



3-G

1 다음 글의 요지로 가장 적절한 것은?

The single most important change you can make in your working habits is to switch to creative work first, reactive work second. This means blocking off a large chunk of time every day for creative work on your own priorities, with the phone and e-mail off. I used to be a frustrated writer. Making this switch turned me into a productive writer. Yet there wasn't a single day when I sat down to write an article, blog post, or book chapter without a string of people waiting for me to get back to them. It wasn't easy, and it still isn't, particularly when I get phone messages beginning "I sent you an e-mail two hours ago..." By definition, this approach goes against the grain of others' expectations and the pressures they put on you. It takes willpower to switch off the world, even for an hour. It feels uncomfortable, and sometimes people get upset. But it's better to disappoint a few people over small things, than to abandon your dreams for an empty inbox. Otherwise, you're sacrificing your potential for the illusion of professionalism.

- ① Make a list of professional writers and try reaching out via e-mail.
- ② To be a productive writer, balance creative work with reactive work.
- ③ Use your phone or email as much as you can when you're doing something creative.
- ④ Prioritizing creative work over reactive work is the key to achieving your goals.
- ⑤ Keep your inbox empty by answering both e-mail and phone messages for professional reputation.

2 다음 글의 밑줄 친 부분 중, 의미하는 바가 다른 하나는?

The single most important change you can make in your working habits is to switch to creative work first, @reactive work second. This means blocking off a large chunk of time every day for creative work on your own priorities, with @the phone and e-mail off. I used to be a frustrated writer. Making this switch turned me into a productive writer. Yet there wasn't a single day when I sat down @to write an article, blog post, or book chapter without a string of people waiting for me to get back to them. It wasn't easy, and it still isn't, particularly when I get @phone messages beginning "I sent you an e-mail two hours ago..." By definition, this approach goes against the grain of others' expectations and the pressures they put on you. It takes willpower to switch off the world, even for an hour. It feels uncomfortable, and sometimes people get upset. But it's better to disappoint a few people over small things, than to abandon your dreams for @an empty inbox. Otherwise, you're sacrificing your potential for the illusion of professionalism.

- ① a
- ② b
- ③ c
- ④ d
- ⑤ e



3 다음 글의 빈칸에 들어갈 말로 가장 적절한 것은?

The single most important change you can make in your working habits is to switch to creative work first, reactive work second. This means blocking off a large chunk of time every day for creative work on your own priorities, with the phone and e-mail off. I used to be a frustrated writer. Making this switch turned me into a productive writer. Yet there wasn't a single day when I sat down to write an article, blog post, or book chapter without a string of people waiting for me to get back to them. It wasn't easy, and it still isn't, particularly when I get phone messages beginning "I sent you an e-mail two hours ago...!" By definition, this approach goes against the grain of others' expectations and the pressures they put on you. It takes willpower to switch off the world, even for an hour. It feels uncomfortable, and sometimes people get upset. But it's better to _____.

Otherwise, you're sacrificing your potential for the illusion of professionalism.

- ① meet people's demands to be a successful writer
- ② try to survey others' expectations and respond them
- ③ make the wait for a while than to discard your priorities
- ④ concentrate on what is expected by others for an empty box
- ⑤ call them back as soon as possible for your professionalism

4 다음 글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

The single most important change you can make in your working habits is to switch to creative work first, reactive work second. This means blocking off a large chunk of time every day for creative work on your own priorities, with the phone and e-mail @off. I used to be a frustrated writer. Making this switch turned me into a @productive writer. Yet there wasn't a single day when I sat down to write an article, blog post, or book chapter @with a string of people waiting for me to get back to them. It wasn't easy, and it still isn't, particularly when I get phone messages beginning "I sent you an e-mail two hours ago...!" By definition, this approach goes against the grain of others' expectations and the pressures they put on you. It takes willpower to switch off the world, even for an hour. It feels @uncomfortable, and sometimes people get upset. But it's better to disappoint a few people over small things, than to abandon your dreams for an empty inbox. Otherwise, Otherwise, you're sacrificing your potential for the @illusion of professionalism.

- ① a
- ② b
- ③ c
- ④ d
- ⑤ e



다음 글을 읽고 물음에 답하십시오.

