



GOODBYE, JOHN

再見·約翰 (告別手機成癮)

B1 • L2 Reading Worksheet | 課文閱讀與素養導向學習單 (備課與教學用)

授課年級：高中一年級 單元：Book 1 Lesson 2 難度：CEFR A2-B1

READING PASSAGE *Goodbye, John*

★ 紅字標註：核心字彙 / 藍框：常用片語 / 綠底線：關鍵句型

1 Dear John, it is not easy to say this, but I must. I'm leaving you. Our relationship was sometimes **satisfying** [adj. 令人滿意的], but now it is over.

2 You gave me many good times. I was never bored, and you **inspired** [v. 激勵、啟發] me to **connect with** others and **communicate** [v. 溝通] better. You even introduced me to new music, games, knowledge, and friends. In fact, life was very different after you came into it. When I woke up, you were there. I checked my friends' updates and new messages on apps again and again. Even when there was nothing new, I still **refreshed** [v. 重新整理] the screen, **just in case**. It felt romantic, but I could not focus on school, and my grades went down.

3 You also hurt my relationships with family and friends. When we **hung out**, I often **ignored** [v. 忽視] them and didn't even **reply** [v. 回覆]. I gave all my attention to you. At night, I played games and responded to messages with you **instead of talking to my family** [instead of + V-ing]. My parents were angry and **disappointed** [adj. 失望的].

4 Please don't **take it personally**. You are wonderful, and I'll miss you. But I need to study, spend time with friends, and be with my family again. So, **for the last time**, goodbye. Best wishes, Sally.

CLASS NOTES • 備課與教學重點指引 (Teacher Reference)

★ 課堂板書與延伸教學建議

① 核心句型 Focus

- **instead of + V-ing/N** 而非、代替...
例：...instead of talking to my family.
- **connect with sb** 與某人建立連結
例：inspired me to connect with others.
- **just in case** 以防萬一
例：refreshed the screen, just in case.

② 關鍵片語 Collocations

- **hang out** 聚在一起、消磨時光
- **give attention to** 將注意力放在...
- **take sth personally** 認為某事是針對個人
- **for the last time** 最後一次

③ 詞性轉換 Word Families

- **satisfy** (v.) → **satisfying** (adj.) 令人滿意的
- **inspire** (v.) → **inspiration** (n.) 靈感、啟發
- **communicate** (v.) → **communication** (n.) 溝通
- **disappoint** (v.) → **disappointed** (adj.) 感到失望的



MISSION 1 (Structure Map): 50 / 50

MISSION 2 (Reading Practice): 50 / 50

TOTAL SCORE: 100 / 100

MISSION 1 • READING STRUCTURE MAP

每題 10 分，共 50 分

WORD BANK

satisfying⁽¹⁾ | inspired⁽²⁾ | refreshed⁽³⁾ | ignored⁽⁴⁾ | disappointed⁽⁵⁾

1 THE BREAKUP LETTER

- Sally writes to John (smartphone).
- Relationship was (1) **satisfying**, but must end now.
- Needs to take back control of her life.

【解析】對應第1段 "relationship was sometimes satisfying"。

2 ADDICTION & GRADES

- John (2) **inspired** her to connect with friends.
- Constantly (3) **refreshed** the screen for updates.
- Could not focus on school; grades fell.

【解析】對應第2段 "inspired me to connect" 與 "refreshed the screen"。

3 HURTING RELATIONSHIPS

- Often (4) **ignored** friends & didn't reply.
- Played games at night instead of talking.
- Parents became angry and (5) **disappointed**.

【解析】對應第3段 "often ignored them" 與 "angry and disappointed"。

4 MOVING FORWARD

- Decides to say goodbye for the last time.
- Prioritizes studies, friends, and family.
- Reclaims real human connection.

【解析】對應第4段說明回歸真實生活與家庭。

MISSION 2 • READING PRACTICE

每題 10 分，共 50 分

(A) Q1 Vocabulary

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After working for ten hours, having a warm dinner and a hot bath was truly **satisfying**.

- (A) satisfying (C) traditional
(B) poisonous (D) sensitive

【考點與解析】satisfying (adj.) 令人滿意舒暢的。干擾排除：(B) 有毒的；(C) 傳統的；(D) 敏感的。

(B) Q2 Vocabulary

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The teacher was deeply **disappointed** that several students did not submit their final assignments.

- (A) invisible (C) accidental
(B) disappointed (D) memorable

【考點與解析】disappointed (adj.) 感到失望的。干擾排除：(A) 看不見的；(C) 意外的；(D) 難忘的。

(B) Q3 Big Idea

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Who is "John" in Sally's breakup letter, and what is her purpose in writing it?

- (A) A high school boyfriend she had a quarrel with. (C) An online computer game she lost money on.
(B) Her smartphone; to end addiction and focus on real life. (D) A strict private tutor who gave her bad grades.

【考點與解析】主旨題。「John」代表智慧型手機，作者藉由情書分手信的擬人手法表達戒除手機成癮、回歸真實生活的決心，故選 (B)。

(C) Q4 Detail

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According to the passage, why did Sally's parents feel angry and disappointed?

- (A) Sally spent too much money buying designer clothes. (C) Sally played games and messaged instead of talking with them.
(B) Sally refused to eat dinner with her classmates. (D) Sally failed to pass the college entrance exam.

【考點與解析】細節題。依第 3 段 "played games and responded to messages with you instead of talking to my family"，故選 (C)。

(B) Q5 Inference

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What can we infer about Sally's attitude toward her smartphone in the final paragraph?

- (A) She hates technology and plans to destroy all devices. (C) She will immediately buy a newer phone model tomorrow.
(B) She appreciates its benefits but chooses real relationships. (D) She blames her parents for her poor academic performance.

【考點與解析】推論題。第 4 段提到 "You are wonderful... But I need to study, spend time with friends, and be with my family again"，顯示肯定其價值但優先選擇現實人際，故選 (B)。

文 TRANSLATION 課文完整中文翻譯參考，自我核對用

✓

1 親愛的約翰（智慧型手機）：要說出這番話並不容易，但我必須離開你了。我們之間的關係有時確實令人滿足，但現在該結束了。

2 你曾帶給我許多美好時光與靈感。但每當我醒來你都在，我甚至無事也重新整理螢幕以防萬一。這感覺很浪漫，但我無法專注學業，成績一落千丈。

3 你傷害了我與家人朋友的關係。聚會時我常忽略他們甚至不回覆，晚上跟你玩遊戲回訊息而不跟家人聊天，父母感到生氣失望。

4 請別當作針對你。你很棒我也會想念你，但我需要讀書、陪伴朋友並回到家人身邊。所以這是最後一次說再見了。莎莉 (Sally) 筆