

生態心理學與環境意識

Practice Worksheet

A. Vocabulary - Write the English word

Write the correct English word for each Chinese meaning.

1. 生態心理學 (n.) _____
2. 親生命性 (n.) _____
3. 鄉痛 (n.) _____
4. 生態焦慮 (n.) _____
5. 自然缺失症 (n.) _____
6. 環境認同 (n.) _____
7. 生態自我 (n.) _____
8. 地方依附 (n.) _____
9. 地方感 (n.) _____
10. 戀地情結 (n.) _____
11. 野化 (n.) _____
12. 復育 (n.) _____
13. 保育 (n.) _____
14. 保存 (n.) _____
15. 永續性 (n.) _____

B. Grammar - Choose the correct answer

1. If people ___ more time in nature, they would feel less anxious.
(A) spend (B) spent
(C) spending (D) had spent
2. It is our ___ from nature that causes much of our stress.
(A) disconnect (B) disconnection
(C) disconnecting (D) disconnected
3. The forest, ___ covers 500 hectares, is home to rare species.
(A) that (B) which
(C) what (D) where

4. Research ____ that green spaces reduce depression rates.
(A) show (B) shows
(C) showing (D) shown
5. ____ the concept of biophilia was introduced in the 1980s, it remains influential.
(A) Despite (B) Although
(C) Because (D) Therefore
6. Greenwashing, the practice of ____ misleading environmental claims, is widespread.
(A) make (B) made
(C) making (D) having made
7. Were deforestation ____, biodiversity loss could be reversed.
(A) halt (B) halted
(C) halting (D) to halt
8. The ____ in which humans relate to nature shapes environmental behavior.
(A) way (B) method
(C) mean (D) path
9. Indigenous communities ____ maintained sustainable relationships with nature for millennia.
(A) has (B) have
(C) had (D) having
10. Not only ____ nature reduce stress, but it also boosts creativity.
(A) do (B) does
(C) is (D) has

C. Listening - Go to learn.chparenting.com to listen

1. 研究發現森林浴有什麼效果?
(A) Nature increases stress levels.
(B) Forest bathing reduces cortisol levels by 16 percent.
(C) Only Japan studies the health effects of nature.
2. 調查發現年輕人的生態焦慮有多普遍?
(A) Eco-anxiety only affects older adults.
(B) 75 percent of surveyed youth found the future frightening.
(C) Psychologists recommend ignoring climate concerns.
3. 親生命性的概念是什麼?
(A) Biophilia means fear of nature.
(B) Humans have an innate need to connect with nature.
(C) Biophilic design is only used in rural areas.
4. 原住民知識如何應用於現代保育?
(A) Indigenous knowledge has no modern relevance.
(B) Aboriginal fire practices are being adopted for wildfire management.
(C) Traditional knowledge is only theoretical.

5. 漂綠現象有多嚴重?

- (A) All corporate environmental claims are accurate.
- (B) 60 percent of EU corporate green claims were misleading.
- (C) Regulators have no plans to address greenwashing.

D. Reading - Go to learn.chparenting.com to read the passage

1. According to ecopsychology, what is the root cause of environmental destruction?

- (A) Economic inequality
- (B) Technological advancement
- (C) Disconnection between humans and nature
- (D) Population growth

2. Who introduced the concept of biophilia?

- (A) Richard Louv
- (B) Arne Naess
- (C) E.O. Wilson
- (D) Rachel Carson

3. What is the ecological self?

- (A) A type of therapy
- (B) An expanded identity that includes nature
- (C) A scientific measurement
- (D) A government policy

4. What do critics say about ecopsychology?

- (A) It is entirely wrong.
- (B) It may romanticize nature and oversimplify problems.
- (C) It focuses too much on technology.
- (D) It ignores indigenous knowledge.

5. What is the main argument of the passage?

- (A) Nature is only important for recreation.
- (B) Human well-being and ecological health are inseparable.
- (C) Cities should be completely replaced by forests.
- (D) Psychology has nothing to do with the environment.

