

HIGH ENGLISH I

YBM 박준언

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Lesson 01

Healthy Living, Happy Life

다음 글을 읽고 물음에 답하십시오.

Dear Teens Today,

I keep having dreams about getting chased or taking a test where I don't know any answers. I often wake up in a cold sweat in the middle of the night. On some mornings, I feel so tired that I don't think I'll be able to lift my feet. What's wrong with me? Help!

- A worried teenager

Dear worried teenager,

We have good news and bad news for you. The good news is that you don't sound like you are ill. The bad news is that it is highly likely that you are ㉠. Although the word "stress" brings up images of tired adults, many teens also suffer from a high level of stress, often without even knowing that they ㉢ do.

At least, now you know that you are under stress. It is a big step forward because only you, no one else, can control your stress level, but to wisely manage your stress, you need to have a good understanding of the issue. To help you with that, Teens Today had an ㉡ [inform] talk on stress and its management with a doctor specializing in mental health. As the saying goes, "Know your enemy, and you will fight better!"

- 1) 윗글의 빈칸 ㉠에 들어갈 적절한 말을 두 단어로 쓰시오.
- 2) 윗글의 밑줄 친 ㉢가 가리키는 것을 본문에서 찾아 3단어 이상으로 쓰시오.
- 3) 윗글의 괄호 ㉡에 주어진 단어를 알맞은 형태로 바꿔 쓰시오.

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Q: What is the first thing we should know about stress?

You need to understand that stress is not a disease. It is a normal reaction that almost everyone experiences. In fact, stress is a natural ㉠ system in your brain and body, going back to the primitive days. This involuntary response developed in our ancestors as a way to protect them from predators and other threats. Imagine you meet a tiger in the jungle. You have to fight it or run fast to save your life, so your body turns on its emergency system, releasing into the blood the hormones that speed up your heart rate, increase your blood pressure, boost your energy, and ㉢ [prepares] you to deal with the problem. Experts call this the "fight-or-flight response," and the human race could not have survived in its early, tough natural environment without ㉡ it.

- 4) 윗글의 빈칸 ㉠에 들어갈 적절한 말을 한 단어로 쓰시오.
- 5) 윗글의 괄호 ㉢에 주어진 단어를 알맞은 형태로 바꿔 쓰시오.
- 6) 윗글의 밑줄 친 ㉡가 가리키는 것을 본문에서 찾아 2단어로 쓰시오.

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Q: Then, is stress not bad?

No. Not always. A little stress is essential to push you to get things done. It prepares you to meet a tough situation with focus, strength, and alertness. Without stress, you would not be able to gather enough energy to face difficulties, meet deadlines, and achieve successes.

Q: Why, then, does everybody think it's a big problem?

The problem is, times have changed, but the stress reaction remains the same. Stress hormones burn away when you get rid of the stress source.

(A) You might have an exam tomorrow and an assignment due the day after tomorrow. The danger signs are almost always on, and the stress hormones stay in your body and build up. Blood rushes to your face. Your stomach stops working and feels upset or as if it is tied up in knots. You feel restless in your legs and have difficulty going to sleep.

(B) Back in the old days, it was a matter of either death or survival, and then the crisis came to an end. Now, _____ (a), many of your worries are not as instantly resolved as they were when you used to bump into tigers.

(C) None of this helps you with doing your homework, and when it keeps happening, it can harm your health.

7) 주어진 글 다음에 이어질 내용을 순서대로 배열하시오.

8) 윗글의 빈칸 ㉓에 들어갈 연결어를 한 단어로 쓰시오.

다음 글을 읽고 물음에 답하시오.

Q: What do we need to do to deal with it?

We all know that the best response is to fight and solve the problem, but it's not always easy to do so. In that case, the hormones might make you want to run away, but running away from your problems is one of the worst ways to deal with stress. _____ (a), skipping school may feel good at the time, but it will drag you into even deeper trouble afterward.

A better way to deal with stress is physical exercise, for what the stress hormones really tell you to do is to literally move your body and run. Exercise burns away extra stress hormones and replaces (b) them with others that make you happy. Then your body will be refreshed and ready to meet the next challenge.

Finally, (c) 일과 놀이의 균형을 맞추세요. School is important, but it is not everything. When you plan your week, schedule time to get schoolwork done, but also schedule time to have fun. When it's time to enjoy yourself, try not to worry about school or homework. Focus on having fun.

9) 윗글의 빈칸 ㉓에 들어갈 연결어를 한 단어로 쓰시오.

10) 윗글의 밑줄 친 (b)가 가리키는 것을 본문에서 찾아 3단어 이내로 쓰시오.

