

# 《學術英語Power Up》

## Unit 6 (part 1)

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課程名稱：英文文法與寫作II

教學主題：Summary Skills



# Summarizing Skills (摘要技巧)

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- 摘要是一種整理文章訊息的方式。
- 進行摘要寫作時，應使用與原文不同的文字，  
精簡地統整文章重點。
- 不需重述全部內容，也不可以添加原文沒有的  
訊息。



# 摘要技巧練習活動

# STEP 1(步驟一): 形成第一印象

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快速瀏覽文章，  
然後簡短地寫下  
對大意的印象，  
可以用幾個字或  
一句話。因為是  
第一印象，不需  
很完整。



Please read the following passage and write some words or a sentence about your first impression.

## THIS YEAR'S BEST FITNESS APPS

Today, with all the fitness apps available, staying fit and eating right are a lot easier than before. But that's also the problem. There are so many apps that it's hard to know which one is right for you. I've reviewed some of the most popular fitness apps out there today. I hope this information helps you find an app that works for you.

Before you download an app, you need to ask yourself what kind of fitness program you like best. Do you prefer working out by yourself? Do you want data? How about some music? For some people, a little more encouragement—maybe from a coach or friends on social media—helps push them to the next level. For others, there is nothing like a little competition.

One of my favorite apps is *FitVeu*. It's free to download, but there is a small monthly fee to use it. I like it because it lets you choose whether you want to exercise on your own, get help from a coach, or share your workouts on social media. After your first workout, you can rate the difficulty of each part of the workout and the app adjusts the workout to your fitness level. It also keeps track of how much and how fast you run, bike, etc. Its exercise programs are great, but it doesn't keep track of your diet.

*FitterNow* is another great choice. Compared to *FitVeu*, *FitterNow* is more expensive, but I think it's worth it. *FitterNow* does everything *FitVeu* does, but unlike *FitVeu*, it has a diet feature that helps you keep track of your food. It can read a product's barcode and then calculate the number of calories it has. It has a few other features that *FitVeu* doesn't have. One feature lets you and your friends set goals and compete. For example, you enter how many miles you'll run and your friend enters how many miles she'll bike. But this is the fun part: You use money as an incentive. You say how much money your goal is worth. The app checks your progress and if you don't meet your goal, your friend gets your money.

This year's best free app is *YouGoPal*. With just a few features, it is much easier to use than the other two. Some people just want to know how far and how fast they run, which is exactly what *YouGoPal* gives you. This one is a good choice if you prefer to exercise alone and you don't need features like exercising with friends, a coach, or social media. And the best part? It's completely free.



從Start up 4摘錄(Pearson)

## STEP 1(步驟一): Write down your first impression

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- With your partner, write down the first impression of the passage using a sentence or some phrases.
- Each pair will read aloud what you wrote to the class.

## STEP 1(步驟一): Write down your first impression

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- For example:
- Fitness app review on three apps: Fitveu, FitterNow & YouGoPal

STEP2 (步驟二):摘錄文章中的關鍵句子或片語

仔細閱讀文章，找出與步驟(1)大意相關的重點，並摘錄關鍵字詞及句子。

重點	關鍵句子或片語
1. Purpose of this review	
2. Personal preference	
3. Features of Fitveu	
4. Features of FitterNow	
5. Features of YouGoPal	

## STEP 2(步驟二): Extract some key sentences from each paragraph

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- With your partner, discuss and find some key sentences from each paragraph.
- Write them down on your worksheet.

### STEP3 (步驟三):統整並改寫關鍵句子

將前面找出的關鍵句子進行統整，改寫成自己的句子。原則上，改寫時要使用與原文不同的詞彙，並且變換句型。不過如果遇到專有名詞或專業術語，可以直接引述。

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重點	統整並改寫之關鍵句子
1. Purpose of this review	
2. Personal preference	
3. Features of Fitveu	
4. Features of FitterNow	
5. Features of YouGoPal	

## STEP 3(步驟三): Synthesize and paraphrase the key sentences

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- With your partner, discuss and try to synthesize and paraphrase the key sentences.
- Write them down on your worksheet.

# Sample (Step2 + Step 3)

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- Copy key sentences or phrases in paragraph 1.

Today, there are so many apps. Hard to know which is right for you. I've reviewed some of the most popular fitness apps. This information helps you find an app that works for you.

- Synthesize and rewrite the above key sentences and phrases.

I reviewed some of today's popular fitness apps to help you find an app that suits you.

- Use ChatGPT to rewrite.

With countless fitness apps available today, choosing the right one can be challenging. To help you decide, I've reviewed some of the most popular options, providing insights to find the app that best suits your needs.

- Combine your re-written sentence and ChatGPT's.

Choosing a fitness app from countless apps on the market nowadays is challenging nowadays so my review may help you find the app that best suits your needs.

# Correct grammatical errors

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- 請ChatGPT 修改文法
- Choosing a fitness app from the countless options on the market nowadays is challenging, so my review may help you find the app that best suits your needs.
- ChatGPT 紿的 修改建議
  1. Avoid repetition – "nowadays" was used twice; I kept it once for clarity.
  2. Improved flow – "countless apps" changed to "countless options" to avoid redundancy.
  3. Added a comma – A comma before "so" improves readability.

# STEP4(步驟四)：撰寫摘要

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- 將步驟三改寫的句子連結起來，寫成一個連貫的段落。
- 第1句：簡述作者寫這個文章的目的。
- 第2句：點出在選擇fitness app時需要考量到什麼
- 第3句：說明FitVeu 的特點。
- 第4句：說明FitterNow 的特點。
- 第5句：說明YouGoPal的特點

# Paraphrasing Skills: (1) 運用同義字詞

➤ 改寫(paraphrasing)是摘要的重要步驟。最常見的技巧是使用同義字詞。例如下表例1的reflect (原文) 與show (改寫) , the true state of affairs (原文) 與the real situation (改寫) ; 例2的feel scared in a safe way與a safe thrill (改寫) 。

	原文	改寫
例1	'...' we cannot assume that this <b>reflects</b> the <b>true state of affairs</b> ."	The rising crime rate...does not <b>show</b> the <b>real situation</b> .
例2	"Watching crime...allows people to <b>feel scared in a safe way</b> ."	News about crime provides people with <b>a safe thrill</b> .

# Paraphrasing Skills: (2) 運用句型轉換

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- 另一常見闡述技巧為變換句型，例如下列例3中主動與被動句的使用。

	原文	改寫
例3	“... negative news sells.” (主動句)	People are generally drawn to negative news. (被動句)



Class Dismissed!

