

國立臺中教育大學 110 學年度研究所碩士班招生考試

研究法試題

適用系所：區域與社會發展學系碩士班

- 一、何謂單一樣本、成對樣本 T 檢定(T-test)與單因子變異數分析(one-way ANOVA)，請說明此三種分析的使用時機(15%)？虛無假設(H0)及對立假設(H1)的定義與解釋為何，請任舉一個調查研究的例子並進行解釋？(10%)
- 二、若某位老師想要測驗班上學生對於不同教學方法與學業成績表現之差異，應該如何設計一套統計測量方法進行施測(10%)？請自行舉例並詳細說明編製完成正式問卷的程序。(15%)
- 三、人類學中最主要的研究方法為「田野工作」或稱為「田野調查」，其主要的研究取徑為「參與觀察」與「深度訪談」，請試舉例說明如何進行「田野工作」以及可能面臨的問題與挑戰。(25%)
- 四、史學方法有三大重要階段：一蒐集史料階段、二考證史料階段與三消化史料階段，試舉例說明「歷史敘事」與「歷史解釋」在此三階段之意義。(25%)

國立臺中教育大學 110 學年度研究所碩士班招生考試

語文（英文）試題

適用系所：語文教育學系華語文教學碩士班、區域與社會發展學系碩士班

I. Vocabulary (20%; 1% each)

1. Nowadays many people carry a thermos bottle with them especially during the summer time to avoid being _____ and to stay healthy.
(A) demoted
(B) deposed
(C) dehydrated
(D) diminished
2. To prevent the _____ of the recent pandemic, the security guard in the bank measures people's temperatures with a forehead thermometer before people enter the bank.
(A) trudge
(B) trampoline
(C) transmission
(D) transcription
3. When spring comes, the seed begins to _____. The roots grow into the soil and start soaking up water and nutrients. After that, a sprout develops from the seed. It eventually grows to be a beautiful plant.
(A) gawk
(B) garnish
(C) glacier
(D) germinate
4. More people are becoming health-conscious. They desire to eat _____, organic food as opposed to processed food.
(A) wireless
(B) wholesale
(C) wholesome
(D) white-collar
5. People were caught _____ elephant tusks into other countries. They received a severe penalty for this crime.
(A) smite
(B) smudge
(C) smothering
(D) smuggling

(背面尚有試題)

6. The school orchestra _____ diligently so that the performance at the graduation ceremony would please the audience.
- (A) rehearsed
 - (B) reimbursed
 - (C) relinquished
 - (D) rejuvenated
7. The proper _____ for waiting to get on a train is to queue up. One should not push, shove, or cut the line.
- (A) excursion
 - (B) etiquette
 - (C) exemption
 - (D) exuberance
8. The lyrics in the folk song _____ with passion about the ups and downs of life. Many people are falling in love with the song because they can relate to the lyrics.
- (A) ooze
 - (B) outlaw
 - (C) obscurity
 - (D) obliterate
9. The monkeys are quick and nimble creatures. They can _____ up trees to avoid being preyed on by lions, crocodiles, or other animals.
- (A) scuff
 - (B) scribble
 - (C) skirmish
 - (D) scramble
10. Because the road has many potholes, it will be _____ with asphalt. The process will be inconvenient for drivers temporarily. However, in the end, the road will be easy to drive on.
- (A) repaved
 - (B) rebuffed
 - (C) repudiated
 - (D) reprimanded
11. The singer debuted his new song at the concert. Many diehard fans _____ the song on Youtube. After a while, the song went viral.
- (A) steepened
 - (B) loped down
 - (C) steamed up
 - (D) livestreamed

12. Many people have _____ careers to increase their income. They wish that after a short period of time, they can become financially free.
- (A) slash
 - (B) slosh
 - (C) slump
 - (D) slumber
13. Fitness centers have a variety of equipment such as _____, exercise bikes, and weight lifting equipment for people to get in shape. It is good to routinely go to a fitness center to work out.
- (A) treason
 - (B) trapeze
 - (C) transverse
 - (D) treadmills
14. The action movie is filled with dramatic scenes of the protagonist using martial arts such as judo, karate, and taekwondo to defeat villains. Finally, the protagonist causes justice to _____ by having the villains put in jail.
- (A) prune
 - (B) prowl
 - (C) prevail
 - (D) prestige
15. The farmer puts the hay into the _____ that is hooked to a tractor. The farmer then drives the tractor to transport the hay to the barn. The hay is used to feed the horses, goats, and sheep.
- (A) tuft
 - (B) trailer
 - (C) transplant
 - (D) tumbledown
16. People eat _____ rice balls filled with red beans, peanuts, and sesame seeds to celebrate the winter solstice. This is the shortest day of the year because the sun sets early.
- (A) gouty
 - (B) groggy
 - (C) grafting
 - (D) glutinous
17. The author announced that she will _____ her newly released book at Top City Department Store on Christmas Eve. The author is doing this as a strategic method to increase sales.
- (A) avert
 - (B) autopsy
 - (C) autograph
 - (D) aristocrat

