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1110801 大專院校畢業生 中翻英短文翻譯 題目

近期研究報告顯示，注意力分散在許多不同的工作時，人的反應通常較慢；而且人在同一時間想做太多事情，犯的錯通常也較多。密西根大學(University of Michigan)的科學家 David Meyer 表示：「多工會減慢你的速度，增加出錯的機會。」他認為頻繁的干擾會限制大腦迅速有效處理資訊的能力；另一位科學家 René Marois 也認為，人腦雖然功能強大，但並不是真的設計來同時專心於兩件事情上的。

多工 multitasking

頻繁的 frequent

干擾 interruption

限制 limit

處理 process

專心 concentrate

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1110801 大專院校畢業生 中翻英短文翻譯 參考答案

Recent research reports show that when people divide their attention among many different tasks, they usually react more slowly. In addition, people often make more mistakes when they try to do too many things at once. “Multitasking is going to slow you down and increase the chances of mistakes,” says David Meyer, a scientist at the University of Michigan. He believes that frequent interruptions limit the brain’s ability to process information quickly and effectively. René Marois, another scientist, believes that although the human brain is powerful, it is not really designed to concentrate on two things at once.