25. **答案** : fight or flight
**解析** : 因為學者說的是，"Under pressure, the body recognizes this through a series of biochemical and physiological changes and prepares for what is commonly referred to as a 'fight' or 'flight' response."（處於壓力的狀況下，身體經由一系列生物化學上與生理上的改變而感受到壓力，並且預備做出一般稱為「打」或「逃」的反應。）

26. **答案** : digestive disorders
**解析** : 因為學者說的是，"Other signs include physical symptoms such as high blood pressure, insomnia, fatigue, tension headaches and digestive disorders."（其他徵兆還包括察覺其他身體症狀，諸如高血壓、失眠、疲勞、緊張造成的頭痛與消化不良。）

27. **答案** : physical appearance
**解析** : 因為學者說的是，"He talked of panic or anxiety attacks, phobias, depression, anger, problems with eating habits and low confidence levels. Oh, there are a few more as well. Umm... strange behaviour, lack of humour, loss of decision making ability and loss of interest in physical appearance."（他談到驚慌或焦慮來襲、恐懼、憂鬱、憤怒、飲食習慣的問題，以及自信心低落。噢，還有其他幾個其他的狀況，像是嗯……行為怪異、缺乏幽默、喪失決斷力，以及不修邊幅。）

**Questions 28-30** 間答題 Short Answer Questions

28. **答案** : play sport
**解析** : 因為 Daniel 說的是，"I have personally found that the best way to cope with too much pressure is to take some time out of my schedule to play sport after classes in the evenings."（我個人覺得處理壓力最好的方式，就是從行程中挪出一些時間來，在下課後的傍晚做些運動。）

29. **答案** : a support system
**解析** : 因為 Kate 說的是，"The best thing about spending quality time with close friends is that it supports you through the rough times as well."（最棒的就是藉由和好朋友相處的珍貴時光支持你度過難關。）

30. **答案** : a sense of direction
**解析** : 因為 Carl 說的是，"I was able to establish more of a sense of direction in my life too by slowing down and reflecting on what the important things are in life. Having a sense of direction has made a huge positive change in my life."（經由放慢腳步並仔細考量什麼是人生重要的事，我能夠建立人生的方向感。擁有方向感，對我的人生造成正面的影響。）