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Vocabulary: exam stress 词汇：考试压力

How do you feel about exams? Is it the one thing you **dread** or an experience you **relish** because it's your time to shine? Every year, many young people **sit** exams and whether they love or **loathe** them, most of them will face some **anxiety** in the lead up to the big day.

If you're anxious about your exams, don't worry, you're not alone. It might seem like a stressful time when **the pressure is on** to pass that all-important test but take a deep breath and **absorb** some good advice from people who've been through the same experience as you.

Eating the right food can feed your brain and keep you alert. Nutritional therapist Kerry Torrens recommends making breakfast the most important meal of the day. She recommends eating energy-giving oats and eggs, which contain a **nutrient** called choline - thought to help **cognitive performance** and improve memory as we age. And don't forget to drink lots of water to keep you hydrated – some research even suggests students who take water into the exam hall may even improve their grades.

One thing I know I always need is a good night's sleep to help me work and think better the next day and that's what's recommended for anyone preparing for their exams. If you get good sleep your memory is better and that means you can **retain** the information you have revised. And it's good to **wind down** before bedtime too – no watching TV or chatting on social media!

A good way to reduce your stress is to write down your anxieties. This is something that Lisa Artis from the Sleep Council recommends because it can 'free your mind'. She also says sitting on your bed when you're **cramming** is not a good idea because then you associate that place with stress. Revising for exams can also sometimes seem **relentless**, so it's good to take breaks and reward yourself with a small treat, like a cake or a quick run around the block. There comes a point when your brain can't absorb any more information so you'll also need to know when to stop.

But if all this talk about revising and exams is still **stressing you out**, be assured that there are some people who will always be more **on edge** than you: your parents! They're there to support you but they'll be biting their fingernails, worrying about you and the final results. So maybe you need to give them some advice – **chill**, everything will be ok!

词汇表

dread	感到害怕
relish	享受
sit	参加（考试）
loathe	憎恨
anxiety	焦虑，不安
the pressure is on	顶着巨大的压力，面对压力
absorb	掌握，吸收（信息、知识等）
nutrient	营养物质
cognitive performance	认知功能、认知表现
retain	记住
wind down	放松
cram	（尤指考前）死记硬背，突击学习
relentless	没完没了的
stress somebody out	使...倍感压力，令...紧张不已
on edge	烦躁的
chill	别紧张，放松点

测验与练习

1. 阅读课文并回答问题。

1. According to Nutritional therapist Kerry Torrens, what is the most important meal of the day?
2. According to the article, how does getting good sleep help you?
3. True or false: *Revising on your bed can actually make you feel less stressed.*
4. Who do you sometimes need to tell to 'chill out' and stop worrying?
5. What does the author mean when he says "There comes a point when your brain cannot absorb any more information"?

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

1. Love it or _____ it, the city of Milton Keynes has successfully attracted families and businesses and is used as a model for new towns across the world.

dread	relish	loathe	relentless
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2. The young actors felt a lot of _____ before they went on stage for the first time.

anxious	anxiety	anxiously	relish
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3. The rain was _____, so we decided to pack up and go home.

absorbing	relentless	wind down	dread
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4. Everyone seems to be _____ because the exam results come out tomorrow.

on an edge	edged on	on edge	edging on
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5. _____ all your recommended weekly exercise into one or two weekend sessions is enough to produce important health benefits, a study suggests.

Cramming	Absorbing	Relishing	Stressing
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答案

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1. According to Nutritional therapist Kerry Torrens, what is the most important meal of the day?

Nutritional therapist Kerry Torrens recommends making breakfast the most important meal of the day.

2. According to the article, how does getting good sleep help you?

If you get good sleep your memory is better and that means you can retain the information you have revised.

3. True or false: *Revising on your bed can actually make you feel less stressed.*

False. Sitting on your bed when you're cramming is not a good idea because then you associate that place with stress.

4. Who do you sometimes need to tell to 'chill out' and stop worrying?

Your parents.

5. What does the author mean when he says "There comes a point when your brain cannot absorb any more information"?

You have done plenty of revision and it has become hard to remember any more information.

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2. The young actors felt a lot of **anxiety** before they went on stage for the first time.

3. The rain was **relentless**, so we decided to pack up and go home.

4. Everyone seems to be **on edge** because the exam results come out tomorrow.

5. **Cramming** all your recommended weekly exercise into one or two weekend sessions is enough to produce important health benefits, a study suggests.