(背面尚有試題)

18. The Youtuber told her viewers to like her video, subscribe to her Youtube channel, and share her video with their friends. She also asked her viewers to tap the notification bell so that they can receive the latest updates about her recently _____ videos.
- (A) relaxed
 - (B) released
 - (C) relieved
 - (D) rebounded
19. As the interest rates decrease, the costs of living rise, and people's life _____ increases, people are realizing that they need to enhance their knowledge about economics, finances, and investments.
- (A) enigma
 - (B) endowment
 - (C) enterprise
 - (D) expectancy
20. To curb the spread of COVID-19, Taiwan High Speed Rail Corporation has _____ the sale of non-reserved seat tickets throughout the Lunar New Year holiday.
- (A) surged
 - (B) subleased
 - (C) suspended
 - (D) surrendered

II. Cloze Test (15%; 1% each)

____21____ the period of social and intellectual ferment before the First World War, American educators also encountered the ____22____ of Maria Montessori (1870-1952). Although an initial burst of interest between 1909 and 1915 ____23____ rapidly, the Montessori method re-emerged half a century later, and by the 1970s was the most widespread, best organized independent alternative ____24____ in American education. Montessori was one of the premier theorists of the holistic philosophy, and yet, unlike other holistic approaches, her method has been preserved intact for eighty years and has been welcomed in middle class communities. Today there are approximately three thousand Montessori schools in the United States. To understand its success, we need to carefully ____25____ the history of the Montessori movement in this country.

Montessori was the first woman ever to enter an Italian medical school, and after winning high honors, graduated in 1896. A practicing physician, she was ____26____ a student of psychiatry and physical anthropology. This ____27____ background – unique among leading educational thinkers – gave her an empirically disciplined approach to pedagogy and a therapeutic interest in the individual child. ____28____, her educational

ideas were not so much derived from philosophical or ideological convictions as they were from a clinical perspective. In 29 institutionalized children – the mentally retarded, learning disabled, emotionally disturbed, and delinquents who were, in those years, simply lumped together – she became convinced that social and intellectual deprivation in early childhood, rather than organic defect, was the leading cause of these children’s difficulties. She went on speaking tours 30 Italy, and established a national reputation as “the apostle of a new movement on behalf of unfortunate children” (in Kramer 1976, 82).

21. (A) Outside (B) At (C) During (D) Between
22. (A) work (B) woman (C) release (D) swelling
23. (A) rose (B) gained (C) declined (D) maintained
24. (A) tragedy (B) class (C) relationship (D) movement
25. (A) evaluate (B) enjoy (C) create (D) attend
26. (A) hopefully (B) wrongly (C) also (D) seriously
27. (A) country (B) intellectual (C) low-level (D) emotional
28. (A) Consequently (B) Surprisingly (C) Joyfully (D) Legally
29. (A) showing (B) treating (C) delivering (D) learning
30. (A) above (B) among (C) aboard (D) around

Any 31 examination of American education must consider the prolific work of John Dewey (1859-1952). He is a 32 intellectual figure whose educational ideas reflected his wide-ranging concern with social, cultural, and philosophical issues. It is impossible to adequately summarize, in a few pages, the tremendous 33 and breadth of his thought, which 34 during sixty years of changing social conditions and intellectual movements. His criticisms of traditional education and American culture reflected a modern rather than postmodern perspective, but they were incisive, and twentieth century holistic educators have found 35 inspiration in his writings.

31. (A) unusual (B) fortunate (C) beautiful (D) serious
32. (A) important (B) major (C) unimportant (D) interesting
33. (A) depth (B) faith (C) dearth (D) health
34. (A) heated (B) included (C) evolved (D) celebrated
35. (A) little (B) large (C) much (D) few

III. Reading Comprehension (15%; 1% each)

(背面尚有試題)

Direction: In the reading test, you will read a variety of texts and answer several

different types of reading comprehension questions. Select the best answer for each question.

