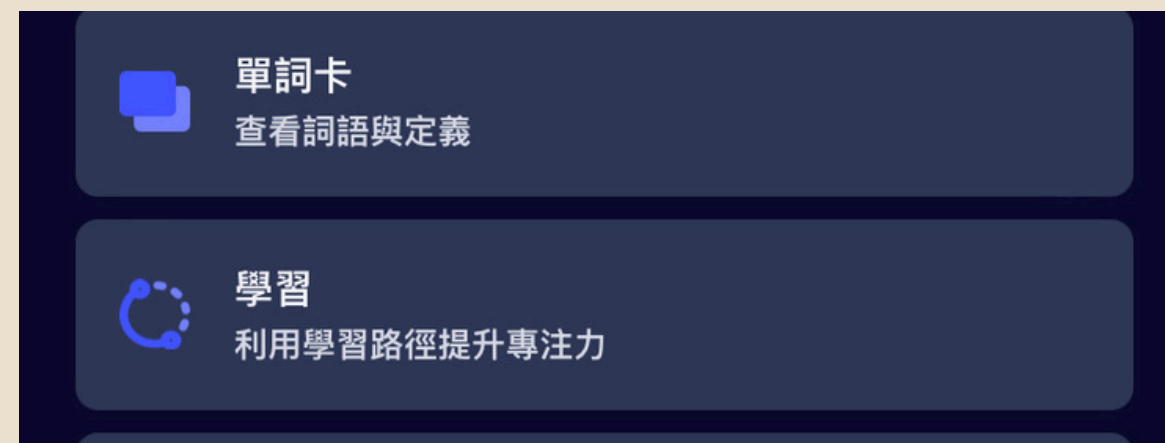
(右上符號)



# 加強單字量—引用資料/策略



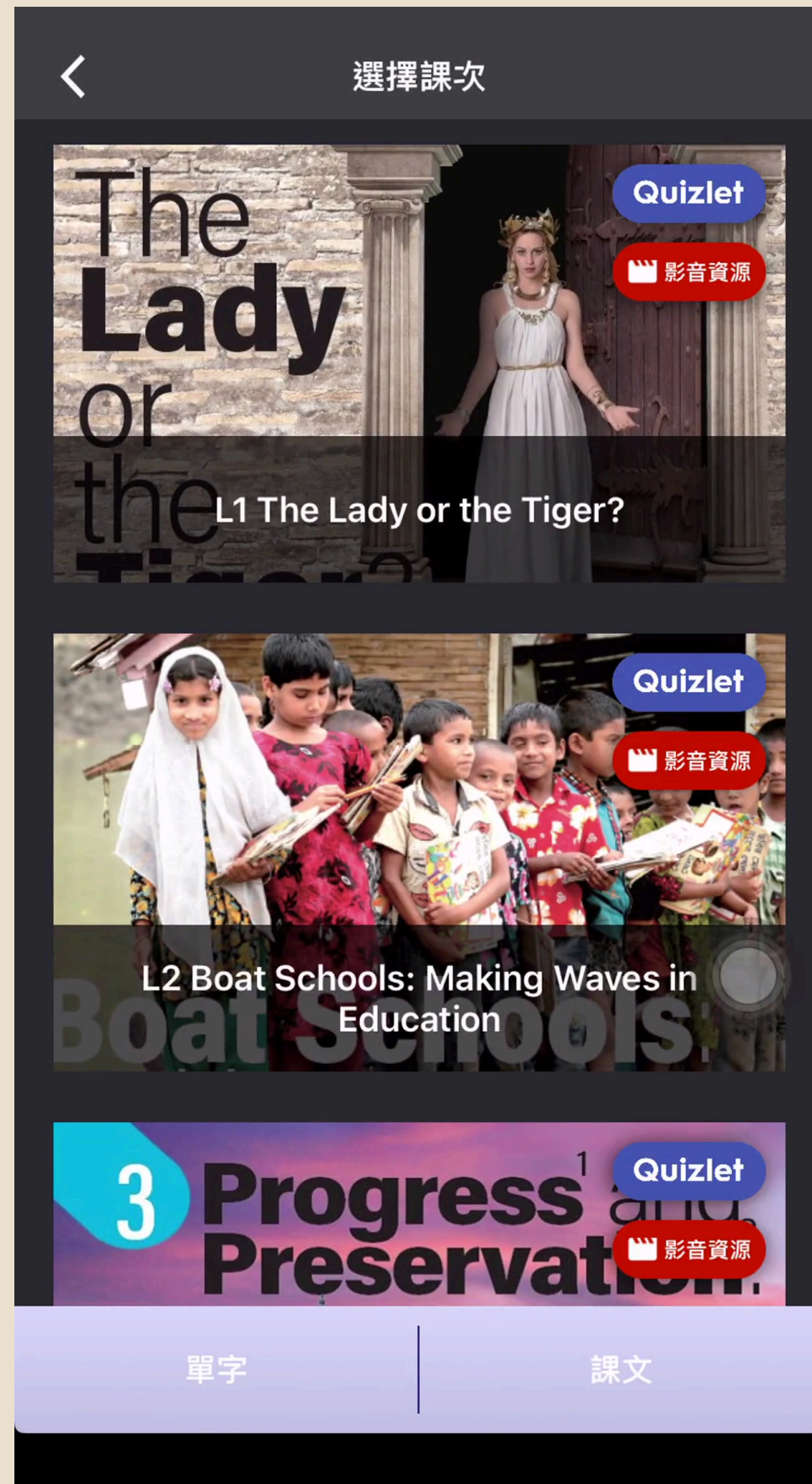
屬於「英文Gogogo」外部程式，兩者相互連結。  
內容除了英文外也包含其它科目。  
我會利用回家時間練習內部題庫，  
並且將錯誤的單字重新考試，直到自己記熟為止。



