

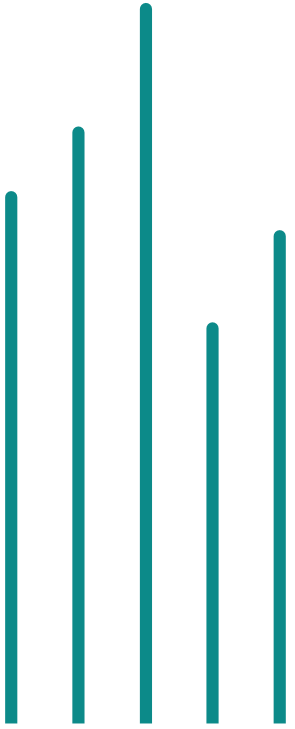


# KISS

2019 EBS ENGLISH TRAINING

Keep It Short and Simple

영어의 핵심 , 본질을 가르치다



# THEME 어법

## 수능특강

Self-esteem is the appreciation of one's worth and importance in society. Oftentimes having a lot of confidence means a high level of self-esteem, but just because they may be related does not necessarily mean one leads to the other. Just because one has confidence does not guarantee they will feel good about themselves. A simple way of looking at how much you like yourself is standing in front of the mirror, liking what you see, and how you feel about what you see (without distorting your image, both figuratively and literally). The more you like about what you see, the more able and willing you may be to put yourself out there in the public eye. It is easier said than done. The bottom line is establishing a level of self-esteem that allows you to be confident enough to make your own choices as opposed to having them made for you by others.

### SUMMARY

1. 대체로 자신감이 높으면 자존감이 높아지는 건 맞지만, 둘이 인과관계는 아님
2. 자존감을 확인하는 방법: 거울 앞에 서서 내 모습이 얼마나 맘에 드는가 확인.
3. 말이야 쉽긴 하지만,, anyway 다른 이의 시선이 아니라 주체적인 선택을 하도록 자존감 키우자!

### COMMENT

1. 아침, 저녁으로 거울을 보며 나는 할 수 있다, 를 외치는 것도 혹은 노트에 적는 것도, 참 좋은 방법 😊

### COMMENT

appreciation: 감사, 감상 / distort: 왜곡하다 / figuratively: 비유적으로 / literally: 말그대로  
it is easier said than done: 말이 쉽다 / bottom line: 결론 / opposed to N: ~에 반대하여