

수완 유형

370.

To Our Employees, This coming weekend, Rolling Meadow Lumber Company will be offering its support to our local National Public Radio station in its annual fundraising drive. We will be lending our telephone lines and other facilities to the station. We hope supporters of the station amongst our family of employees will join us in working the phones. We will have twelve phone lines to answer for twelve hours on each day; volunteers can sign up for blocks of two to four hours on each day. We will greatly appreciate your participation and provide a buffet lunch. To register to participate, please contact the human resources department.

[수완 유형 - 1강 E00]

Sincerely, Melissa Pearl

371.

Dear Mr. Baker,

My husband, Stan, was involved in a serious automobile accident this weekend while he was on a business trip in Seattle. The good news is that he is doing well, but he will be hospitalized in Washington for a few weeks before he is stable enough to return to Pennsylvania. I am requesting a three- week unpaid leave of absence to be with him while he recovers. I would be away from the office beginning Friday, July 1, and would return on or about Monday, July 25. As always, I'm concerned that our department maintains its usual high level of efficiency and quality. I have already brought my colleagues up to speed on my important projects and will be available by phone in case of an emergency. Thank you for your consideration.

[수완 유형 - 1강 E01]

Sincerely,

Esther Morgan

수완 유형

372.

Negotiation is communication aimed at settling a matter. If you can't communicate, you can't negotiate. But don't think of communication as being the achievement only of a great speaker or writer. The level of communication skill needed for negotiating is only enough to make your position understood by another person. An advanced vocabulary is an asset to an essayist or a professor, but it isn't going to make a difference in a business negotiation. Most business dealings are best done in simple, easy-to-understand language. You will get the point by comparing which of the following two sentences is easier to understand. "I can't allow myself to experience an excess of expenses over revenues as a result of accepting your offer." Or, "I can't accept this job on your terms because I will lose money."

[수완 유형 - 1강 E02]

373.

As Head of Special Collections for the University Library, I'm pleased to let you know about our plans to ensure the library continues to meet the ever-changing needs of our users. Last year the library received a record two million visits. While this is wonderful, it also causes damage to our resources. Students and graduates come, not only to use the books but to view online journals, e-books, museum objects and works of art. With more than 35 km of Special Collections, and increased interest in them, extra support is required to help cope with this growing and changing demand. We have established the Library Foundation Fund to help us build on 400 years of collecting and to use the technological opportunities to make our collections more fully accessible. I would be delighted if you were able to make a donation to support the fund. The collections are here for you and, with your donation, will be here for future generations.

[수완 유형 - 1강 E03]

수완 유형

374.

Very often it appears that ecotourism is just about wildlife. Tourists appear generally to be more interested in watching animals than they are in meeting and seeking to understand people of different cultures. Seeing an elephant or lion in Africa is seen as more important than meeting Maasai tribes people. Observing the whales which live below the sea off Iceland and Norway is more interesting than finding out about the fishermen who work above the waves. Yet, ecotourism should be about ecosystems and ecosystems are about both wildlife *and* people. Indeed people are simply another form of animal life. In many ecotourism destinations the landscape and the wildlife are a direct result of the interaction between humans and the rest of the wildlife. To ecotourists, therefore, both people and wildlife should be of equal importance.

[수완 유형 - 1강 E04]

375.

Telephone surveys offer the advantage of a low cost per interview and the possibility that a single interviewer can contact several hundred people a day. Telephone surveys have been aided by computerized phone systems that speed up the contact process. Telephone surveys cost approximately half as much as personal interviews and they obtain comparable data. As you probably know from your own experience, however, it is difficult to reach some people by telephone because modern technology makes it easy for them to avoid unwanted callers. One survey researcher described it as follows: “The majority of American households now have answering machines, caller ID, or both, and substantial numbers of households use them to screen out unwanted calls. Many survey professionals report anecdotally that telephone response rates have sharply decreased over the last decade.”

[수완 유형 - 2강 E00]

*anecdotally 개인적인 경험에 의거해서

수완 유형

376.

Before the invention of printing, we had a different technology for communicating ideas and information. It was called talking. It evolved over millions of years, and there is a lot more happening than just the words passing from brain to brain. There is modulation, tone, emphasis, passion. And the listener is not just listening. She is watching. Subconsciously she notes the widening of the speaker's eyes, the movement of the hands, the swaying of the body, the responses of other listeners. It all registers and makes a difference to the way the receiving brain categorizes and prioritizes the incoming information. By increasing the motivation to understand, the speaker's lasting effect on the intellectual world of the listener may be far greater than the same words in print.

[수완 유형 - 2장 E01]

* modulation 억양, 음성의 변화

377.

When we're gathering ingredients for a recipe, we should try using frozen, canned, or dried foods. They may be less expensive than fresh foods, yet are equally nutritious. Produce is typically frozen, canned, or dried at the peak of ripeness, when nutrients are plentiful. Fish and poultry are often flash-frozen to minimize freezer damage and retain freshness. With frozen foods, we can use only the amount we need, reseal the package, and return it to the freezer. If it's properly stored, there's no waste. Canned foods are often sitting in a bath of juice, syrup, or salty water, and usually just require rinsing. Dried fruits are concentrated in flavor and a great substitute for fresh fruit. Also we can consider using powdered or evaporated versions of milk in soups or desserts. We can also buy the form that gives us the best price for our needs.

[수완 유형 - 2장 E02]

* poultry 가금류의 고기

수완 유형

378.

The long-term stability of the Egyptian agricultural system was maintained as long as there were only limited modifications to the natural flood regime. However, there were problems stemming from the fact that there could be major fluctuations from year to year in the flood level of the Nile and from a tendency for there to be sustained periods of especially high or low floods. In the short term the results for both Egyptian farming and society could be disastrous and these fluctuations had a major influence on the course of Egyptian history, particularly under the Pharaohs. Very high floods destroyed many settlements and the artificial works for containing water. Very low floods left some areas dry and lacking in silt. For example, although the 1877 flood was only about 180 centimeters below normal, it still left about a third of the valley without water and silt. Either extreme reduced crop yields with severe social implications.

[수완 유형 - 2강 E03]

* fluctuation 변동, 오르내림

** silt 침적토

379.

The impacts of tourism on the environment are evident to scientists, but not all residents attribute environmental damage to tourism. Residents commonly have positive views on the economic and some sociocultural influences of tourism on quality of life, but their reactions to environmental impacts are mixed. Some residents feel tourism provides more parks and recreation areas, improves the quality of the roads and public facilities, and does not contribute to ecological decline. Many do not blame tourism for traffic problems, overcrowded outdoor recreation, or the disturbance of peace and tranquility of parks. Alternatively, some residents express concern that tourists overcrowd the local fishing, hunting, and other recreation areas or may cause traffic and pedestrian congestion. Some studies suggest that variations in residents' feelings about tourism's relationship to environmental damage are related to the type of tourism, the extent to which residents feel the natural environment needs to be protected, and the distance residents live from the tourist attractions.

[수완 유형 - 2강 E04]

* tranquility 고요함

수완 유형

380.

Too often we overcome one resource limitation by stretching another. The effect, overall, can be likened to a rubber band that can stretch and then stretch some more. Frequently, our solution to local resource shortages is to transport the limited resource from an area where it is more abundant or to manufacture alternatives using additional energy and other resources. While this process gives the impression of increasing abundance, like the rubber band that appears longer when stretched, continued expansion puts more tension on remaining resources. At the present time, our capacity for moving resources around and for powering industrial processes is enormous, but, like the rubber band, there will be a point where further expansion will fail.

[수완 유형 - 3장 E00]

381.

Computer programmers call annoying program errors “bugs”; when they’re “debugging,” they’re actually finding and fixing errors. Debugging can be a boost to creativity—and a good way to come up with questions—because tiny annoyances are often symptoms of bigger problems. You can practice debugging by thinking of a product you use every day: your refrigerator, your toothbrush, your car keys, even your bathroom toilet. Now, write down every disadvantage you can think of. The product’s flaws don’t all have to make sense. Be unreasonable, be unfair, go on the attack. My toilet occasionally overflows; the seat is always up or down at the wrong time; it’s cold in winter; sitting there is boring; the flush is so loud it’s embarrassing. Once you have a list, think of ways to get rid of the bugs in order to make the product more efficient or more pleasant to use.

[수완 유형 - 3장 E01]

*flush (변기의) 물을 내림

수완 유형

382.

We see the effects of lack of knowledge on creative performance every day, when people come up with ideas that are original for them but that nevertheless have been thought of before. A strikingly pitiful case of this phenomenon is that of the Indian mathematician Srinivasa Ramanujan, considered one of the most brilliant mathematical thinkers ever. Because of his lack of contact with the outside world, he unknowingly spent much of his lifetime independently “rediscovering” much of what was already known in Western mathematics. Had he first gained a broad perspective of his field, he could have avoided this amazing yet useless career and instead turned his considerable talents to advancing, not rehashing, the mathematical knowledge base.

[수완 유형 - 3강 E02]

*rehash 그대로 반복하다

383.

If you tend to undervalue yourself, you are almost certainly applying double standards: underrating yourself just because you are you and not someone else. If you do value yourself less than you value other people, ask yourself “Why?” Is this fair? If you look at yourself from outside, as if you were someone else examining you as you are now, would you think differently? Are you downgrading your view of yourself just because it is you? Do you have one standard for others and a higher standard for yourself? If you do apply these double standards, you are constantly undermining yourself. It is like trying to build a house on top of a swamp. The house will not last, and its foundations will be constantly eroded.

[수완 유형 - 3강 E03]

수완 유형

384.

Many scientists look on chemistry and physics as ideal models of what psychology should be like. After all, the atoms in the brain are subject to the same all-inclusive physical laws that govern every other form of matter. Then can we also explain what our brains actually do entirely in terms of those same basic principles? The answer is no, simply because even if we understood how each of our billions of brain cells work separately, this would not tell us how the brain works as an agency. The “laws of thought” depend not only upon the properties of those brain cells but also on how they are connected. And these connections are established not by the basic, “general” laws of physics, but by the particular arrangements of the millions of bits of information in our inherited genes. To be sure, “general” laws apply to everything. But, for that very reason, they can rarely explain anything in particular.

