

고1-2023/03서울시

20. 주장 : \_\_\_\_\_

1. It is difficult for any of us to maintain a constant level of attention throughout our working day.

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2. We all have body rhythms characterised by peaks and valleys of energy and alertness.

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3. You will achieve more, and feel confident as a benefit, if you schedule your most demanding tasks at times when you are best able to cope with them.

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4. If you haven't thought about energy peaks before, take a few days to observe yourself.

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5. Try to note the times when you are at your best.

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6. We are all different.

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7. For some, the peak will come first thing in the morning, but for others it may take a while to warm up. \* alertness 기민함

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21. 주제 \_\_\_\_\_

1. **If we adopt technology, we need to pay its costs.**

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2. Thousands of **traditional livelihoods** have been pushed aside by **progress**, and the lifestyles around those jobs removed.

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3. Hundreds of millions of humans today work at jobs they hate, producing things they have no love for.

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4. Sometimes these jobs cause **physical** pain, **disability**, or **chronic** disease.

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5. Technology creates many new jobs that are **certainly** dangerous.

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6. At the same time, **mass** education and media train humans to avoid low-tech physical work, to seek jobs working in the digital world.

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7. The **divorce** of the hands from the head puts a stress on the human mind.

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8. **Indeed, the sedentary nature of the best-paying jobs is a health risk — for body and mind.**

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\* chronic 만성의 \*\* sedentary 주로 앉아서 하는

22. 요지 \_\_\_\_\_

1. When students **are starting** their college life, they **may approach** every course, test, or learning task **the same way**, using what we like to call "the rubber-stamp approach."

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1. Think about it this way: Would you wear a tuxedo to a baseball game?

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2. A colorful dress to a funeral?

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3. A bathing suit to **religious** services? Probably not.

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4. You know ^there's **appropriate** dress for different **occasions** and **settings**.

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5. Skillful learners know that "putting on the same clothes" won't work for every class.

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6. **They are flexible learners.**

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7. They have different **strategies** and know when to use them.

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8. They know that you study for **multiple-choice** tests differently than you study for essay tests.

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9. And they not only know what to do, but they also know how to do it.

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23. 주제 : \_\_\_\_\_

1. As the social and **economic** situation of countries got better, **wage** levels and working conditions **improved**.

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2. **Gradually** people were given more **time off**.

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3. At the same time, forms of **transport** improved and it became faster and cheaper to get to places.

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4. England's **industrial revolution** led to many of these changes.

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5. **Railways, in the nineteenth century, opened up now famous seaside resorts such as Blackpool and Brighton.**

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6. With the railways came many large hotels.

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7. In Canada, **for example**, the new coast-to-coast railway system made possible the building of such famous hotels as Banff Springs and Chateau Lake Louise in the Rockies.

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8. Later, the arrival of air transport opened up more of the world and led to tourism **growth**.

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24. \_\_\_\_\_

1. Success can lead you off your **intended path** and into a **comfortable** rut.

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2. If you are good at something and are well rewarded for doing it, you may want to keep doing it even if you stop enjoying it.

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3. The danger is that one day you look around and realize you're so deep in this comfortable rut that you can no longer see the sun or breathe fresh air ; the sides of the rut have become so **slippery** that it would take a **superhuman** effort to climb out; and, **effectively**, you're **stuck**.

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4. And it's a situation that many working people worry they're in now.

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5. The poor **employment** market has left them feeling locked in what may be a **secure**, or even well-paying — but ultimately unsatisfying — job. \* rut 틀에 박힌 생활

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간혹전다고

29. 소재 : \_\_\_\_\_

요약 : \_\_\_\_\_

1. The most **noticeable** human **characteristic** projected onto animals is that they can talk in human language.

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2. **Physically**, animal cartoon characters and toys made after animals are also most often deformed in such a way as to **resemble** humans.

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3. This is achieved by showing them with **humanlike** facial **features** and deformed front legs to resemble human hands.

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4. In more **recent** animated movies the trend has been to show the animals in a more "natural" way.

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5. **However**, they still use their front legs like human hands (for example, lions can pick up and lift small **objects** with one **paw**), and they still talk with an **appropriate** facial expression.

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6. A general **strategy** that is used to make the animal characters more emotionally appealing, both to children and adults, is to give them **enlarged** and deformed **childlike** features.

\* deform 변형하다 \*\* paw (동물의) 발

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30. 주제 : \_\_\_\_\_

요약 : \_\_\_\_\_

1. The major **philosophical** shift in the idea of selling came when **industrial** societies became more affluent, more **competitive**, and more **geographically** spread out during the 1940s and 1950s.

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2. This **forced** business to develop **closer relations with buyers and clients**, which in turn made business realize that it was not enough to produce a quality product at a reasonable price.

