

20.

1. Leaving behind technology during intentional time alone is essential for the cognitive benefits, neurological repair, and spiritual clarity that are the gifts of solitude.

2. Multiple studies show that anxiety is markedly reduced, and we gain benefits similar to solitude, not by simply turning our phones off but by having them not physically with us.

3. If a phone is essential for safety during time alone, then turn off alerts, cover the screen — just tape paper right over it —and keep it somewhere that is terribly inconvenient to access.

4. I am always surprised by how long it takes me to give up the impulse to reach for my phone, often for no reason at all, other than to “just check.” Check what?

5. Always it is something that can do without me for the moment.

1. 고독의 선물인 인지적 혜택, 신경학적 회복, 영적 명료함을 얻기 위해서는 의도적으로 혼자 있는 시간 동안 기술을 멀리하는 것이 필수적입니다.

2. 여러 연구에 따르면 단순히 휴대폰을 끄는 것이 아니라 물리적으로 휴대폰을 사용하지 않을 때 불안감이 현저히 감소하고 고독과 유사한 이점을 얻을 수 있는 것으로 나타났습니다.

3. 혼자 있는 시간 동안 안전을 위해 휴대폰이 꼭 필요하다면 알림을 끄고 화면을 가리고 그 위에 종이를 붙여 접근하기 매우 불편한 곳에 휴대폰을 보관하세요.

4. 저는 종종 "그냥 확인"이라는 이유 외에는 아무런 이유 없이 휴대폰에 손을 뻗고 싶은 충동을 포기하는 데 얼마나 오래 걸리는지 항상 놀라고 있습니다. 뭘 확인하나요?

5. 항상 제가 없어도 할 수 있는 일입니다.



6. It is important that we allow ourselves time to free our minds from even the possibility of constant connectivity, to “normalize deactivation,” as herbalist Sophia Rose puts it, allowing our overstimulated neuronal connections to rest and reassemble.

6. 약초학자 소피아 로즈의 말처럼 "비활성화를 정상화"하여 과도하게 자극받은 신경세포 연결이 휴식을 취하고 재결합할 수 있도록 지속적인 연결 가능성으로부터 마음을 자유롭게 하는 시간을 갖는 것이 중요합니다

본문 워크시트

[20번]

1. The written word is the 1) _____, and 2) _____, place to start 3) _____ local history, if only to see what has already 4) _____ on the subject.

서면 자료는 지역 역사를 탐구할 때 명백하고, 쉬운 장소이며, 적어도 해당 주제에 대해 이미 작성된 내용을 보기 위해서라도 그렇습니다.

2. Local history books 5) _____ for centuries and are very 6) _____ in quality.

지역 역사 책은 수세기 동안 작성되어 왔으며, 그 품질은 매우 다양합니다.

3. These books will certainly 7) _____ your 8) _____ by name unless they 9) _____ a particularly 10) _____ part in the 11) _____ of the locality in question.

이러한 책들은 특정 인물이 해당 지역의 발전에서 특히 중요한 역할을 하지 않는 한, 당신의 8) 조상을 이름으로 언급하지 않을 것입니다.

4. However, they do 12) _____ information about how a place changed over time, who the major 13) _____ 14) _____ and the 15) _____ events that 16) _____ there; or at least those 17) _____ by the author for 18) _____.

그러나 이 책들은 한 장소가 시간이 지남에 따라 어떻게 변화했는지, 주요 인물들이 누구였는지, 그리고 그곳에서 발생한 중요한 사건들에 대한 정보를 제공합니다. 적어도 저자가 포함하기로 선택한 것들은 말입니다.

5. If the author 19) _____ from his personal experiences, he must 20) _____ to spend more 21) _____ on adding 22) _____ twists to a story that already 23) _____.

저자가 자신의 개인적인 경험에서 글을 쓰고 있었다면, 그는 이미 존재하는 이야기에 창의적인 변화를 추가하는 데 더 많은 에너지를 쏟을 수 있어야 합니다.



6. Unless a book 24) _____ or the 25) _____ is very small, then the author must 26) _____ very carefully what he 27) _____ and their 28) _____ may not be the same as all their readers.

책이 매우 크거나 선택된 구역이 매우 작은 경우가 아니라면, 저자는 무엇을 포함할지 매우 신중하게 선택해야 하며, 그들의 우선순위는 모든 독자와 같지 않을 수 있습니다.

7. It is well 29) _____ or preferably all of the books 30) _____ about a 31) _____ that your ancestors lived in.

당신의 조상이 살았던 지역에 대해 작성된 책들을 일부 또는 가능하면 모두 읽어보는 것이 좋습니다.