11) 윗글의 밑줄 친 (c)를 주어진 단어를 사용하여 영작하시오.

[strike, balance]

다음 글을 읽고 물음에 답하시오.

Q: Is there anything special about teenage stress, compared with that of adults?

I believe so because growing up is not easy. Teenage experiences vary, and everyone experiences different emotions and concerns. The one thing that unites you all, _____ ㉠ _____, is that you are changing, from being a youth to becoming an independent adult. During this time of _____ ㉡ _____ you live with a lot of uncertainties and imbalances, which create huge anxieties. It is important to know that it is natural for you to feel stressed, and that it is okay. Just keep in mind that ㉢ 지금 스트레스를 주는 요인이 무엇이든 결국은 지나갈 것입니다.

More Tips to Keep Stress under Control

1. Avoid ㉣ [overschedule]. Be realistic and do not try to be perfect.
2. Learn to relax. When you feel extreme stress, get quiet and take a few deep breaths. This brings oxygen to your brain and helps you relax.
3. Treat your body well. Watch what you eat. Under stressful conditions, the body needs vitamins and minerals more than ever. A good night's sleep will relieve stress as well.
4. Get help. Stress can be overwhelming. Do not hesitate to ask for help from a trustworthy adult or a school counselor.

12) 윗글의 빈칸 ㉠에 들어갈 연결어를 한 단어로 쓰시오.

13) 윗글의 빈칸 ㉡에 들어갈 말을 한 단어로 쓰시오.

14) 윗글의 밑줄 친 ㉢를 다음 <조건>에 맞게 영작하시오.

- <조건>
1. whatever가 포함된 명사절을 사용할 것
 2. 총 8단어로 쓸 것

15) 윗글의 괄호 ㉣에 주어진 단어를 알맞은 형태로 바꿔 쓰시오.

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- A worried teenager

Dear worried teenager,

We have good news and bad news for you. The good news is that you don't sound like you are ill.

(A) To help you with that, Teens Today had an informative talk on stress and its management with a doctor ③ specializing in mental health. As the saying goes, "Know your enemy, and you will fight better!"

(B) The bad news is that it is highly likely that you are stressed out. Although the word "stress" brings up images of tired adults, many teens also suffer from a high level of stress, often without even ④ known that they do.

(C) At least, now you know that you are under stress. It is a big step forward because only you, no one else, can control your stress level, but to ⑤ wisely manage your stress, you need to have a good understanding of the issue.

1) 주어진 글 다음에 이어질 글의 순서로 가장 적절한 것은?

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

2) 밑글의 밑줄 친 부분 중, 어법상 틀린 것은?

다음 글을 읽고, 물음에 답하십시오.

I believe there is something special about teenage stress, compared with that of adults, because ① growing up is not easy. Teenage experiences vary, and everyone experiences different emotions and concerns. The one thing that ② unites you all, however, is that you are changing, from being a youth to becoming an independent adult. ③ For this time of transition you live with a lot of _____, which create huge anxieties. It is important to know that it is natural for you to feel ④ stressed, and that it is okay. Just keep in mind that ⑤ whatever stresses you out now will eventually pass.

3) 밑글의 밑줄 친 부분 중, 어법상 틀린 것은?

4) 밑글의 주제로 가장 적절한 것은?

- ① main causes of anxieties
 ② features of teenage stress
 ③ how to control your emotion
 ④ common reasons for adult stress
 ⑤ difficulties of overcoming depression

5) 밑글의 빈칸에 들어갈 말로 가장 적절한 것은?

- ① calmness and composure
 ② compassion and sympathy
 ③ satisfaction and confidence
 ④ uncertainties and imbalances
 ⑤ determination and willingness

다음 글을 읽고, 물음에 답하십시오.

You need to understand that stress is not a disease. It is a ① uncommon reaction that almost everyone experiences. In fact, stress is _____ in your brain and body, going back to the primitive days. This ② involuntary response developed in our ancestors as a way to ③ protect them from predators and other threats. Imagine you meet a tiger in the jungle. You have to fight it or run fast to save your life, so your body turns on its ④ emergency system, releasing into the blood the hormones that speed up your heart rate, increase your blood pressure, boost your energy, and prepare you to deal with the problem. Experts call this the “fight-or-flight response,” and the human race could not have ⑤ survived in its early, tough natural environment without it.

6) 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

7) 윗글의 제목으로 가장 적절한 것은?