Questions 36-40 refer to the following text.

Excuse me, ladies and gentlemen. I hope you enjoyed your meal. Personally, I found it to be an absolute feast, and I'd like to thank the organizers for their marvelous work.

It's time to move on to the more formal part of the evening, which comprises the awards for journalist and photojournalists of the year. This year has been a particularly dark and dangerous one for journalists working in war zones. I can only say how much I admire and respect those courageous writers and photographers who have risked death and even torture in order to bring the truth to the world. Would everyone please give a big round of applause for our chief editor? He is going to present our first award.

36. What type of text is this?
- (A) Announcement and introduction
 - (B) Advertisement
 - (C) News report
 - (D) Lecture
37. What did everyone just finish?
- (A) Checking in at reception
 - (B) A feast
 - (C) Taking a transportation
 - (D) Making a deal
38. What is the purpose of the talk?
- (A) To reveal the truth about some war secrets.
 - (B) To thank the organizer for preparing the event.
 - (C) To raise fund.
 - (D) To present awards to the best journalists.
39. Why does the speaker say that this year has been particularly tough?
- (A) The newspaper company had a hard time.
 - (B) He lost some of his closest colleagues.
 - (C) Many of the journalists had to go to war.
 - (D) The writers could not write freely.
40. Who is going to make the first presentation?
- (A) The head editor.
 - (B) The speaker.
 - (C) The event organizer.
 - (D) One of the journalists.

Questions 41-45 refer to the following text.

To: charles@danone.com

From: jgibson@karpine.net

Subject: Upcoming visit

Dear Charles,

The purpose of this letter is to confirm the travel dates for Sharon and myself. We had some difficulty working out our schedules but have finally agreed that the best time for our trip would be from February 14 to 21. We will be traveling to France by Air France, and then we will proceed to Switzerland by train three days later, whereupon we will leave for home after we've had plenty of chances to catch up on old times.

Please note below the times and dates of our schedule:

Travel itinerary:

February 14 – Air France departure point: New York, US

February 15 – Air France arrival point: Paris, France

February 17 – Eurostar departure point: Paris, France

February 18 – Eurostar arrival point: Zurich, Switzerland

February 20 – Swiss Air departure point: Zurich, Switzerland

February 21 – Southwest Airlines arrival point: New York, New York

As you can see from our schedule, we will be changing destinations twice. During our travel, we were hoping to rent a car in each city. If you could arrange that one be sent to the airport with a driver on our arrival in each city, that would be greatly appreciated. I look forward to getting reacquainted with you after such a long time.

Best regards,

John

41. What does this e-mail confirm?

- (A) A car has been rented for John.
- (B) Accommodation arrangements have been taken care of.
- (C) The dates of travel have been set.
- (D) The plane tickets have been reserved.

42. Who are traveling?

- (A) Unknown.
- (B) John and Charles.
- (C) Charles and his wife.
- (D) John and Sharon.

(背面尚有試題)

43. After a few days in Zurich, where will they go?
- (A) Home
 - (B) To a meeting
 - (C) To work
 - (D) To visit company partners
44. What is being requested by the writer?
- (A) To be picked up at the hotel
 - (B) To have transportation arranged
 - (C) To send the plane tickets right away
 - (D) To convince Sharon to go on the trip
45. What does the letter imply about the relationship between Charles and John?
- (A) They will be meeting in France for the first time.
 - (B) Charles is John's superior.
 - (C) They have not seen each other for a long time.
 - (D) John can't wait for Charles to meet Sharon.

Questions 46-50 refer to the following text.

Fantasy Fitness

Are you tired of waiting in line to use your favorite exercise machine only to find out that it is broken for the day? Or you finally get yourself out to the gym, but there is no one to train with? Well, don't fret because Fantasy Fitness is here.

At Fantasy Fitness, all your fitness needs are at your fingertips. We have a 200-square-foot exercise room with the latest exercise equipment and a 100-square-foot swimming pool with multiple private saunas, and everyone who signs up with us will be put in a special program tailor-made by our licensed trainer to help you get into the best shape of your life.

Read what some of our most satisfied customers have to say:

"I always used to skip going to the gym and wasted so much money on those expensive membership fees. But not at Fantasy Fitness, with their readily available personal trainers and customized workout programs, I never miss a workout!"