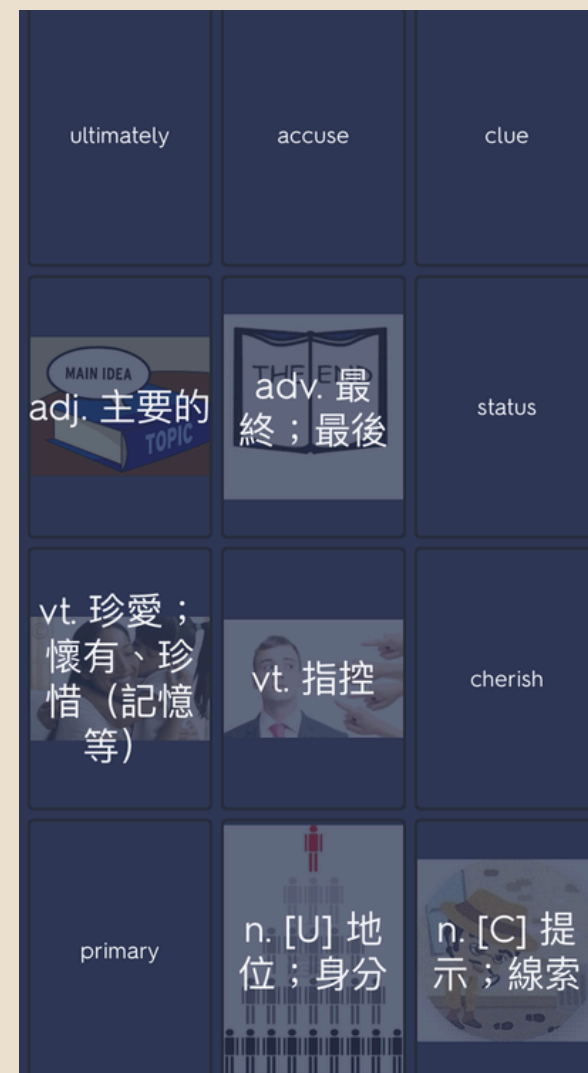
# 什麼是相互連結…？



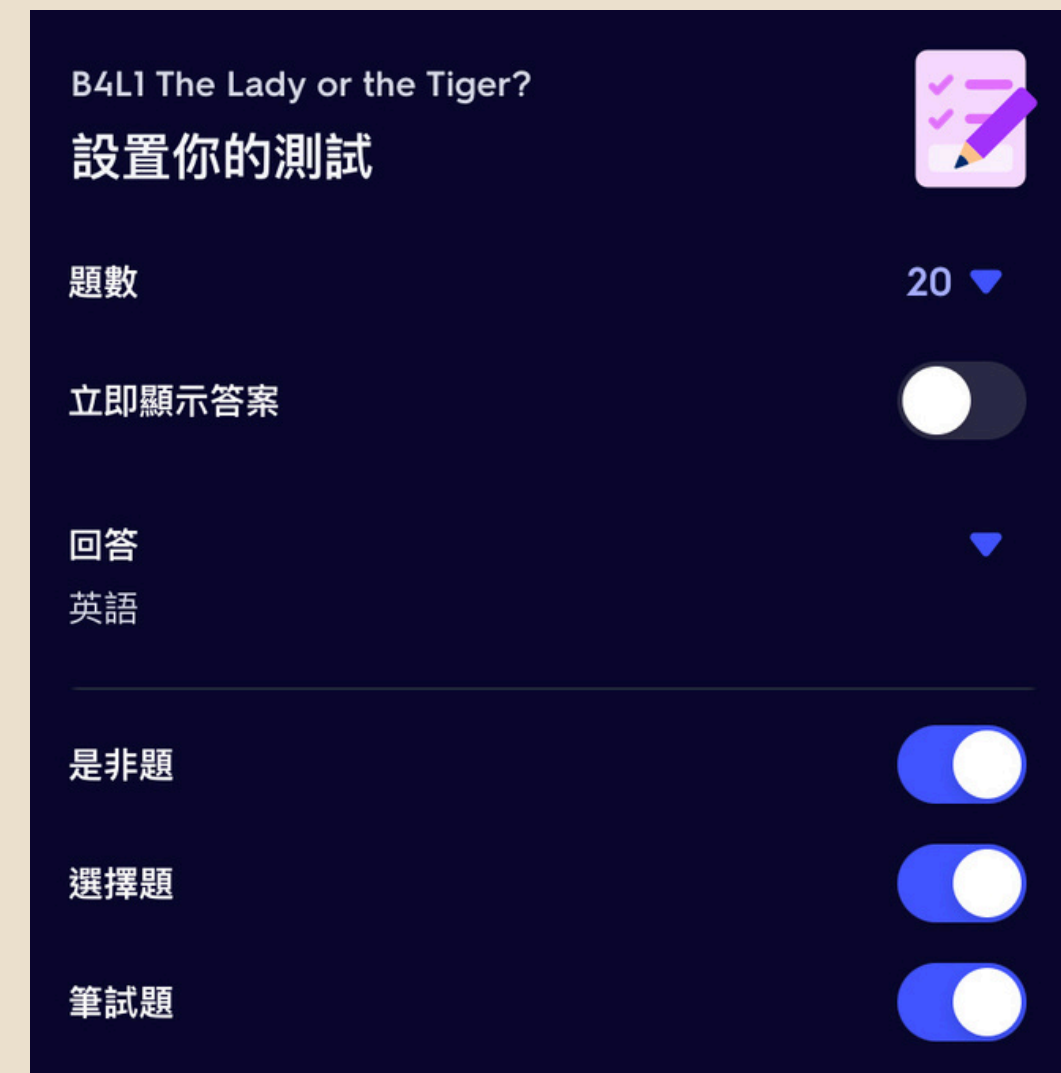
可在英文Gogogo中點選。  
點選自己想要測驗的課文，  
程式會自動跳到「Quizlet」程式。



