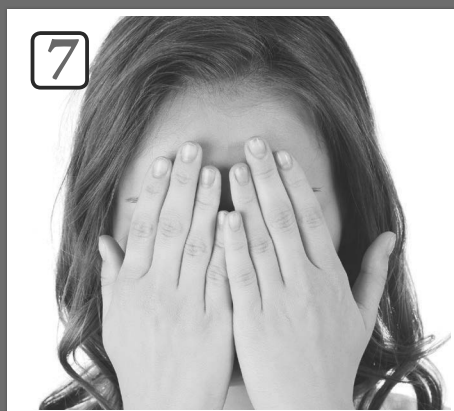
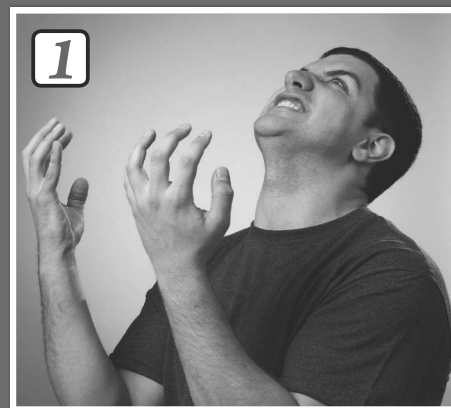
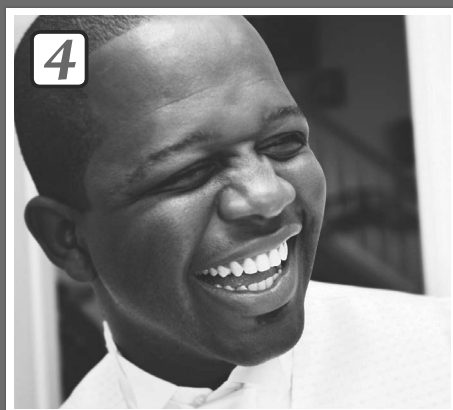




# EMOTIONAL MANAGEMENT

## GIVE IT A TRY

A Listen and number the pictures.



Listen again. Then number and fill in the blanks.

### Word Box


upset / Amused / terrified / Shocked /  
disgusted / Frustrated / Satisfied / bored

- 7 It's easy to look terrified. People cover their faces and eyes to prevent themselves from seeing scary or frightening things.
- 6 Being bored has many appearances. Most look emotionless, but the lack of emotion shows boredom. Leaning on their hands or looking quite lazy is normal.
- 5 People looking upset have a lot of emotion happening with tense faces and narrow eyes. Being on the verge of tears or crying is also a characteristic.
- 1 Frustrated people typically throw their hands in the air as a way to show their feelings. They may react very quickly or violently.
- 4 Amused people look happy with a big smile and closed eyes. This happens because of enjoying something funny or humorous.
- 8 Shocked appearances have people's mouths open wide and a still look on their faces. This is from something unexpected or unknown.
- 3 Satisfied people have a sense of relief and pleasure with something going well. They look and feel happy due to their positive situation.
- 2 Having seen something disgusting, people have a disgusted look on their faces. Their faces look tight because of the muscles pulling together.

### SPEAK UP

Answer the questions.

1. What are stressful things in your life?  
How do you deal with them?
2. What do you do when you are angry?  
Why do you do those things?
3. How do you deal with people who get angry at you?
4. What are positive ways to manage anger?
5. Are men or women more emotional?  
Why do you think so?

**B** Listen and look at the picture.  
Choose the best statement.  MP3 / 79

1. B



2. D



3. A



UNIT  
10



## The Silent Admirer

Ben: Ahhhhhh! I'm going to kill Jake!

Daniel: What's wrong? Why are you so angry?

Ben: Grrrr . . . I saw him with Melinda!  
They were kissing! My dream girl!  
The one, the only, lovely, beautiful,  
funny, Melinda! He's taking her from me.

Daniel: I didn't know that the two of you  
were together. I've never seen you  
two going out before.