The single most important change you can make in your working habits is to switch to creative work first, reactive work second. This means blocking off a large chunk of time every day for creative work on your own priorities, with the phone and e-mail on. I used to be a frustrated writer. Making this switch turned me into a productive writer. Yet there wasn't a single day when I sat down to write an article, blog post, or book chapter without a string of people waiting for me to get back to them. It wasn't easy, and it still isn't, particularly when I get phone messages beginning "I sent you an e-mail two hours ago...!" By definition, this approach goes against the grain of others' expectations and the pressures they put on you. It takes willpower to switch off the world, even for an hour. It feels uncomfortable, and sometimes people get upset. But it's better to disappoint a few people over small things, than to abandon your dreams for an empty inbox.

(A) _____, you're sacrificing your potential for the illusion of professionalism.

5 윗글 ㉠~㉢에서 전체 문맥에 맞지 않는 어휘 표현을 한 개 골라 바르게 고치시오.

정답:

6 윗글의 빈칸 (A)에 들어갈 가장 적합한 연결어를 아래 철자를 알맞게 배열하여 완성해 쓰시오. (소문자로 쓰세요.)

W H O S T E I E R

정답:



3-1

7 다음 글의 내용을 한 문장으로 요약하고자 한다. 빈칸 (A), (B)에 들어갈 말로 가장 적절한 것은?

If there is one recent change that stands out in student behaviour, it is the decline in the willingness to read for extended periods of time. The reason is simply the competition reading faces. Until the mid-1980s, the only competition school really had was television. We still lived in a world that supported print literacy. There was still a collective memory about the experiences reading offered and a collective agreement about its value. That consensus is quickly passing away. When a teacher hands out a novel today, the first question in every student's mind is "Is there a movie of this?" to grasp the contents of the novel. If not, the next stop is the Internet where some websites will provide short chapter-by-chapter summaries, commentaries, and analysis free of charge. These sites support themselves with the extensive advertising embedded within the summary articles (a good visual distraction from the boring text summary). Today reading literature means reading about literature.

↓

Students' reading time has been reduced due to the (A)_____ that reading faces these days, and instead of reading literary works, they try to find some easy way for the book's (B)_____ by watching movies or looking for summary and analysis on the Internet.

(A)

(B)

- | | |
|-----------------|---------------------|
| ① rivals | overall contents |
| ② collaboration | literary value |
| ③ indifference | critical reviews |
| ④ risks | different genres |
| ⑤ criticism | related information |



8 다음 글의 밑줄 친 부분 중, 어법상 옳은 것은?

If there is one recent change @stand out in student behaviour, it is the decline in the willingness to read for extended periods of time. The reason is simply the competition reading faces. Until the mid-1980s, the only competition school really had was television. We still lived in a world that @support print literacy. There was still a collective memory about the experiences reading offered and a collective agreement about its value. That consensus is quickly passing away. When a teacher hands out a novel today, the first question in every student's mind is "Is there a movie of this?" If not, the next stop is the Internet @on which some websites will provide short chapter-by-chapter summaries, commentaries, and analysis free of charge. These sites support themselves with the extensive advertising @embedding within the summary articles (a good visual distraction from the boring text summary). Today reading literature @mean reading about literature.

- ① a ② b ③ c ④ d ⑤ e

9 주어진 글 다음에 이어질 글의 순서로 가장 적절한 것은?

If there is one recent change that stands out in student behaviour, it is the decline in the willingness to read for extended periods of time.

- (A) That consensus is quickly passing away. When a teacher hands out a novel today, the first question in every student's mind is "Is there a movie of this?" If not, the next stop is the Internet where some websites will provide short chapter-by-chapter summaries, commentaries, and analysis free of charge.
- (B) There was still a collective memory about the experiences reading offered and a collective agreement about its value.
- (C) The reason is simply the competition reading faces. Until the mid-1980s, the only competition school really had was television. We still lived in a world that supported print literacy.
- (D) These sites support themselves with the extensive advertising embedded within the summary articles (a good visual distraction from the boring text summary).

- ① (B)-(A)-(C)-(D) ② (B)-(C)-(A)-(D)
 ③ (C)-(A)-(B)-(D) ④ (C)-(B)-(A)-(D)
 ⑤ (D)-(C)-(B)-(A)



10 다음 글의 ㉠~㉦ 중에서 어법상 어색한 것만을 짝지은 것은?