- ① Stress Saving You From Danger
- ② What Makes You Stressed Out?
- ③ Do Not Ignore the Sign Your Body Sends!
- ④ Stress Related Health Problems
- ⑤ Severe Stress Can Trigger Heart Disease

8) 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

- ① sources of energy
- ② psychiatric disorder
- ③ the happiness index
- ④ a natural alarm system
- ⑤ a serious health problem

다음 글을 읽고, 물음에 답하십시오.

The problem is, times have changed, but the stress reaction remains the ① same. Stress hormones burn away when you get rid of the stress source. Back in the old days, it was a matter of either death or survival, and then the crisis came to an ② end.

(A) Now, however, many of your worries are not as ③ instantly resolved as they were when you used to bump into tigers. You might have an exam tomorrow and an assignment due the day after tomorrow.

(B) None of this helps you with doing your homework, and when it keeps happening, it can do ④ good to your health.

(C) The danger signs are almost always ⑤ on, and the stress hormones stay in your body and build up. Blood rushes to your face. Your stomach stops working and feels upset or as if it is tied up in knots. You feel restless in your legs and have difficulty going to sleep.

9) 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

10) 윗글의 주제로 가장 적절한 것은?

- ① tips for escaping from the jungle
- ② danger signals your body sends to you
- ③ how people in the past dealt with stress
- ④ reasons stress is a serious problem nowadays
- ⑤ relationship between stress hormones and sleep patterns

11) 주어진 글 다음에 이어질 글의 순서로 가장 적절한 것은?

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

다음 글을 읽고, 물음에 답하십시오.

We all know that the best response is to fight and solve the problem, but it's not always easy to do so. In that case, the hormones might make you want to run away, but running away from your problems is one of the worst ways to deal with stress. For example, skipping school may feel good at the time, but it will drag you into even ① deeper trouble afterward.

A better way to deal with stress is _____, for what the stress hormones really tell you to do is to literally ② move your body and run. Exercise burns away extra stress hormones and replaces them with others that make you ③ happy. Then your body will be refreshed and ready to meet the next challenge.

Finally, ④ strike a balance between work and play. School is important, but it is not everything. When you plan your week, schedule time to get schoolwork done, but also schedule time to have fun. When it's time to enjoy yourself, try to ⑤ worry about school or homework. Focus on having fun.

12) 위글의 주제로 가장 적절한 것은?

- ① tips for stress management
- ② importance of balanced diet
- ③ how to manage irregular work schedule
- ④ elements of an effective exercise program
- ⑤ positive lifestyle factors promoting good health

13) 위글의 빈칸에 들어갈 말로 가장 적절한 것은?

- ① avoidance
- ② meditation
- ③ medication
- ④ physical exercise
- ⑤ psychological counselling

14) 위글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

15) 다음 글의 밑줄 친 부분 중, 어법상 틀린 것은?

1. Avoid ① overscheduling. Be realistic and do not try to be perfect.
2. Learn ② to relax. When you feel extreme stress, get quiet and take a few deep breaths. This brings oxygen to your brain and helps you relax.
3. Treat your body well. Watch ③ that you eat. Under stressful conditions, the body needs vitamins and minerals ④ more than ever. A good night's sleep will relieve stress as well.
4. Get help. Stress can be ⑤ overwhelming. Do not hesitate to ask for help from a trustworthy adult or a school counselor.

변형 문제 ①

- 1) [정답] stressed out
[해설] stressed out ‘스트레스로 지친, 스트레스가 쌓인’
- 2) [정답] suffer from stress
[해설] ‘본인이 스트레스를 받고 있다는 사실조차 알지 못하고서’라고 해석된다.
- 3) [정답] informative
[해설] informative ‘유용한 정보를 주는, 유익한’
- 4) [정답] alarm
[해설] 스트레스가 우리를 위험 상황에 대처할 수 있도록 신호를 보내주는 역할을 한다고 했으므로 빈칸에 들어갈 말로 ‘alarm’이 적절하다.
- 5) [정답] prepares → prepare
[해설] 등위접속사 and로 동사 speed, increase, boost, prepare가 연결되어 있으므로 that의 선행사인 hormones에 수일치 시켜 복수 동사로 써야 한다.
- 6) [정답] fight-or-flight response
[해설] 스트레스가 위험상황에 대처할 수 있도록 신호를 보내 준비시켜준다는 점에서 착안하여 전문가들은 이를 투쟁-도피 반응이라고 부른다.
- 7) [정답] (B) - (A) - (C)
[해설] 스트레스 반응은 시간이 흘러도 변함이 없다. → (B) 옛날에는 죽느냐 사느냐의 문제였고 이러한 문제는 끝이 있다. 하지만 요즘의 걱정거리는 그렇지 않다. → (A) 늘 위험 신호가 켜져 있는 상태이다. → (C) 이것은 상황 해결에도 도움이 안 되고 건강에도 해롭다.
- 8) [정답] however
[해설] 과거에는 문제 상황에 끝이 있었으나 요즘은 즉각적 해결이라는 것이 없다는 내용으로 이어지므로 ‘however’가 적절하다.
- 9) [정답] For example
[해설] 문제 상황으로부터 도망치는 것에 대한 예시가 나오므로 ‘for example’이 적합하다.
- 10) [정답] (the) stress hormones
[해설] 운동은 스트레스 호르몬을 당신을 행복하게 만들어 주는 물질로 바꿔준다.
- 11) [정답] strike a balance between work and play
[해설] strike a balance ‘균형을 유지하다’
- 12) [정답] however
[해설] ‘십대들이 하는 경험이 다 다르지만, 하나도 연결시켜 주는 것은 변화하고 있다는 사실이다’는 내용이므로 ‘however’가 적절하다.
- 13) [정답] transition

