

*词汇: language learning 语言学习*

It is often said that if we dream in a foreign language, it's a sign that we are **making progress** in learning that language. But is it true?

Before we can look at **multilingual** dreams, first we need to look at sleep. The link between sleep and language can be **applied to** how we learn any language, including our **mother tongue**. Even adults still learn about one new word every two days in their first language, but, if we are going to have a **firm grasp of** that new word, we need to link it to our **existing knowledge**. And in order to do that, we 'need to have some sleep', says Gareth Gaskell, a psychology professor at the University of York.

It's during sleep that the **integration** of old and new knowledge happens. At night, one part of our brain – the **hippocampus** – takes whatever new information it **soaked up** in the day, and passes it on to other parts of the brain to be **stored**. The role that dreams play in this night-time **learning process** is still being studied, but 'it's entirely possible that during multilingual dreams, the brain is trying to connect two languages', says Marc Züst, researcher at the University Hospital of Old Age Psychiatry and Psychotherapy in Bern, Switzerland.

So having multilingual dreams could mean that our brain is trying to **master** a new word or phrase, for example, but it could also have an emotional **significance**. Danuta Gabryś-Barker, a professor of **psycholinguistics** at the University of Silesia in Poland, suggests that multilingual dreams can **express** 'fears and **desires**' around learning a foreign language, including the wish to be a **native-like** speaker or to be accepted within a certain community.

We clearly still have a lot to learn about multilingual dreams, but one thing seems certain: if you're trying to learn a new language, you should definitely **sleep on it**.

## 词汇表

<b>make progress</b>	进步
<b>multilingual</b>	使用多种语言的
<b>apply to</b>	适用
<b>mother tongue</b>	母语
<b>firm grasp of</b>	牢牢掌握
<b>existing knowledge</b>	已有知识
<b>integration</b>	融合
<b>hippocampus</b>	海马体
<b>soak up</b>	吸收（信息）
<b>store</b>	储存
<b>learning process</b>	学习过程
<b>master</b>	学习，掌握
<b>significance</b>	重要意义
<b>psycholinguistics</b>	心理语言学
<b>express</b>	表达
<b>desire</b>	渴望，愿望
<b>native-like</b>	像母语人士一样的，地道的
<b>sleep on it</b>	“睡一觉再考虑”，考虑清楚再决定

## 测验与练习

### 1. 阅读课文并回答问题。

1. How often do adults learn a new word in their mother tongue?
2. What needs to happen if we are going to have a firm grasp of a new word?
3. True or False? *Integration of old and new knowledge happens when we're asleep.*
4. What does Marc Züst think is happening during multilingual dreams?
5. Could multilingual dreams tell us something about our emotions?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. The skills you learn in this job, you will be able to \_\_\_\_\_ future jobs, too.

link	apply to	soak up	store
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2. Can you help me understand this sentence? I don't have a \_\_\_\_\_ it yet.

mother tongue	firm grasp of	integration	learning process
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3. It's not a good idea to only \_\_\_\_\_ your work locally on your computer. Try to have a backup as well.

soak up	store	master	express
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4. How long did it take you to \_\_\_\_\_ the piano? You play beautifully.

make progress	link	firm grasp of	master
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5. Words can't \_\_\_\_\_ how excited I am!

multilingual	mother tongue	express	native-like
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## 答案

### 1. 阅读课文并回答问题。

1. How often do adults learn a new word in their mother tongue?

**Adults learn about one new word every two days in their first language.**

2. What needs to happen if we are going to have a firm grasp of a new word?

**To have a firm grasp of a new word, we need to link it to our existing knowledge.**

3. True or False? *Integration of old and new knowledge happens when we're asleep.*

**True. It's during sleep that the hippocampus passes new information on to other parts of the brain to be stored.**

4. What does Marc Züst think is happening during multilingual dreams?

**Marc Züst thinks that it's possible the brain is trying to connect two languages during multilingual dreams.**

5. Could multilingual dreams tell us something about our emotions?

**Yes. Danuta Gabryś-Barker suggests that multilingual dreams can express 'fears and desires' around learning a foreign language.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. The skills you learn in this job, you will be able to **apply to** future jobs, too.

2. Can you help me understand this sentence? I don't have a **firm grasp of** it yet.

3. It's not a good idea to only **store** your work locally on your computer. Try to have a backup as well.

4. How long did it take you to **master** the piano? You play beautifully.

5. Words can't **express** how excited I am!