If there is one recent change that stands out in student behaviour, it is the decline in the willingness to read for extended periods of time. The reason is simply the competition ㉠which reading faces. Until the mid-1980s, the only competition that school really had was television. We still lived in a world ㉡that supported print literacy. There was still a collective memory about the experiences reading offered and a collective agreement about its value. That consensus is quickly passing away. When a teacher hands out a novel today, the first question in every student's mind is "Is there a movie of this?" If not, the next stop is the Internet ㉢on which some websites will provide short chapter-by-chapter summaries, commentaries, and analysis free of charge. These sites support ㉣themselves with the extensive advertising ㉤embedding within the summary articles (a good visual distraction from the boring text summary). Today reading literature ㉦mean reading about literature.

- ① ㉠, ㉢ ② ㉡, ㉣ ③ ㉢, ㉤
 ④ ㉤, ㉥ ⑤ ㉥, ㉦

11 다음 글의 주제로 가장 적절한 것은?

If there is one recent change that stands out in student behaviour, it is the decline in the willingness to read for extended periods of time. The reason is simply the competition reading faces. Until the mid-1980s, the only competition school really had was television. We still lived in a world that supported print literacy. There was still a collective memory about the experiences reading offered and a collective agreement about its value. That consensus is quickly passing away. When a teacher hands out a novel today, the first question in every student's mind is "Is there a movie of this?" If not, the next stop is the Internet where some websites will provide short chapter-by-chapter summaries, commentaries, and analysis free of charge. These sites support themselves with the extensive advertising embedded within the summary articles (a good visual distraction from the boring text summary). Today reading literature means reading about literature.

- ① various ways to improve extensive reading skills
 ② current tendency for students not to read longer
 ③ beliefs that reading is universal to human beings
 ④ influence of classic literature on modern society
 ⑤ role of background knowledge in reading a text



12 다음 글에서 밑줄 친 **simply the competition reading faces**가 의미하는 바로 가장 적절한 것은?

If there is one recent change that stands out in student behaviour, it is the decline in the willingness to read for extended periods of time. The reason is simply the competition reading faces. Until the mid-1980s, the only competition school really had was television. We still lived in a world that supported print literacy. There was still a collective memory about the experiences reading offered and a collective agreement about its value. That consensus is quickly passing away. When a teacher hands out a novel today, the first question in every student's mind is "Is there a movie of this?" If not, the next stop is the Internet where some websites will provide short chapter-by-chapter summaries, commentaries, and analysis free of charge. These sites support themselves with the extensive advertising embedded within the summary articles (a good visual distraction from the boring text summary). Today reading literature means reading about literature.

- ① graded and simplified versions of books
- ② movies or TV programs that adapted novels
- ③ online and offline materials available in libraries
- ④ media and the Internet literacy challenging print literacy
- ⑤ various genres of literacy works from various cultures



3-2

13 다음 글의 괄호 (A), (B), (C) 안에서 문맥에 맞는 낱말로 가장 적절한 것은?

It is traditionally accepted that music is an art, that painting is an art, that theater is an art – no less than literature and, for more than a century now, the cinema. Why not cooking? Its (A)[dispensable / indispensable] function of providing nourishment has caused us to forget that, in the hands of a great cook, a meal is capable of touching us as a love song does, of giving us joy, occasionally even of moving us to anger. To the extent that it (B) [attaches / separates] itself from tradition (which works to assign it to the status of an artisanal trade or craft, based on repetition) and insofar as its purpose is to stir the emotions, cooking – which alone among the arts stimulates all of the senses at once – can be (C)[included in / excluded from] their company.

(A) (B) (C)

- ① dispensable attaches excluded from
- ② indispensable attaches excluded from
- ③ dispensable separates included in
- ④ indispensable separates excluded from
- ⑤ indispensable separates included in

14 다음 글의 밑줄 친 우리말 뜻 부분을 <조건>에 맞게 <보기>의 표현들을 올바르게 배열하여 영작하시오.