Ben: Well, we have not actually gone out  
together before, but I've thought about it  
many, many times.  
I was just getting my **courage**<sup>1</sup>  
together to ask her out and he stole  
her from me! I could **tear**<sup>2</sup> him into  
tiny, **itsy-bitsy**<sup>3</sup> pieces and feed him  
to the sharks.

Daniel: Then you'd go to **jail**<sup>4</sup>! Besides . . .

Ben: Big sharks with huge white teeth  
who would eat him like . . .



Daniel: You don't even know if she liked  
you.

Ben: I think she liked me, she looked at  
me before, and once she waved at  
me. We would have made the  
perfect couple! She was my dream  
and she was stolen, **robbed**<sup>5</sup> from  
me. Where can I find sharks?

Daniel: Remember, "**A faint heart never wins**<sup>6</sup>." You should have at least  
tried to make a move before.

Ben: I was planning. It takes time.  
I didn't want to make a mistake.

Daniel: Well, I guess you don't have to  
worry about making a mistake now.

Ben: Hey, you're my friend. You are  
supposed to be helping me plan  
Jake's swim with the sharks.

Daniel: Did Jake even know that you really  
liked Melinda? You always talked  
about it, but there was no action to  
**back it up**<sup>7</sup>.

Ben: Yeah, yeah . . . Jake is the shark,  
hunting for beautiful girls. It's not fair!

Daniel: He was pretty good.

Ben: I wish I were a shark.

## Language Notes

Synonym: ✓

- \* 1. **courage** [ˈkʌrɪdʒ] *n.*  
It took a lot of courage for the soldier to save his friend.
2. **tear** [tɛr] *v.*  
Be careful not to tear the paper.
3. **itsy-bitsy** [ˈɪtsɪˈbɪtsɪ] *adj.* ✓ *very small*  
I want to go, but there's one itsy-bitsy problem: I have no money.
4. **jail** [dʒeɪl] *n.*  
If she is found guilty of the crime, she could spend 10 months in jail.

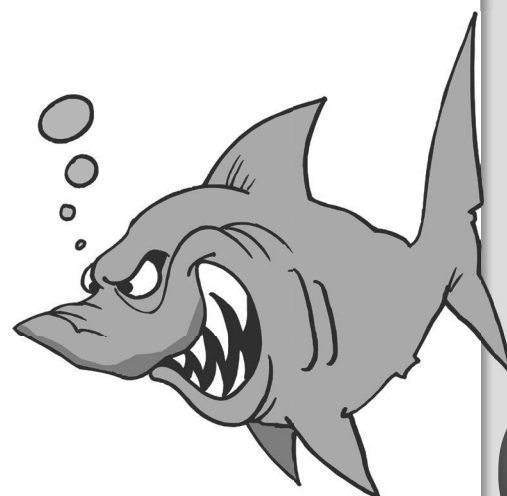
5. **rob** [rɒb] *v.*  
Jack was robbed by two men in the city last night.
6. **A faint heart never wins.** *idiom*  
A: Don't just dream about her. Go up and talk to her!  
B: I know, I know. A faint heart never wins.
7. **back up** *phr.*  
He would have lost his job if you hadn't backed him up.

\* Represents GEPT elementary vocabulary

## CONVERSATION REVIEW

Listen and check the correct answer.  MP3 / 81

1. ☒ a. Melinda is Ben's girlfriend.  
☐ b. Jake is Melinda's boyfriend.  
☐ c. Ben has never gone out with Melinda.
2. ☐ a. Courageous  
☐ b. Helpful  
☒ c. Funny
3. ☐ a. Melinda absolutely refuses to go out with him.  
☐ b. Melinda doesn't want to date him anymore.  
☒ c. He saw another man with Melinda.
4. ☒ a. You won't succeed if you're always afraid.  
☐ b. You'll win games more easily with a weak heart.  
☐ c. You must faint during games in order to win.
5. ☒ a. Rip him into little pieces  
☐ b. Feed him whole to the sharks  
☐ c. Bite him with his huge white teeth



UNIT  
10



## ADJECTIVE CLAUSES

### Restrictive Adjective Clauses

*Restrictive adjective clauses provide essential information about the nouns they describe. They help describe one thing among many things. Restrictive adjective clauses which cannot be omitted without affecting the meaning do not use commas.*

The dog **whose paws are white** is sleeping under the table.