[정답]

20번

1. obvious
2. easiest
3. when exploring
4. been written
5. have been written
6. variable
7. mention
8. ancestor
9. played
10. prominent
11. development
12. provide
13. changed
14. personalities
15. significant
16. occurred
17. selected
18. inclusion
19. is writing
20. allowed
21. energy
22. creative
23. exists
24. is extremely large
25. district chosen
26. choose
27. is to include
28. priorities
29. worth reading some
30. written
31. locality



변형문제

1. 다음 빈칸에 들어갈 말로 가장 적절한 것을 고르시오.

The written word is the obvious, and easiest, place to start when exploring local history, if only to see what has already been written on the subject. Local history books have been written for centuries and are very variable in quality. These books will certainly not mention your ancestor by name unless they played a particularly prominent part in the development of the locality in question. However, they do provide information about how a place changed over time, who the major personalities were and the significant events that occurred there; or at least those selected by the author for inclusion. If the author is writing from his personal experiences, he must be allowed to spend more energy on _____ . Unless a book is extremely large or the district chosen is very small, then the author must choose very carefully what he is to include and their priorities may not be the same as all their readers. It is well worth reading some or preferably all of the books written about a locality that your ancestors lived in.

- ① providing a comprehensive list of all local personalities
- ② writing from a completely objective perspective
- ③ adding creative twists to a story that already exists
- ④ ensuring every significant event is included
- ⑤ focusing on the most recent events in the locality

2. 주어진 글 다음에 이어질 글의 순서로 가장 적절한 것을 고르시오.

The written word is the obvious, and easiest, place to start when exploring local history, if only to see what has already been written on the subject.

(A) It is well worth reading some or preferably all of the books written about a locality that your ancestors lived in.

(B) However, they do provide information about how a place changed over time, who the major personalities were and the significant events that occurred there; or at least those selected by the author for inclusion. If the author is writing from his personal experiences, he must be allowed to spend more energy on adding creative twists to a story that already exists. Unless a book is extremely large or the district chosen is very small, then the author must choose very carefully what he is to include and their priorities may not be the same as all their readers.

(C) Local history books have been written for centuries and are very variable in quality. These books will certainly not mention your ancestor by name unless they played a particularly prominent part in the development of the locality in question.

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



3. 글의 흐름으로 보아, 주어진 문장이 들어가기에 가장 적절한 곳을 고르시오.

These books will certainly not mention your ancestor by name unless they played a particularly prominent part in the development of the locality in question.

The written word is the obvious, and easiest, place to start when exploring local history, if only to see what has already been written on the subject. ① Local history books have been written for centuries and are very variable in quality. ② However, they do provide information about how a place changed over time, who the major personalities were and the significant events that occurred there; or at least those selected by the author for inclusion. ③ If the author is writing from his personal experiences, he must be allowed to spend more energy on adding creative twists to a story that already exists. ④ Unless a book is extremely large or the district chosen is very small, then the author must choose very carefully what he is to include and their priorities may not be the same as all their readers. ⑤ It is well worth reading some or preferably all of the books written about a locality that your ancestors lived in.

4. 밑줄 친 어구가 다음 글에서 의미하는 바로 가장 적절한 것은?

The written word is the obvious, and easiest, place to start when exploring local history, if only to see what has already been written on the subject. Local history books have been written for centuries and are very variable in quality. These books will certainly not mention your ancestor by name unless they played a particularly prominent part in the development of the locality in question. However, they do provide information about how a place changed over time, who the major personalities were and the significant events that occurred there; or at least those selected by the author for inclusion. If the author is writing from his personal experiences, he must be allowed to spend more energy on adding creative twists to a story that already exists. Unless a book is extremely large or the district chosen is very small, then the author must choose very carefully what he is to include and their priorities may not be the same as all their readers. It is well worth reading some or preferably all of the books written about a locality that your ancestors lived in.

- ① Exploring local history is limited to reading books
- ② Gaining insights from historical books about your ancestors' area is beneficial
- ③ It is unnecessary to read books about your ancestors' locality
- ④ Books on local history are generally of high quality and accuracy
- ⑤ Only books with mentions of your ancestors are valuable



5. 다음 글의 주제로 가장 적절한 것은?

The written word is the obvious, and easiest, place to start when exploring local history, if only to see what has already been written on the subject. Local history books have been written for centuries and are very variable in quality. These books will certainly not mention your ancestor by name unless they played a particularly prominent part in the development of the locality in question. However, they do provide information about how a place changed over time, who the major personalities were and the significant events that occurred there; or at least those selected by the author for inclusion. If the author is writing from his personal experiences, he must be allowed to spend more energy on adding creative twists to a story that already exists. Unless a book is extremely large or the district chosen is very small, then the author must choose very carefully what he is to include and their priorities may not be the same as all their readers. It is well worth reading some or preferably all of the books written about a locality that your ancestors lived in.

- ① accuracy of events described in local history books
- ② reliability of local history books for detailed family histories
- ③ importance of local history books in genealogical research
- ④ role of local history books in promoting tourism
- ⑤ necessity of reading multiple local history books

6. 다음 글의 제목으로 가장 적절한 것은?

