

고1-2023/03서울시

20. 주장 : 자신의 에너지가 가장 높은 시간을 파악하여 활용하라.

1. _____ is difficult _____ any of us _____ a _____ level of _____ throughout our working day.
2. We all have body rhythms _____ by peaks and _____ of energy and alertness.
3. You will _____ more, and feel _____ as a _____ if you _____ your most _____ at times when you are best able to _____
4. If you haven't thought about energy peaks before, take a few days to _____
5. Try to note the times when you are at your best.
6. We are all different.
7. For some, the peak will come first thing in the morning, but for _____ it may take a while to warm up. * alertness 기민함

21. 주제 : 우리는 발전된 기술에 대한 댓가를 치룬다

1. _____
2. Thousands of _____ have been _____ by _____ and the lifestyles around those jobs _____
3. Hundreds of millions of humans today _____ at jobs they hate, _____ things they have no love _____
4. Sometimes these jobs cause _____ pain, _____ or _____ disease.
5. Technology creates many new jobs _____ dangerous.
6. At the same time, _____ education and media _____ humans _____ low-tech physical work, _____ jobs _____ in the digital world.
7. The _____ of the hands from the head puts a stress on the human mind.
8. Indeed, the sedentary nature of the best-paying jobs is a health risk — for body and mind.

* chronic 만성적 ** sedentary 주로 앉아서 하는

22. 요지 : 숙련된 학습자는 상황에 맞는 학습 전략을 사용할 줄 안다.

1. When students are starting their college life, they may _____ every course, test, or learning task _____, _____ we like to call "the rubber-stamp approach."
1. Think about it this way: Would you wear a tuxedo to a baseball game?
2. A colorful dress to a funeral?
3. A bathing suit to _____ services? Probably not.
4. You know ^there's _____ dress for different _____ and _____
5. Skillful learners know _____ on the same clothes" won't work for every class.
6. They are flexible learners.
7. They have different _____ and know _____
8. They know _____ you study for _____ tests _____ than you study for essay tests.
9. And they not only know what to do, but they also know _____ it.

23. 주제 : 관광 산업의 성장을 이끌었던 요소들

1. As the social and _____ situation of countries got better, _____ levels and working conditions _____
2. _____ people were given more _____
3. At the same time, forms of _____ improved and _____ became faster and cheaper _____ to places.
4. England's _____ led to many of these changes.
5. Railways, in the nineteenth century, opened up now famous seaside resorts such as Blackpool and Brighton.
6. With the railways came many large hotels.
7. In Canada, _____, the new coast-to-coast railway system made _____ the building of such famous hotels as Banff Springs and Chateau Lake Louise in the Rockies.
8. Later, the arrival of air transport opened up more of the world and led to tourism _____.

24. 열악한 고용 시장에서의 직업적 성공은 사람들을 만족스럽지 못한 상황에 갇히게 한다.

1. Success can lead you off your _____ and _____ a _____ rut.
2. If you are good at something and are well _____ for doing it, you may want to keep _____ it even if you stop _____ it.
3. The danger is one day you look around and realize you're so _____ in this comfortable rut you can no longer see the sun or breathe fresh air ; the sides of the rut have become so _____ it would take a _____ effort _____ and, _____ you're _____
4. And it's a situation many working people worry they're in now.
5. The poor _____ market has left _____ feeling _____ in may be a _____ or even well-paying — but — job. * rut 틀에 박힌 생활

29. 소개 : 만화영화에서의 동물의 모습

요약 : 만화영화에서 동물들을 인간의 모습으로 변형함으로써 더 매력적으로 만든다.

1. The most _____ human _____ onto animals they can talk in human language.
2. _____ animal cartoon characters and toys _____ after animals are also most often _____ in such a way as to _____ humans.
3. This is achieved by _____ them with _____ facial _____ and _____ front legs _____ human hands.
4. In more _____ animated movies the trend has been _____ the animals in a more "natural" way.
5. they still use their front legs _____ human hands (for example, lions can pick up and lift small _____ with one _____ and they still talk with an _____ facial expression.
6. A general _____ is used _____ the animal characters more _____ both to children and adults, _____ to give them _____ and deformed _____ features.

* deform 변형하다 ** paw (동물의) 발

30. 주제 : 사회의 현대화가 가져온 제조업의 마케팅 혁명

요약 : 사회의 현대화는 기업으로 하여금 양질의 제품만이 아닌 고객의 복잡하고 다양한 니즈를 충족시키는 전략이 필요하게 했다.