[수완 유형 - 3강 E04]

385.

Important decisions take time, commitment, and thought. While we usually don't make these types of decisions in haste, many people choose a companion animal based on impulse. A cell phone or car can be sold or traded in if it doesn't perform well or is quickly outgrown, but animals shouldn't be thought of as commodities. And unlike switching colleges or majors when we change our minds, it is not reasonable to assume that if a pet doesn't perform well or we outgrow our interest, we can just get rid of it or neglect it. It's a big step to bring an animal into a household, and there are big decisions that should be made before that happens.

[수완 유형 - 4강 E00]

*outgrow 나이가 들면서 ~에 흥미를 잃다

수완 유형

386.

When a patient in a mental hospital says to you, “I want to go home,” you don’t necessarily take it seriously or try to help her get the paperwork and permissions completed. However, when a college student is talking about “going home” for the holidays, you feel supportive and offer encouragement. When a manager wants to “go home” after a long day of work, you know that the trip is short and that he will be back the following day. When a psychologist talks to you about “going home” mentally to heal childhood wounds, you may begin a new thought process that lasts for years. Meaning doesn’t come from words. Meaning depends on who says the words to whom, when, and for what purpose. The more common the word, the more meanings it probably has.

[수완 유형 - 4강 E01]

387.

Most patients are keen to have information about a proposed treatment and its likely outcome. If they are not, or are simply not ready to have it yet, they still need to know that the information is on offer and should be encouraged to keep their decision to refuse, or limit, information under review. All patients need to be aware of the core facts or their consent may be considered invalid. They also need the facts to be given in a way they understand. A bland menu of options is generally unhelpful and can be difficult for patients to assess in a meaningful way. Advice about what is likely to be most effective or appropriate for their particular situation is often more helpful. Sometimes, it is unclear how much the patient is taking in, particularly when the news is bad, unexpected or very complicated. In such cases, the health team should give patients time to reflect and encourage them to ask questions.

[수완 유형 - 4강 E02]

* bland 단조로운

수완 유형

388.

When you ask passionate readers how much time they spend reading every day, most can't tell you a concrete number of minutes or hours. They don't know. Passionate readers don't keep reading logs. Nevertheless, 78 percent of our Passionate Reader Survey respondents reported reading more than four hours a week, and many shared that they read as much as twenty hours a week. During weekends, holiday breaks, and vacations, passionate readers read upward of forty hours a week. Passionate readers don't have more hours in the day than other people, so how do they find the time? It turns out that they read in the edge times, grabbing a few minutes of reading time between appointments, while waiting for their children during dance practice, or before falling asleep at night. Life is full of wasted moments in between our daily commitments.

[수완 유형 - 4강 E03]

389.

Since history represents a body of information, people frequently try to look at it as a science and to propose scientific explanations for historical events and developments. History would indeed be easy to understand if all events could be accounted for on the basis of a set of simple laws like Newton's laws in physics. Of course, natural laws do come into play—people are physically subject to the law of gravitation and biologically subject to the law of death. But in the actual historical situation there are so many complex and variable factors, so much of the unpredictable human element, that it is impossible to use the ordinary scientific notion of "law." There are no identical situations, only parallels; there are no laws, only tendencies; there is no inevitability, only likelihood. There are always opportunities and alternatives for purposeful human action, just as there are always conditions limiting what people can accomplish by their action.

[수완 유형 - 4강 E04]

* gravitation 중력

수완 유형

390.

Selina was almost in tears when her country's flag rose as third placer together with the first and second placers' countries' flags. Although the music that was played was the national anthem of the first placer, her feelings were indescribable, as everyone stood erect in great silence respectfully watching these three flags rise up to the ceiling of the huge auditorium. As Selina watched her country's flag rise very slowly, all that she had underwent through the years rushed through her mind. Here, her thoughts and feelings of the impossibility of winning over huge opponents were proven otherwise. And for the very first time she felt very proud of herself and her accomplishments after all the years of international bodybuilding participation. She knew at this point of time that this was no miracle.

[수완 유형 - 5강 E00]

* national anthem 국가

391.

“Will this be on the test?” is a common question that students ask when faced with an upcoming exam. Sometimes your professor will provide hints about what to focus on, but rarely will they reveal what you don't need to know. So be as thorough as possible in your studies. Be aware, though, that sometimes there's just too much material to remember all the fine details. When that happens, you will have to decide for yourself what is important. This is a part of learning. Sometimes it helps to learn the important concepts thoroughly and then, if there's time, commit the minor details to short-term memory just well enough to recall them on the exam if needed. But don't try to cram in too much! You will likely get the information confused.

[수완 유형 - 5강 E01]

수완 유형

392.

Online communities provide social and political outlets that were not possible before the invention of the Internet. They also allow for new forms of political and social engagement that are not subject to control by gatekeepers who exercise power in a vertical, top-down fashion. The interests of the user determine who users interact with. But the very power of peer-to-peer relationships should give pause to those engaged in them, as sometimes this engagement comes at great expense to personal privacy. This is not to say that an individual should avoid participating in social networking activities, only that the individual should consciously choose what personal information to reveal to the world. Though individuals might not realize it, through the release of this information the individual is creating a digital identity that once formed can be difficult to change.

[수완 유형 - 5강 E02]

393.

Both Vietnam and Brazil are major producers of black pepper, but they found it hard to sell their pepper even at cut-rate prices after India had a huge crop in 2001. So Vietnam turned in a big way to the production of shrimp. Over 1 million acres are now in ponds, and the value of the country's shrimp exports in 2001 was \$780 million. That's impressive, but shrimp prices are declining, too, and shrimp production is technically risky, especially when the producers are small and heavily indebted, as they typically are in Vietnam. In a world as tightly knit as ours today, it's not just the Vietnamese shrimp producers who are in trouble. American shrimpers on the Gulf Coast now supply only 15% of the American market, and the prices they receive at the dock are so low that many are going out of business. Perhaps their future lies in advertising their product as wild, instead of farmed. For the moment, they're hoping a new tariff on imported shrimp will save them. Restaurant owners are opposed to a tariff, of course, as are the Vietnamese.

[수완 유형 - 5강 E03]

* tariff 관세

수완 유형

394.

To explore the effects of mood on communication, researchers asked either happy or sad participants to accept or reject the videotaped statements of targets who were questioned after a staged theft, and were either guilty, or not guilty. The targets were instructed to either steal or leave in place a movie pass in an empty room, unobserved by anyone, and then deny taking the movie ticket. So some targets were lying and some were telling the truth when denying the theft. Those in a positive mood were more likely to accept denials as truthful. Sad participants made significantly more guilty judgements, and were significantly better at correctly detecting deceptive (guilty) targets. Negative affect thus improved the accurate distinction of truths from lies in the observed interviews. A signal detection analysis also confirmed that sad judges were more accurate in detecting deception (identifying guilty targets as guilty) than were neutral or happy judges, consistent with the predicted mood-induced processing differences.

*staged 일부러 꾸민 **theft 절도

[수완 유형 - 5강 E04]

395.

We often forget that the main purpose of criticizing is not to be negative but to be constructive: to fix something. But general criticism is destructive . It doesn't lead anyone to know how to fix things; it just makes people feel bad. We all have different verbal and visual styles and conceive different ways to say the same thing. But, unless you can explain specifically , you haven't started fixing anything. To help the criticized person know how to fix what you object to, define exactly what went wrong and why it is unsatisfactory. Most people are so sensitive to criticism that they'll say, "Yes, I understand," when they actually don't, just to get the criticism to end. Specific examples for improvement as well as specific descriptions of exactly what you mean are a must.

[수완 유형 - 6강 E00]

수완 유형

396.

Most of us assume that for people to communicate well they must share precise meanings for events and words and that people always need to be clear and unambiguous to achieve good communication. Of course, people often need to share meaning and clarity in communication. Yet there are times when we may need or want to be less than clear in our communication. Being ambiguous can have two main benefits. First, ambiguity can help people with diverse sets of opinions collaborate with each other. If there is ambiguity about what beliefs or values are important, people may assume they share the same beliefs and values and be willing to work together. When communication is clear, the differences between people become more distinct and may lead to excessive conflict. Second, ambiguous communication can promote creativity. For example, sometimes teachers may be ambiguous in their instructions about how to complete a particular assignment to encourage students to be creative in the way they accomplish the task.

[수완 유형 - 6강 E01]

397.

The creativity that children possess needs to be cultivated throughout their development. Research suggests that overstructuring the child's environment may actually limit creative and academic development. This is a central problem with much of science instruction. The exercises or activities are devised to eliminate different options and to focus on predetermined results. The answers are structured to fit the course assessments, and the wonder of science is lost along with cognitive intrigue. We define cognitive intrigue as the wonder that stimulates and intrinsically motivates an individual to voluntarily engage in an activity. The loss of cognitive intrigue may be initiated by the sole use of play items with predetermined conclusions and reinforced by rote instruction in school. This is exemplified by toys, games, and lessons that are an end in and of themselves and require little of the individual other than to master the planned objective.

[수완 유형 - 6강 E02]

*predetermine 미리 정하다 **rote 암기

수완 유형

398.

It is only possible to fully understand a social welfare system by comparing it with other systems and by assessing a system's place in the worldwide network. Such study may expose widely accepted truisms as mere opinions. Politicians and corporate leaders in the United States, for example, have resisted the idea of paid parental leave. Their claims have been that to grant such leave would diminish American business competitiveness in the world economy. The argument sounds less convincing when compared to the policy and business practices of America's competitors in Western Europe. Almost all countries there offer leave with pay not only to new parents but also to employees with ill family members. Thus the comparative view shows that to claim that such a policy is impossible is clearly invalid ; more accurately, it can be asserted that parental leave is not a policy priority in the United States.

[수완 유형 - 6강 E03]

* truism 뻔한 사실

399.