The written word is the obvious, and easiest, place to start when exploring local history, if only to see what has already been written on the subject. Local history books have been written for centuries and are very variable in quality. These books will certainly not mention your ancestor by name unless they played a particularly prominent part in the development of the locality in question. However, they do provide information about how a place changed over time, who the major personalities were and the significant events that occurred there; or at least those selected by the author for inclusion. If the author is writing from his personal experiences, he must be allowed to spend more energy on adding creative twists to a story that already exists. Unless a book is extremely large or the district chosen is very small, then the author must choose very carefully what he is to include and their priorities may not be the same as all their readers. It is well worth reading some or preferably all of the books written about a locality that your ancestors lived in.

- ① Genealogical Research: Finding Your Ancestors
- ② The Art of Personal Memoirs in Local History
- ③ The Limitations of Historical Documentation
- ④ Exploring Local History Through Written Records
- ⑤ The Comprehensive Guide to Local Personalities



7. 다음 글의 요지로 가장 적절한 것은?

The written word is the obvious, and easiest, place to start when exploring local history, if only to see what has already been written on the subject. Local history books have been written for centuries and are very variable in quality. These books will certainly not mention your ancestor by name unless they played a particularly prominent part in the development of the locality in question. However, they do provide information about how a place changed over time, who the major personalities were and the significant events that occurred there; or at least those selected by the author for inclusion. If the author is writing from his personal experiences, he must be allowed to spend more energy on adding creative twists to a story that already exists. Unless a book is extremely large or the district chosen is very small, then the author must choose very carefully what he is to include and their priorities may not be the same as all their readers. It is well worth reading some or preferably all of the books written about a locality that your ancestors lived in.

- ① 지역 역사 책은 저자의 개인적 경험을 바탕으로 쓰여진다.
- ② 지역 역사 책은 시간이 지남에 따라 장소가 어떻게 변화했는지에 대한 정보를 제공한다.
- ③ 지역 역사 책은 주로 지역 사회의 주요 인물들에 대해 설명한다.
- ④ 지역 역사에 관한 책은 대부분 고대 문헌에서 발췌된 것이다.
- ⑤ 지역 역사 책은 저자가 선택한 내용을 포함하여 지역의 변화를 설명한다.

8. 다음 글에서 필자가 주장하는 바로 가장 적절한 것은?

The written word is the obvious, and easiest, place to start when exploring local history, if only to see what has already been written on the subject. Local history books have been written for centuries and are very variable in quality. These books will certainly not mention your ancestor by name unless they played a particularly prominent part in the development of the locality in question. However, they do provide information about how a place changed over time, who the major personalities were and the significant events that occurred there; or at least those selected by the author for inclusion. If the author is writing from his personal experiences, he must be allowed to spend more energy on adding creative twists to a story that already exists. Unless a book is extremely large or the district chosen is very small, then the author must choose very carefully what he is to include and their priorities may not be the same as all their readers. It is well worth reading some or preferably all of the books written about a locality that your ancestors lived in.

- ① 지역사 책은 일반적으로 매우 높은 품질을 유지하고 있다.
- ② 모든 지역사 책은 그 지역의 모든 중요 사건을 포함하고 있다.
- ③ 지역사 책은 특정 지역의 변화와 주요 인물들에 대한 정보를 제공한다.
- ④ 지역사 책을 읽는 것은 시간 낭비이다.
- ⑤ 지역사를 탐구할 때 개인 경험을 바탕으로 쓰여진 책은 객관성이 결여되어 있다.



[정답과 해설]

1. ③

[해설]

...

2. ③

[해설]

...

3. ③

[해설]

...

4. ②

[해설]

...

5. ⑤

[해설]

글은 지역 역사에 대한 책들이 조상들이 살았던 지역에 대한 정보를 제공하는 데 유용하다는 내용이다. 그러나 이러한 책들은 저자의 선택에 따라 내용이 달라질 수 있으므로, 여러 권의 책을 읽는 것이 중요하다는 점을 강조하고 있다. 따라서 글의 주제로 가장 적절한 것은 ⑤ '여러 지역 역사 책을 읽는 필요성'이다.

6. ④

[해설]

지역 역사를 탐구할 때 가장 먼저 참고할 수 있는 것은 글로 기록된 자료이며, 이는 지역의 변화, 주요 인물, 중요한 사건 등에 대한 정보를 제공한다는 내용의 글이므로, 글의 제목으로 가장 적절한 것은 ④ '글로 기록된 자료를 통해 지역 역사 탐구하기'이다.

7. ②

[해설]

지역 역사 책은 시간이 지남에 따라 장소가 어떻게 변화했는지에 대한 정보를 제공한다는 내용의 글이므로, 글의 요지로 가장 적절한 것은 ②이다.

8. ③

[해설]

...