결과적으로

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3. In fact, it was equally **essential to deliver** products that customers actually wanted.

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4. Henry Ford **produced** his best-selling T-model Ford in one color only (black) in 1908, but in **modern** societies this was **no longer possible.**

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5. The **modernization** of society led to a marketing **revolution** that destroyed the view that **production** would create its own **demand.**

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6. **Customers, and the desire to meet their diverse and often complex needs, became the focus of business.** \* affluent 부유한

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31. 소재 : \_\_\_\_\_

주제 : \_\_\_\_\_

1. People differ in how quickly they can reset their **biological** clocks to **overcome** jet lag, and **the speed of recovery depends on the direction of travel.**

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2. **Generally**, it's easier to fly westward and lengthen your day than **it is to fly eastward and shorten it.**

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3. This east-west difference in jet lag is sizable enough to have an **impact** on the **performance** of sports teams.

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4. Studies have found that teams flying westward perform **significantly** better than teams flying eastward in professional baseball and college football.

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5. A more recent study of more than 46,000 Major League Baseball games found **additional evidence** that eastward travel is tougher than westward travel. \*jet lag 시차로 인한 피로감

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32. 주제 : \_\_\_\_\_

1. If you want the **confidence** that comes from **achieving** what you **set out** to do each day, then **it's important to understand how long things are going to take.**

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2. **Over-optimism** about what can be achieved within a certain time frame is a problem.

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3. So work on it.

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4. Make a **practice** of **estimating** the amount of time needed **alongside** items on your 'things to do' list, and learn by experience when tasks take a greater or lesser time than expected.

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5. Give **attention** also to fitting the task to the **available** time.

\_\_\_\_\_ 주의

6. There are some **tasks** that you can only set about if you have a significant **amount** of time available.

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7. **There is no point in** trying to gear up for such a task **when you only have a short period available.**

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8. So schedule the time^you need for the longer tasks and put the short tasks into the **spare** moments in between. \* gear up 준비를 갖추다, 대비하다

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33. 주제 : \_\_\_\_\_

1. In Lewis Carroll's *Through the Looking-Glass*, the Red Queen takes Alice on a race through the **countryside**.

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2. They run and they run, but then Alice discovers that they're still under the same tree that they started from.

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3. The Red Queen explains to Alice: "here, you see, **it takes all the running ^you can do, to keep in the same place.**"

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4. **Biologists** sometimes use this Red Queen Effect to explain an **evolutionary principle**.

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5. If foxes **evolve to run** faster so they can catch more rabbits, then only the fastest rabbits will live **long enough to make** a new **generation** of bunnies **that** run even faster — in which case, of course, only the fastest foxes will catch **enough rabbits to thrive** and **pass on** their **genes**.

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6. **Even though they might run, the two species just stay in place.**

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\* chronic 만성의 \*\* sedentary 주로 앉아서 하는

34. 주제 : \_\_\_\_\_

1. **Everything in the world around us was finished in the mind of its creator before it was started.**

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2. The houses^ we live in, the cars ^we drive, and our clothing — all of these began with an idea.

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3. Each idea was then studied, refined and perfected before the first nail was driven or the first piece of cloth was cut.

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4. Long before the idea was turned into a **physical reality**, the mind had clearly pictured the finished product.

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5. **The human being designs his or her own future through much the same process.**

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6. We begin with an idea about how the future will be.

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7. Over a period of time we refine and perfect the vision.

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8. Before long, our every thought, decision and activity are all working in **harmony** to bring into existence what we have mentally concluded about the future. \* refine 다듬다

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35. 주제 : \_\_\_\_\_

1. Whose story it is affects what the story is.

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2. Change the main character, and the focus of the story must also change.

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3. If we look at the events through another character's eyes, we will interpret them differently.

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4. We'll place our sympathies with someone new.

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5. When the conflict arises that is the heart of the story, we will be praying for a different outcome.

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6. Consider, for example, how the tale of Cinderella would shift if told from the viewpoint of an evil stepsister.

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7. Gone with the Wind is Scarlett O'Hara's story, but what if we were shown the same events from the viewpoint of Rhett Butler or Melanie Wilkes?  
\* sympathy 공감

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36. 주제 : \_\_\_\_\_

1. In the Old Stone Age, small **bands** of 20 to 60 people **wandered** from place to place in search of food.

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2. Once people began farming, they could **settle down** near their farms.

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3. As a result, towns and villages grew larger.

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4. Living in **communities** allowed people to organize themselves more efficiently.

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5. They could divide up the work of producing food and other things ^they needed.

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6. While some workers **grew** crops, others **built** new houses and **made** tools.