1. The major _____ shift in the idea of selling came when _____ societies became more affluent, more _____ and more _____ spread out _____ the 1940s and 1950s.
2. This _____ business _____ closer relations with buyers and clients, _____ made business _____ it was not enough to produce a quality product at a reasonable price.
3. In fact, _____ was equally _____ products _____ customers actually wanted.
4. Henry Ford _____ his best-selling T-model Ford in one color only (black) in 1908, but in _____ societies this was _____
5. The _____ of society led to a marketing _____ destroyed the view _____ would create its own _____
6. Customers, and the desire to meet their diverse and often complex needs, became the focus of business. * affluent 부유한

31. 소재 : 이동 방향이 시차 회복에 미치는 영향

주제 : 서쪽 방향으로 움직여 하루를 연장하는 것이 시차 극복에 유리하다.

1. People differ in _____ they can reset their _____ clocks to _____ jet lag, and the speed of recovery depends on the direction of travel.
2. _____ it's easier _____ and _____ your day than it is to fly eastward and shorten it.
3. This east-west difference in jet lag is _____ an _____ on the _____ of sports teams.
4. Studies have found _____ teams _____ westward _____ better than teams _____ eastward in professional baseball and college football.
5. A more recent study of more than 46,000 Major League Baseball games found _____ eastward travel is tougher than westward travel. * jet lag 시차로 인한 피로감

32. 주제 : 착수한 일의 성취를 통해 자신감을 얻으려면 시간을 효율적으로 관리하라

1. If you want the _____ comes from _____ you _____ to do each day, then it's important to understand how long things are going to take.
2. _____ about can be achieved within a certain time frame _____ a problem.
3. So work on it.
4. Make _____ of _____ the amount of time _____ items on your 'things _____ do' list, and _____ by experience when tasks take a greater or lesser time than _____
5. Give _____ also to _____ the task to the _____ time.
6. There _____ some _____ you can only set _____ if you have a significant _____ of time _____
7. _____ is _____ trying to gear up for such a task when you only have a short period available!
8. So schedule the time^you need for the longer tasks and put the short tasks into the _____ moments in between. * gear up 준비를 갖추다, 대비하다

33. 주제 : 진화론에 적용된 붉은 여왕 효과

1. In Lewis Carroll's Through the Looking-Glass, the Red Queen takes Alice on a race through the _____
2. They run and they run, but then Alice discovers they're still under the same tree they started _____
3. The Red Queen explains to Alice: "here, you see, it takes all the running ^you can do, to keep in the same place."
4. _____ sometimes use this Red Queen Effect to explain an _____
5. If foxes _____ faster so they can catch more rabbits, then only the fastest rabbits will live _____ a new _____ of bunnies run even faster — in which case, of course, only the fastest foxes will catch _____ and _____ their _____
6. Even though they might run, the two species just stay in place.

* chronic 만성의 ** sedentary 주로 앉아서 하는

34. 주제 : 인간은 아이디어를 통해 미래를 설계한다.

1. _____
2. The houses^ we _____ the cars ^we drive, and our clothing — all of these began with an idea.
3. Each idea was then studied, _____ and _____ before the first nail _____ the first piece of cloth _____
4. Long before the idea _____ into a _____ the mind _____ clearly _____ the _____
5. *The human being designs his or her own future through much the same process.*
6. We begin with an idea about _____
7. Over a period of time we refine and _____ the vision.
8. Before long, our every thought, decision and activity _____ all working in _____ _____ we have _____ about the future. * refine 다듬다

35. 주제 : 관점에 따라 사건에 대한 해석과 결과는 다르다.

1. *Whose story it is affects what the story is.*
2. Change the _____ the focus of the story must also change.
3. If we look at the events through _____ character's eyes, we will _____
4. We'll place our _____ with _____
5. When the _____ is the heart of the story, we will be praying for a different _____
6. _____ for example, the tale of Cinderella would _____ if _____ from the of an _____ stepsister.
7. Gone with the Wind is Scarlett O'Hara's story, but what if we _____ the same events from the viewpoint of Rhett Butler or Melanie Wilkes? * sympathy 공감