Have you ever wondered whether it's best to have an inside or an outside lane in track races like the 200 m where you have to sprint around the bend? Athletes have strong preferences. Tall runners find it harder to negotiate the tighter curve of the inside lane than that of the gentle outer lanes. The situation is even more extreme when sprinters race indoors where the track is only 200 m around, so the bends are far tighter and the lanes are reduced in width from 1.22 m to 1 m. This was such a severe restriction that it became common for the athlete who drew the inside lane for the final (by being the slowest qualifier on times) to scratch from the final in indoor championships. This was because there was so little chance of winning from the inside and a considerable risk of injury. As a result, this event has largely disappeared from the indoor championship roster.

[수완 유형 - 6강 E04]

* scratch (경기 참가 등을) 포기하다 * *roster (운동 경기) 목록

수완 유형

400.

One evening, on the way home with a number of companions, Abraham Lincoln discovered a straying horse. The horse was recognized as belonging to a man who was accustomed to excess in drink, and it was suspected at once that the owner was not far off. A short search only was necessary to confirm the suspicions of the young men. The drunkard was found in a perfectly helpless condition, upon the chilly ground. Lincoln's companions urged the cowardly policy of leaving him to his fate, but young Lincoln would not hear to the proposition. At his request, the miserable man was lifted to his shoulders, and he actually carried him 440 yards to the nearest house. Sending word to his father that he should not be back that night, he attended and nursed the man until the morning, and had the pleasure of believing that he had saved his life.

[수완 유형 - 7장 E00]

*straying 길을 잃은

401.

Victoria appeared to be extremely intelligent as she got older. She had nearly adult conversations with her family by the time she was three. Victoria's mother taught her to read when she was four. And when she was five, her father told her she had been named after a queen. Victoria would smile with delight every time he said it. She knew what queens looked like. They were beautiful and wore pretty dresses in all the fairy tales she_read. And sometimes they even had magic powers. She knew she had been named after Queen Victoria, but she had no idea what the queen looked like. Her father always told her that she'd been named after the queen because she looked like her. She knew that she was supposed to look like her father's grandmother, but she had never seen a picture of her either, and she wondered if she had been a queen too.

[수완 유형 - 7장 E01]

수완 유형

402.

As though Attean sensed that Matt was annoyed, he stopped, took out his knife, and neatly sliced off two shining gobs of dried sap from a nearby spruce. He smiled broadly and held out one of them like a peace offering. “Chew,” he ordered. He popped the other piece into his mouth and began to chew with evident pleasure. Carefully, Matt copied him. The gob fell to pieces between his teeth, filling his mouth with a bitter juice. He wanted to spit it out in disgust, but Attean was plainly enjoying the stuff, so he stubbornly forced his jaws to keep moving. In a moment the bits came together in a rubbery gum, and the first bitterness gave way to a fresh piney taste. To his surprise, it was very good. Once more, Matt acknowledged to himself, Attean had taught him another secret of the forest.

[수완 유형 - 7장 E02]

*gob of dried sap 마른 수액 덩어리 **spruce 가문비나무

403.

Yoshida Shigeru was ambassador to England in the late 1930s. Anxious to avoid a certain Japanese cabinet minister who was visiting London, he told his staff: “Whenever that man phones, tell him I’m out.” The order was obeyed; the minister tried in vain on several occasions to reach the ambassador. Suspicious, he decided to call at the embassy in person. He happened to pass Yoshida in the lobby and asked him if he might speak to the ambassador. “No, sir,” replied Yoshida. “The ambassador is out.” The minister looked at him with a sudden flash of recognition. “But aren’t *you* the ambassador?” he asked. “I am,” said Yoshida. “And, sir, when you hear from Yoshida himself that he is out, you can believe it!”

[수완 유형 - 7장 E03]

*cabinet minister 장관, 각료 **embassy 대사관

수완 유형

404.

In 1904, promising Mexican artist Diego Rivera met Teodoro A. Dehesa, who governed the state of Veracruz, which is located along the Gulf Coast of Mexico. Mr. Dehesa was impressed with Mr. Rivera's talent, so he gave him a scholarship to study art in Europe. However, Mr. Dehesa put two conditions on the scholarship. First, Mr. Rivera had to send a painting to him every six months so Mr. Dehesa could be sure he was making progress. Second, Mr. Rivera had to pay his own way to Europe. Fortunately, Mr. Rivera was able to meet both conditions. He had an art show, at which he sold enough paintings to pay his way to Europe. While in Europe, he faithfully sent a painting to Mr. Dehesa every six months. Mr. Dehesa's scholarship paid off in a big way for Mexico and the world. Mr. Rivera became one of Mexico's most important artists and a world-class painter.

[수완 유형 - 7강 E04]

405.

American Red Cross Babysitting Course

Participants will receive professional Red Cross instruction on many different topics of the babysitters' responsibilities. Participants will learn characteristics of children, games, activities, basic care, safety, and first aid.

Ages: 11 years and older at the time of class

(No Exceptions!)

Dates: Two Choices (Please choose one class you wish to attend.)

October 23 (Saturday)

November 13 (Saturday)

Time: 9:00 am - 4:00 pm

Location: Evergreen Community Center

Fee: \$40.00

Note: Please bring a bag lunch and a baby doll.

Registration forms are available at the Evergreen Community Center or at www.evergreen.org.

For further questions, please contact the Community Center at 279-8197.

[수완 유형 - 8강 E00]

수완 유형

406.

Summer Nights in the Garden

[수완 유형 - 8강 E01]

There's the house party, the pool party, and the office party. But we're going with the garden party! Join us for an evening of good music, food, and performances at the Nature Garden. Spaces are limited and reservations are required for free admission.

Saturdays, June through August

4:30 pm - 10:00 pm

EACH NIGHT WILL INCLUDE....

MUSIC! Enjoy the soft music of DJ Dan Graves.

TOURS! Available at 5:30 pm, *6:30 pm, 7:30 pm: Take a look around the Nature Garden on a tour led by our staff.

*Spanish speaking tour at 6:30 pm

FOOD! Bring your own snacks or grab a bite from one of the food trucks in the North Plaza.

PERFORMANCES! Dance performances at 7 pm and 8:30 pm and don't miss the amazing magic show at 8 pm!

RESERVATIONS & MORE DETAILS

Call us at (310) 254-9634.

수완 유형

407.

H2Ohh!

H2Ohh! is a one-day educational nature program offered by Yellow Garden to students in grades 1 to 9.

Description:

- Catch the wave of water literacy with this innovative and interactive one-day water school.
- Introduce the concepts of water quality and wetland environments, and empower students to create a sustainable water future with hands-on program components that bridge science, art, and social studies.

* Note: The program is seasonal.

Program components include (choose three):

- The Story of Stormwater (indoor)
- Pond Study (outdoor): grades 1- 6 only
- Wetland Walk (outdoor)
- The Power of Water (indoor): grades 1- 6 only
- Simple Water Testing (indoor): grades 4- 9 only

Place: Yellow Garden

Cost: \$195

Length: 5 hours

For booking information, see the website: [www. yellowgarden.org](http://www.yellowgarden.org).

[수완 유형 - 8강 E02]

수완 유형

408.

ABU WRITING CENTER

The ABU Writing Center offers ABU students free, one-on-one tutorials with experienced tutors trained to respond to writing assignments.

All ABU Students Are Welcome at the Writing Center!

- Tutors can help with writing projects or assignments in any discipline or genre.
- Tutors can help students learn techniques for improving sentences and checking mechanics. (No revision service offered)

How It Works

- To meet with a Writing Center tutor, you can either make an appointment in advance or stop by during drop-in hours.
- Come with whatever youve got—an assignment, ideas, rough notes, or a partial or full draft.

Drop-in hours

- Sunday–Thursday evenings, 7–11 p.m. No appointments required.

[수완 유형 - 8강 E03]

수완 유형

409.

Volunteering for the Pathway and River Cleanup

The Pathway and River Cleanup event takes place in May each year with the help of thousands of registered volunteers, who donate their time to help clean up our city's pathways and river banks.

Volunteer registration

Registration for the 2016 event starts February 7, 2016 at 6:00 pm at the City Hall.

To volunteer for the event, you must be:

- 12 years or older
- Accompanied by a parent if you're between 12 and 16 years old

Personal safety

The personal safety of our volunteers is our top priority! Risks will be minimized as much as possible; however, volunteers should be aware that they may come in contact with the following:

- Unstable ground or rocky shorelines
- Sharp items (e.g., glass, metal, abandoned needles)
- Illegal campsites

For more information, visit www.rivercleanup.org.

[수완 유형 - 8강 E04]

수완 유형

410.

The above graph shows the percentages of US teens who said they got a lot of health information from the listed sources. More than half of those surveyed reported that their parents provided a lot of health information. One-quarter of US teens said they received a lot of health information from the Internet. More respondents reported getting a lot of health information from their health classes in school than from their doctors/nurses. The radio, newspaper articles, and magazine articles were some of the least used sources; less than 5% of US teens surveyed reported that they got a lot of health information from each of these sources.

[수완 유형 - 9강 E00]

411.

The graph above shows the percentages of Americans aged 18 and older who read e-books on each reading device in 2011 and 2014. In 2011, the highest percentage of Americans accessed their e-books on computers, closely followed by e-readers. In 2014, e-reader use increased and computer use decreased, with about twice as many Americans using e-readers as using computers. The least used devices for e-book reading in 2011 and 2014 were tablets and computers, respectively. Tablets recorded the largest percentage point gap between the percentage of Americans who read e-books in 2011 and that in 2014.

[수완 유형 -9강 E01]

수완 유형

412.

The graph above shows the percentages of ownership distribution of renewable energy capacity for power production in 2012 in Germany. Private individuals were by far the leading owners of renewable energy capacity, with the next biggest percentage accounting for less than half that of private individuals. The percentage for project firms was the same as that for industry. The percentage of renewable energy capacity owned by farmers was smaller than that of renewable energy capacity owned by investment funds/banks. The percentage of renewable energy capacity owned by the “big four” power providers was less than half the percentage owned by farmers.

[수완 유형 - 9강 E02]

413.