It is traditionally accepted that music is an art, that painting, is an art, that theater is an art - no less than literature and, for more than a century now, the cinema. Why not cooking? 영양을 공급하는 요리의 핵심적인 기능은 우리가 사랑 노래가 우리를 감동하게 하듯 식사가 우리를 감동하게 할 수 있음을 잊어버리게 만들어 왔다.

To the extent that it detaches itself from tradition (which works to assign it to the status of an artisanal trade or craft, based on repetition) and insofar as its purpose is to stir the emotions, cooking - which alone among the arts stimulates all of the senses at once - cannot be excluded from their company.

<조건>

<보기>의 모든 단어를 사용해야 하며 <보기> 이외의 단어는 사용 불가
단어의 중복 사용 및 형태 변형 불가능
대문자 및 소문자 표기에 유의할 것

<보기>

of touching us / of providing nourishment / its essential function / as a love song does / that a meal is capable / has caused us to forget

답:



15 다음 글의 요지로 가장 적절한 것은?

It is traditionally accepted that music is an art, that painting is an art, that theater is an art no less than literature and, for more than a century now, the cinema. Why not cooking? Its essential function of providing nourishment has caused us to forget that, in the hands of a great cook, a meal is capable of touching us as a love song does, of giving us joy, occasionally even of moving us to anger. To the extent that it detaches itself from tradition. (which works to assign it to the status of an artisanal trade or craft, based on repetition) and insofar as its purpose is to stir the emotions, cooking — which alone among the arts stimulates all of the senses at once — cannot be excluded from their company.

- ① The concept of art is constantly changing.
- ② Cooking is a craft as much as it is an art.
- ③ Cooking is inferior to other art forms because it does not require as much creativity.
- ④ Cooking is a form of art that uniquely stimulates emotions and engages all the senses.
- ⑤ Whether or not cooking is considered an art form is a matter of personal opinion and perspective.

16 다음 글의 밑줄 친 부분 중, 성격상 나머지와 다른 것은?

It is traditionally accepted that music is an art, that painting is an art, that theater is an art — no less than literature and, for more than a century now, the cinema. Why not cooking? Its essential function of providing nourishment has caused us to forget that, in the hands of a great cook, a meal is capable of touching us as a love song does, of giving us joy, occasionally even of moving us to anger. To the extent that it detaches itself from tradition (which works to assign it to the status of an artisanal trade or craft, based on repetition) and insofar as its purpose is to stir the emotions, cooking — which alone among the arts stimulates all of the senses at once — cannot be excluded from their company.

- ① a
- ② b
- ③ c
- ④ d
- ⑤ e



3-3

17 다음 글에서 밑줄 친 부분이 의미하는 바로 가장 적절한 것은?

Melatonin helps regulate the timing of when sleep occurs by systemically signaling darkness throughout the organism. But melatonin has little influence on the generation of sleep itself: a mistaken assumption that many people hold. To make clear this distinction, think of sleep as the Olympic 100-meter race. Melatonin is the voice of the timing official that says “Runners, on your mark,” and then fires the starting pistol that triggers the race. That timing official (melatonin) governs when the race (sleep) begins, but does not participate in the race. In this analogy, the sprinters themselves are other brain regions and processes that actively generate sleep. Melatonin corrals these sleep-generating regions of the brain to the starting line of bedtime. Melatonin simply provides the official instruction to commence the event of sleep, but does not participate in the sleep race itself.

- ① Melatonin has minimal impact on the process of falling asleep.
- ② Melatonin is a hormone in response to darkness.
- ③ Melatonin may help people with insomnia fall asleep slightly faster.
- ④ Melatonin affects the production of sleep itself.
- ⑤ Melatonin plays other important roles in the body beyond sleep.

18 다음 글의 밑줄 친 부분 중, 어법상 적절한 것은?

Melatonin helps regulate the timing of when sleep occurs by systemically signaling darkness throughout the organism. But melatonin has little influence on the generation of sleep itself: a mistaken assumption that many people hold. To make clear this distinction, @thinking of sleep as the Olympic 100-meter race. Melatonin is the voice of the timing official that says “Runners, on your mark,” and then @fires the starting pistol that triggers the race. That timing official (melatonin) governs when the race (sleep) begins, but @do not participate in the race. In this analogy, the sprinters themselves are other brain regions and processes @what actively generate sleep. Melatonin corrals these sleep-generating regions of the brain to the starting line of bedtime. Melatonin simply provides the official instruction @commence the event of sleep, but does not participate in the sleep race itself.