頁面教學



配對題型



是非題、選擇題、筆試題





# 實行過程

規劃進度/修正方向/自控能力

# 規劃進度

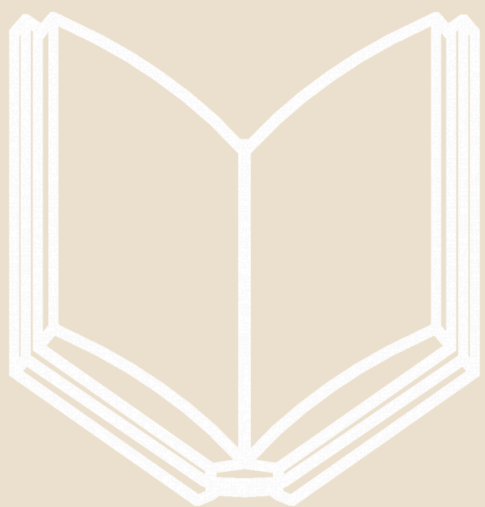


1~7週：透過美劇練習聽力及口語。

8~14週：複習校內進度及寫字彙王黃卷。

15、16週：製作報告。

17、18週：預估上台報告。





## 修正方向

- 看美劇時要一次看完一集，不要斷斷續續。
- 寫黃卷時不要分心玩手機或做其它事情。
- 遇到不會的單字先思考再利用網路尋找。

## 自控能力

自控能力偏中等。

但有時行為會和計劃表上所述不同，導致計畫落後。





# 執行成果

規劃及修正與修正後成果

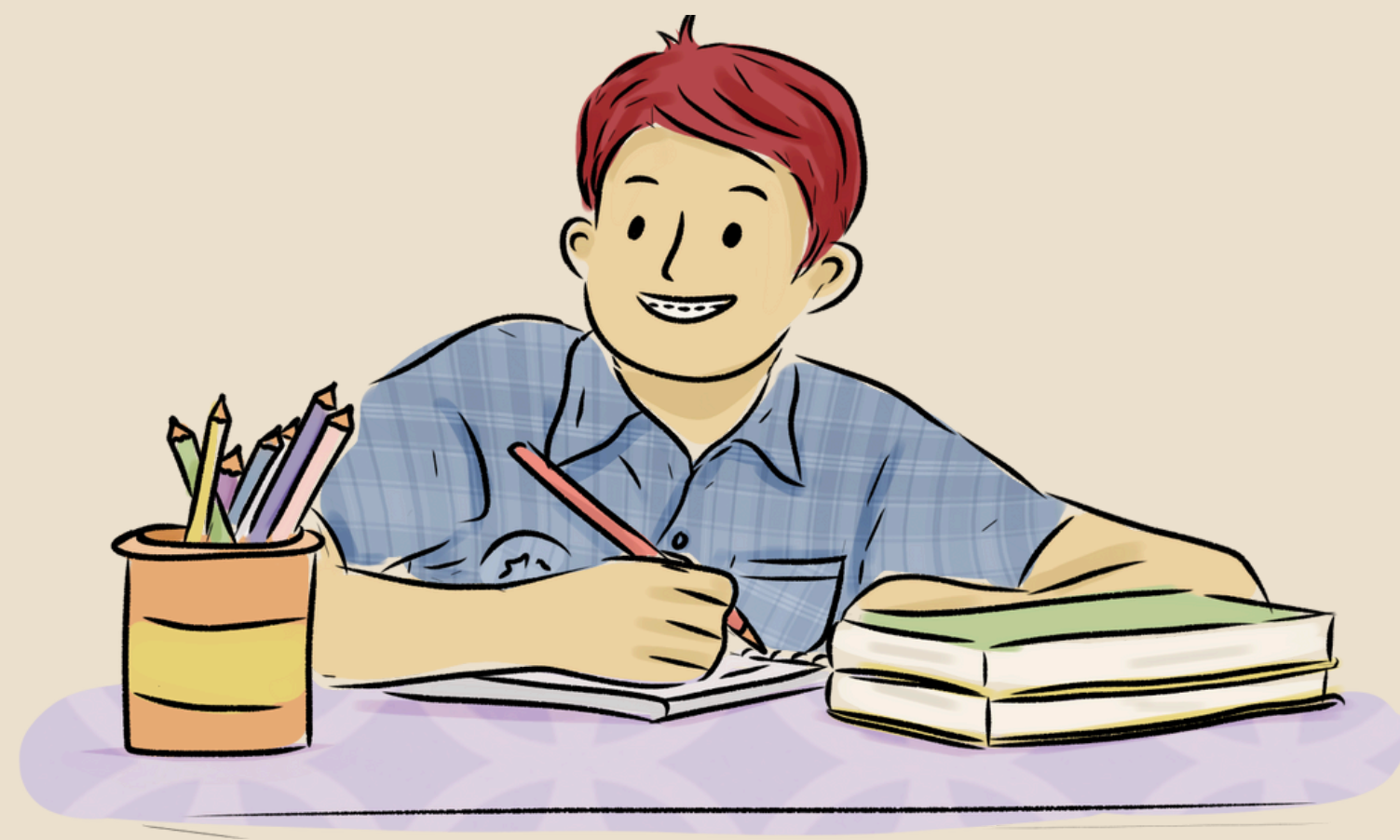


計畫成果：刷完題庫後進行訂正、複習。

第一次成果：複習題目。

最後修正、改進的成果：

複習過後開始訂正題目，並且重新複習訂正後習題。





# 反思

在這18週中學到了什麼？



在這為期18週的自主學習中，  
發現自己好像時常計畫跟不上變化，  
導致目標離自己越來越遠。



而在此過程中也發現了自己對於時間管控的不足，  
也因如此我也該加強自身對於時間的管理及善用。

且在欣賞美劇時除了增進聽力外也可以練習發音！  
在欣賞劇情的同時還可以順便練習英文，  
我認為這是一個還不錯的學習英文方法之一。



# 歷史佐證

照片



一、文意字彙 (每題 4 分, 共 20 分)

1. John spends hours gazing zing out of the window, admiring the beautiful scenery.  
2. "A piece of cake" is a common English idiom m that means something is very easy.  
3. The Port of Brownsville is expanding to make sure it can keep up with an increase in cargo o.  
4. Mobile phone users complain of poor reception n in the area. They can't even make a phone call.  
5. With the advancement of technology, the pace e of change in our lives is becoming faster and faster.