→ *There may be many dogs, but there is only one dog with white paws. That dog is sleeping under the table.*

The car **which is in front of the bank** has a broken door.

→ *There may be many cars with broken doors; however, of all the cars with broken doors, the sentence is describing the one car that is in front of the bank.*

**A** Fill in the blanks.

- ① Her friend who/that lives in New York visits her twice a year.
- ② The neighbor whom/that you have met is outside of his yard.
- ③ There is a boat which/that you can take to the beach down the street.
- ④ Marie and Ronald can't find the man whose jacket is red.
- ⑤ Oscar wants to give you the book which/that was on the table.

**B** Unscramble the sentences.

- ① more / which / other / card / cards / the / I / than / is / the / lost / important  
I lost the card which is more important than the other cards.
- ② toy / week / wants / bought / you / play / last / with / Tommy / the / that / to  
Tommy wants to play with the toy that you bought last week.
- ③ to / the / your / Is / officer / who / house / that / yesterday / police / went  
Is that the police officer who went to your house yesterday?
- ④ know / don't / I / whom / ago / you / months / artist / met / the / two  
I don't know the artist whom you met two months ago.
- ⑤ Frank / sister / his / Where / table / put / the / cake / on / the / is / that / and  
Where is the cake that Frank and his sister put on the table?

## Non-restrictive Adjective Clauses

*Non-restrictive adjective clauses* only describe one thing. They are not used to identify one among many, but are instead used to provide extra information. Non-restrictive adjective clauses can be omitted without affecting the meaning, but **must use commas** to add outside information for the sentence.

The dog<sub>1</sub> whose paws are white<sub>2</sub> is sleeping under the table.

→ Without the non-restrictive adjective clause, the sentence is explaining one dog. With the commas separating the clause, the new information explains that this one dog happens to have white paws.

The car<sub>1</sub> which is in front of the bank<sub>2</sub> has a broken door.

→ Without the non-restrictive adjective clause, the car has a broken door. The information about the car being in front of the bank is added between the commas.

**A** Read the sentences and circle "R" for **restrictive** or "N" for **non-restrictive adjective clauses**.

- ① R / **(N)** My cousin, who works at the post office, lives downtown.
- ② R / **(N)** I went to the zoo to see the pandas, which are very friendly and playful.
- ③ **(R)** / N This is the motorcycle which I have never ridden in the rain.
- ④ **(R)** / N Shelly doesn't want to do the homework that her science teacher gave her.
- ⑤ R / **(N)** Our piano, which was bought 40 years ago, is the only thing from our old house.

**B** Combine the sentences using a **restrictive** or **non-restrictive adjective clause**.

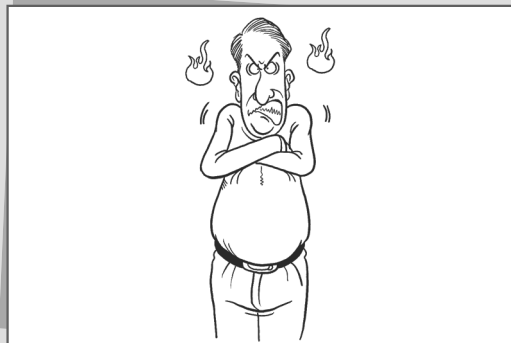
- ① There is only one computer. The computer is mine. It's on the table.  
The computer, which is on the table, is mine.
- ② There are many tomatoes. Some tomatoes are in the bag. Those tomatoes are expensive.  
The tomatoes that/which are in the bag are expensive.
- ③ Chris has one comic book. He loves his comic book. It was given to him by his father.  
Chris loves his comic book, which was given to him by his father.
- ④ Jane goes to many restaurants. Jane doesn't like this restaurant. It doesn't have green tea.  
Jane doesn't like this restaurant that/which doesn't have green tea.
- ⑤ Yuna saw one movie. Yuna is thinking about the movie. She wants to see it again.  
Yuna is thinking about the movie, which she wants to see again.