- ① a
- ② b
- ③ c
- ④ d
- ⑤ e



19 다음 글의 내용을 한 문장으로 요약하고자 한다. 빈칸

(A), (B)에 들어갈 말로 가장 적절한 것은?

Melatonin helps regulate the timing of when sleep occurs by systemically signaling darkness throughout the organism. But melatonin has little influence on the generation of sleep itself: a mistaken assumption that many people hold. To make clear this distinction, think of sleep as the Olympic 100-meter race. Melatonin is the voice of the timing official that says "Runners, on your mark," and then fires the starting pistol that triggers the race. That timing official (melatonin) governs when the race (sleep) begins, but does not participate in the race. In this analogy, the sprinters themselves are other brain regions and processes that actively generate sleep. Melatonin corrals these sleep-generating regions of the brain to the starting line of bedtime. Melatonin simply provides the official instruction to commence the event of sleep, but does not participate in the sleep race itself.

↓

In the sleep race, melatonin plays a role in helping

(A)_____ the sleep rather than

(B)_____ the sleep itself.

(A) (B)

- ① initiate causing
- ② interrupt generating
- ③ initiate holding
- ④ interrupt deciding
- ⑤ corral activating

20 다음 글의 내용과 일치하지 않는 것은?

Melatonin helps regulate the timing of when sleep occurs by systemically signaling darkness throughout the organism. But melatonin has little influence on the generation of sleep itself: a mistaken assumption that many people hold. To make clear this distinction, think of sleep as the Olympic 100-meter race. Melatonin is the voice of the timing official that says "Runners, on your mark," and then fires the starting pistol that triggers the race. That timing official (melatonin) governs when the race (sleep) begins, but does not participate in the race. In this analogy, the sprinters themselves are other brain other brain regions and regions and processes that actively generate sleep. Melatonin corrals these sleep-generating regions of the brain to the starting line of bedtime. Melatonin simply provides the official instruction to commence the event of sleep, but does not participate in the sleep race itself.

- ① 멜라토닌은 어두움의 정도를 조절하는데 도움을 주는 역할을 한다.
- ② 멜라토닌은 수면 자체의 생성에 거의 영향을 미치지 않는다.
- ③ 멜라토닌은 수면이라는 경주를 시작하게 하는 출발 신호용 총을 발사하는 출발 심판의 목소리라고 볼 수 있다.
- ④ 멜라토닌이 두뇌의 수면 생성 영역을 취침 시간의 출발선에 놓는다고 생각할 수 있다.
- ⑤ 멜라토닌은 단순히 수면이라는 시합을 시작하게 할 공식적인 지시를 제공한다.



21 다음 빈칸에 들어갈 말로 가장 적절한 것은?

Melatonin helps regulate the timing of when sleep occurs by systemically signaling darkness throughout the organism. But melatonin has little influence on the generation of sleep itself: a mistaken assumption that many people hold. To make clear this distinction, think of sleep as the Olympic 100-meter race. Melatonin is the voice of the timing official that says “Runners, on your mark,” and then fires the starting pistol that triggers the race. That timing official (melatonin) governs when the race (sleep) begins, but does not participate in the race. In this analogy, the sprinters themselves are other brain regions and processes that actively generate sleep. Melatonin locks up these sleep-generating regions of the brain to the starting line of bedtime. Melatonin simply provides _____ but does not participate in the sleep race itself.

- ① mental relaxation from night to morning
- ② a biological command for the entry of sleep
- ③ the necessary triggers for falling asleep later
- ④ the continuous influence on biological regulation
- ⑤ an interruption of our twenty-four-hour internal clock

22 다음 글의 빈칸에 들어갈 말로 가장 적절한 것은?

Melatonin helps regulate the timing of when sleep occurs by systemically signaling darkness throughout the organism. But melatonin has little influence on the generation of sleep itself: a mistaken assumption that many people hold. To make clear this distinction, think of sleep as the Olympic 100-meter race. Melatonin is the voice of the timing official that says "Runners, on your mark," and then fires. the starting pistol that triggers the race. That timing official (melatonin) governs when the race (sleep) begins, but does not participate in the race. In this analogy, the sprinters themselves are other brain regions and processes that actively generate sleep. Melatonin corrals these sleep-generating regions of the brain to the starting line of bedtime. That is, _____.