The graph above shows what job characteristics US male and female workers found extremely important to them in 2013. More than four in ten Americans reported that they felt it was extremely important to have a job they enjoy. More than 30 percent of Americans reported job security, as well as the ability to take time off for child care or family needs, to be extremely important. Less than 20 percent of Americans said a high-paying job was extremely important to them. A higher percentage of women than men reported each job characteristic to be extremely important except for opportunities for promotion and high pay.

[수완 유형 - 9강 E03]

수완 유형

414.

The graph above shows how accurate or trustworthy respondents considered the information found using search engines in 2012. As for teachers who taught advanced placement (AP) courses and were part of the National Writing Project (NWP), only five percent said “all or almost all” of the information they found via search engines was accurate or trustworthy. The percentage of teachers who said “some” of the information they found via search engines was accurate or trustworthy was exactly two-fifths. The largest percentage of both teachers and U.S. adult search users said that “most” of the information was accurate or trustworthy. The percentage of U.S. adult search users who answered “very little/none” was four times as large as that of U.S. adult search users who answered “don’t know.”

[수완 유형 - 9강 E04]

수완 유형

415.

The blue marlin is a large fish that can reach lengths of 11 feet or more. Large members of this species have been observed that weigh over 1,800 pounds. This fish is brown to dark blue on top and white or silver underneath with vertical bar markings on its sides. Blue marlins are found in both the Atlantic and the Pacific Oceans, although the Atlantic specimens are smaller. Blue marlins eat other fish, including blackfin tuna and frigate mackerel. They use their bills to strike and kill their prey near the surface of the ocean and eat them. The blue marlin can swim as fast as 50 miles per hour. Little is known about the reproduction of these fish.

[수완 유형 - 10강 E00]

*blackfin tuna 검정 지느러미 다랑어 **frigate mackerel 몽치다래 ***bill (물고기나 새의 주둥이, 부리)

416.

Sandflies are tiny (2 to 3mm long), hairy flies with long legs which, in Latin America, are found in forested, tropical areas. Female sandflies feed on blood, causing extremely itchy bites in humans. Sandflies rest in dark, moist habitats (such as the cracks in walls) during the heat of the day, emerging during the hours of darkness. Sandflies have a short flight range and don't fly very high; for example, they rarely bite people sleeping on the 2nd floor of a building. Because sandflies are so small, they can get through most standard mosquito netting. You can get special sandfly netting, but this will probably make it hard for most people to breathe. A permethrin-treated net is effective at keeping sandflies out.

[수완 유형 - 10강 E01]

*itchy 가려운 **permethrin 피메트린(살충제의 일종)

수완 유형

417.

Born in Melrose, Massachusetts, the son of a journalist, Justin Brooks Atkinson was educated at Harvard University, then worked as a reporter for the *Springfield Daily News* and taught English at Dartmouth College. Atkinson served in the U.S. Army during World War I, after which he became a reporter and assistant to the drama critic of the *Boston Evening Transcript*. He was the Broadway drama critic for the *New York Times* from 1925 to 1942, served as a news correspondent in China and Russia during World War II, and assumed his post as drama critic again from 1946 to 1960, when he became critic-at-large (a post he held until 1965). Atkinson authored more than a dozen books and, besides numerous awards for his drama criticism, won a Pulitzer Prize in 1947 for his writings on the Soviet Union. In 1960, New York's old Mansfield Theatre was renamed the Brooks Atkinson Theatre.

[수완 유형 - 10강 E02]

418.

Irina Ratushinskaya was born in Odessa, Russia (now Ukraine), in 1954. She graduated from Odessa University and taught at the Odessa Pedagogical Institute. In 1982 Ratushinskaya was arrested for anti-government activity and the next year sentenced to seven years in prison. A collection of her poems was published in 1984 by International PEN, with an introduction by Joseph Brodsky. This helped to focus attention on her case. She was released in 1986 and left for England, where her poetry was published by Bloodaxe Books. She returned to Russia in 2001. Her poetry has been translated into many European languages, and she has published numerous collections of poetry and prose, including a chronicle of her prison experiences. Ratushinskaya has won many international awards.

[수완 유형 - 10강 E03]

* chronicle 연대

수완 유형

419.

La Cavalcata Sarda is an annual festival held every third Sunday of May in Sassari, a northern town on the island of Sardinia, Italy. Also locally known as ‘the festival of beauty and youth’, this is a folk parade of many representative villages of the island. People gather together to celebrate their communal identity through the exhibition of traditional, colorful and diverse dresses, local products and through the performance of traditional dances and songs. It is a unique event among other similar but local and religious performances and is a lay celebration on a regional scale, attracting participants from all the four provinces of the island. In historical terms this event is relatively modern, its conception being in 1899. Since its creation it has combined traditional ritualistic elements and cultural symbols peculiar to the island’s cultural heritage, which have become extremely popular with contemporary tourism forms.

[수완 유형 - 10장 E04]

* lay 일반인의

420.

Do you feel that you need to get a second opinion before you start on something? Some of us feel the need to test the water, to collaborate, consult or get advice. Sometimes this may be the smart thing to do, say, when we are doing something that requires specialist expertise. But, let’s be honest, most tasks don’t. Our advice hunting is a substitute for action. We may even be hoping that the people from whom we seek advice will actually do the work for us. Rather like a child asking for help with their homework, we’re looking for someone better equipped than us to take on the task.

[수완 유형 - 11장 E00]

* test the water 남의 반응을 살피다

수완 유형

421.

In order to work at maximum efficiency, you must handle paper and information effectively. The amount of paperwork, magazines, and professional books you have will determine the amount of storage space you need. Although a certain amount of paperwork is needed on one's desk at any given time, the rest should be filed for easy access or thrown away. The accumulation of paper and magazines—piles stacked high on your desk, in a corner, or on the coffee table—makes you look messy and inefficient. In passing your office, one might wonder if you ever meet a deadline or if the product of your work looks the same way. The way your office looks can implant a stereotype of you in a viewer's mind that may be hard to overcome; therefore a clean, organized office, can make a difference in your career path.

[수완 유형 - 11강 E01]

422.

The intimate interconnectedness of art and religious life is well illustrated in Bali (Indonesia), a culture with a long and rich tradition of dance and music. The large number of ceremonies that occur annually on the Bali-Hindu calendar involve elaborate displays and performances designed to attract the gods and please the people. Various life-cycle events such as births and funerals are celebrated by special orchestras with music and dance. Some musical instruments, thought to be the gift of the gods, are considered so sacred that they can only be displayed, not actually played. According to one Balinese expert, "Music and dance are spiritual musts. The arts are an invitation for the gods to come down and join the people. There is a very physical contact with the unseen, with the ancestors ... that makes the people in the village very happy."

[수완 유형 - 11강 E02]

수완 유형

423.

Most films involve an incredible number of different kinds of media artists and specialists. After a film concludes and as we get up from our seats in a theater, the credits roll, listing the large number of people who were involved in making that film, from the producer, director, actors, actresses, first assistant director, and second assistant director down to the grips and the makeup artists. Television programs, while usually not as complicated as films, still require many different kinds of artists. For example, there were a dozen writers on the writing team that created the situation comedy *Frasier*. The show that we see on television is just the tip of the creation and production iceberg, so to speak. A simple program, such as a cooking show, could easily have fifteen or twenty people involved in actually making the program.

* grip (영화 촬영 때의) 촬영 기사

[수완 유형 - 18강 E03]

424.

The response to art is based on a number of objective and subjective factors. These include knowledge, taste, values, and tradition, as well as gender, education, emotions, and many more. Most art in the world today was created in past centuries for audiences that differed substantially from contemporary ones. Yet art from the past continues to surprise, engage, and intrigue modern spectators. It is, however, impossible to respond to art in the same way as the original audience. This should not suggest that art from previous centuries cannot be fully understood or valued. Rather, it underlines that art is appreciated on terms compatible with contemporary culture. Today's viewers think, speak, and behave very differently not only from Renaissance but also early twentieth-century audiences. They know a great deal more about themselves and the world. It would be impossible for anyone in the twenty-first century to respond to, experience, and look at art in the same way as someone from the 1500s or even the 1950s.

[수완 유형 - 11강 E04]

수완 유형

425.

Suppose one devotes a great deal of time and energy to making a decision, and then, because of some combination of regret, missed opportunities, and high expectations, one ends up disappointed with the results. The questions this person might ask are, “Why?” or “What went wrong?” or “Whose fault is it?” And what is the likely answer to these questions? When the choice set is small, it seems natural and straightforward to blame the world for disappointing results. “They only had three styles of jeans. What could I do? I did the best I could.” However, when the choice set is large, blaming the world is a much less plausible option. “With so many options available, success was out there to be had. I have only myself to blame for a disappointing result.” In other words, self-blame for disappointing results becomes more likely as the choice set grows larger.

[수완 유형 - 12강 E00]

*plausible 그럴듯한, 이치에 맞는

426.

There is a so-called “reverse stress” that can occur when children become aware of the problems of the world. They might feel guilty and ashamed of themselves for not caring more. As fifteen-year-old Amanda told me, “I know that I should be doing more to help the environment. My friends are all going door to door to pick up cans and glass for recycling this weekend. But I don’t want to spend my weekend like that. I’d rather clean my room and rearrange my closet, or go to the movies. That probably means that I’m not very socially conscious or that I’m not ‘politically correct,’ doesn’t it?” There is so much on the news these days about social responsibility that children feel pressure to take a stance. They know they “should” do this and “should” do that to help.

[수완 유형 - 12강 E01]

수완 유형

427.

Recent research suggests that introducing difficulties and errors can be very effective in the classroom. In a study by educationalists Kapur and Bielaczyc, for example, students were assigned to either a “productive failure” group or a “direct instruction” group. Students in the direct instruction group completed typical lessons on complex math problems. Their teacher helped them successfully solve problems along the way. In contrast, students in the productive failure group were given complex problems and then worked in groups with fellow classmates to attempt the problems. The problems were very difficult, and the productive failure group was unable to solve them. During a final lesson, a teacher helped the productive failure group analyze its failed attempts and provided correct methods. On a final test, the productive failure group scored more than the direct instruction group on both complex problems as well as more straightforward problems.