二、選擇題 (每題 4 分, 共 20 分)

6. Only 12 of the 140 passengers survived after the ship struck a(n) B accidentally.  
(A) screwdriver (B) iceberg (C) backpack (D) abdomen  
7. Peter's mother B him angrily for breaking the vase.  
(A) twinkled (B) scolded (C) quipped (D) teased  
8. Ever since Jimmy was going D in his first job, he goes out.  
(A) facial (B) abstract (C) daunted (D) diligent  
9. Kathy anonymously donated one million dollars to her C to the poor.  
(A) nationality (B) machinery (C) gear (D) carrier  
10. Rats are A of disease and have been responsible for terrible outbreaks throughout history.  
(A) carriers (B) gears (C) machinery (D) vehicles

三、配合題 (每題 4 分, 共 60 分)

- (A) halted (B) distract (C) proficiency (D) faithful (E) oral (F) namely  
11. In the event of rain, the outdoor concert will be A.  
12. Kate learned an important lesson when she lost her job, F that nothing is a hundred percent guaranteed.  
13. Lucy prefers to work with the radio playing and says it does not B her.  
14. Interpreters must be able to demonstrate a high level of C in two languages.  
15. Jenny insisted that she had remained D to her husband.  
(A) blames (B) idle (C) calorie (D) handwriting (E) panel (F) loyal  
16. To keep in good shape, Cathy needs a(n) E-controlled diet.  
17. The car's instrument F has buttons that give off blue-green light at night.  
18. Margot is very F to her country. She has volunteered to serve in the military.  
19. Kevin lives a(n) B life, doing nothing but hanging around.  
20. The report A poor safety standards and human error for the air crash.  
(A) sparkle (B) attract (C) orbit (D) rage (E) cabinet (F) facial  
21. Many stars in the sky appear to A as their light passes through our planet's atmosphere.  
22. The government offers favorable policies, trying to B industries to the area.  
23. Sometimes, body language and F expressions can reveal people's true feelings.  
24. Billy was frightened because he had never seen his father explode with D before.  
25. Once in space, the spacecraft will go into C around Earth.

一、文意字彙 (每題 4 分, 共 20 分)

- accent 1. Although Kelly has moved to England for 10 years, she still speaks English with a strong French a t.  
bankrupt 2. Due to bad investments, the company went b t before the construction work was completed.  
chamber 3. The gas c r is equipped with an air lock so that no poisonous gases could escape.  
cherish 4. Now, some children still can't go to school because of wars. We should c h the opportunity to study.  
Germs 5. G ms can be spread very easily in hospitals unless there are strict hygiene rules in place.

二、選擇題 (每題 4 分, 共 20 分)

6. Julia hired a(n) C to find out if her husband was having an affair.  
(A) accountant (B) shaver (C) detective (D) ballet  
7. To look cute and elegant, women in eastern countries prefer to wear light and natural B.  
(A) participle (B) makeup (C) shaver (D) ballet  
8. The never-ending demands and cries for parents.  
(A) ferry (B) infant (C) shaver (D) ballet  
9. Julia sat at the edge of the riverbank of rushing water.  
(A) magnificent (B) gifted (C) shaver (D) ballet  
10. That Helen is in a leadership role is a A company.  
(A) indication (B) hardship (C) shaver (D) ballet

三、配合題 (每題 4 分, 共 60 分)

- (A) attached (B) cherish (C) feast (D) witness (E) mild (F) otherwise  
11. We need to B every resource we have since they are not infinite.  
12. Rick A the new shelf to the wall so it wouldn't fall over if there was an earthquake.  
13. Our family hosts a Christmas C every year.  
14. You need to finish your homework; F, you cannot use your cell phone.  
15. The little boy is the only survivor and D of the accident.  
(A) lighten (B) restore (C) signatures (D) ruins (E) slight (F) fatal  
16. After the war, many buildings have become D with just piles of broken stones and bricks.  
17. The archeologists are doing their best to B the damaged artwork.  
18. I'm sorry. We cannot accept this application. It needs the C of your parents.  
19. We need to recruit more people for this project. I really need someone to A my workload.  
20. The wounds were F, so there was nothing the doctor could have done.  
(A) resembles (B) protest (C) indication (D) hardships (E) thorough (F) magnificent  
21. He A his father in many ways. I feel like I'm seeing his father every time I look at him.  
22. There is no C that this cell phone belongs to you. As a result, I won't give it to you unless you prove that this one is really yours.  
23. After the B, the street was left with burning vehicles and broken glass.  
24. Many people enjoy the F view of high mountains, and that's why they always try to reach the peak.  
25. If someone grows up without any D, they may feel extremely frustrated when they actually encounter difficulties.



