

20. 불편할지라도 성공하기 위해서는 새로운 것을 시도해야 한다.

Sometimes, you feel the need something will lead to success out of . Maybe you are avoiding extra work because you are tired. You are actively **shutting out** success because you want to avoid . , your **instinct** to avoid uncomfortable things at first **essential**. **Try doing new things outside of your comfort zone.** Change is always uncomfortable, but it is key to things in order to find magical **formula** for success.

21. 우리는 어떤 사건이나 현상을 특정한 방식으로 선택적으로 해석한다.

We have a tendency to interpret events **selectively**. If we want things to be “this way” or “that way” we can most certainly select, **stack**, or **arrange** evidence in a way **supports** such a **viewpoint**. Selective **perception** is based on to us **out**. , seems to us to be out may very well be **related** to our goals, interests, expectations, past experiences, or **current** demands of the situation -

 This **quote highlights** the **phenomenon** of selective perception. If we want to use a hammer, then the world around us may begin to look as though it is full of nails!

22. 학생의 과제가 일정 수준에 도달하도록 개선 기회를 주면 동기부여에 도움이 된다.

Rather than attempting to **punish** students **with** a low grade or mark in the hope ^it will encourage them greater effort in the future, **teachers can better motivate students by** . Teachers at Beachwood Middle School in Beachwood, Ohio, record students’ grades as A, B, C, or I (Incomplete). Students who receive an I grade required additional work in order their **performance** up to an **acceptable** level. This policy is based on the belief students **perform** at a failure level or **submit** failing work in large part **because teachers accept it**. The Beachwood teachers **reason** that if they no longer accept **substandard** work, students will not submit . And with **appropriate** support, they believe ^students will continue to work **until** their performance is satisfactory.

23. 호기심은 어려운 문제에 대해 짜증이나 공격성보다는 말아야 할 흥미로운 도전으로 여기게 한다.

Curiosity makes us much more likely to view a tough problem as an interesting challenge to take on. A stressful meeting with our boss becomes an opportunity to learn. A nervous first date becomes an night out with a new person. A colander becomes a hat. In general, curiosity **motivates** us stressful situations **as** challenges rather than **threats**, about difficulties more and new **approaches** to problems. In fact, curiosity is **associated with** a **less defensive reaction to stress and, as a result, less aggression when we respond to irritation.**

*colander: (음식 재료의 물을 빼는 데 쓰는) 체

24. 도시 발전에서 수직 교통수단의 중요성

When people think about the development of cities, rarely they the **critical** role of . In fact, each day, more than 7 billion elevator journeys are in tall buildings all over the world. **Efficient vertical transportation can expand our ability to build taller and taller skyscrapers.** Antony Wood, a Professor of Architecture at the Illinois Institute of Technology, explains that **advances** in elevators over the past 20 years are probably the greatest advances [^]we have seen in tall buildings. , elevators in the Jeddah Tower in Jeddah, Saudi Arabia, under **construction**, will reach a height record of 660m.

29. 진짜 미소는 입가만이 아닌 눈을 포함한 얼굴 전체로 웃는 미소이다.

There have been **occasions** you have observed a smile and you could sense it was not **genuine**. The most **obvious** way of **identifying** a genuine smile from an **insincere** is that a **fake** smile **primarily** only **affects** the lower half of the face, mainly with the mouth alone. **The eyes don't really get involved.** Take the opportunity to look in the mirror and a smile the lower half your face only. When you do this, judge how your face really looks – is it genuine? A genuine smile will impact on the muscles and wrinkles around the eyes and less **noticeably**, the skin between the eyebrow and upper eyelid slightly with true enjoyment. The genuine smile can impact on the **entire** face.

30. 복잡한 강의 형태의 필요성

Detailed study over the past two or three decades is showing that the complex forms of natural systems are essential to their **functioning**. The attempt to **straighten** rivers and give them regular **cross-sections** perhaps the most **disastrous** example of this form-and-function relationship. The natural river has a very **irregular** form: it curves a lot, spills across flood plains, and **leaks** into wetlands, it an **ever-changing** and **incredibly** complex shoreline. This allows the river control **variations** in water level and speed. the river into tidy geometry **destroys** functional **capacity** and in disasters like the Mississippi floods of 1927 and 1993 and, more recently, the unnatural disaster of Hurricane Katrina. A \$50 billion plan to “let the river loose” in Louisiana **recognizes** that **the controlled Mississippi is washing away twenty-four square miles of that state annually.**

*geometry: 기하학 **capacity: 수용능력

31. 삶이란 원하는 것을 얻는 것이 아니라 해야 할 일(외부적 압력)을 해야 하는 것일 수 있다.

