

The History and Tips for New Year's Resolutions

Making New Year's resolutions has been a tradition for thousands of years. It started with the ancient Babylonians, who made promises to the gods during the new year to gain favor for the year ahead. Later, the Romans continued this practice, offering resolutions to the god Janus, after whom January is named.

Today, common New Year's resolutions include exercising more, saving money, learning new skills, and quitting bad habits. These resolutions show the wish for self-improvement and positive change in the new year.

To make successful resolutions, it is important to have clear and realistic goals. Break big goals into smaller, achievable steps. For example, if your goal is to exercise more, start with small daily activities and gradually increase them. Having a friend or family member help can also keep you on track. Another tip is to track your progress. Writing in a journal or using apps to record your achievements can help keep you motivated.

Most importantly, be kind to yourself if you



miss a goal. Learn from the experience and try again next time. Staying on track is important for success. By focusing on progress rather than doing everything perfectly, you can build lasting habits. Don't let small mistakes stop you from reaching your goals.

Remember that change takes time, so be patient with yourself as you work toward your goals. New Year's resolutions can be a great tool for change, but success depends on having clear and achievable goals, and following through with effort. With patience, anyone can make their resolutions come true.

Reading Comprehension

- () 1. What is the passage mainly about? (main idea)
- (A) Reasons why people fail to keep their New Year's resolutions.
(B) The role of technology in tracking and achieving resolutions.
(C) The history of the month of January and its connection to the Roman gods.
(D) Common New Year's resolutions and tips for achieving them successfully.
- () 2. In what order does the author develop the article? (structure)
- a. Introduces common modern resolutions.
b. Explains how to make successful resolutions.
c. Emphasizes the importance of patience and not giving up.
d. Provides the historical background of New Year's resolutions.
e. Offers tips for tracking progress and dealing with challenges.
- (A) d → a → b → e → c (B) a → b → c → d → e
(C) d → b → a → c → e (D) b → d → c → a → e
- () 3. What can be inferred about New Year's resolutions from the passage? (inference)
- (A) Only physical fitness goals are successful.
(B) They are only practiced in Western countries.
(C) They have changed in focus since ancient times.
(D) Most people find them impossible to achieve.
- () 4. Which of the following is **NOT** one of the common New Year's resolutions mentioned in the article?

(A)



(B)



(C)



(D)



Vocabulary and Phrases

- | | | |
|-------------------------------------|--------------------------------------|------------------------------------|
| 1. resolution <i>n.</i> 決心要達成的目標，計畫 | 4. be named after <i>phr.</i> 以...命名 | 7. achievable <i>adj.</i> 可實現的 |
| 2. Babylonian <i>n.</i> 巴比倫人 | 5. quit <i>v.</i> 戒除 | 8. motivated <i>adj.</i> 有動力的 |
| 3. practice <i>n.</i> 慣例，習俗 | 6. realistic <i>adj.</i> 實際的，務實的 | 9. follow through <i>phr.</i> 貫徹執行 |

The Rise of “Brain Rot” and Its Effects on Digital Culture

The Oxford Word of the Year for 2024 is “brain rot.” It refers to the loss of deep thinking, 1 can especially harm young people who spend a lot of time online. “Brain rot” is used to describe both the effects of watching such content and the harm it can cause to one’s mental health. This term raises 2 about the effects of too much online content, especially material that is simple, unchallenging, or of low quality. It has become more popular over the last year, especially on platforms like TikTok, where younger generations have adopted it.

The term has grown in use 3 230% between 2023 and 2024, showing its growing importance in discussions about online culture. It is used to describe both the cause and the result of watching too much digital media. The term is often used jokingly; 4, there are also serious talks about its effect on mental well-being. In recent years, social media and digital culture have focused more

on quick, easy-to-understand content. Many people now worry that spending too much time on low-value media can negatively affect thinking and creativity.