[수완 유형 - 12강 E02]

428.

In court we have seen many expert witnesses who have an impressive list of degrees and the highest IQs who use a simple vocabulary and adopt obviously simplistic ways to express their ideas. They echo the way they know the average juror speaks and thinks and purposely attempt to relate to them at that level. And the jurors know it. The jurors realize that the expert has purposefully avoided the use of technical terms they won't understand in order to communicate with them more effectively. They appreciate the expert's efforts, and view her as sensitive and humble. The expert's image as intelligent and competent is not diminished in the process either. If anything, it's enhanced by demonstrating that she has the good judgment to know how to modify her presentation to make it meaningful to her audience.

[수완 유형 - 12강 E03]

*juror 배심원

수완 유형

429.

In one study, psychologists Davis, Woolley, and Bruell presented children with a sequence of pictures illustrating a story about a girl, a bird, and a butterfly. The final picture depicted the girl with the bird nearby. The girl was waving her arms as if to fly, and a “thought bubble” above the girl’s head indicated that she was thinking about the butterfly. Children were asked which of the two animals the girl was pretending to be. The girl’s flying actions were consistent with both the bird and the butterfly, so if the children did not understand that pretending involves thinking about something, they should have chosen randomly between the two animals. However, even 3-year-olds were quite successful at this task, and 4- and 5-year-olds performed perfectly. This study suggests that by age 3, children have begun to understand that the act of pretending involves mental representation. This understanding improves with age, and seems to be relatively well established by about age 5.

[수완 유형 - 12강 E04]

430.

Pain is not always helpful in letting you know the location of the problem. Sometimes pain is felt in one part of the body, but it is actually caused by an injury or illness in another part of the body. This is *referred pain*. For example, the pain associated with a heart attack may be felt in the left arm, even though the heart is in the chest. An ulcer or other irritation of the stomach may be perceived as pain in the shoulder. This is because during fetal development the nerves that attach to different organs come out of the spinal cord at levels close to where those organs are located in the fetus. However, when the organs migrate to new positions as the fetus grows, the attachments that lead from the spinal cord stay in the same place. As a result, we feel pain as if the affected organs are still located where they were at early stages of embryonic development.

[수완 유형 - 13강 E00]

* fetus 태아 ** spinal cord 척수 *** embryonic 배아의

수완 유형

431.

The pull effect of a destination can be positively influenced by the introduction and reinforcement of pro-tourism policies that make a destination more accessible. Governments, for example, can and often do employ awareness campaigns among the resident population to promote a welcoming attitude towards visitors in order to foster a positive market image. However, because such campaigns depend on widespread social engineering, and because their effects can be counteracted by random acts of violence, positive outcomes cannot be guaranteed. Furthermore, it is the behaviour of some tourists, and the structure and development of tourism itself, that often generate negative attitudes within the host community. This implies that major structural changes to tourism itself, rather than awareness campaigns, may be required to foster a welcoming attitude.

[수완 유형 - 강 E01]

* pro-tourism 친관광산업

432.

In her book *We Don't Play With Guns Here*, early-years researcher Penny Holland argues that for younger children play fighting, gun play and rough-and-tumble play are neither primitive displays of animal aggression nor mindless imitations of yesterday's TV. Rather, they are outward signs of a sophisticated and largely unconscious learning process. According to psychologists, these forms of play allow children to perfect some important social skills in a context where real harm is not part of the game. For instance, they give children invaluable experience in reading facial expressions and body language, and they enable children to learn about their position and status in their peer group. What is more, researchers have known for years that most children quickly become skilled at reading the body language of play fighting—unlike adults, who can find it difficult to distinguish between play and the real thing.

[수완 유형 - 13강 E02]

* rough-and-tumble 거친

수완 유형

433.

Normally, humans are effective at conveying ideas to each other and responding fittingly. This is due to many factors: the richness of the language they share, the common understanding of how the world works, and an implicit understanding of everyday situations. When humans interact within cultures, they enjoy a higher degree, or capability, to use implicit situational information (context) to increase the level of comprehension. However, this ability to interact becomes complicated when humans interact across cultures. In such intercultural circumstances, social actors attempt interactive exchanges with a hindrance, the lack of common understanding. Consequently, individuals from differing cultures, trying to interact, are unable to use context as an expedient channel to comprehension. By increasing each person's understanding of the other's cultural context (language, norms, rules, etc.), in other words increasing their access to context, we increase the richness of communication interaction and enable mutual success.

[수완 유형 - 13강 E03]

*expedient 임시방편적인

434.

It should be noted that there has been a change in the way employers have responded to recessionary periods over time. In the late nineteenth and early twentieth centuries, layoffs were not commonly used. Instead, employers resorted to devices such as work sharing and reducing wages in an effort to keep as many people employed as possible. These practices changed after the passage of the Social Security Act (that is, unemployment insurance) in 1935. A person must be totally out of work to collect unemployment insurance; benefits may not be collected if a person is working part-time. As a result, employers stopped using work sharing and similar arrangements and moved toward using layoffs. For example, layoffs were not very common during the major recessions of 1893, 1921, or 1929 but were very common in the early 1960s, 1970s, and 1980s.

[수완 유형 - 강 E04]

*recessionary 불황의 **layoff 일시 해고

수완 유형

435.

It starts to get dark, and I'm completely lost and wandering in this vast white world. The horse suddenly stops. I jump off into the snow. I stumble and fall into the snow, and tears stream down my face. All seems lost, and now I have nowhere to go. I will freeze in this wasteland, and for what? My thoughts turn to safer times, when I had everything to look forward to and nothing to worry about. Why me? Why now? What is the point to this endless freeze? There is no way out. I look up at the horse, who calmly stands there, completely unaware of our impending doom. I wish I were like him. I wish it were possible that all were well. My hands are freezing; my feet are numb. There is nothing I can do.

[수완 유형 - 14장 E00]

*impending 곧 닥칠 **numb 감각이 없는

436.

Cautiously John put his fingers on the edge of the bark and gave a slight pull. A good-sized piece of bark broke off into his hand. With it came the bees. With a furious buzzing they came pouring from the broken hole. The humming grew to a roar, like a great wind. He felt a sharp pain on his neck, then another and another. The angry creatures swarmed along his hands and bare arms, in his hair, on his face. How he got down out of that tree he never remembered. Water! If he could reach water, he could escape them. Screaming and waving his arms, he threw himself toward the pond. The bees were all around him. He could not see through the whirling cloud of them.

[수완 유형 - 14장 E01]

*swarm 떼를 지어 날아다니다 **whirling 소용돌이치는

수완 유형

437.

Sarah gave the driver their address, and was quiet on the way home, praying for her children. She tried in vain to communicate with the house or the babysitter for reassurance. All telephone lines were down, and cell phones weren't working. The badly shaken city seemed completely cut off from the outside world. All she wanted to know now was that her children Oliver and Molly were okay after this terrible earthquake. Her husband Seth was staring out the window in a daze, and kept trying to use his cell phone, as the driver drove them the rest of the way. They finally arrived at their large brick house perched on top of the hill on Divisadero and Broadway, overlooking the bay. Sarah ran to the front door as Seth followed behind her, looking exhausted.

[수완 유형 - 14강 E02]

*perched 자리 잡고 있는

438.

Eric Walker, the head of the Madison School, made the call to Kelly himself in the first week of March. He said it had been a tough choice between her and several other teachers, but he was happy to tell her that she had the job, and she was thrilled. He said a contract had been sent to her by mail. She was going to be the youngest member of the English department, and she would teach four classes to sophomores, juniors, and seniors. She had to report for teachers' meetings on September 1st, and school would start the following week. In exactly six months, she was going to be teaching at the Madison School in New York. She could hardly believe it. And unable to keep the good news to herself, she called her parents that night.

[수완 유형 - 14강 E03]

수완 유형

439.

On the night of the fourth day, the rain stopped as suddenly as it had begun. Next morning, the sun was shining brightly on a valley still flooded. Nothing was left intact. Barns were gone. Two houses had washed away against some trees downstream, and three more had water in them up to the windows. We couldn't get close enough to any of them to see about the damage done. Finally the rivers down from the valley had been able to handle the overflow and our stream began to recede. Everyone was accounted for, but the loss of property was maybe beyond recovery. Crops were washed away, and the real problem of food for the coming winter was with us. Some said they were going to leave the valley.

*intact 손상되지 않은 **recede 물이 줄다, (서서히) 물러나다

[수완 유형 - 14장 E04]

440.

Sleep can be difficult to find from time to time. Much like on Earth, astronauts report waking up in the middle of their sleep period to use the bathroom, and distractions can cause them to stay up late staring out the window. During their sleep period, astronauts have also reported having dreams and nightmares. The close quarters can also result in sleep disturbances since crew members can easily hear each other; weightlessness does not, apparently, prevent snoring. In addition, sleeping near a window can be difficult since the Sun rises every ninety minutes as the station orbits Earth. The sunlight and warmth entering a window is enough to disturb a sleeper who is not wearing a sleep mask.

*close quarters 비좁은 장소

[수완 유형 - 15장 E00]

수완 유형

441.

Looking back, scientists have uncovered a mountain of evidence that Mayan leaders were aware for many centuries of their uncertain dependence on rainfall. Water shortages were not only understood but also recorded and planned for. The Mayans enforced conservation during low rainfall years, tightly regulating the types of crops grown, the use of public water, and food rationing. During the first half of their three-thousand-year reign, the Mayans continued to build larger underground artificial lakes and containers to store rainwater for drought months. As impressive as their elaborately decorated temples were, their efficient systems for collecting and warehousing water were masterpieces in design and engineering.

[수완 유형 - 15강 E01]

*rationing 배급

442.

The best way to understand what you are reading is to compare it to your own knowledge and experiences. Ask yourself if you have experienced something similar to what you are reading about, or if what you have read changes your view of the world or the way things work. Sometimes this can be difficult, especially if you are reading about something you have not experienced, such as the Vietnam or Gulf Wars. In such cases, you might want to discuss the subject with an adult who has lived through the experience. The important point is that by making these comparisons, it will be easier for you to understand and remember what you have read.