1. In a culture there is a belief you can have anything [^]you truly want, there is no problem in choosing. **Many cultures, however, do not maintain this belief.** In fact, many people do not believe that life is about getting what you want. **Life is about doing what you are supposed to do.** The reason [^]they have trouble choices [^]they believe that what they may want is not related to what they are supposed to do. The weight of outside **considerations** greater than their desires. **When this is an issue in a group, we discuss what makes for good decisions.** If a person can be **unburdened** from their cares and duties and, just for a moment, appeals to them, . Then they can consider and negotiate with their **external** pressures.

32. 인성은 학습된 행동이므로 체계적으로 가르쳐야 올바른 인성 (페어플레이 정신)이 발달된다.

Research has confirmed that **athletes** are less likely to participate in unacceptable behavior than non-athletes. , **moral reasoning** and good sporting behavior to **decline** as athletes **progress** to higher competitive levels, in part the increased **emphasis** on winning. winning can be a double-edged sword in teaching **character development**. Some athletes may want to win so much that they lie, cheat, and break team rules. They may develop **undesirable** character **traits** can **enhance** their ability to win in the short term. , when athletes **resist** the **temptation** to win in a dishonest way, they can develop positive character traits that last a **lifetime**. **Character is a learned behavior, and a sense of fair play develops only if coaches plan to teach those lessons systematically.**

*trait 특성

33. 기술 혁신이 음악 수요자에게 가져온 영향

Due to technological innovations, music can now be experienced by more people, for more of the time than ever before. **Mass availability** has given individuals **unheard-of** over their own sound-environment. , it has also **confronted** them with the **simultaneous** availability of countless **genres** of music, they have to **orient** . People start filtering out and organizing their digital libraries like they used to with their **physical** music collections. , there is the difference the choice lies in their own hands. Without to the limited collection of **music-distributors**, nor by the local radio program as a 'preselector' of the latest hits, the individual **actively** has to choose and **determine** his or her musical preferences. The search for the right song is

*simultaneous:동시의

34. 창작 행위는 외부인(관객)과의 상호 작용이 필수적이다.

It is common that creativity **concerns primarily** the relation between actor(creator) and artifact(creation). , from a sociocultural **standpoint**, the creative act is never "complete" in the absence of a second position - that of an **audience**. While the actor or creator him/herself is the first audience of the artifact this kind of **distantiation** can only be achieved by **internalizing** the **perspective** of . This means that, in order to be an audience to your own creation, is needed. We exist in a social world **constantly confronts** us with the " ." It is the view ^we include and blend into our own activity, including creative activity. is **essential** for creativity because it gives new meaning and value to the creative act and its product.

*artifact 창작물

35. 질병과 도시 위생과의 관계

Health and the spread of disease are very closely linked to how we live and how our cities operate. The good news is that . Many cities have experienced **epidemics** in the past and have not only survived, but **advanced**. The nineteenth and early-twentieth centuries saw **destructive outbreaks** of cholera, **typhoid**, and **influenza** in European cities. Doctors such as Jon Snow, from England, and Rudolf Virchow, of Germany, saw the between poor living conditions, **overcrowding**, **sanitation**, and disease. A **recognition** of this led to the replanning and rebuilding of cities to stop the spread of epidemics. In the mid-nineteenth century, London's **pioneering** sewer system, still serves it today, was built as a result of understanding the importance of clean water in stopping the spread of cholera.

*resilient 회복력이 있는 **sewer system 하수처리시스템

36. 아기들은 태어나면서 사람 얼굴에 끌린다.

Starting from birth, babies are immediately attracted to faces. Scientists were able to show this by having babies _____ two simple images, _____ that looks more like a face than _____ . By measuring _____ the babies looked, scientists found that the babies looked at the face-like image more than they looked at the non-face image. Even though babies have poor **eyesight**, they prefer _____ at faces. But why? _____ . Evolution **involves** changes to the **structures** of an **organism** (such as the brain) _____ over many **generations**. These changes help the organisms to survive, _____ them _____ to enemies. By being able to **recognize** faces from **afar** or in the dark, humans were able to know ^someone was coming and _____ from possible danger.