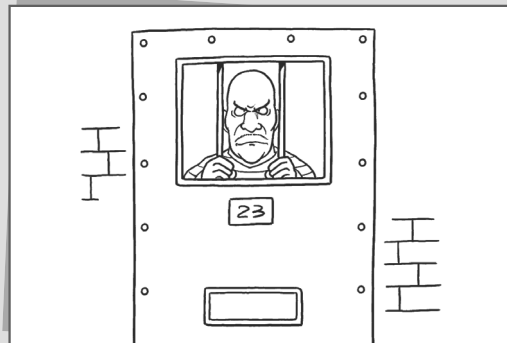
## LISTENING TEST

**I 聽力測驗：看圖辨義** MP3 / 82  
請聽題目及三個選項，選出與圖案最相符的答案。

1. ☒ A  
☐ B  
☐ C



3. ☐ A  
☐ B  
☒ C



2. ☒ A  
☐ B  
☐ C



4. ☐ A  
☐ B  
☒ C



**II 聽力測驗：問答** MP3 / 83  
請聽問題，再從三個選項中選出一個最適合的答案。

1.   C     A Yes, we have everything in order now.  
              B There's nothing to really worry about now.  
              C Yes, they just keep getting worse!
2.   C     A Hey, it wasn't me that kicked you.           B Yeah, I shouldn't laugh at you.  
              C Sorry. I have a bad temper.
3.   A     A Yes, he is a very brave person.           B He'll give you a few if you want some.  
              C No, he sold them on the Internet.
4.   C     A Yeah, she told me she liked traveling.  
              B Hey, that's great news! Tell her congratulations.  
              C Yes, I heard she stole some money.
5.   B     A Yeah, it's too big for me.               B It is small, but it's cute, right?  
              C My boyfriend likes these long skirts.
6.   B     A Oh, no. Is he not finishing his homework again?  
              B I guess he is too shy and likes to keep to himself.  
              C Yeah, it's good for kids to get some more exercise.

## MP3 / 84

1. C    Ⓐ Julie has a very loud voice.  
            Ⓑ Julie never listens to her.  
            Ⓒ Julie makes her feel nervous.

2. B    Ⓐ Lying improves relationships.  
            Ⓑ Lying destroys relationships.  
            Ⓒ Everyone lies at times.









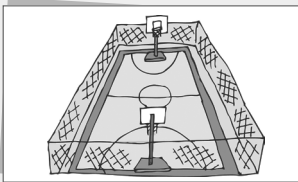



3. A    Ⓐ Make them into small pieces  
            Ⓑ Paint over them  
            Ⓒ Take pictures of them

4. C    Ⓐ Give the man more hours  
            Ⓑ Give the man easier work  
            Ⓒ Give the man less work

5. C    Ⓐ He is very sad.  
            Ⓑ He is charming.  
            Ⓒ He is very angry.

6. A    Ⓐ You have to be brave.  
            Ⓑ You should speak loudly.  
            Ⓒ You need to have something interesting to say.

## MP3 / 85

1.	<input type="checkbox"/> A		<input type="checkbox"/> B		<input checked="" type="checkbox"/> C	
2.	<input checked="" type="checkbox"/> A		<input type="checkbox"/> B		<input type="checkbox"/> C	
3.	<input checked="" type="checkbox"/> A		<input type="checkbox"/> B		<input type="checkbox"/> C	
4.	<input type="checkbox"/> A		<input checked="" type="checkbox"/> B		<input type="checkbox"/> C	



## Anger Management

*calm down**Take some deep breaths**lose their temper**get out of control**Most importantly**over time*

Do you know someone who is angry almost all the time? And when they're not angry, it's often only a matter of time before they lose their  
5 temper? It's like you are **walking on eggshells**<sup>1</sup> around them. The smallest, most **incidental**<sup>2</sup> thing can **set** them **off**<sup>3</sup>. For these people, unchecked anger is the problem and effective  
10 anger management may just be the answer.