[수완 유형 - 15강 E02]

수완 유형

443.

Our cultures exercise a powerful influence on our conduct, often without our even being aware of it. However, to argue that culture influences our behavior is hardly the same as arguing that it determines our behavior. Deviance from cultural norms is found in all societies. Because individual members of any society maintain, to varying degrees, a free will, they have the freedom to say no to cultural expectations. Unlike the honeybee, which behaves according to its genetic programming, humans can make a range of behavioral choices. Of course, choosing an alternative may result in unpleasant consequences, but all people have the option of doing things differently from what is culturally expected.

*deviance 일탈

[수완 유형 - 15강 E03]

444.

Research on social development and the Internet indicates that, rather than leading children into social isolation and deprivation, the Internet can provide a *positive* environment for social development. Children continue their face-to-face relationships when separated, possibly in much the same way as they would on a telephone. Indeed, Internet technologies provide children with more opportunities for social interaction than are possible with a telephone; children can communicate at the same time with a large number of peers on a large number of topics through e-mail, chat, and instant messaging. Children who feel socially isolated in a face-to-face setting, are depressed, and/or lack self-confidence are able to communicate in a socially safe environment on the Internet rather than keeping their concerns to themselves. Furthermore, children are able to “try out” different personal identities, discuss personal concerns, and obtain personally relevant information without embarrassment.

*deprivation 박탈(감)

[수완 유형 - 강 E04]

수완 유형

445.

Hitting a home run depends on the ability to generate power. Indeed, the success of many athletic actions depends on power, the combination of velocity and force. So athletes seeking power might believe they need to maximize *both* velocity and force. But when muscles contract at their highest velocities, force suffers. Conversely, when muscles contract at their highest forces, velocity declines. To achieve peak power, athletes must find the perfect compromise between force and velocity. In a similar way, muscles have optimal lengths. At their shortest and longest

[수완 유형 - 16강 E00]

*velocity 속도 * *optimal 최적의

446.

Everyday activities such as taking a bath or sitting in a high chair provide a baby with plenty of opportunities to make interesting and fun discoveries about the laws of physics. For instance, she will discover that if she drops her hollow plastic duck into the bath it will float on the surface of the water. Even if she pushes it down to the floor of the bath, the plastic toy will not stay under water. A bar of soap, on the other hand, will behave very differently. Infants can spend hours experimenting in this way. So when they persist in throwing everything over the side of the high chair or out of the baby bed, they're not being naughty. Rather, they are merely fulfilling their roles as little physicists!

[수완 유형 - 16강 E01]

*naughty 말을 안 듣는

수완 유형

447.

Most developed countries face the same problems with trash as the United States. In fact, some areas of the globe are way ahead of the United States in trash technology and policies. Europe, for example, due to its dense population, began running out of landfill space long ago. Many European countries turned to incinerators, but this method has become increasingly disfavored because it produces too much air pollution and dangerous waste. As a result, some countries in Europe have begun implementing strategies to eliminate large amounts of garbage that would otherwise have to be burned or dumped. Thanks to the adoption of packaging and bottle-return laws, the use of new trash technologies, and the resort to aggressive recycling programs, Europeans now generate only half as much trash per person as Americans.

[수완 유형 - 16강 E02]

*incinerator 소각로

448.

We know that we have some bad habits. We know that we would be better off without them. We have all tried to change many times with various degrees of success. But the changes have never been deep enough or lasting. The problem is that our approach to attacking this problem is faulty. We tend to take a bad habit and just try hard to stop doing it. We gather all of our will to *not* do something. This creates a sense of deprivation in our mind. We did whatever the wrong behavior was because we enjoyed it. So we are actually removing something that provided pleasure and are creating a void in our lives. Naturally, this type of change is not sustainable. Sooner or later we will have to fill that void again and we will inevitably return to those old behaviors because that's the only way we can fill that void.

[수완 유형 - 16강 E03]

* void 상실감 * *deprivation 박탈

수완 유형

449.

The difficulty in determining whether correlation equals causation causes an enormous number of misunderstandings. Until a specific mechanism demonstrating how A causes B is identified, it's best to assume that any correlation is accidental, or that both A and B relate independently to some third factor. An example that highlights this is the correlation between drinking milk and cancer rates, which some support groups use to argue that drinking milk *causes* cancer. A more likely explanation is that cancer diagnoses and milk consumption both have a positive correlation with increased age: On average, milk drinkers live longer than non-milk drinkers, and the older you are, the more likely you are to develop cancer. This does not, however, mean that drinking milk actually causes people to live longer: It could be that people who drink milk have better access to high-quality health care or eat more healthily than those who do not.

[수완 유형 - 16강 E04]

450.

The simplest way to buy time to think in the middle of a tense negotiation is to pause and say nothing. It does you little good to respond when you're feeling angry or frustrated. Your judgment is distorted. This is not simply a psychological fact; it results from actual biochemical changes associated with anger and stress. Even taking a few seconds for these changes to dissipate will allow you to see things more objectively. Hence you need to pause for a moment before you reply. As Thomas Jefferson once put it: "When angry, count ten before you speak; if *very* angry, a hundred."

[수완 유형 - 17강 E00]

*dissipate 소멸하다

수완 유형

451.

The spread of Western clothing to areas in which little or no clothing was worn in the past has sometimes produced disastrous results in terms of health and cleanliness. In many such cases, people took over only one part of the clothing complex, that is, the wearing of clothes. They knew nothing of the care of clothing and in many cases lacked the necessary equipment for such care. When they had worn no clothing, their bodies got a cleansing shower in the rain, and the bare skin dried quickly in the sun and air. When they obtained clothing, however, a shower meant wet clothes that did not dry so quickly as bare bodies, and pneumonia or other lung diseases sometimes resulted. Often they had little or no water for washing clothes, even if they had known how to do it. There were no fresh clothes to change into so people usually simply wore what they had until the clothes fell apart.

*pneumonia 폐렴

[수완 유형 - 17강 E01]

452.

Many Americans tend to think of bicycles as only for children, but in much of the world bicycles are the primary mode of adult transportation. In the Netherlands, for example, bicycles account for nearly 30 percent of all urban trips. Not only does every city in the country have bike lanes and trails, but cyclists are often given many advantages over motorists. Cyclists are permitted, for example, to move out before cars at many traffic lights. In 2007, Amsterdam became the first major city in the industrialized Western world where more trips were taken by bicycle than by car. Is it a coincidence that, adjusted for population size, the rate of obesity in the Netherlands is less than a third of what it is in the United States? And that the amount spent on health care *per person* is about half as much?

*coincidence 우연의 일치 *obesity 비만

[수완 유형 - 17강 E02]

수완 유형

453.

In order to build a high-impact team, you have to teach executives that they are hiring people, not résumés. Eager to see in bold print a handful of “branded,” big-name colleges and universities, a huge number of companies make the mistake of hiring the latter. They use people’s academic credentials as reflections of their character, initiative, flexibility, and entrepreneurship. One private firm I consult with cherry-picks candidates exclusively from the senior classes of a handful of Ivy League colleges. An obvious point: most of the first-generation founders of these companies did not attend these schools, and certainly many would have been denied admission. What ultimately made these entrepreneurial founders so successful was their ambition and hunger for success. Once they attained it, they proceeded to *send* their children to these colleges and universities, and many firms today are hiring *that* generation of young people, based solely on their academic credentials as opposed to their characters.

[수완 유형 - 17강 E03]

*academic credentials 학위증명서 * *cherry-pick 선별하다

454.

We show discomfort when we do not like what is happening to us, when we do not like what we are seeing or hearing, or when we are compelled to talk about things we would prefer to keep hidden. We display discomfort first in our physiology, due to arousal of the limbic brain. Our heart rate quickens, our hairs stand on end, we sweat more, and we breathe faster. Beyond the physiological responses, which are automatic and require no thinking on our part, our bodies manifest discomfort nonverbally. We tend to move our bodies in an attempt to block or distance ourselves from the source of our discomfort: rearrange ourselves, move our feet, twist at the hips, or drum our fingers. We have all noticed such discomfort behaviors in others—whether at a job interview, on a date, or when being questioned about a serious matter at work or home. Remember that these actions do not automatically indicate deception; however, they do indicate that a person is uncomfortable in the current situation for any number of reasons.

[수완 유형 - 17강 E04]

*physiological 생리적인 * *limbic brain 대뇌 변연계(邊緣系)

수완 유형

455.

There's an important difference between the sciences and art history. A scientist may, in the end, find a drug that is an effective cancer treatment, and her work then is done, or at least a phase of it reaches closure. But the interpretation of history, art, and culture is different: they express such a wide range of human ideas and experiences that there is no one result for the art historian to seek. Each person, each generation, each culture reinterprets artworks, finding in them new significance. Certainly, some arguments are more persuasive than others and some arguments do a better job of accounting for a wider range of evidence. But when we're talking about interpreting the past, or interpreting cultural practice, it's not a question of right and wrong but of looking for insight.

[수완 유형 - 18강 E00]

Art history is different from the sciences in terms of what it seeks: the latter looks for a solid solution, but the former looks for insight among diverse interpretations.

456.

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[수완 유형 - 18강 E01]

Art history is different from the sciences in terms of what it seeks: the latter looks for a solid solution, but the former looks for insight among diverse interpretations.

수완 유형

457.

Easter Island was a typical Polynesian society in terms of its language, artifacts and main social institutions. Yet, with its writing and impressive statues, Easter Island seems to have exceeded the level of cultural development typical for Polynesian islands of its size. This may be connected to its extreme isolation, three thousand miles from the nearest inhabited land, freeing it from the endemic fighting that characterized most Polynesian island groups. Similarly, it has been argued that Britain's success during the eighteenth and nineteenth centuries stemmed from its island location. It was neither forced to defend itself by land nor tempted to seek extension of its boundaries. It therefore grew strong at the same time that continental countries were dissipating their energy and resources in ultimately pointless conflicts.