[해설] 청년에서 독립적인 성인으로 변해가는 시간을 의미하므로 ‘변화, 전환’이라는 의미를 가진 ‘transition’이 적절하다.

14) [정답] whatever stresses you out now will eventually pass

[해설] whatever가 이끄는 명사절이 주어역할을 한다.

15) [정답] overscheduling

[해설] avoid+V ing ~하는 것을 피하다

변형 문제 ②

- 1) [정답] ③
[해설] 자신의 신체적 징후에 대해 걱정 많은 십대에게 보내는 편지글로 좋은 소식과 나쁜 소식이 있다고 말한다. → (B) 나쁜 소식은 그러한 징후가 스트레스로 인해 나타나는 것이며 대부분이 자신이 스트레스를 받고 있는지도 모르는 게 문제라고 말한다. → (C) 그나마 스스로 스트레스를 받고 있다는 것을 알게 되었으니 잘 대처 할 수 있을 것이라고 격려해준다. → (A) 문제 해결에 도움을 주고자 <틴즈 투데이>에서 유익한 정보를 제공하고 있다고 말해준다.
- 2) [정답] ④
[해설] known → knowing
- 3) [정답] ③
[해설] For → During
- 4) [정답] ②
[해설] 성인 스트레스와는 다른 청소년 스트레스의 특징인 ‘변화’와 ‘성장’으로 인해 생기는 불안함에 대해서 이야기하고 있다.
- 5) [정답] ④
[해설] 청소년 스트레스의 특징인 ‘변화’와 ‘성장’으로 인해 생기는 불확실성과 불균형에 대해서 이야기하고 있다.
- 6) [정답] ①
[해설] uncommon(흔치 않은) → normal(정상적인)
- 7) [정답] ①
[해설] 본문의 내용에 따르면 스트레스는 위험 상황에 대처할 수 있게 해주는 자연적 알람 시스템으로서 역할을 한다.
- 8) [정답] ④
[해설] 본문의 내용에 따르면 스트레스는 위험 상황에 대처할 수 있게 해주는 자연적 알람 시스템으로서 역할을 한다.
- 9) [정답] ④
[해설] good → harm

10) [정답] ④

[해설] 본문의 내용에 따르면 과거와는 달리 현재의 걱정 거리는 순식간에 사라지지 않기 때문에 몸의 위험 신호가 항상 켜져 있으며 이는 스트레스 호르몬이 쌓이게끔 하기 때문에 큰 문제라고 설명한다.

11) [정답] ①

[해설] 시간이 흘러도 스트레스 반응은 그대로이며, 과거의 문제는 죽느냐 사느냐의 문제였기에 위기 상황에는 끝이 있었다. → (A) 하지만 현재의 문제는 즉각적으로 해결되지 않고 늘 어떠한 걱정거리가 존재한다. → (C) 몸의 위험 신호가 항상 켜져 있다. → (B) 이러한 몸의 변화가 건강에 해를 입힌다.

12) [정답] ①

[해설] ‘스트레스를 관리하는 좋은 방법은 신체 활동을 통해서 풀어내고, 일과 놀이의 균형을 잘 유지함으로써 스트레스를 덜 받는 것이다.’라는 내용이다.

13) [정답] ④

[해설] 본문의 내용에 따르면 스트레스를 관리하는 좋은 방법은 신체 활동을 통해서 풀어내는 것이다.

14) [정답] ⑤

[해설] to worry → not to worry

15) [정답] ③

[해설] Watch that you eat → Watch what you eat