Dave from Taipei

"As a mother of four, who would ever think that I would have the time to go to the gym, but at Fantasy Fitness they take care of all my family's needs. They have a fully-equipped professional staff of over 10 daycare specialists working around the clock as well as 5 different playrooms for children between 5-10 to play in. I used to think I would never exercise again, but not any more... Fantasy Fitness is a mother's fantasy come true!"

Jane from Taichung

“My girlfriend used to complain that I work too much and that I’ve gained a lot of weight over the months. She said that we never get to spend any quality time together, but ever since I joined Fantasy Fitness, that has changed. Since joining six months ago, I have already lost 25 pounds and my girlfriend was so impressed she joined as well. Now we spend a lot of time together at Fantasy Fitness. Fantasy Fitness has turned my life from frustration to a true fantasy.”

Bob from Kaohsiung

Come and try Fantasy Fitness! You’ll never regret it!

46. What type of text is this?
- (A) Announcement and introduction
 - (B) Advertisement
 - (C) News report
 - (D) Lecture
47. Which of the following is **NOT** a service mentioned?
- (A) Person training by a specialist
 - (B) A daycare center for children under 10 years of age
 - (C) Saunas for members to relax in
 - (D) Free swimming lessons for regulars
48. What can be inferred from the text?
- (A) Fantasy Fitness has gyms in major cities.
 - (B) The fitness center guarantees weight loss.
 - (C) Children get free memberships.
 - (D) The swimming pool is available 24 hours a day.
49. Why is Jane happy with Fantasy Fitness?
- (A) She can work out with her children.
 - (B) She received many tips about nutrition.
 - (C) She does not have to worry about her kids.
 - (D) She has lost a lot of weight.
50. What is the purpose of showing the customers reviews?
- (A) To build their brand loyalty through this word of mouth marketing.
 - (B) To make their competitors jealous.
 - (C) To decrease their sales.
 - (D) To blur their company position on the market.

國立臺中教育大學110學年度研究所碩士班招生考試

語文（國文）試題

適用系所：語文教育學系華語文教學碩士班、區域與社會發展學系碩士班

一、基本語文能力測驗（每題2%，共10%）

1. 下列古典小說的主角，何者非歷史人物？

- (A) 西遊記
- (B) 紅樓夢
- (C) 世說新語
- (D) 三國演義

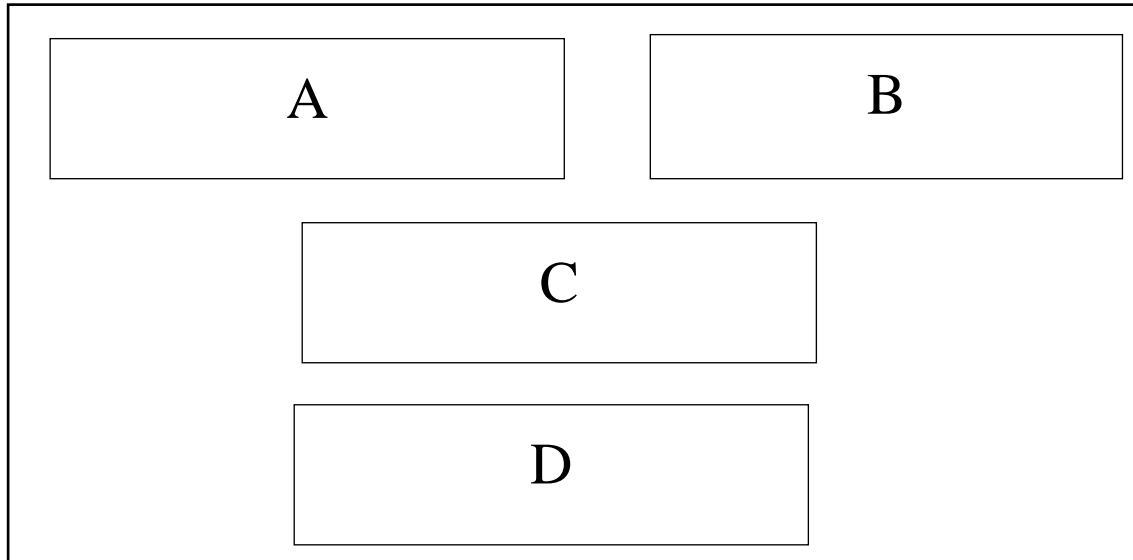
2. 《敦煌曲子詞集·菩薩蠻》：「枕前發盡千般願，要休且待青山爛。水面上秤浮，直待黃河徹底枯。白日參辰現，北斗回南面。休即未能休，且待三更見日頭。」此民間詞的情境與下列哪一首樂府詩相似？