* endemic 고질적인 * *dissipate 낭비하다

Some isolated societies and countries were more prosperous than those which were not because they did not need to struggle with their neighbors.

[수완 유형 - 18강 E02]

458.

Streams generally contain an abundant supply of oxygen which is almost uniform throughout, even when there are no green plants, because of the large surface exposed to air and constant motion of water. This helps in easy respiration. Because of this reason, the animals in running water are sensitive to reduced oxygen content. Therefore, stream communities are especially sensitive to any type of organic pollution which reduces the oxygen supply. When organic matter from sewage or waste from a paper mill is dumped in large quantities into streams, the oxygen in the water is consumed or used up in the bacterial decay process. Stream pollution of this type is one of the most important problems in heavily populated and industrialized regions.

* respiration 호흡

As the naturally plentiful supply of oxygen in streams helps in easy respiration, stream organisms are easily affected by the reduced oxygen supply caused by organic pollution.

[수완 유형 - 18강 E03]

수완 유형

459.

Most European conceptions of art would separate music from dance and both music and dance from the social situations that produced them. Most traditional African conceptions, on the other hand, couple music with one or more other art forms, including dance. And most Africans experience music as part of a multidimensional social event that may take place in a village square, a town plaza, a courtyard, a dance plaza, a marketplace, a street corner where groups normally meet for singing and dancing, or a sacred place selected for a particular rite. Invariably audience members participate verbally and through physical movement. Indeed, societal values encourage this kind of participation because it allows members of the community to interact socially in musical situations. Moreover, expressing the beat through motor response heightens one's enjoyment of the music and makes one feel more involved in the musical event.

Unlike those of Europeans, most traditional African conceptions of art combine music with dance or other art forms in order to encourage audience participation and social interactions among community members.

[수완 유형 - 18강 E04]

수완 유형

460.

One of the most unhelpful myths you'll encounter in the world of popular motivation and self-development is this one: you must absolutely believe, 100 per cent, that you will achieve your goal. People who play by this rule really are setting themselves up for a struggle. Why? Because the bigger and more challenging the goal is, the harder it is for most people to believe *100 per cent* that they will achieve it; doubts are commonplace, even amongst the most successful people on the planet. Plus, if someone is actually vain or arrogant enough to go through life totally believing that they will succeed at every important goal they set, sooner or later they will get a big shock, because everybody, no matter how talented and driven they are, will fail at times.

Fortunately, you do not have to believe completely that you'll win the contract in order to put in your proposal. You do not have to believe completely that the answer will be yes in order to ask someone out on a date. You do not have to believe completely that you will win the competition in order to enter. All you need to do is to acknowledge *there's a possibility*—even if it's tiny. And once you've acknowledged it's possible, you can play by this rule: Don't obsess about the outcome; get passionate about the process.

* arrogant 오만한 * * obsess 집착하다

[수완 유형 - 19장 E00]

수완 유형

461.

One of the universal results of globalization is consumerism, defined by an increasing demand for high consumption of a variety of products and services. Consumerism affects tourists by exposing them to the attitudes of the consumer-oriented society, with its modern, urban lifestyle, expectations of high service levels, and an understanding that everything is for sale. It is often believed that consumerism is harmful and generates environmental and social problems such as traffic jams, overcrowding, and long lines at attractions, museums, and restaurants. For example, the overwhelming arrival of tourists in Venice has produced a growing number of negative environmental and social impacts. Venice is essentially “full” of tourists. The invasion of visitors in St. Mark’s Basilica has caused serious damage to the frescos through the moisture of the visitors’ breath. Also, the stones underfoot have been worn away by the stream of visitors. However, these environmental problems are often accepted by tourists and seen as being an important part of their experience.

Tourist consumption does not necessarily have to destroy culture. High tourism consumption creates high demand for cultural preservation and conservation. Tourism consumption revitalizes local traditions and authenticity, promotes cultural awareness, and creates new systems of values and power. One must only know which elements of culture are for sale and tourist consumption, which are not, and which need to be preserved.

* fresco 프레스코화 * *authenticity 진정성

[수완 유형 - 19장 E01~02]

수완 유형

462.

Scholars tell us that many problems in human affairs result from a tendency to see complex issues in black-and-white terms. Educational debate gives students a chance to consider significant problems from many points of view. As debaters analyze the potential affirmative and negative cases, they begin to realize the complexity of most contemporary problems and to appreciate the worth of a multivalued orientation. As they debate both sides of a proposition, they learn not only that most contemporary problems have more than one side but also that even one side of a proposition embodies a considerable range of values. Sometimes at the start of an academic year, some debaters may, on the basis of a quickly formulated opinion, feel that only one side of a proposition is “right.” After a few debates, however, they usually request an assignment on the other side of the proposition. By the end of the year (or semester), after they have debated on both sides of the proposition, they learn the value of suspending judgment until they have collected and analyzed an adequate amount of evidence. The need to advocate one side of the proposition in a debate also teaches them that decisions cannot be postponed indefinitely. When they finally formulate their personal position on the proposition, it may or may not be the same as at the beginning of the year. But now it will be a position they have reached after careful consideration, one they can defend logically.

[수완 유형 - 19강 E03~04]

*embody 담다

수완 유형

463.

A long time ago, there lived a female prairie dog. One day while she was busy removing dirt from her underground home, a mother mouse sat watching her. “Mrs. Prairie Dog, why are you bringing so much dirt out of your home? Isn’t it big enough for you down there?” Mrs. Prairie Dog answered, “The reason is, someday I may need all this room. It’s always better to be prepared for any emergency.” Mrs. Mouse shook her head in disbelief as she moved along.

[수완 유형 - 20장 E00]

*prairie dog 프레리도그 (북미 대초원 지대에 사는 다람쥐과 동물)

Time went by and the burrow’s entrance kept piling up with dirt. Mrs. Prairie Dog could sit on the mound and see clearly in all directions. Soon, Mrs. Rabbit stopped to visit Mrs. Prairie Dog. She said, “My dear, everyone is talking about how you just keep digging and digging. When are you going to stop?” Mrs. Prairie Dog answered, “I’ll tell you the same thing I told Mrs. Mouse. One can never be too prepared for an emergency.” Mrs. Rabbit hurried along, shaking her head from side to side.

*mound 흙더미

One day the sky began to get very dark. Suddenly, out of the dark clouds came a sharp crack! The animals knew that fire would destroy their homes and families. Soon, the smell of burning grass traveled across the prairie. Just when they thought all hope was lost, they heard a voice calling, “Over here my friends! I have room down in my burrow for all of you!” Mrs. Prairie Dog was directing everyone down into her home. Mrs. Mouse and Mrs. Rabbit came with all their children. Family after family came down into the safety of the burrow.

*burrow 굴

They all could hear the flames consuming the grass around the burrow’s entrance. Then came a sound, like water dowsing the fire. Mrs. Prairie Dog slowly climbed onto her mound. “My friends, come up and see what is happening.” As each creature emerged, they felt the sensation of life-giving rain. Mrs. Mouse and Mrs. Rabbit stood on top of the mound facing Mrs. Prairie Dog. They told her they understood now why it is important to be prepared for any type of emergency.

수완유형

464.

When Dr. Bill McGee graduated from medical school, he decided to volunteer for a humanitarian medical mission. His specialty was plastic surgery and the intent of the mission was to correct facial deformities. Twenty-three-year-old José heard about this amazing surgery. He had a three-pound tumor growing from his chin that was so large and unnatural. His culture believed that he was possessed by the devil. He was never allowed to attend school, no one would hire him to work, and if and when he ever did go outside, it was at night.

*deformity 기형 **tumor 종양

Word that the medical volunteers were coming to perform free surgeries ignited in him a spark of hope José had never had. He set out on his long three and a half day journey on foot. José's name was posted on the board and his name was the last one called. He had passed the screening tests and would receive his surgery the next morning! As José was given his number, he started thinking about all the ways his life would immediately change. He had never kissed his mother good night. Maybe he could actually and finally have a friend?

*ignite 불을 붙이다

Suddenly, José noticed a devastated, crying mother whose little boy would have been next in line for surgery except for the lack of resources. He quickly rationalized that he was old and this little boy would never have to go through life in the lonely, ridiculed way he had. José gave his number to him! With tears in his eyes, not knowing if he would ever have this chance again, José turned and slowly walked his way home.

When Dr. McGee found out about this story, he immediately cross-referenced the medical information about José and tracked him down in his village. With the help of some donors, Dr. McGee and a team of extraordinarily skilled surgeons performed a series of nine surgeries over the course of several weeks to remove the three-pound tumor. When Dr. McGee met him again, he was a handsome and confident man with a wonderful family

[수완 유형 - 20강 E01~3]

수완 유형

465.

Last summer my daddy sent me to the store for a box of macaroni-and-cheese, some white rice, and two tomatoes and I came back with a dog. This is what happened. I walked into the produce section of the Winn-Dixie grocery store to pick out my two tomatoes and I almost bumped right into the store manager. He was standing there all red-faced, screaming and waving his arms around. “Who let a dirty dog in here?” he kept on shouting. “Who let him in here?”

[수완 유형 - 20강 E04~06]

At first, I didn't see a dog. There were just a lot of vegetables rolling around on the floor, tomatoes and onions and green peppers. And there was what seemed like a whole army of Winn-Dixie employees running around waving their arms just the same way the store manager was waving his. And then he came running around the corner. He was a big dog. And ugly. And he looked like he was having a real good time. His tongue was hanging out and he was wagging his tail.

He stopped and smiled right at me. I had never before in my life seen a dog smile, but that is what he did. He pulled back his lips and showed me all his teeth. Then he wagged his tail so hard that he knocked some oranges off a display, and they went rolling everywhere, mixing in with the tomatoes and onions and green peppers. The manager screamed again, “Somebody grab that dog!”

The dog went running over to the manager, wagging his tail and smiling. He stood up on his hind legs. You could tell that all he wanted to do was get face to face with the manager and thank him for the good time he was having, but somehow he ended up knocking him over. “Please,” said the manager. “Somebody call the pound.” And before I knew it, I was shouting, “Wait! That's my dog!” I knew I'd done something big. Maybe stupid, too. But I couldn't help it. I couldn't let that dog go to the pound.