Of course, it is completely normal to feel anger occasionally, but we should not let our emotions get out of  
15 control, no matter how powerful the angry feelings are. Remember that we can't control other people's actions; the only thing we can control is our reaction. Most importantly,  
20 don't **lash out**<sup>4</sup> or **blow up**<sup>5</sup>. There are many more positive ways to manage your anger. You just need to find the one that works best for you.

So, how can you best deal with your  
25 anger? Blowing up is not the solution, but neither is keeping anger **bottled up**<sup>6</sup> inside. This is unhealthy and can be

**destructive**<sup>7</sup> to both personal and professional relationships. It's best to  
30 deal with problems immediately before they have a chance to **spiral out of control**<sup>8</sup>. Take some deep breaths while counting to ten or walk away from the situation to give yourself a  
35 chance to calm down.

Since unchecked anger can, over  
time, lead to serious health conditions like heart attacks and strokes, it is important to have a long-  
40 term strategy for managing your anger. Stress is a fact of life, so now it's more important than ever to find time in our schedules to relax. Reading, listening to music, or heading outdoors can help us  
45 feel peace. Some people take up yoga or **meditation**<sup>9</sup> to **reduce**<sup>10</sup> stress. Find what works best for you and work hard to overcome your anger.



## Language Notes

1. **walk on eggshells** *phr.*

Everyone at the company was walking on eggshells until we heard that no one would be fired.

2. **incidental** [ˌɪnsəˈdɛntl̩] *adj.*

His careless work has caused some incidental damage.

3. **set off** *phr.*

Don't mention what happened, you'll only set her off again.

4. **lash out** *phr.*

They lashed out at the university system.

5. **blow up** *phr.*

Gina blew up at her boyfriend for forgetting their date.

6. **bottle up** *phr.*

The more you bottle your anger up, the more likely it is that you'll continue to be stressed.

7. **destructive** [dɪˈstrʌktɪv] *adj.*

The little boy gets destructive when he doesn't get his way.

8. **spiral out of control** *phr.*

Water pollution in this town has spiraled out of control.

9. **meditation** [ˌmɛdəˈteɪʃən] *n.*

Yoga involves breathing exercises, stretching, and meditation.

10. **reduce** [rɪˈdʒʊs] *v.*

You should walk to work to help reduce pollution.

### READING REVIEW

Check the correct answer.

1. For people who are angry almost all the time, what can set them off?

☐ a. Unhealthy people

☐ b. Heart attacks

☒ c. Small things

☐ d. Big problems

2. According to the article, it's normal to sometimes \_\_\_\_.

☐ a. get lost

☐ b. have strokes

☐ c. do yoga

☒ d. get angry

3. What will happen if we don't deal with problems immediately?

☐ a. We will give meditation a try.

☐ b. People will probably blow up.

☒ c. Problems could spiral out of control.

☐ d. People will walk away.

4. What's NOT a good way to manage your anger?

☐ a. Control our reaction

☐ b. Take some deep breaths

☒ c. Lash out

☐ d. Listen to music

5. All of the following are suggested as ways to reduce stress except \_\_\_\_.

☐ a. listening to music

☒ b. lashing out at people

☐ c. exercising

☐ d. taking up yoga



Ask yourself the questions below. See how much stress you have been under recently.

IN THE PAST MONTH,  
HAVE ANY OF THE FOLLOWING HAPPENED TO YOU?

Marks: 0 = Never happens 1 = Sometimes happens 2 = Usually happens

- 1 \_\_\_\_\_ You feel that you have too many things to do and you don't get enough sleep.
- 2 \_\_\_\_\_ You feel that you have to race through the day, running from place to place.
- 3 \_\_\_\_\_ You feel that there is no time for hobbies because you must always think about school or work.
- 4 \_\_\_\_\_ You give up easily when you meet failure or face difficulties.
- 5 \_\_\_\_\_ You use sleeping pills to get to sleep.
- 6 \_\_\_\_\_ You get angry when you are kept waiting!
- 7 \_\_\_\_\_ You worry about things while in bed and cannot sleep.
- 8 \_\_\_\_\_ You feel guilty when taking a break.
- 9 \_\_\_\_\_ You spend a lot of time complaining about the past.
- 10 \_\_\_\_\_ You try to do everything yourself.