- (A) 男兒愛後婦，女子重前夫。人生有新故，貴賤不相逾。多謝金吾子，私愛徒區區。
- (B) 上邪，我欲與君相知，長命無絕衰。山無陵，江水為竭。冬雷震震，夏雨雪。天地合，乃敢與君絕。
- (C) 有所思，乃在大海南。何用問遺君，雙珠玳瑁簪，用玉紹繚之。聞君有他心，拉雜摧燒之。摧燒之，當風揚其灰。從今以往，勿復相思！
- (D) 行者見羅敷，下擔捋髭鬚。少年見羅敷，脫帽著幘頭。耕者忘其犁，鋤者忘其鋤。來歸相怨怒，但坐觀羅敷。使君從南來，五馬立踟躕。

3. 下列文句，用字完全正確的是？

- (A) 父親望子成龍，對我總是疾言厲色。
- (B) 她烏黑的秀髮從白晰的臉頰邊瀉下。
- (C) 夢見自己長了翅膀，可以在天地間遨翔。
- (D) 向知心朋友傾訴，是渲洩情緒的一種方法。

4.橫式信封中，收件人應寫於何處？



- (A) A
- (B) B
- (C) C
- (D) D

5.元曲〈撥不斷〉：「歎寒儒，謾讀書，讀書須索題橋柱。題柱雖乘駟馬車，乘車誰買長門賦？且看了長安回去！」用的是哪一個文人的典故？

- (A)賈誼
- (B)張華
- (C)馬致遠
- (D)司馬相如

二、閱讀理解能力測驗（每題 2%，共 20%）

（一）請閱讀下文，並回答 6~10 題。

這個城市的聲音在他的身邊迴繞著——東京就像是一座演奏著交響樂的音樂廳！

祥生聽著他走路時，雨鞋發出的吱吱聲，踩過水窪時，濺起的啪嗒聲，還有小雨滴拍打著他的雨傘的聲響；這些輕快的聲音讓他的心情也輕快起來。突然，祥生聽到一個很奇怪的聲音，先是高亢，又變低沈，是細弦的撩撥震動——。好奇特！一位古箏樂師正仔細調整她的樂器的音律。然後，古箏樂師開始演奏。音符輕快的蹦跳閃耀，搔得祥生耳朵癢癢的！

當樂曲結束後，祥生說：「老師，我好喜歡您彈奏的曲子，不過，我從來沒

有聽過這樣的聲音。」古箏樂師笑了，她的笑聲像是起風時媽媽的花園裡搖晃的金屬風鈴。

「老師！」祥生問：「你有最喜歡的聲音嗎？」

古箏樂師說：「最美麗的聲音，就是寂靜。」

「寂靜？」祥生又問。不過，古箏樂師只是神祕的笑一笑，繼續彈奏她的樂曲了。

祥生跟古箏樂師敬了個禮，轉身跑去學校。我可以在哪裡找到寂靜呢？祥生聽著他的雨鞋踩踏在人行道上所發出的聲音，一面思考著。祥生在學校裡，整天注意聆聽寂靜，不過，總是有小朋友發出吵鬧聲。放學之後，祥生走進他知道最安靜的地方——操場邊的一片竹林。可是，即使在那裡，當風吹彎竹子時，竹林還是發出窸窣窸窣、嗒嗒嗒嗒嗒嗒的聲響。他閉上眼睛，仔細聆聽風讓葉子說話的聲音……那很美，不過，並不是寂靜。

從學校走回家的路上，祥生很努力地聆聽。他可以聽見巴士的喇叭聲，新幹線咻地疾行而過，還有綠燈時發出的音樂……。可是，沒有寂靜。祥生熟悉很多種聲音，有大聲的、柔和的、尖銳的，還有平和的，可是，沒有寂靜。寂靜在哪裡呢？

