

國立教育廣播電台 英語奇育記

教育新聞中英對照參考

- 教育新聞中文摘要：

本集新聞將介紹加拿大蒙特婁 Sainte-Justine 醫院發布的研究報告指出，使用社交媒體的時間，與青少年抑鬱症狀增加有密切關係。該研究報告由蒙特婁大學精神病學教授 Patricia Conrod 主導，於 2012 至 2018 年，共調查當地 7 至 11 年級間超過 3800 名青少年，觀看螢幕時間與抑鬱症之間的關係。Conrod 教授表示，青少年平均每天花費 6 至 7 個小時在螢幕上，許多青少年容易將自己的生活與光鮮亮麗的照片進行比較，進而產生自卑的心理，但令研究人員感到意外的發現是，玩電子遊戲並未造成抑鬱症狀的增加。另一則新聞則是加拿大西門菲沙大學推出中學生創業課程為有創業抱負的中學生提供獨特的學分課程計畫，目前已在 8 個學區開始實行，並與創業課程教師合作，學生可藉此聆聽專家演講，以及潛在投資者的經驗分享。

- 教育新聞英文摘錄：

Irene: Today we are going to talk about news in Canada. According to Montreal study, Social media, but not video games, linked to depression in teens. Based on CBC News, this study examined mental-health implications of high levels of screen time. 今天要分享的是加拿大的教育新聞，首先，你知道嗎，社交媒體容易導致青少年的抑鬱症狀增加喔。

Anny: Screen time — and social media in particular — is linked to an increase in depressive symptoms in teenagers, according to a new study by researchers at Montreal's Sainte-Justine Hospital. The research team, led by Patricia Conrod, investigated the relationship between depression and exposure to different forms of screen time in adolescents over a four-year period.

Irene: The professor of psychiatry at the University of Montreal said that What they found over and over was that the effects of social media were much larger than any of the other effects for the other types of digital screen time. 加拿大蒙特婁 Sainte-Justine 醫院近日發布

的一份研究報告指出，觀看數位螢幕的時間，尤其是社交媒體，與青少年抑鬱症狀增加有密切關係。

Anny: The researchers studied the behaviour of over 3,800 young people from 2012 until 2018. They recruited adolescents from 31 Montreal schools and followed their behaviour from Grade 7 until Grade 11. The teenagers self-reported the number of hours per week that they consumed social media (such as Facebook and Instagram), video games and television. Conrod and her team found an increase in depressive symptoms when the adolescents were consuming social media and television.

Irene: 該研究報告由蒙特婁大學精神病學教授 Patricia Conrod 主導，於 2012 至 2018 年，共調查研究了當地超過 3,800 名青少年 7 至 11 年級間，觀看數位螢幕的時間與抑鬱症之間的關係。受訪者自行報告他們每週花費在社交媒體，如臉書和 Instagram、電子遊戲及電視的小時數。The study found that of all the forms of screen time, consuming social media can be the most harmful.

Anny: Conrod and her colleague, found that the increased symptoms of depression are linked to being active on platforms such as Instagram, where teens are more likely to compare their lives to glitzy images in their feeds. It exposes young people to images that promote upward social comparison and makes them feel bad about themselves.

These sort of echo chambers — these reinforcing spirals — also continually expose them to things that promote or reinforce their depression, and that's why it's particularly toxic for depression.

Irene: They also tested to see if the additional screen time was taking away from other activities that might decrease depressive symptoms, such as exercise, but found that was not the case. Patricia Conrod 教授表示，青少年平均每天花費 6 至 7 個小時在數位螢幕上，而社交媒體的負面影響遠大於任何其它類型的數位螢幕時間。抑鬱症狀增加與在 Instagram 等平臺的活躍度有關，許多青少年容易將自己的生活與這些平臺上光鮮炫目的照片進行比較，進而產生自卑的心理。

Anny: The most surprising finding for Boers was that time spent playing video games was not contributing to depressive symptoms. The study suggests the average gamer is not socially isolated, with more than 70 per cent of gamers playing with other people either online or in person. The findings surprised us them that video gaming makes one more happier. It's a good pastime.