TOTAL MARKS: \_\_\_\_\_

What your score means:

- **0-10 marks:** Your current life needs more excitement, and you need to be more motivated.
- **11-15 marks:** You feel more stressed on occasion, but you can still handle it.
- **16 marks or more:** You have to take a good look at your life. Find out the problem and ask for help.

**GIVE IT A TRY**

Do you think your life is a little boring or too stressful?  
Use your imagination to create a better lifestyle! (Answers will vary.)

Problems in your current life:

1. I don't sleep enough.
2. I never see my friends.
3. I'm too impatient.
4. I'm too tired all day.
5. I think about my family problems.

How to make the problems disappear:

1. Drink less coffee
2. Take more vacation days
3. Spend 30 minutes per day relaxing
4. Go to bed at 10 p.m.
5. Do meditation every morning



**I 閱讀能力測驗：詞彙與結構**  
請依照題意選出最適合的答案。

<p><u>C</u> 1. My father ____ up at me because I failed my science exam.  <b>A</b> lashed                      <b>B</b> walked  <b>C</b> blew                         <b>D</b> backed</p>	<p><u>A</u> 5. The staff all has to ____ on eggshells when the boss is upset.  <b>A</b> walk                         <b>B</b> dance  <b>C</b> cry                          <b>D</b> crawl</p>
<p><u>B</u> 2. You must have a lot of ____ to sing in front of people.  <b>A</b> accident                   <b>B</b> courage  <b>C</b> channel                   <b>D</b> feeling</p>	<p><u>D</u> 6. I don't like my story! I want to ____ it up and start writing again.  <b>A</b> sign                         <b>B</b> screw  <b>C</b> lock                         <b>D</b> tear</p>
<p><u>A</u> 3. Mona felt ____ because she hadn't eaten all day.  <b>A</b> faint                         <b>B</b> absent  <b>C</b> pleasant                  <b>D</b> social</p>	<p><u>B</u> 7. My sister is wearing an itsy-____ yellow bikini.  <b>A</b> easy                         <b>B</b> bitsy  <b>C</b> tidy                         <b>D</b> tiny</p>
<p><u>D</u> 4. It is not good for you to bottle ____ your feelings.  <b>A</b> out                         <b>B</b> in  <b>C</b> down                       <b>D</b> up</p>	<p><u>A</u> 8. Everyone has challenges they must ____ in their lifetime.  <b>A</b> overcome                 <b>B</b> ignore  <b>C</b> include                   <b>D</b> support</p>

**II 閱讀能力測驗：克漏字填空**  
請從四個選項中選出一個最適合的字詞填入空格中。

Some people have bad tempers. You may feel like you have to walk on ① around them. Of course it's normal to feel angry occasionally, but you can't let your emotions get out of control. It's important not to lash ② when you're upset. You also shouldn't ③ up at someone when they make you mad. These actions can be ④ to all of your relationships. Instead of keeping your feelings bottled up inside, you should deal with problems immediately. Don't let them ⑤ out of control. One idea to help with stress is to take up yoga or meditation. These activities can definitely help ⑥ stress.

- |  |  |
|--|--|
| <u>B</u> 1. <b>A</b> glass <b>B</b> eggshells<br><b>C</b> rocks <b>D</b> water | <u>A</u> 4. <b>A</b> destructive <b>B</b> respectful<br><b>C</b> peaceful <b>D</b> crazy |
| <u>D</u> 2. <b>A</b> on <b>B</b> at<br><b>C</b> up <b>D</b> out                | <u>B</u> 5. <b>A</b> snap <b>B</b> spiral<br><b>C</b> stir <b>D</b> spray                |
| <u>C</u> 3. <b>A</b> yell <b>B</b> hit<br><b>C</b> blow <b>D</b> strike        | <u>C</u> 6. <b>A</b> promote <b>B</b> satisfy<br><b>C</b> reduce <b>D</b> organize       |