- ① it is melatonin that governs the brain regions associated with physical activities such as the 100-meter race
- ② melatonin not only provides the official instruction for sleep but participates in the sleep race itself
- ③ it is said that melatonin produces hormones in response to darkness that help with mood disorders.
- ④ melatonin manages the sleep-wake cycle of runners as well as depriving them of sleep
- ⑤ melatonin serves as an internal time cue to various brain areas and helps induce sleep



23주어진 글 다음에 이어질 글의 순서로 가장 적절한 것은?

Melatonin helps regulate the timing of when sleep occurs by systemically signaling darkness throughout the organism. But melatonin has little influence on the generation of sleep itself: a mistaken assumption that many people hold.

(A) Melatonin corrals these sleep-generating regions of the brain to the starting line of bedtime. Melatonin simply provides the official instruction to commence the event of sleep, but does not participate in the sleep race itself.

(B) The timing official (melatonin) governs when the race (sleep) begins, but does not participate in the race. In this analogy, the sprinters themselves are other brain regions and processes that actively generate sleep.

(C) To make clear this distinction, think of sleep as the Olympic 100-meter race. Melatonin is the voice of the timing official that says “Runners, on your mark,” and then fires the starting pistol that triggers the race.

- ① (A) - (C) - (B) ② (B) - (A) - (C)
 ③ (B) - (C) - (A) ④ (C) - (A) - (B)
 ⑤ (C) - (B) - (A)

24 다음 빈칸에 들어갈 말로 가장 적절한 것은?

Melatonin helps regulate the timing of when sleep occurs by systemically signaling darkness throughout the organism. Melatonin is by no means _____ . Think of sleep as the Olympic 100-meter race. Melatonin is the voice of the timing official that says “Runners, on your mark,” and then fires the starting pistol that triggers the race. That timing official (melatonin) governs when the race (sleep) begins, but does not participate in the race. In this analogy, the sprinters themselves are other brain regions and processes that actively generate sleep. Melatonin corrals these sleep-generating regions of the brain to the starting line of bedtime. Melatonin simply provides the official instruction to commence the event of sleep, but does not participate in the sleep race itself.

- ① a hormone to trigger sleep
 ② a participant in the sleep process
 ③ the regulation of when sleep begins
 ④ a timing official to govern the sleep process
 ⑤ an instructor of the generation of sleep itself



3-4

25 다음 글을 아래와 같이 요약하고자 할 때, 빈칸 (A)와 (B)에 들어갈 알맞은 말을 <조건>에 맞게 쓰시오.

We do all kinds of things to avoid bad feelings, and often the cost of these efforts is that we don't get to enjoy life. The alternative is to accept our feelings in order to enjoy life. Acceptance doesn't mean you like something, want it, or even enjoy it; it's "taking what is given," acknowledging what is, and having a willingness to let it be as it is. *Accepting* your feelings involves making space for them so you don't have to fight with them as much. I'm not talking about *tolerating* feelings, I mean welcoming or *embracing* them. It's not just tolerating an acquaintance, it's welcoming a friend, a companion. The unhealthy habits we do to avoid our feelings are totally normal; however, if you allow yourself to just feel your feelings, as yucky as they may be, you wouldn't need unhealthy habits. In other words, you're accepting the message from the messenger but not letting the message take over or change your route.

↓

By (A) _____ instead of (B) _____, you can get out of unhealthy habits.

<보기>

they are / to / them / emotions / try / accept / negative / avoid / as

<조건>

단어 추가 없이 <보기>의 표현을 모두, 한 번씩만 사용할 것
(A)는 6단어, (B)는 4단어로 쓸 것
필요한 경우, 어법에 맞게 단어의 형태를 변형시킬 것

(A)

(B)



다음 글을 읽고 물음에 답하시오.