Irene: 除此此外，令研究人員感到意外的發現則是，玩電子遊戲並未造成抑鬱症狀的增加。研究顯示，大部分玩遊戲的青少年並不是獨自一人，有超過 70%遊戲玩家在線上或是面對面與其他人一起遊玩。玩電子遊戲可使人心情愉快、放鬆，是一種良好的娛樂消遣。Wow, it totally changes my thought of video game!

Anny: Indeed. However, Dr. Martin Gignac, chief of child and adolescent psychiatry at the Montreal Children's Hospital, said there has been an increase in the number of emergency-room visits at the hospital related to teens having suicidal thoughts and behaviour in recent years.

Irene: He doesn't think that [social media] is the only reason, but it's one of the risk factors we should monitor. 蒙特婁兒童醫院兒童及青少年精神病學主任 Martin Gignac 表示，近年來因輕生或試圖輕生而被送進急診室的青少年人數，有不斷上升的趨勢。雖然他不認為社交媒體是唯一的原因，但仍是應該持續觀查的風險因素之一。

Anny: As online relationships supplant in-person communication, Gignac said it's important that young people learn when posting about their lives online is healthy, and when it can hurt. He's hoping that schools expand programs teaching kids about healthy online activity, and that learning how to practise good "digital citizenship" eventually becomes a universal part of school curriculum.

Irene: 隨著網路社交的普及化，年輕人應當學習分辨何時在網路上發布自己生活可能會對自己造成傷害。他希望學校能擴展此類課程，教育學生如何在網路上保護自己，進行健康的線上活動。此外，雖然現在大部分的年輕人使用手機的目的為社交、娛樂，但其實這些科技產品在學習的過程中也可以有很大的幫助。善用手机、平板和電腦，學生可以學到新知或複習舊經驗，像是透過好玩的學習遊戲 Pagamo、英語學習平台 Cool English，還有和 Google 合作的均一平台，只要

在有 Google 助理系統的智慧型手機上，長按 HOME 鍵，說出：「我要跟均一小老師說話」，就能召喚全年無休的小老師，提供數學、理財、自然、邏輯思考、Scratch 等海量知識，從國小到高中都能使用，還會有國中教育會考、高中基本學力測驗等大補帖都可以免費使用喔。

Anny: 這也太棒了！當然，年輕人最常使用的 Instagram、youtube 和臉書，也都有簡單又富含知識性的內容可以追蹤，像是阿滴英語、台灣吧、公民不下課...等帳號都值得追蹤，所以適度且正確的使用這些社群媒體，就可以減少抑鬱症發生的機會囉。

Irene: Our next news is according to National Academy for Educational Research, on July 2, 2019, Aspiring entrepreneurs in high school can now get a head start on earning university credits. 西門菲沙大學推出了中學生創業課程

Anny: Youth Entrepreneurship Leadership Launchpad (YELL) Canada has teamed up with Simon Fraser University (SFU)' s Chang Institute for Entrepreneurship (CIE) to develop and deliver a unique initiative for aspiring entrepreneurs in high school looking to get a head start with their SFU education. Students graduating from YELL with a B or higher will receive high school credit and are eligible to apply for SFU university credit. 加拿大西門菲沙大學張紀遠創業研究院(SFU' s Chang Institute for Entrepreneurship，簡稱 CIE)近日宣布與加拿大青年企業家領導力平臺(Youth Entrepreneurship Leadership Launchpad，簡稱 YELL)合作，為有創業抱負的中學生提供獨特的學分課程計畫，學生完成上述課程並取得 B 以上的成績即可獲得中學學分，未來升學時也可轉換為西門菲沙大學的學分。