閱讀能力測驗：閱讀理解  
請依照文意選出最適合的答案。

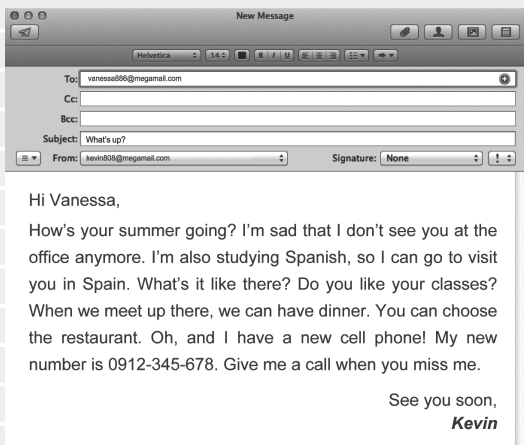
**A** Owen is very upset and tells Eddy that he is going to kill Sam. Eddy asks why he is so angry. Owen tells him that he saw Sam kissing Iris, and he is furious. Eddy says that he didn't know that Iris was dating Owen. Owen replies that he doesn't actually go out with Iris, but that he has thought about it many times. He goes on saying that he wants to rip Sam into little pieces and feed him to sharks. Eddy tells Owen that he can't blame Sam because he never had the courage to talk to Iris and ask her out.

- D   1. What is the main idea of the passage?
- A** Eddy really likes Iris.
  - B** Owen is angry with Eddy.
  - C** Owen wants to break up with Iris.
  - D** Owen needs to learn to control his temper.

- A   2. Why is Owen upset?
- A** He's upset because he saw Sam kissing Iris.
  - B** He's upset because he saw Iris talking to Eddy.
  - C** He's upset because Iris won't go out with him.
  - D** He's upset because Iris is cheating on him.

- C   3. Which of the following is true in the passage?
- A** Iris is Owen's girlfriend.
  - B** Owen and Sam are best friends.
  - C** Owen didn't ask Iris out.
  - D** Eddy is angry with Owen.

**B**



- D   1. How does Kevin get in touch with Vanessa?
- A** He visits her.
  - B** He calls her on his cell phone.
  - C** He sends her a postcard.
  - D** He sends her an e-mail.

- A   2. What does Kevin suggest they do?
- A** Eat dinner together
  - B** See a movie
  - C** Go dancing
  - D** Watch a baseball game



# I 寫作能力測驗：單句寫作

請將標準答案完整地寫出，包括提示之文字及標點符號。

## A 句子改寫 請依題目之提示，將原句改寫成指定型式，並將改寫的句子完整地寫出。

1. The store sells organic food.

This is the store that / which sells organic food.

2. A friend of mine, Antony, lives in Boston.

Antony is a friend of mine who / that lives in Boston.

## B 句子合併 請依照題目指示，將兩句合併成一句，並將合併的句子完整地寫出。

1. One of my brothers lives in Japan.

He came to see me last month. (用關係代名詞合併)

My brother who lives in Japan came to see me last month.

2. My friend, Jane, moved to Canada.

Jane's husband is a Canadian. (用關係代名詞合併)

My friend, Jane, whose husband is a Canadian, moved to Canada.

## C 重組 請將題目中所有提示字詞整合成一句有意義的句子，並將重組的句子完整地寫出。

1. A person that you don't trust won't trust you, either.

person / trust / either / don't / you / A / that / won't / trust / you,

2. Sydney, which is not the capital of Australia, is the largest Australian city.

Sydney, / is / not / the / capital / of / Australia, / the / which / is / largest / Australian / city

# II 寫作能力測驗：段落寫作

題目：Harrison 跟 Kyle 為了搶電動玩具吵了一架，經過老師勸解，後來握手言和了，請根據這些圖片寫一篇約 50 字的記敘短文。



Sample Answer:

Harrison and Kyle are fighting over a video game. Kyle wants to use it,  
but Harrison won't let him. Finally, their teacher makes them stop. She tells  
them that they are friends and they must learn to get along. Harrison and  
Kyle agree. They shake hands and promise to share their toys from now on.