1. **admit** [əd'mɪt] *admit*  
*admit (v.) 承認*  
vt. 承認；准許進入  
• I must **admit** that you look fantastic in the dress. 我必須承認，你穿那件洋裝看起來棒透了。  
• This special pass means that I can be **admitted** backstage. 這張特別通行證代表我被准許進入後台。

**admission** [əd'mɪʃən] *admission*  
*admission 准許加入*  
n. 准許加入；進入權  
• **Admission** to the fashion show is by invitation only. 這個時裝秀只有受邀的人可以進入。

2. **command** [kə'mænd] *command*  
*command 命令*  
**commander** [kə'mændə] *commander*  
*commander 指揮官*  
vt. 命令  
• The president **commanded** the entire army to be on the alert. 總統命令整個軍隊保持警覺。  
n. 指揮官  
• All soldiers must **obey** their **commander**. 所有的士兵必須服從指揮官。

3. **distinguish** [dɪ'stɪŋɡwɪʃ] *distinguish*  
*distinguish 分辨*  
vt. 分辨  
• Color-blind people have difficulty **distinguishing** the color and green. 色盲的人沒有辦法分辨紅色跟綠色。  
**distinguished** [dɪ'stɪŋɡwɪʃt] *distinguished*  
*distinguished (a.) 著名的*  
adj. 著名的；卓越的  
• Mr. Simpson is a **distinguished** historian. Simpson 先生是位著名的歷史學家。

4. **employ** [ɪm'plɔɪ] *employ*  
*employ (v.) 雇用*  
vt. 雇用  
• Mrs. Smith was **employed** not because she was experienced but because she was hard-working. Smith 太太被雇用的原因不是因為她歷練豐富，而是因為她工作努力。  
**employee** [ɪm'plɔɪi] *employee*  
*employee (n.) 受雇者*  
n. 受雇者  
• All **employees** enjoy good benefits in my company. 我公司的所有員工都享有好的福利。  
**employer** [ɪm'plɔɪə] *employer*  
*employer (n.) 雇主*  
n. 雇主  
• As an **employer**, I want my workers to be loyal and dependable. 身為一名雇主，我想要我的員工是忠誠並且可靠的。

10. **outdoor** ['aʊt,dɔːr] *outdoor*  
*outdoor (a.) 戶外的*  
adj. 戶外的  
• There are various kinds of **outdoor activities** for people to do during their leisure time. 有各式各樣的戶外活動供人們在空閒時選擇。  
**outdoors** [aʊt,dɔːz] *outdoors*  
*outdoors (adv.) 在戶外*  
adv. 在戶外  
• Jason loves to spend time **outdoors** and breathe the fresh air. Jason 喜歡花時間待在戶外並且呼吸新鮮的空氣。

11. **politics** ['pɒlə,tɪks] *politics*  
*politics (n.) 政治*  
**politician** [ˌpɒlə'tɪʃən] *politician*  
*politician (n.) 政治家*  
n. 政治  
• It's not polite to talk about **politics** with people you don't know well. 與你不熟的人談論政治不太禮貌。  
n. 政治家；政客  
• Some people find it hard to trust **politicians** because they think they would do anything to get a vote. 有些人發現他們很難去信任政治人物，因為他們覺得這些人會為了得選票而做任何事。  
**political** [pə'ɪtɪkl] *political*  
*political (a.) 政治的*  
adj. 政治的  
• There are two major **political** parties in this country. 這個國家有兩個主要的政黨。

12. **publish** ['pʌblɪʃ] *publish*  
*publish (v.) 出版*  
**publication** [ˌpʌblɪ'keɪʃən] *publication*  
*publication (n.) 出版*  
vt. 出版  
• Every year, our company **publishes** at least two hundred new books. 我們公司每年都至少會出版兩百本新書。  
n. 出版  
• The author became famous after the **publication** of the novel. 在這本小說出版後，它的作者變得有名。  
**publisher** ['pʌblɪʃə] *publisher*  
*publisher (n.) 出版商*  
n. 出版社  
• Mandy works as the chief editor of a big **publisher**. Mandy 在一間大型的出版社當主編。

13. **reflect** [rɪ'flekt] *reflect*  
*reflect (v.) 反射*  
vt. 反射（聲、光、熱等）；vi. 認真思考  
• The sunlight is **reflected** by the diamond in Mrs. Smith's ring. Smith 太太戒指上的鑽石反射著陽光。  
• The students **reflected on** the story their teacher told them about the war. 學生們認真思考著老師告訴他們那個關於戰爭的故事。  
**reflection** [rɪ'flekʃən] *reflection*  
*reflection (n.) 映像*  
n. 映像  
• Sarah **admired** her **reflection** in the mirror. Sara 欣賞著自己在鏡中的映像。