In 2024, “brain rot” is seen as a warning about the negative effects of digital life. It is a 5 for balance in how we use technology. As discussions about mental health and online habits grow, “brain rot” continues to remind us of the need to be careful about what we watch.

This idea has started many discussions, showing how language changes with technology and social media.



Cloze

- | | | | |
|--------------------|--------------|---------------|--------------|
| () 1. (A) that | (B) who | (C) what | (D) which |
| () 2. (A) decades | (B) branches | (C) advances | (D) concerns |
| () 3. (A) to | (B) at | (C) by | (D) for |
| () 4. (A) besides | (B) however | (C) therefore | (D) moreover |
| () 5. (A) call | (B) gap | (C) fact | (D) deed |

Vocabulary and Phrases

1. refer to *phr.* 提及；與...相關
2. content *n.* 內容
3. harm *n.* 危害
4. mental *adj.* 心理的
5. unchallenging *adj.* 不具挑戰性的
6. generation *n.* 一代
7. adopt *v.* 採用
8. jokingly *adv.* 開玩笑地，打趣地
9. creativity *n.* 創造力

譯

新年計畫的歷史與建議

訂立新年計畫是長達數千年的傳統。這項傳統始於古巴比倫人，他們在新年期間向神明許下承諾，以求來年獲得眷顧。後來，羅馬人延續這種習俗，向雅努斯神 (Janus) 許諾新年計畫，而一月 (January) 正是以祂的名字命名。

如今，常見的新年計畫包括多運動、存錢、學習新技能和戒除壞習慣等。這些目標反映了對新年自我提升和正向改變的期望。

要制定能有成效的計畫，有明確且實際的目標很重要。將大目標分解為較小且可實現的步驟。例如，如果你的目標是多運動，可從每日的小活動開始，然後逐漸增加運動量。找朋友或家人協助也可以幫助你堅持下去。另一個技巧是追蹤進度。寫日記或使用應用程式記錄你的成就就可以幫助你保持動力。

最重要的是，如果未能達成目標要善待自己。從經驗中學習，下次再接再厲。維持進展對於成功很重要。專注於進步，而非追求事事完美，有助於養成持久的習慣。不要讓小失誤阻礙你達成目標。

記住，改變需要時間，所以在朝目標前進時要對自己有信心。新年目標可以是很好的改變工具，但成功有賴於擁有明確且可實現的目標，以及持續付出努力。只要有耐心，人人都可以實現目標。

譯

「腦腐」興起及其對數位文化的影響

2024 年牛津年度詞彙為「腦腐 (brain rot)」。「腦腐」指的是深度思考能力的喪失，這對花大量時間上網的年輕人尤其有害。「腦腐」被用來描述觀看這類內容的影響，以及其對心理健康可能造成的危害。這個詞彙引發了人們對於過多網路內容之影響的擔憂，尤其是簡單、不具挑戰性或品質低下的內容。在過去一年中，這個詞彙在年輕一代中流行了起來，尤其是在 TikTok 等平臺上。

這個詞彙的使用率在 2023 年至 2024 年間增長了 230%，顯示它在網路文化討論中的重要性日益提升。它被用來描述觀看過多數位媒體的原因與結果。這個詞彙常被用來開玩笑；然而，也有關於它對心理健康影響的嚴肅討論。近年來，社群媒體和數位文化更加注重快速、易懂的內容。現在許多人擔心，花太多時間在低價值的媒體上可能會對思考能力和創造力產生負面影響。

2024 年，「腦腐」被視為對數位生活負面影響的警示。它是對使用科技時保持平衡的呼籲。隨著有關心理健康和網路使用習慣的討論增多，「腦腐」持續提醒我們需要謹慎選擇觀看的內容。

這個概念引發了許多討論，顯示了語言如何隨著科技和社群媒體而演變。

閱讀測驗解答：1. D 2. A 3. C 4. B

綜合測驗解答：1. D 2. D 3. C 4. B 5. A

Acknowledgments

“The History and Tips for New Year’s Resolutions” by Catherine Ruth Harrington

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