Irene: This collaborative initiative is a Canadian first that gives university credit to students taking an entrepreneurship program as part of their high school education. While there are advanced placement options for more traditional subjects like math and science which can also be counted toward university credit, there aren' t many options for programs that cultivate entrepreneurship skills and mindset development in high school. 雖然許多較傳統的科目如數學和科學等，其高階課程可以計入大學學分，但是在高中培育創業技能和思維方式發展的課程並不多，該項創業合作課程為加拿大首例。

Anny: Sarah, the Chang Institute's executive director says "For a future that requires an entrepreneurial mindset that is increasingly adaptable, confident, collaborative, creative and resourceful, we have a moral obligation to make it attractive for young leaders and changemakers to pursue this type of education. Universities need to show how entrepreneurial skills are incredibly valuable across all disciplines, so Beedie and CIE, along with all our partner faculties, are stepping up. YELL's university-quality, community-engaged curriculum made them an ideal partner."

Irene: 張紀遠創業研究院主任 Sarah Lubik 表示，創業心態須具備有適應能力、自信、合作能力、創造力以及找尋資源。這些技能在任何領域都是非常寶貴的；因此西門菲沙大學 Beedie 商學院、張紀遠創業研究院以及其他合作的系所將共同努力，希望激發年輕的一代對此類課程產生興趣。

Anny: Starting in fall 2019, YELL graduates entering any faculty at SFU will be able to apply for these credits. They will also be enrolled in the Charles Chang Certificate in Entrepreneurship program—the only Canadian university entrepreneurship program delivered collaboratively by and for all faculties across its university, immediately welcoming them into the SFU student entrepreneur community. 今年 9 月開始，完成 YELL 課程的學生進入西門菲沙大學任何科系都可以申請取得這些學分，並可修讀 Charles Chang 創業證書課程，這是加拿大唯一由大學跨學院合作開設的創業課程，同時學生還可以加入 SFU 學生創業家社團。

Irene: For the last two years, YELL and the CIE have been working together to track the impact the program has had on entrepreneurial mindset development in high school students as well as how ready they feel for future opportunities. The results unveiled a substantial increase in both.

Anny: As a charity founded by local entrepreneurs, YELL currently operates in eight B.C. school districts that works with Entrepreneurship 12 teachers in the public school system to deliver rigorous, hands-on curriculum developed with input from universities. Students have access to resources like mentors, class visits from local guest speakers, gain experience pitching to potential investors, and much more.

Irene: 由當地創業者創辦的 YELL Canada 慈善機構，YELL 課程結合了西門菲沙大學教學資源，目前已在卑詩省內 8 個學區開始實行，與 12 年級的創業課程教師合作，學生可獲導師、嘉賓課堂演說，以及潛在投資者的經驗分享等。

Anny: It' s amazing to think that students as young as high school can start getting involved with SFU' s entrepreneurship program. 台灣目前在推動創業教育的政策主力還是以大學居多，越來越多的學校設立創業育成中心。雖然修了課程後不能保證創業成功，但是可以培養學生不同的思維方式和態度。但除了學校，還有其他的管道可以讓創業者得到更多的資訊嗎？

Irene: 當然有啦。像是時代基金會創辦的 Garage+ 未來的年輕創業家，這個計畫囊括一系列的活動，如：商業計劃評估、電梯簡報競賽，來建立培養團隊合作、創業技能與電腦技能。還有 FDT 金融創新工場，他們透過社交交易平台 FroexMaster app 來幫助國際高等教育學生發展他們的財務才能。此外，教育部青年發展署今年也持續推動「青年創業家見習」。結合 40 家由 U-start 創新創業計畫中的優秀新創公司，並提供 50 個見習職缺，這些職務內容豐富多元，更可以學到實作經驗。所以對創新創業有興趣，且年齡在 35 歲以下的國內公私立大專校院在學學生或畢業生，可以上青年署「RICH 職場體驗網」查詢更多消息。

Anny: Exactly. But most importantly, entrepreneurial thinking and education is a fundamental skill to have in today's business environment. Entrepreneurship is not just about creating businesses; it is a way of thinking.