1. **appreciate** [ə'pri:ʃi,eɪt] *appreciate*  
*appreciate (v.) 欣賞*  
vt. 欣賞；感激  
• The ability to **appreciate** literature has to be cultivated. 欣賞文學的能力必須被培養。  
• The people Jeff met while working as a volunteer really **appreciated** his help. Jeff 在做志工時遇到的那些人都非常感激他的幫忙。  
**appreciation** [ə'pri:ʃi'eɪʃən] *appreciation*  
*appreciation (n.) 欣賞*  
n. 欣賞；感激  
• Marcus has no **appreciation for** beautiful things; he prefers things that are useful. Marcus 不欣賞美麗的事物；他偏好實用的東西。  
• On Mother's Day, children show their **appreciation** to their mother by giving her cards and gifts. 母親節時，孩子們送媽媽卡片和禮物以表達他們的感謝。

2. **assist** [ə'sɪst] *assist*  
*assist (v.) 幫助*  
vt. 幫助；援助  
• This box is too heavy. I need someone to **assist** me in carrying it. 這箱子太重了。我需要有人幫我一起搬。  
**assistance** [ə'sɪstəns] *assistance*  
*assistance (n.) 幫助*  
n. 幫助；援助  
• When Tim's friends heard that he was in trouble, they quickly **came to his assistance**. 當 Tim 的朋友聽到 Tim 有麻煩，他們很快地趕來幫忙。

3. **communicate** [kə'mju:nə,keɪt] *communicate*  
*communicate (v.) 傳達*  
vi. vt. 傳達；溝通  
• This new concept is what the lecturer wanted to **communicate to** her audience. 這個新觀念就是這位講者想要傳達給她的聽眾的。  
• How to **communicate** ideas effectively and clearly is important. 如何有效且清楚地傳達想法是重要的。  
• Lindsey finds it difficult to **communicate with** her roommate. Lindsey 發現要跟她室友溝通很困難。  
**communication** [kə'mju:nə'keɪʃən] *communication*  
*communication (n.) 溝通*  
n. 溝通  
• **Communication** is one of the most important skills for students to learn. 溝通是一項學生要學會的最重要技能之一。



The flying fish season spans around 8 months.  
**Spanning**<sup>3</sup> around eight months of the year, the flying fish season involves **multiple**<sup>4</sup> customs and **rituals**<sup>5</sup>. A special religious ceremony, usually held in February, marks the beginning of this important period and ensures a **prosperous**<sup>5</sup> and **plentiful**<sup>6</sup> season. Tao boat captains head to the beach with **elaborate**<sup>7</sup> costumes on. There, they pray and make sacrifices to **appeal**<sup>8</sup> to the flying fish spirits to bless their tribe, and to the gods for good fortune and courage on the dangerous seas.

Although local fishers can catch flying fish between March and June, they are restricted to capturing only those found in **shallow**<sup>9</sup> waters. During this period, **netting**<sup>10</sup> any deep-sea or coral reef fish is not permitted. If the fishers didn't follow this rule, various **species**<sup>10</sup> would not have the time needed to recover their numbers, and **harmony**<sup>11</sup> with nature would be lost.

At the end of June, the annual sea **harvest**<sup>12</sup> concludes with another ceremony to express gratitude and respect for nature's **endless**<sup>13</sup> cycles. After the ceremony, flying fish can no longer be caught. Therefore, from July **onward**<sup>14</sup>, only dried and stored alibangbang can be eaten. Furthermore, after the **Mid-Autumn Festival**<sup>15</sup>, even these dried fish

*Handwritten notes:*  
 中秋節連風乾也不能吃  
 習俗  
 儀式  
 標記...的開始  
 通常舉辦在2月  
 時期  
 確保  
 船長  
 在 order to  
 獻上祭品  
 祈求  
 神靈  
 祈求  
 play to sb. for sth.  
 好運  
 在危險的海上 pray 好運、勇氣  
 被限制於  
 淺水區  
 撒網捕魚  
 珊瑚礁魚  
 各式各樣的  
 所需的時間  
 和諧的  
 不要干擾生態系統和大自然的和諧  
 以...作結  
 無止境的循環  
 從七月起  
 再也不能  
 儲存的  
 中秋節  
 Moon Festival  
 甚至

must no longer (be consumed). This custom seems to (be) **engraved in the locals' hearts**<sup>16</sup> and is believed to prevent ill luck and **guarantee**<sup>17</sup> abundance in seasons to come.

