

词汇: puzzles 智力游戏

Throughout history, people have been attracted to puzzles, from Ancient Greek **riddles** to **brain-teasing** video games, people have tried to **solve problems** for fun. But what is it about these **conundrums** that makes us enjoy them?

It could be that the desire to find a **solution** is wired into us. A study has shown that when people complete **anagrams**, it can stimulate the reward centre in the brain. One of the researchers behind the study, Yongtaek Oh, suggests that **problem-solving** ability provides an evolutionary advantage – it can help us survive! It's clear that this '**aha**' **moment** is very enjoyable, but it's not just **completing** a puzzle that people enjoy.

David Shariatmadari highlights that solving the best puzzles requires a combination of **luck** and **skill**. He points out that the **element of chance** makes it more open to a wide range of people, while the need for skill gives **players** a feeling that they are in control. This also helps to provide a balance between being something **challenging** and something **achievable**. Michael Vilensky, a psychologist at Ohio State University, tells us that puzzles offer us a situation that we can control and **resolve**, which can be satisfying when compared with other life challenges. Other experts, such as therapist Elizabeth Hinkel, argue that by requiring **concentration**, puzzles can provide **mindful** moments away from the stresses of everyday life. Puzzles can also have a social aspect, whether that's making it easy to share your **scorecard** on social media, or the fact that people are keen to help each other find **clues** and **come up with the answer**.

Puzzles and fun may even be dependent on each other, researchers at Drexel University have suggested. When looking at brain images, they found that some people preparing to do a puzzle showed activity associated with positive moods and that these people were better able to come up with solutions. They also found that subjects performed better on puzzles if they had seen a funny video beforehand.

## 词汇表

<b>riddle</b>	谜语
<b>brain-teasing</b>	考验脑力的
<b>solve</b>	解决
<b>problem</b>	问题, 难题
<b>conundrum</b>	谜语, 难题
<b>solution</b>	解决方法, 答案
<b>anagram</b>	(游戏) 同字母异序词
<b>problem-solving</b>	解决问题的
<b>'aha' moment</b>	顿悟时刻
<b>complete</b>	完成(谜语), 解开(谜题)
<b>luck</b>	运气
<b>skill</b>	技能, 技巧
<b>element of chance</b>	碰运气的成分
<b>player</b>	玩家
<b>challenging</b>	有挑战性的
<b>achievable</b>	(谜语) 可完成的, 可解开的
<b>resolve</b>	解决
<b>concentration</b>	专注力, 注意力集中
<b>mindful</b>	聚精会神的, 注意的
<b>scorecard</b>	记分卡
<b>clue</b>	(谜语、游戏、问题答案的) 提示
<b>come up with</b>	想出
<b>answer</b>	答案, 解法

## 测验与练习

### 1. 阅读课文并回答问题。

1. What can happen when people do anagrams?
2. What two things does David Shariatmadari say solving good puzzles requires?
3. Why does Michael Vilensky say that puzzles can be satisfying?
4. How can puzzles be social?
5. What did psychologists at Drexel University find that made completing puzzles easier?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. A puzzle where you have to rearrange the letters is called \_\_\_\_\_.

a conundrum	a scorecard	an anagram	a riddle
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2. A \_\_\_\_\_ helps you find the answer.

solution	clue	problem	conundrum
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3. A tricky puzzle is \_\_\_\_\_.

complete	achievable	mindful	brain-teasing
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4. It feels satisfying to \_\_\_\_\_ the answer.

complete	resolve	answer	come up with
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5. If a puzzle depends on your ability, it requires \_\_\_\_\_.

luck	concentration	skill	chance
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## 答案

### 1. 阅读课文并回答问题。

1. What can happen when people do anagrams?

**A study suggests that it stimulates the reward centre in the brain.**

2. What two things does David Shariatmadari say solving good puzzles requires?

**He says that solving good puzzles requires both luck and skill.**

3. Why does Michael Vilensky say that puzzles can be satisfying?

**He says that puzzles can be satisfying because they offer us a situation that can be controlled and resolved.**

4. How can puzzles be social?

**Because results can be shared on social media and people can work together to complete them.**

5. What did psychologists at Drexel University find that made completing puzzles easier?

**They found that watching a funny video first helped people complete puzzles.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. A puzzle where you have to rearrange the letters is called **an anagram**.

2. A **clue** helps you find the answer.

3. A tricky puzzle is **brain-teasing**.

4. It feels satisfying to **come up with** the answer.

5. If a puzzle depends on your ability, it requires **skill**.