寂靜不在餐廳裡，那裡總是有筷子夾食物的聲音，喝湯、咀嚼和吞嚥的聲音。寂靜也不在浴室裏，在那裡，連祥生的腳趾頭都會發出聲音，還有小水滴從他的鼻尖落下的聲音。那天晚上，祥生到很晚都沒睡；他希望在家人睡著之後，找到寂靜。可是，他的眼皮愈來愈沉重……直到聽著遠方傳來收音機的聲音，進入夢鄉。第二天早晨，祥生在隔壁鄰居家的狗叫聲中醒來。喔，糟糕！他完全錯過了寂靜！

祥生提早出門，走路去上學。究竟在哪裡才能找到寂靜呢？當祥生拉開學校的大鐵門時，他聽見喀啦喀啦的聲響，還沒有人到學校。他換上室內鞋，聽著鞋子走在光滑的地板上發出的聲響。教室裡空無一人，感覺很陌生。祥生坐在他靠窗的位子上，拿出一本書來。他很喜歡這個故事，讀著、讀著，忘了自己身在何處。突然，讀到一半，他聽見了！沒有腳步聲，沒有說話聲，沒有收音機聲，沒有竹葉聲，也沒有古箏的調音聲。在一個很短的瞬間，祥生甚至聽不到自己呼吸的聲音。他感覺到內在的寧靜；一種祥和的感覺，就像是下過雪的庭院，又像是攤在陽光下曝曬的羽絨被。

寂靜一直在那裡。它在祥生奔跑時，踏出的一步和另一步之間；它在竹林裡，風暫停吹動的時候；它在全家人吃飽飯後，開心滿足的那個片刻；它在洗澡水從浴缸流光的那個瞬間；它在古箏樂師開始彈奏的前一刻，與彈奏完的一剎那。寂靜就存在於聲音與聲音之間，它一直都在那裡。

6.本文以為，最美的聲音是：

- (A)聲音之間的寂靜
- (B)夜裏寧靜的聲音
- (C)葉子說話的聲音
- (D)花園裡的風鈴聲

7.祥生在教室聽見「寂靜」，最關鍵的原因是：

- (A)教室空無一人
- (B)努力的聆聽寂靜
- (C)閱讀最喜歡的故事
- (D)忘了自己身處在何方

8.何者敘述最貼近本文題旨？

- (A)專注聆聽，才能聽見音樂、生活、自然之外的聲音。
- (B)繁忙擾攘、人聲嘈雜中最美的聲音，需要透過智者指引方能聽見。
- (C)寂靜是無我無念時的狀態，存在於聲音之中，不是真的完全沒有聲音。
- (D)所有的聲音都生於寂靜，最後又歸於寂靜，人們該專注於寂靜，而不是聲音。

9.本文以日本音樂美學「寂靜」為題材，與中國何種音樂美學觀點相近？

- (A)樂而不淫，哀而不傷。(論語)
- (B)大音希聲，大象無形。(道德經)
- (C)感於物而動，故形於聲。(樂記)
- (D)恍若天然巧合，並無拗嗓棘耳。(南音三籟序言)

10.文中說「寂靜存在於聲音與聲音之間」，寂靜在「彈奏的前一刻，與彈奏完的一剎那」，下列哪一篇章所摩寫的音樂符合本文的音樂美學：

- (A)客有吹洞簫者，倚歌而和之，其聲嗚嗚然：如怨、如慕、如泣、如訴；餘音嫋嫋，不絕於縷。(蘇軾〈前赤壁賦〉)
- (B)水泉冷澀弦凝絕，凝絕不通聲漸歇，別有幽愁暗恨生，此時無聲勝有聲。銀瓶乍破水漿迸，鐵騎突出刀槍鳴。(白居易〈琵琶行〉)
- (C)女媧煉石補天處，石破天驚逗秋雨。夢入神山教神姬，老魚跳波瘦蛟舞。吳質不眠倚桂樹，露腳斜飛溼寒兔。(李賀〈李憑箏篋引〉)
- (D)暱暱兒女語，恩怨相爾汝。劃然變軒昂，勇士赴敵場。浮雲柳絮無根蒂，天地闊遠隨飛揚。喧啾百鳥羣，忽見孤鳳凰。(韓愈〈聽穎師彈琴〉)

(二) 請閱讀下文，並回答 11~15 題。

武平產猿，毛若金絲，閃閃可觀。猿子尤奇，性可馴，然不離母。母黠，不可致，獵人以毒傅矢，伺母間射之，母度不能生，灑乳於林飲子，灑已，氣絕。

獵人取母向子鞭之，子即悲鳴而下，斂手就制，每夕必寢皮乃安。甚者，輒抱皮跳擲而斃。

嗟夫！猿且知有母，不愛其死，況人也耶？

(宋濂〈金絲猿〉)

