



고2\_2209[기출문제] 20

다음 글의 제목으로 가장 적절한 것은?¹ [22년 9월 20번]

We usually take time out only when we really need to switch off, and when this happens we are often overtired, sick, and in need of recuperation. Me time is complicated by negative associations with escapism, guilt, and regret as well as overwhelm, stress, and fatigue. All these negative connotations mean we tend to steer clear of it. Well, I am about to change your perception of the importance of me time, to persuade you that you should view it as vital for your health and wellbeing. Take this as permission to set aside some time for yourself! Our need for time in which to do what we choose is increasingly urgent in an overconnected, overwhelmed, and overstimulated world.

- ① Don't Waste Your Time!
- ② Change Your Perception of Wellbeing!
- ③ Keys to Overcoming Negative Thinking
- ④ Switch Off: How to Find Calm in a Noisy
- ⑤ Persuading People Who Don't Want to Be Persuaded

다음 글에서 전체 흐름과 관계없는 문장은?² [22년 9월 20번]

We usually take time out only when we really need to switch off, and when this happens we are often overtired, sick, and in need of recuperation. Me time is complicated by negative associations with escapism, guilt, and regret as well as overwhelm, stress, and fatigue. ㉓All these negative connotations mean we tend to steer clear of it. ㉔This resets your body and mind away from "flight or fight" mode and towards "rest and digest". ㉕Well, I am about to change your perception of the importance of me time, to persuade you that you should view it as vital for your health and wellbeing. ㉖Take this as permission to set aside some time for yourself! ㉗Our need for time in which to do what we choose is increasingly urgent in an overconnected, overwhelmed, and overstimulated world.

\*recuperation: 회복

- ① a    ② b    ③ c    ④ d    ⑤ e



다음 글의 빈칸에 들어갈 말로 가장 알맞은 것을 고르면?<sup>3</sup>

[22년 9월 20번]

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- ① regard it as a waste of your precious time
- ② see it as an inconvenient but necessary evil
- ③ think of it as an honorable burden of modern life
- ④ consider it as a necessity for your body and soul
- ⑤ view it as an effective way to decide your future career

다음 글의 괄호 (A), (B), (C) 안에서 문맥에 맞는 낱말로

가장 적절한 것은?<sup>4</sup> [22년 9월 20번]

We usually take time out only when we really need to switch off, and when this happens we are often overtired, sick, and in need of recuperation. Me time is complicated by (A)[positive / negative] associations with escapism, guilt, and regret as well as overwhelm, stress, and fatigue. All these negative connotations mean we tend to steer clear of it. Well, I am about to change your (B)[perception / prescription] of the importance of me time, to persuade you that you should view it as vital for your health and wellbeing. Take this as (C)[permission / prohibition] to set aside some time for yourself! Our need for time in which to do what we choose is increasingly urgent in an overconnected, overwhelmed, and overstimulated world.

(A)            (B)            (C)

- ① negative perception permission
- ② negative perception prohibition
- ③ positive prescription permission
- ④ negative prescription prohibition
- ⑤ positive prescription prohibition



다음 글의 목적으로 가장 적절한 것은? <sup>5</sup> [22년 9월 20번]

We usually take time out only when we really need to switch off, and when this happens we are often overtired, sick, and in need of recuperation. Me time is complicated by negative associations with escapism, guilt, and regret as well as overwhelm, stress, and fatigue. All these negative connotations mean we tend to steer clear of it. Well, I am about to change your perception of the importance of me time, to persuade you that you should view it as vital for your health and wellbeing. Take this as permission to set aside some time for yourself! Our need for time in which to do what we choose is increasingly urgent in an overconnected, overwhelmed, and overstimulated world.

\* recuperation: 회복

- ① to emphasize how significant me time is
- ② to encourage people to be more diligent in working
- ③ to explain the effects of negative associations on our lives
- ④ to inform the effective ways to escape from negative thinking
- ⑤ to persuade employers to guarantee employees much break time



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정답

1 ④

2 ②

3 ④

4 ①

5 ①