Just as the locals are concluding their **scalp**<sup>18</sup> harvest for the year, **scores**<sup>14</sup> of tourists begin arriving on Lanyu for the summer season. To make sure you don't feel like a **fish out of water**, here are some basic **guidelines**<sup>15</sup> to help you enjoy your stay while respecting local traditions. First, it is considered a taboo to touch or photograph the Tao fishing boats without permission since it would bring (bad luck). Also, you should never enter locals' **private**<sup>16</sup> gardens **uninvited**<sup>17</sup> to view or **sample**<sup>17</sup> drying fish. Additionally, avoid asking about future fishing trips, as locals believe that the gods may be angered and that the harvest may be **spoiled**<sup>18</sup> as a **consequence**<sup>19</sup>. Finally, as a sign of respect for the local community and environment, don't **snorkel**<sup>20</sup> or **dive**<sup>20</sup> in the island's traditional fishing waters during the flying fish season. Such activities can **disturb**<sup>21</sup> the local ecosystem.

The customs and taboos mentioned above reflect the importance of preserving and cherishing natural resources and local culture. The ancient **wisdom**<sup>22</sup> of Lanyu's Tao

*Handwritten notes:*  
 中秋節連風乾也不能吃  
 習俗  
 風乾  
 相信  
 防止  
 保證  
 豐收  
 在未來季節  
 厄運  
 正如  
 大量的  
 確保  
 (in order) to do sth.  
 基本的準則  
 享受  
 同時  
 尊重  
 第一  
 禁忌  
 未經許可  
 因為會帶來壞運  
 私人  
 未經邀請  
 參觀  
 品嚐  
 此外  
 避免  
 詢問  
 因為相信  
 收穫  
 被破壞  
 因此  
 表示尊重  
 當地  
 環境  
 不要潛水  
 不要潛水  
 如此這般的  
 打擾  
 生態系統  
 上述所提及的  
 重要性  
 珍惜  
 自然資源  
 和  
 當地文化  
 古老  
 智慧  
 蘭嶼  
 的  
 阿美族

Are you feeling **adventurous**<sup>1</sup>? Then **spread your wings** and travel 90 km southeast of Taiwan, where you'll discover a part of the country unlike any other. Known as **Lanyu**<sup>\*</sup> or Orchid Island, this tiny drop of earth in the **Pacific**<sup>\*</sup> is home to the **Tao**<sup>\*</sup>, Taiwan's only ocean-dependent **indigenous**<sup>\*</sup> **tribe**<sup>2</sup>. The Tao people are the people of the "**alibangbang**<sup>\*</sup>" or flying fish, one of Mother Nature's greatest gifts. The annual flying fish season is at the heart of Tao culture and **comes with** many traditions and taboos.

*Handwritten notes:*  
 highlight  
 1  
 展開  
 冒險的  
 然後  
 90 km  
 東南  
 台灣  
 那裡  
 你會發現  
 一個  
 與  
 任何  
 其他  
 不同的  
 部分  
 這個  
 國家  
 已知  
 為  
 蘭嶼  
 或  
 蘭花  
 島  
 這個  
 小小  
 的  
 地球  
 的  
 一部分  
 位於  
 太平洋  
 是  
 台灣  
 唯一  
 海洋  
 依賴  
 的  
 土  
 著  
 部  
 落  
 的  
 人  
 是  
 飛  
 魚  
 的  
 人  
 是  
 母  
 親  
 自  
 然  
 的  
 最  
 大  
 的  
 禮  
 物  
 之一  
 飛  
 魚  
 季  
 是  
 太  
 平  
 洋  
 文化  
 的  
 核心  
 並  
 帶  
 來  
 許  
 多  
 習  
 俗  
 和  
 禁忌

**inhabitants**<sup>23</sup> thus appears to have given us much to learn about living in harmony with this planet. Everyone is, after all, **in the same boat** (under nature's wing).

—Written by André Louw

*Handwritten notes:*  
 55  
 居住者  
 因此  
 似乎  
 已經  
 給我們  
 許多  
 關於  
 如何  
 與  
 這個  
 星球  
 和諧  
 共  
 處  
 的  
 教  
 訓  
 每個  
 人  
 都  
 是  
 在  
 同  
 一  
 條  
 船  
 上  
 (在  
 自然  
 的  
 庇  
 護  
 下)  
 畢竟  
 在  
 自然  
 的  
 庇  
 護  
 下  
 大家  
 都  
 同  
 舟  
 共  
 濟  
 和諧  
 和  
 自然  
 和諧



**THANK  
YOU FOR  
LISTENING!**