We do all kinds of things to avoid bad feelings, and often the cost of these efforts is (A)that we don't get to enjoy life. @The alternative is (B)to accept our feelings in order to enjoy life. Acceptance doesn't mean you like something, want it, or even enjoy it; it's "@taking what is given," acknowledging what is, and having a willingness to let it be as it is. Accepting your feelings (C)involve ©making space for them so you don't have to fight with them as much. I'm not talking about tolerating feelings, I mean welcoming or @embracing them. It's not just tolerating an acquaintance, it's welcoming a friend, a companion. The unhealthy habits we do to avoid our feelings are totally normal; however, if you allow yourself just (D)feel your feelings, as yucky as they may be, you wouldn't need unhealthy habits. In other words, you're accepting the message from the messenger but not letting ©the message (E)take over your route.

26 위 글의 밑줄 친 ㉠~㉤ 중, 의미하는 것이 나머지 넷과 다른 것은?

- ① The alternative
- ② taking what is given
- ③ making space for them
- ④ embracing them
- ⑤ the message

27 위 글에서 밑줄 친 (A)~(E) 중, 어법상 어색한 부분 2개를 골라 올바르게 고치시오.

답: (1) 어색한 것 : _____, _____

(2) 올바르게 고치기 : _____, _____



28 다음 빈칸에 들어갈 말로 가장 적절한 것은?

We do all kinds of things to avoid bad feelings, and often the cost of these efforts is that we don't get to enjoy life. The alternative is _____.

Acceptance doesn't mean you like something, want it, or even enjoy it; it's "taking what is given," acknowledging what is, and having a willingness to let it be as it is. Accepting your feelings involves making space for them so you don't have to fight with them as much. I'm not talking about tolerating feelings, I mean welcoming or embracing them. It's not just tolerating an acquaintance, it's welcoming a friend, a companion. The unhealthy habits we do to avoid our feelings are totally normal; however, if you allow yourself to just feel your feelings, as yucky as they may be, you wouldn't need unhealthy habits. In other words, you're accepting the message from the messenger but not letting the message take over or change your route.

- ① to tolerate bad feelings by embracing them
- ② to enjoy our feelings in order to have fun in life
- ③ to acknowledge our emotions to enjoy life
- ④ to neglect messages from an acquaintance
- ⑤ to avoid unhealthy habits for our happy life

29 다음 글의 내용을 한 문장으로 요약하고자 한다. 빈칸

(A), (B)에 들어갈 말로 가장 적절한 것은?

We do all kinds of things to avoid bad feelings, and often the cost of these efforts is that we don't get to enjoy life. The alternative is to accept our feelings in order to enjoy life. Acceptance doesn't mean you like something, want it, or even enjoy it; it's "taking what is given," acknowledging what is, and having a willingness to let it be as it is. Accepting your feelings involves making space for them so you don't have to fight with them as much. I'm not talking about tolerating feelings, I mean welcoming or embracing them. It's not just tolerating an acquaintance, it's welcoming a friend, a companion. The unhealthy habits we do to avoid our feelings are totally normal; however, if you allow yourself to just feel your feelings, as yucky as they may be, you wouldn't need unhealthy habits. In other words, you're accepting the message from the messenger but not letting the message take over or change your route.

↓

Avoiding negative emotions (A)_____ life enjoyment. Accepting feelings means making space and welcoming them. Unhealthy coping mechanisms are normal but unnecessary if emotions are (B)_____.

- | (A) | (B) |
|--------------|------------|
| ① hinders | ignored |
| ② hinders | allowed |
| ③ fosters | encouraged |
| ④ fosters | hidden |
| ⑤ determines | filtered |



30 다음 글의 밑줄 친 부분 중 어법상 어색한 것은?

We do all kinds of things to avoid bad feelings, and often the cost of these efforts is @that we don't get to enjoy life. The alternative is to accept our feelings in order to enjoy life. Acceptance doesn't mean you like something, want it, or even enjoy it: it's taking what is @given." Accepting your feelings @involve making space for them so you don't have to fight with them as much. I'm not talking about tolerating feelings, I mean welcoming or embracing them. It's not just tolerating an acquaintance, it's welcoming a friend, a companion. The unhealthy habits we do to avoid our feelings are totally normal: however, if you allow yourself to just feel your feelings, as @unpleasant as they may be, you wouldn't need unhealthy habits. In other words, you're accepting the message from the messenger but not letting the message @take over or change your route.

