
字彙：*first impressions* 第一印象

Are you a **good judge of character**? Can you make an accurate **judgement** of someone's personality based only on your first impression of them? **Ironically**, the answer **lies** as much in them as it does in you.

One of the first people to try to **identify** good judges of character was US psychologist Henry F Adams in 1927. His research led him to conclude that people **fell into** two groups – good judges of themselves and good judges of others. Adams's research has been widely criticised since then, but he wasn't entirely wrong about there being two **distinct** types.

More on that in a moment, but first we need to define what a good judge of character is. Is it someone who can **read** personality or someone who can read emotion? Those are two distinct skills. Emotions such as anger or joy or sadness can **generate** easily **identifiable** physical signs. Most of us would probably be able to **accurately** identify these signs, even in a stranger. As such, most of us are probably good judges of emotion.

In order to be a good judge of personality, however, there needs to be an **interaction** with the other person, and that person needs to be a '**good target**'. 'Good targets' are people who **reveal relevant** and useful **cues** to their personality. So this means 'the good judge' will only **manifest** when reading 'good targets'. This is according to Rogers and Biesanz in their 2019 journal entitled 'Reassessing the good judge of personality'. "We found **consistent**, clear and strong evidence that the good judge does exist", Rogers and Biesanz concluded. But their key finding is that the good judge does not have magical gifts of **perception** – they are simply able to "**detect** and **utilise** information **provided** by the good target".

So, are first impressions really accurate? Well, if you're a good judge talking to a 'good target', then it seems the answer is 'yes'. And now we know that good judges probably do exist, more research can be done into how they read personality, what kind of people they are – and whether their skills can be taught.

字彙表

good judge of character	善於判別性格的人
judgement	判斷
ironically	具有諷刺意味地
lie in (the answer/solution)	(答案、解決方法) 在於
identify	識別
fall into	分為
distinct	截然不同的，差別明顯的
read (personality)	讀懂(個性)
generate	產生
identifiable	很容易識別的
accurately	準確地
interaction	互動
good target	可判讀的“好目標”
reveal	透露
relevant	相關的
cue	暗示，線索
manifest	顯現出來
consistent	一致的
perception	感知能力
detect	發現
utilise	利用
provide	提供

測驗與練習

1. 閱讀課文並回答問題。

1. Who was one of the first researchers to try and find out if good judges of character exist?
2. True or False? *Reading personality and reading emotion are the same thing.*
3. Why are most of us probably good judges of emotion?
4. True or False? *It's possible to be a good judge of personality just by looking at the other person.*
5. How does a 'good target' help make a good judge of character?

2. 選擇意思恰當的單字或片語來完成下列句子。

1. A dog can _____ its owner by their scent alone.

identify	generate	target	manifest
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2. It is _____ believed that adults need between seven and nine hours of sleep a night.

ironically	as such	widely	accurately
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3. The new factory will _____ many new jobs.

identify	fall into	reveal	generate
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4. Stop talking about that! It's not _____ right now.

distinct	identifiable	relevant	consistent
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5. The human ear cannot _____ certain sounds.

manifest	detect	utilise	provide
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答案

1. 閱讀課文並回答問題。

1. Who was one of the first researchers to try and find out if good judges of character exist?

It was Henry F Adams in 1927.

2. True or False? *Reading personality and reading emotion are the same thing.*

False. They are two distinct skills.

3. Why are most of us probably good judges of emotion?

Because emotions can generate easily identifiable physical signs that most of us are probably able to accurately identify.

4. True or False? *It's possible to be a good judge of personality just by looking at the other person.*

False. There needs to be an interaction with the other person, and that person needs to be a 'good target'.

5. How does a 'good target' help make a good judge of character?

The 'good target' will give useful cues and information about their personality, and the good judge will detect and utilise them. A good judge of character cannot be successful without a 'good target' to read.

2. 選擇意思恰當的單字或片語來完成下列句子。

1. A dog can **identify** its owner by their scent alone.

2. It is **widely** believed that adults need between seven and nine hours of sleep a night.

3. The new factory will **generate** many new jobs.

4. Stop talking about that! It's not **relevant** right now.

5. The human ear cannot **detect** certain sounds.