



고1_2111[기출문제] 23

다음 글을 읽고, 글쓴이의 주장을 주어진 단어만을 알맞은 순서로 배열하여 완성하시오.¹ [21년 11월 23번]

We used to think that the brain never changed, but according to the neuroscientist Richard Davidson, we now know that this is not true — specific brain circuits grow stronger through regular practice. He explains, "Well-being is fundamentally no different than learning to play the cello. If one practices the skills of well-being, one will get better at it." What this means is that you can actually train your brain to become more grateful, relaxed, or confident, by repeating experiences that evoke gratitude, relaxation, or confidence. Your brain is shaped by the thoughts you repeat. The more neurons fire as they are activated by repeated thoughts and activities, the faster they develop into neural pathways, which cause lasting changes in the brain. Or in the words of Donald Hebb, "Neurons that fire together wire together." This is such an encouraging premise: bottom line — we can intentionally create the habits for the brain to be happier.

* evoke: (감정을) 불러일으키다

** premise: 전제

<보기>

the brain / and activities / thoughts /
intentionally repeated / that we / realizing /
practice of / dream of / through / changes

<조건>

- 주어진 어휘 외 단어 추가 금지
- 주어진 어휘의 변형 금지

→



다음 글의 제목으로 가장 적절한 것은? [21년 11월 23번]

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- ① Benefits of Mental Health Practice
- ② The Impact of Studying Neuroplasticity
- ③ The Importance of Enhancing Well-Being
- ④ Can Well-Being Be cultivated Through Training?
- ⑤ Similarity and Difference between Well-Being and Playing Cello

다음 글에서 밑줄 친 단어가 지칭하는 내용이 옳은 것만으로 짝지어진 것은? [21년 11월 23번]

We used to think that the brain never changed, but according to the neuroscientist Richard Davidson, we now know that ①this is not true—specific brain circuits glow stronger through regular practice. He explains, "Well-being is fundamentally no different than learning to play the cello. If one practices the skills of well-being, one will get better at ②it." What this means is that you can actually train your brain to become more grateful, relaxed, or confident, by repeating experiences that evoke gratitude, relaxation, or confidence. Your brain is shaped by the thoughts you repeat. The more neurons fire as they are activated by repeated thoughts and activities, the faster ③they develop into neural pathways, which cause lasting changes in the brain. Or in the words of Donald Hebb, "Neurons that fire together wire together." This is such an encouraging premise: bottom line—we can intentionally create the habits for the brain to be happier.

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**premise 전제

①this: the thought that the brain can't be changed

②it: playing the cello

③they: the repeated thoughts and activities

① a ② c ③ a, b

④ a, c ⑤ b, c



다음 글의 빈칸에 들어갈 말로 가장 적절한 것은?⁴ [21년 11월 23번]

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*evoke: (감정을) 불러일으키다 **premise: 전제

- ① can form brain habits for well-being on purpose
- ② try to practice repeatedly in playing musical instruments
- ③ should improve body movements for stronger brain circuits
- ④ have difficulty in discovering how neurons in the brain work
- ⑤ need to take a break regularly for enhancing memory capacity

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- ① lasting changes in the brain
- ② irreversible brain damage
- ③ blocking the blood vessel
- ④ insomnia and amnesia as well
- ⑤ the body's motor neurons to be destroyed



다음 글에서 전체 흐름과 관계없는 문장은?6 [21년 11월 23번]

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- ① a
- ② b
- ③ c
- ④ d
- ⑤ e

다음 글의 밑줄 친 부분 중 문맥상 낱말의 쓰임이 적절하지 않은 것은?7 [21년 11월 23번]

We used to think that the brain never changed, but according to the neuroscientist Richard Davidson, we now know that this is not true — specific brain circuits grow stronger through regular practice. He explains, "Well-being is fundamentally no @different than learning to play the cello. If one practices the skills of well-being, one will get @better at it." What this means is that you can actually train your brain to become more grateful, relaxed, or confident, by @repeating experiences that evoke gratitude, relaxation, or confidence. Your brain is shaped by the thoughts you repeat. The more neurons fire as they are activated by repeated thoughts and activities, the @faster they develop into neural pathways, which cause lasting changes in the brain. Or in the words of Donald Hebb, "Neurons that fire together wire together." This is such an encouraging premise: bottom line — we can @unintentionally create the habits for the brain to be happier.

- ① a
- ② b
- ③ c
- ④ d
- ⑤ e



다음 글의 내용과 일치하지 않는 것은? 8 [21년 11월 23번]

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- ① Our thoughts on whether the brain changes or not have changed.
- ② Well-being is similar to learning how to play musical instruments.
- ③ No matter how much you train, you can't expect a change in your brain.
- ④ Your brain is formed by the thoughts you do repeatedly.
- ⑤ The habits for the brain to be happier can be created by intention.

23번]

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- ① a
- ② b
- ③ c
- ④ d
- ⑤ e

다음 글에서 전체 흐름과 관계없는 문장은? 9 [21년 11월



다음 글의 빈칸에 들어갈 말로 가장 적절한 것은?¹⁰ [21년 11월 23번]

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다음 글의 빈칸에 들어갈 말로 가장 적절한 것은?¹¹ [21년 11월 23번]

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- ① specific brain cells may be changed little by little
- ② specific brain circuits grow stronger through regular practice
- ③ brain circuits that are common in most cases grow faster through regular reproduction
- ④ brain cells that are in normal growth may become specific by playing musical instruments
- ⑤ strong brain cells are easy to be spread throughout the whole brain



정답

1 The brain changes through intentionally repeated practice of thoughts and activities that we dream of realizing.

2 ④

3 ①

4 ①

5 ①

6 ③

7 ⑤

8 ③

9 ③

10 ①

11 ②