37. 미디어의 잘못된 정보

People spend much of their time _____ with media, but _____ does not mean that people have the **critical** skills to **analyze** and understand it. One well-known study from Stanford University in 2016 **demonstrated** that youth are easily _____ by **misinformation**, especially when it comes through social media channels. This weakness is not found only in youth, [:]. Research from New York University found that people over 65 shared seven times as much misinformation as their younger counterparts. All of this **raises** a question: What's the solution to the misinformation problem? **Governments** and tech platforms certainly have a role to play in **blocking** misinformation. [:], every individual needs to take **responsibility** for **combating** this **threat** by becoming more **information literate**. *counterpart 상대방

38. 소리는 대기 중의 물리적 교란 작용으로 생긴다.

Sound and light travel in **waves**. An analogy often _____ for sound is _____ of throwing a small stone onto the surface of a **still** pond. Waves radiate **outwards** from the point of impact, just as sound waves radiate from the sound source. This is due to a **disturbance** in the air around us. If you **bang** two sticks together, you will get a sound. As the sticks approach each other, the air immediately in front of _____ is **compressed** and energy **builds up**. When the point of impact occurs, this energy is _____ as sound waves. If you try the same experiment with two heavy stones, exactly the same thing occurs, but you get a different sound due to the **density** and surface of the stones, and as they have **likely displaced** more air, ^a louder sound. [:], a **physical disturbance in the atmosphere around us will produce a sound**.

*analogy비유 **radiate 사방으로 퍼지다

39. 소개 : 먹이 사슬에서의 에너지 손실과 전달

1. Food chain means the **transfer** of food energy from the source in plants through a series of **organisms** with the repeated process of eating and _____ . In a **grassland**, grass is eaten by rabbits while rabbits in turn are eaten by foxes. This is an example of a simple food chain. This food chain **implies** the **sequence** _____ food energy is transferred from producer to **consumer** or higher trophic level. It has been observed that at each level of transfer, a large **proportion**, 80-90 percent, of the potential energy is lost as heat. **Hence** the number of steps or links in a sequence [] [], usually to four or five. The [] the food chain or the nearer the organism _____ to the beginning of the chain, the **greater the available energy intake is**. *trophic 영양의

40. 자그마한 상기물(reminder)은 그들이 필요한 것보다 더 많은 공유재를 가져갔던 사람의 행동에 변화를 가져왔다.

A woman _____ Rhonda who **attended** the University of California at Berkeley had a problem. She was living near campus with several other people — none of _____ knew **one another**. When the cleaning people came each weekend, they left several rolls of toilet paper in each of the two bathrooms. [: :], by Monday all the toilet paper would be gone. It was a classic tragedy-of-the-**commons** situation: because some people took more toilet paper than their fair share, the **public resource** was **destroyed** for everyone else. After reading a research paper about behavior change, Rhonda put a note in one of the _____ people _____ remove the toilet paper, as it was a shared item. To her great satisfaction, one roll _____ in a few hours, and _____ ^the next day. In the other note-free bathroom, [: :], there was no toilet paper until the following weekend, when the cleaning people returned.

[41~42] 사람을 사귀는 것을 연습하는 것의 어려움

If you were afraid of standing on balconies, you would start on some lower floors and slowly work your way up to higher ones. It would be easy _____ a fear of standing on high balconies in a way that's totally controlled. **Socializing is trickier**. People aren't like **inanimate features** of a building _____ you just have to be around _____ . You have to **interact** with _____ and their responses can be **unpredictable**. Your feelings toward them are more **complex** too. Most people's **self-esteem** isn't going to be affected that much if they don't like balconies, **but** your **confidence** can suffer if you can't socialize **effectively**. It's also harder _____ a **tidy** way to **gradually** face many social fears. The social situations ^you need to expose yourself to may not be available when you want _____ or. The **progression** from one step to the next may not be clear, _____ **unavoidable** large increases in difficulty from one to the next. People around you aren't robots _____ you can endlessly experiment _____ for your own purposes. This is not to say that _____ your fears _____ **pointless** when _____ . [: :] _____ still very useful. The process of applying _____ is [: :] and _____ that before you start is helpful.