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7. Village **dwellers** also learned to work together to do a **task** faster.

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8. For example, toolmakers could share the work of making stone axes and knives.

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9. By working together, they could make more tools in the same amount of time. \* dweller 거주자

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37. 주제 : \_\_\_\_\_

1. **Natural processes form minerals in many ways.**

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2. **For example**, hot melted rock material, **called** magma, cools when it reaches the Earth's **surface**, or even if it's **trapped** below the surface.

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3. As magma cools, its **atoms** lose heat energy, move closer together, and begin to **combine** into compounds.

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4. **During** this process, atoms of the different compounds **arrange themselves** into **orderly, repeating** patterns.

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5. The type and amount of **elements present** in a magma partly **determine which** minerals will form.

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6. Also, the size of the **crystals that** form **depends** partly on **how rapidly** the magma cools.

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7. When magma cools slowly, the crystals **that** form **are generally large enough to see** with the **unaided** eye.

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8. This is **because** the atoms have enough time **to move** together and **form** into larger crystals.

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9. When magma cools rapidly, the crystals **that** form will be small.

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10. In such cases, you can't easily see **individual** mineral crystals.      compound 화합물

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38. 소재 : \_\_\_\_\_

1. All carbohydrates **are basically** sugars.

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2. **Complex** carbohydrates are the good carbohydrates for your body.

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3. These complex sugar **compounds** are very difficult to break down and can **trap other nutrients** like vitamins and minerals in their chains.

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4. As they slowly break down, the other nutrients are also released into your body, and can provide you with fuel for a number of hours.

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5. **Bad carbohydrates, on the other hand, are simple sugars.**

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6. Because their **structure** is not **complex**, they are easy to break down and hold few nutrients for your body **other than** the sugars from which they are made.

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7. Your body breaks down these carbohydrates **rather** quickly and what it cannot use is converted to **fat** and stored in the body.      \* carbohydrate 탄수화물 \*\* convert 바꾸다

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39. 주제 : \_\_\_\_\_

1. People commonly make the mistaken assumption that because a person has one type of characteristic, then they automatically have other characteristics which go with it.

2. In one study, university students were given descriptions of a guest lecturer before he spoke to the group.

3. Half the students received a description containing the word 'warm', the other half were told the speaker was 'cold'.

4. The guest lecturer then led a discussion, after which the students were asked to give their impressions of him.

5. As expected, there were large differences between the impressions formed by the students, depending upon their original information of the lecturer.

6. It was also found that those students who expected the lecturer to be warm tended to interact with him more.

7. This shows that different expectations not only affect the impressions we form but also our behaviour and the relationship which is formed.

인상



40. 요약

1. To help decide what's risky and what's safe, who's trustworthy and who's not, we look for social evidence.

2. From an **evolutionary** view, following the group is almost always **positive** for our **prospects** of **survival.**

따라서

3. "If everyone's doing it, it must be a **sensible** thing to do," explains famous **psychologist** and best selling writer of Influence, Robert Cialdini.

4. While we can **frequently** see this today in **product** reviews, even **subtler cues** within the environment can **signal trustworthiness.**

5. Consider this: when you visit a local restaurant, are they busy?

6. Is there a line outside or is it easy to find a seat?

7. It is a hassle to wait but a line can be a powerful cue that the food's tasty, and these seats are **in demand.**

8. More often than not, it's good to adopt the **practices** of those around you. \* subtle 미묘한 \*\* hassle 성가신 일

41~42. 주제 : \_\_\_\_\_

1. Chess masters shown a chess board in the middle of a game for 5 seconds with 20 to 30 pieces still in place can **immediately reproduce** the position of the pieces from memory.

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2. Beginners, of course, are able to place only a few.

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3. Now take the same pieces and place them on the board **randomly** and the difference is much reduced.

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4. **The expert's advantage is only for familiar patterns — those previously stored in memory.**

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5. Faced with unfamiliar patterns, even when it **involves** the same familiar **domain**, the expert's advantage disappears.

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6. **The beneficial effects of familiar structure on memory have been observed for many types of expertise, including music.**

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7. People with musical training can reproduce short **sequences** of musical notation more **accurately** than those with no musical training when notes follow conventional sequences, but the advantage is much reduced when the notes are ordered randomly.

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8. Expertise also **improves** memory for sequences of movements.

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9. Experienced ballet dancers **are** able to repeat longer sequences of steps than less experienced dancers, and they **can repeat** a sequence of steps **making up a routine better than steps ordered randomly**.

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10. In each case, **memory range is increased by the ability to recognize familiar sequences and patterns**.

\* expertise 전문 지식 \*\* sequence 연속, 순서 \*\*\* musical notation 악보

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