11. 「母度不能生，灑乳於林飲子」為何？

- (A) 引猿子的注意
- (B) 母猿盡最後的慈心
- (C) 拖延時間，讓小猿逃脫
- (D) 迷惑獵人，使其不再攻擊

12. 「伺母間射之」的正確解釋為何？

- (A) 從心中間射死
- (B) 眾人包圍捕捉
- (C) 等母猿受傷才射牠
- (D) 等母猿不注意時射殺牠

13. 小猿為何「每夕必寢皮乃安」？

- (A) 思念母親
- (B) 母猿皮毛柔軟舒適
- (C) 天氣寒冷而寢之取暖
- (D) 母死，受猿群排斥而無處可居

14. 獵人為何鞭打母猿的皮毛？

- (A) 對小猿示威
- (B) 發洩心頭之恨
- (C) 清理皮毛上的雜物
- (D) 誘引小猿自投羅網

(背面尚有試題)

15.本文主旨乃在說明什麼？

- (A)獵人智取金絲猿
- (B)母猿、小猿舐犢情深
- (C)金絲猿毛色炙手可熱
- (D)人若不孝，則不如禽獸

三、語文摘要能力測驗(20%)

閱讀下列文章後，先為本文下標題（10個字以內），再以150~300字摘錄重點。

有些英雄戰死沙場，有些美人紅顏薄命，他們如同劃過天際的流星，璀璨，短暫，令人惋惜，卻留下一道耐人尋味的美麗，讓人緬懷，也令人纏綿感動。

然而有人活得久，除了美人遲暮，多了尷尬的白髮與皺紋，多了惱人的腰痠與背痛，怕的是有人晚節不保，驚的是有人遺毒百年。但是大多人當走完春、夏、秋季的人生，最後面對不可知的冬天，怕的是漫長而寒冷的黑色冬天，如果長期失業，如果經濟困頓，如果早年失智，如果臥床長照，如果……最後僅能疲憊地等待「孤獨死」，怎麼辦？

終老，是一個嚴肅的問題，如果沒有提前部署，「人生會後悔的項目」清單將快速增長。這是老年學的研究、研習主要課題之一，只是，它在學術界裡多是「急死太監」空轉，象牙塔外的民間，那些初老族、橘色世代、深橘世代卻隱晦不談「老」，不去面對「死」，直到枯萎。

「生死觀」一直是人類的大哉問，在不同的年代、族群、文化，它都是「大事」，也是生命倫理學的根本問題。面對老化，可能無奈，我們可以笑笑說「歲月不饒人」，面對死亡，我們可能感到恐懼。但是無論怎樣，生死是我們總要面對的東西。問題是如何面對？

中年後，夕陽無限好？我們知道活得夠久，才能填寫完畢所有的「人生考卷」，而如果能夠寫下最後的答案：「我了無遺憾！」這樣的境界我們嚮往。心態如果能「俯天涯海角，萬端塵事付浮雲」，我們相信，最終也可以靜心地，看「雲卷千峰色」，聽「泉和萬籟聲」。

蘇東坡說「最是橙黃橘綠時」，提供給現代人中年後的張望與借鏡，也思考50歲後想要過什麼生活？……退休之後，人生還有風景，人生沒有想像中的短。去察覺人生有那麼多條路可走，偶爾多繞路也無妨，因為可以看到更多人生風景。

只是，我們要「替未來二十年準備」，預約優雅的老後。退休前，如何準備人生新行李，這才是重點！開始簡化生活，建立與「生命之流」新的連結，學會感應到世界其實藏有一股巨大的奧秘。也學會真正閒適的心情，那個才是「真

正寧靜」，理解「當下與永恆」都在自己手掌上。

梵谷說：「倘若你聽到心理的聲音在說，你不能畫畫，那麼，你將想盡辦法作畫，然後那個聲音將會沉默。」從初老到終老，我們一定會聽到自己內心很多的「否定」，記住：不要論斷自己「是什麼樣的人？」如此才能活出「不自我設限的人生」，反正機會不多了，為何不多去試試？

節錄自王浩一〈退休後的人生風景——向每一個夕陽敬酒〉