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*Vocabulary: Anxiety 词汇: 焦虑*

Exam day – what do you do? I take a ring my grandfather gave me to the exam. It's a reminder of his affection and gives me a sense of security and **calms my nerves**. My brother **makes a fuss** about wearing his green underwear.

He's not alone in placing his hopes in a garment. One in three students admitted to wearing 'good luck underwear' to try to **boost** exam chances, according to a poll for pen makers, Bic.



*This alone does not guarantee good exam results*

The same poll suggested that 60% of students change their diet before a test in the hope that it can increase their **brain power** and **memory** – oily fish and fruit and vegetables are at the top of the list. This is good as long as you don't **stuff your face** with junk food all year long and decide to go healthy just for the exam.

Making the extra effort to succeed is good but if you haven't put in the hours of study, nothing will help you. Patrick Wilson, former teacher and founder of a private tuition firm, says: "The best way to feel truly confident and help beat that **stomach-churning** exam **angst** is to prepare for each exam in advance, making sure you have a dedicated structure for your **revision** schedule."

Wilson helped to create a guide for avoiding the last-minute **jitters**. It advises the revision timetable to start up to ten weeks before the exam, dividing learning into chunks. Don't **overload** yourself. Students should also give themselves regular **rewards** and breaks during revision. People learn things in different ways and this should be taken into account. I learn better by reading things out loud. Some colleagues believe **colour-coordinating** notes according to subject can produce good results too.

But there's a **consensus** against spending the night before the exam studying. If you don't get enough sleep, not even good luck underwear will help you pass the test.

## 词汇表

|                            |                    |
|----------------------------|--------------------|
| <b>to calm my nerves</b>   | 镇定我紧张的神经           |
| <b>to make a fuss</b>      | 大惊小怪，大做文章          |
| <b>to boost</b>            | 提升                 |
| <b>brain power</b>         | 脑力，智力              |
| <b>memory</b>              | 记忆力                |
| <b>to stuff your face</b>  | 胡吃海塞               |
| <b>stomach-churning</b>    | 令人反胃的              |
| <b>angst</b>               | 焦虑，担心              |
| <b>revision</b>            | 复习                 |
| <b>jitters</b>             | (考试前的) 焦虑，紧张       |
| <b>overload</b>            | 使超载，超负担太重          |
| <b>rewards</b>             | 小奖励                |
| <b>colour-coordinating</b> | (根据不同课程) 色彩协调的课堂笔记 |
| <b>consensus</b>           | 共识，一致              |

## 测验与练习

### 1. 阅读课文并回答问题。

1. Why does the author want to take jewellery to his exam?
2. True or false? *More students change their diet than choose 'good luck underwear' before exams.*
3. What does the author mean when he writes 'putting in the hours'?
4. Why are students advised to divide their learning into chunks?
5. Which piece of advice in the article do most people agree with?

### 2. 请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. If you study hard you will not have the \_\_\_\_\_ when you sit your exam.

|          |         |           |         |
|----------|---------|-----------|---------|
| revision | rewards | consensus | jitters |
|----------|---------|-----------|---------|

2. Do you want to know how many students have breaks during revision? Organise \_\_\_\_\_.

|         |        |        |                 |
|---------|--------|--------|-----------------|
| a guide | chunks | a poll | colourful notes |
|---------|--------|--------|-----------------|

3. You have to leave home about one hour before the exam. Even if the venue is not far from here, you should \_\_\_\_\_ into account the time it'll take for you to find the correct room.

|      |       |      |           |
|------|-------|------|-----------|
| take | think | make | calculate |
|------|-------|------|-----------|

4. You've got a good mark so you \_\_\_\_\_. I'll take you to a fancy bar for a drink.

|                 |                  |             |                 |
|-----------------|------------------|-------------|-----------------|
| stuff your face | deserve a reward | made a fuss | wear underpants |
|-----------------|------------------|-------------|-----------------|

5. You should change your \_\_\_\_\_ or you're going to get fat.

|       |           |      |        |
|-------|-----------|------|--------|
| fruit | junk food | diet | health |
|-------|-----------|------|--------|

## 答案

### 1. 阅读课文并回答问题。

1. Why does the author want to take jewellery to his exam?  
**He takes a ring his grandfather gave him to the exam because it makes him feel secure.**
2. True or false? *More students change their diet than choose 'good luck underwear' before exams.*  
**True. The article says one in three students choose 'good luck underwear', so it's around 33%. The number of people changing their diet is 60%.**
3. What does the author mean when he writes 'putting in the hours'?  
**He means spending many hours studying.**
4. Why are students advised to divide their learning into chunks?  
**Because if they don't, they might overload their mind with too much to study.**
5. Which piece of advice in the article do most people agree with?  
**The advice not to spend the night before the exam revising, because it is necessary to sleep well. Students should go to an exam feeling rested.**

### 2. 请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. If you study hard you will not have the **jitters** when you sit your exam.
2. Do you want to know how many students have breaks during revision? Organise a **poll**.
3. You have to leave home about one hour before the exam. Even if the venue is not far from here, you should **take** into account the time it'll take for you to find the correct room.
4. You've got a good mark so you **deserve a reward**. I'll take you to a fancy bar for a drink.
5. You should change your **diet** or you're going to get fat.