- ① a ② b ③ c ④ d ⑤ e

31 다음 글에서 필자가 주장하는 바로 가장 적절한 것은?

We do all kinds of things to avoid bad feelings, and often the cost of these efforts is that we don't get to enjoy life. The alternative is to accept our feelings in order to enjoy life. Acceptance doesn't mean you like something, want it, or even enjoy it; it's "taking what is given," acknowledging what is, and having a willingness to let it be as it is. Accepting your feelings involves making space for them so you don't have to fight with them as much. I'm not talking about tolerating feelings, I mean welcoming or embracing them. It's not just tolerating an acquaintance, it's welcoming a friend, a companion. The unhealthy habits we do to avoid our feelings are totally normal; however, if you allow yourself to just feel your feelings, as yucky as they may be, you wouldn't need unhealthy habits. In other words, you're accepting the message from the messenger but not letting the message take over or change your route.

- ① 나쁜 감정의 원인을 밝혀서 제거해야 한다.
 ② 우리가 느끼는 감정을 있는 그대로 받아들여야 한다.
 ③ 우리가 느끼는 감정을 다른 사람에게 투사하면 안 된다.
 ④ 불쾌한 기분을 피하기 위한 나쁜 습관을 고쳐야 한다.
 ⑤ 친구와 지인을 받아들일 수 있는 인내심과 포용력이 필요하다.



32 다음 빈칸에 들어갈 말로 가장 적절한 것은?

We do all kinds of things to avoid bad feelings, and often the cost of these efforts is that we don't get to enjoy life. The alternative is to accept our feelings in order to enjoy life. Acceptance doesn't mean you like something, want it, or even enjoy it; it's "taking what is given," acknowledging what is, and having a willingness to let it be as it is. *Accepting* your feelings involves making space for them so you don't have to fight with them as much. I'm not talking about *tolerating* feelings, I mean *welcoming* or *embracing* them. It's not just tolerating an acquaintance, it's welcoming a friend, a companion. The unhealthy habits we do to avoid our feelings are totally normal; however, if you allow yourself to just feel your feelings, as yucky as they may be, you wouldn't _____. In other words, you're accepting the message from the messenger but not letting the message take over or change your route.

- ① enjoy your life
- ② take what is given
- ③ avoid your bad feelings
- ④ reveal your true feelings
- ⑤ agree the power of the message

33 다음 글의 빈칸 (A), (B)에 들어갈 말로 가장 적절한 것은?

We do all kinds of things to avoid bad feelings, and often the cost of these efforts is that we don't get to enjoy life. The alternative is to accept our feelings in order to enjoy life. Acceptance doesn't mean you like something, want it, or even enjoy it; it's "taking what is given," acknowledging what is, and having a willingness to let it be as it is. Accepting your feelings involves making space for them so you don't have to fight with them as much. I'm not talking about tolerating feelings, I mean welcoming or embracing them. It's not just tolerating an acquaintance, it's welcoming a friend, a companion. The unhealthy habits we do to avoid our feelings are totally normal; (A)_____, if you allow yourself to just feel your feelings, as yucky as they may be, you wouldn't need unhealthy habits. (B)_____, you're accepting the message from the messenger but not letting the message take over or change your route.

*yucky: 몹시 불쾌한, 싫은

- | (A) | (B) |
|------------------|----------------|
| ① likewise | In contrast |
| ② therefore | As'a result |
| ③ in other words | However |
| ④ moreover | Consequently |
| ⑤ however | In other words |



정답

1 ④

2 ③

3 ③

4 ③

5 on off

6 otherwise

7 ①

8 ③

9 ④

10 ⑤

11 ②

12 ④

13 ⑤

14 Its essential function of providing nourishment has caused us to forget that a meal is capable of touching us as a love song does.

15 ④

16 ④

17 ④

18 ②

19 ①

20 ①

21 ②

22 ⑤

23 ⑤

24 ②

25 (A) accepting negative emotions as they are
(B) trying to avoid them

26 ⑤

27 (1) (C)involve, (D)feel
(2) involves, to feel

28 ③

29 ②

30 ③

31 ②

32 ③

33 ⑤