36. 주제 : 농경의 시작으로 야기된 인류 생활의 변화들

1. In the Old Stone Age, small _____ of 20 to 60 people _____ from place to place in search of food.
2. Once people began farming, they could _____ near their farms.
3. As a result, towns and villages grew larger.
4. _____ in _____ allowed people _____ more _____
5. They could divide up the work of _____ food and _____ things ^they needed.
6. While some workers _____ crops, _____ built new houses and made tools.
7. Village _____ also learned to work together _____ a _____ faster.
8. [], toolmakers could share the work of _____ stone axes and knives.
9. By _____ together, they could make more tools in the same amount of time. * dweller 거주자

37. 주제 : 다양한 방법으로 광물을 형성하는 자연 과정

1. _____
2. [], hot melted rock material, _____ magma, cools when it reaches the Earth's _____ or even if it's _____ below the surface.
3. As magma cools, its _____ lose heat energy, move closer together, and begin to _____ into compounds.
4. _____ this process, atoms of the different compounds _____ into _____ patterns.
5. The type and amount of _____ in a magma partly _____ [] minerals will form.
6. Also, the size of the _____ [] form _____ partly on [] _____ the magma cools.
7. When magma cools slowly, the crystals [] form _____ with the _____ eye.
8. This is [] the atoms have enough time _____ together and _____ into larger crystals.
9. When magma cools rapidly, the crystals [] form will be small.
10. In such cases, you can't easily see _____ mineral crystals. compound 화합물

38. 소재 : 좋은 탄수화물은 다당류와 나쁜 탄수화물인 단당류

- All carbohydrates are _____ sugars.
- _____ carbohydrates are the good carbohydrates for your body.
- These complex sugar _____ are very difficult _____ and can _____ like vitamins and minerals in their chains.
- As they slowly break down, _____ nutrients are also _____ into your body, and can provide you _____ fuel for _____.
- Bad carbohydrates, on the other hand, are simple sugars.
- Because their _____ is not _____ they are easy _____ and hold few nutrients for your body _____ the sugars they are _____.
- Your body breaks down these carbohydrates _____ quickly and it cannot use is _____ to _____ and _____ in the body. * carbohydrate 탄수화물 ** convert 바꾸다

39. 주제 : 사람들은 어떤 사람의 한 가지 특성이 그 사람의 다른 특성과 연결된다고 잘못된 가정을 한다.

- _____
- In one study, university students _____ of a guest lecturer before he spoke to the group.
- Half the students received a description _____ the word 'warm', _____ half _____ ^the speaker was 'cold'.
- The guest lecturer then led a discussion, the students _____ their _____ of him.
- As _____ there were large differences between the impressions formed by the students, depending upon their original information of the lecturer.
- _____ also _____ those students expected the lecturer _____ warm tended _____ with him more.
- This shows that not only _____ the impressions ^we form but also our _____ and the _____ .

40. 요약 : 우리는 어떻게 행동할지 결정할 때, 특히 불확실한 상황에 직면할 때 수에서 안전하고 안심된다고 느끼는 경향이 있다.

1. we look for social evidence.
2. From an _____ view, _____ the group is almost always _____ for our _____ of _____
3. "If everyone's doing it, it must be a _____ thing to do," explains famous _____ and best selling writer of Influence, Robert Cialdini.
4. While we can _____ see this today in _____ reviews, even _____ within the environment can _____
5. Consider this: when you visit a local restaurant, are they busy?
6. Is there a line outside or is it easy _____ a seat?
7. It is a hassle _____ but a line can be a powerful cue the food's tasty, and these seats are _____
8. More often than not, it's good _____ the _____ of those around you. * subtle 미묘한 ** hassle 성가신 일

41~42. 주제 : 친숙한 구조와 패턴은 우리가 무언가를 기억하는 데 도움이 된다.

1. Chess masters _____ a chess board in the middle of a game for 5 seconds with 20 to 30 pieces still in play can _____ the position of the pieces from memory.
2. Beginners, of course, are able to place only a few.
3. Now take the same pieces and place them on the board _____ the difference is much reduced.
4. _____
5. _____ with unfamiliar patterns, even when it _____ the same familiar _____ the expert's advantage _____.
6. The beneficial effects of familiar structure on memory have been observed for many types of expertise, including music.
7. People with musical training can reproduce short _____ of musical notation more _____ than those with no musical training when notes follow sequences, but the advantage is much _____ when the notes _____ randomly.
8. Expertise also _____ memory for sequences of
9. _____ ballet dancers are able to repeat longer sequences of steps than less _____ dancers, and they can repeat a sequence of steps making up a routine better than steps ordered randomly.
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 경우,