

词汇: *The mind* 大脑

Do you sometimes find yourself drawing random patterns and designs during meetings and lectures? Some people believe it shows you aren't listening or paying attention. However, there are studies which claim the opposite, and that doodling might actually be **beneficial**.

Doodling seems to be **ubiquitous**. In the past it was seen as a **mindless** activity and a product of the **absentminded**. However, in 2016, an article on the Harvard University website discussed the idea that random drawings may assist memory **retention** and **concentration**.

The article **highlights** that 26 of 44 American presidents were known to doodle, with Ronald Reagan famous for drawing cowboys. A 2009 study **conducted** by psychologist Jackie Andrade asked 40 people to listen to a 'dull and **rambling**' voice message. Half of the group were asked to doodle and shade in a picture. Those who did were able to **recall** 29% more of the information contained in the message.

Some experts believe that **embracing** your creative and artistic sides during meetings may **engage** your mind. Jesse Prinz, a **renowned** professor of philosophy, actively encourages his students to doodle. He believes that doodling is the 'attentional **sweet spot**'.

And it might not just be good for your concentration. An artist known as Mr Doodle has made a career out of his **scribbles**. He sells his art online and also goes to people's homes to **decorate** their walls.

It seems that random drawing to aid concentration might be becoming more of a **thing**. People like Sunni Brown, an **advocate** for doodling, teach adults how to **sketch** and scribble in the workplace. So, the next time you see someone **haphazardly** drawing pictures during a meeting, it might be a sign that they are listening more than you think.

词汇表

beneficial	有益的
ubiquitous	普遍存在的
mindless	盲目的
absentminded	心不在焉的
retention	保持, 保留
concentration	注意力
highlight	强调
conduct	进行
rambling	杂乱无章的
recall	回想起
embrace	欣然接受
engage	使……感兴趣
renowned	有声望的
sweet spot	“甜点”, 最佳状态
scribble	乱涂乱画
decorate	装饰
a thing	一个潮流, 一种时尚
advocate	支持者
sketch	素描, 速写
haphazardly	随意地

测验与练习

1. 阅读课文并回答问题。

1. True, false or not given? *To be the President of the United States, you should doodle.*

2. Why does Jesse Prinz think doodling is the 'attentional sweet spot'?

3. True, false or not given? *Mr Doodle enjoys doodling on people's walls.*

4. True, false or not given? *In the 2009 study, the people who doodled could remember a third more information from the message than those who didn't.*

5. True or False? *According to the article, doodling is not common.*

2. 选择意思恰当的单词或词组来完成下列句子。

1. Mr Banks is a person of great _____.

renowned	renown	renow	renowning
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2. I was walking _____ when I fell over the log.

mind	mindlessness	mindlessly	mindless
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3. I can't _____ with all that noise!

concentrated	concentration	concentrate	concentrates
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4. _____ is a thing he loves to do to relax.

sketching	sketcher	sketched	sketches
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5. She's so boring. She just _____ on.

rambling	ramble	rambled	rambles
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答案

1. 阅读课文并回答问题。

1. True, false or not given? *To be the President of the United States you should doodle.*

Not given. The article only mentions the majority of presidents have doodled.

2. Why does Jesse Prinz think doodling is the ‘attentional sweet spot’?

Because certain experts like him believe that doodling helps to engage the mind.

3. True, false or not given? *Mr Doodle enjoys doodling on people’s walls.*

Not given. The article only mentions that Mr Doodle enjoys doodling.

4. True, false or not given? *In the 2009 study, the people who doodled could remember a third more information from the message than those who didn’t.*

False. The people who doodled could remember 29% more – which is less than a third.

5. True or False? *According to the article, doodling is not common.*

False. The article states that doodling is ubiquitous.

2. 选择意思恰当的单词或词组来完成下列句子。

1. Mr Banks is a person of great **renown**.

2. I was walking **mindlessly** when I fell over the log.

3. I can’t **concentrate** with all that noise!

4. **Sketching** is a thing he loves to do to relax.

5. She’s so boring. She just **rambles** on.