*pound 주인 잃은 개 보호소

*macaroni-and-cheese 마카로니 치즈 (삶은 마카로니에 치즈 소스를 곁들인 음식)

수완 유형

수완 실천

461.

Dear Parents,

The opening ceremony of the Rugby World Cup on Friday 18 September 2015 is likely to have significant implications for local traffic as sections of the A316 will be closed to traffic from 4:00 pm on that day until approximately 11:45 pm. This will affect some of our school bus routes and also other forms of transport in the local area.

We have contacted The Lady Eleanor Holles School (LEH) and have decided that we (Hampton, Denmead and LEH) will close the schools at 3:00 pm on Friday 18 September 2015 so that vehicles are able to leave before the traffic gets heavier. We would like to ask you in advance to make suitable allowance for your child's early arrival at home on that day.

With best wishes,

Mike King

Principal of Hampton High School

[수완 실천 - 1강 E18]

462.

The pleasure of eating should be an *extensive* pleasure, not that of the mere gourmet. People who know the garden in which their vegetables have grown and know that the garden is healthy will remember the beauty of the growing plants. Such a memory involves itself with the food and is one of the pleasures of eating. The knowledge of the good health of the garden relieves and frees and comforts the eater. The same goes for eating meat. The thought of the good pasture and of the calf contentedly grazing flavors the steak. Some, I know, will think it bloodthirsty or worse to eat a fellow creature you have known all its life. On the contrary, I think it means you eat with understanding and with gratitude. A significant part of the pleasure of eating is one's accurate consciousness of the lives and the world from which food comes.

* gourmet 미식가

[수완 실천 - 1강 E19]

수완 실전

463.

I cut across the beach and walked on a small dam up to its end. Soft wind coming from the shore reached the place where I was sitting on the dam. The air had a certain pleasant scent that was a synthesis of freshness. From the dam, my eyes searched the shore where the first leaves were beautifying the trees' branches and, from place to place, small and colorful flowers arose. The green was taking over the winter's grays. At the dam's end, I saw ducks, which joined the waves, attempting to hide a fishing exercise. Other birds were lazily resting on the dam's floor. When I first passed on that floor, I felt like an intruder. However, the birds read my mind, sensing my intention not to disturb their world. Then the birds' world accepted me with caution.

[수완 실전 - 1강 E20]

*synthesis 통합체 **intruder 침입자

464.

A person whose behavior causes difficulties for you and others is a difficult person. Dealing with difficult people simply means dealing with difficult behaviors. The best way to manage interactions with difficult people is to adjust your own reactions so that you can successfully resolve the conflict. For example, a client starts to blame you for something that was not your fault. Your natural reaction might be to defend yourself. Most of us have a tendency to respond this way; however, you rarely solve anything by being defensive. Another reaction might be that you're furious but grit your teeth, having allowed the situation to get to you. Ask yourself, "Is the client mad at me or the situation?" In most cases, it's the situation. Before responding to any type of difficult situation, take time to recognize the client is not angry at you. Therefore, there is no need to defend yourself, which is the best solution.

[수완 실전 - 1강 E21]

*grit one's teeth 이를 악물다

수완 실전

465.

Television viewing is more than just a sedentary activity. Think about people's habits before they sit down to watch a favorite show. They turn on the television, then stop by the kitchen for a box of crackers and processed cheese. They return to watch the show, start snacking, and are bombarded with commercials about soft drinks, beer, and unhealthy foods. Viewers are attracted to purchase and eat unhealthy, calorie-dense foods in an unnecessary and mindless "snacking setting." Television viewing has been shown to reduce the number of fruits and vegetables some people consume, most likely because people are eating the unhealthy foods advertised on television. Calorie intake has been found to go up regardless of the individual's hunger cues.

*sedentary 주로 앉아서 하는 **bombard 공세를 하다, 퍼붓다

[수완 실전 - 1강 E22]

466.

The loss of linguistic diversity is of great concern to linguists. Losing a language causes an erosion of cultural and environmental knowledge about local plant and animal life because "information about local ecosystems is so complicatedly woven into these languages that it cannot be replaced simply through translation". Abandoning native or what are often called heritage languages causes a loss of culture and identity, and is symptomatic of the loss of cultural diversity. Many native languages are oral, which means losing their vocabularies is a form of cultural poverty; communities are deprived of their history, artistic expression (e.g., songs, poems), cultural and environmental knowledge, and human experience. Speech communities, and indeed the world, lose the unique identity and worldview attached to a language when it disappears.

[수완 실전 - 1강 E23]

수완 실천

467.

Student Transportation

[수완 실천 - 1강 E24]

Transportation for public school students is provided by the school corporation when walking distances exceed one and one-half miles for secondary students and one mile for elementary students.

Kindergarten students who attend half-day classes receive one-way transportation to school. Parents are responsible for transportation from school after morning session is over.

Parents can locate bus stop and late bus information via the Internet by going to www.mccsc.edu, and clicking on the link to “Bus Stop Information” in the left column.

Safety is an important transportation consideration. Students may be provided transportation when they live closer than the mileage guidelines and unreasonable safety risks exist in relationship to the student’s age.

Parents who believe that a dangerous situation exists may request consideration through the Transportation and Safety Committee, who will study the case and report to the Superintendent. The Transportation Department may be reached at 330-7719.

*superintendent 교육감

468.

Street Tree Walking Tour

[수완 실천 - 1강 25]

Join a walking tour of one of our neighborhood's greatest assets: our street trees. Experience the neighborhood's amazing wealth of street trees — including some that are more than 100 years old!

Throughout the tour, your street tree guide will:

- Identify trees and their characteristics
- Share interesting facts
- Explore local tree history
- Discuss the many ways street trees benefit the environment

WHEN:

Saturday, April 30, 2016, 1:00 p.m. - 4:00 p.m.

LOCATION:

Tours start and finish at 1414 Cortelyou Rd. The tour will curve through the neighborhoods of Beverley Square West and the South Historic District.

SPECIAL DETAILS:

The tour is about a mile in length and will take place, rain or shine.

Please dress appropriately for the weather and the walk.

수완 실적

469.

The above graph shows protected areas' percentages of total territorial area by region in 1990 and 2012. According to the global average, the percentage of protected areas increased more than 5 percentage points from 1990 to 2012. Among the regions above, Latin America & the Caribbean showed the biggest percentage point increase in protected areas. In 1990, sub-Saharan Africa was the only region in which the percentage of protected areas was more than 10 percent. In 1990, the region with the lowest percentage of protected areas was the Middle East & North Africa, while in 2012 it was Europe & Central Asia.

[수완 실적 - 1장 E26]

*territorial 영토의, 토지의

수완 실천

470.

Topcar is a membership-based car-sharing company providing car rentals to its members, chargeable by the hour or day. Currently operating in fifty U.S. cities, Vancouver, Toronto, and London, Topcar represents a new business model in car rentals. The concept is to provide simple, fast, and inexpensive Internet-based car sharing on an hourly or daily basis. Unlike traditional car rental companies, the Topcar rental price includes gas, insurance, and parking. There are no lines or waiting because you reserve your car online, and it's waiting for you instead of the other way around. Rather than being housed at a car rental agency, the cars are located in parking lots and garages throughout the cities where the company operates. You go online, find a car near you, and then reserve it for when you need it. Prices are generally cheaper than typical car rental agencies, except for long trips and extended rental periods.

[수완 실천 - 1강 E27]

471.

I worry that people will gradually stop the major long-term investments in research that are essential if we are to answer difficult (and often abstract) scientific questions. Important fundamental experimental science will always be at the edge of what is technologically feasible, and moving forward requires commitment to advances. The applications are not obvious, so there has to be an underlying belief that finding the answers to deep and significant questions about how the universe evolved, how we evolved, what we are made of, what space is made of, and how things work is important. The ability to find answers to these questions is one of the characteristics that make human beings unique and give meaning to our lives. Giving this up for short-term ends would be a tragedy.

[수완 실천 - 1강 E28]

* feasible 실현 가능한

수완 실전

472.

The first thing to understand about anxiety is that it's part of our biological heritage. Long before any recorded human history, our ancestors lived in a world filled with life-threatening dangers: predators, hunger, toxic plants, unfriendly neighbors, heights, disease, drowning. It was in the face of these dangers that the human mind evolved. The qualities necessary to avoid danger were the qualities that evolution bred into us as human beings. A good many of those qualities amounted simply to different forms of caution. Fear was protective; one had to be cautious about many things to survive. This cautiousness persists in our present psychological makeup in the form of some of our deepest hatreds and fears. These fears were *adaptive*—they are really survival instincts left over from a primitive era.

[수완 실전 - 1강 E29]

473.

When Richard I was captured by the Austrians, it was some time before anyone in England discovered where he was. A minstrel called Blondel searched for his master throughout Europe in vain. Returning home through Austria, however, he learned that in an ancient fortress near Linz there was a closely guarded prisoner whose identity no one knew. Blondel, suspecting the mysterious captive was the one he was searching for, went to the castle but was unable to catch a glimpse of the prisoner. He eventually located a tiny barred window, high up on the castle wall, which he thought was the prisoner's cell. Under this window he sang the first couplet of a minstrel's song, the first part of which had been composed by himself and the second by Richard I. From the window a voice responded with the second part, and Blondel knew that he had found his master.

[수완 실전 - 1강 E30]

*minstrel 음유 시인 *couplet 2행 연구(聯句)

수완 실전

474.

You can't have a democracy if you can't talk with your neighbors about matters of mutual interest or concern. Thomas Jefferson, who had an enduring interest in democracy, came to a similar conclusion. He was prescient in understanding the dangers of concentrated power, whether in corporations or in political leaders or exclusionary political institutions. Direct involvement of citizens was what had made the American Revolution possible and given the new republic vitality and hope for the future. Without that involvement, the republic would die. Eventually, he saw a need for the nation to be subdivided into "wards"—political units so small that everyone living there could participate directly in the political process. The representatives for each ward in the capital would have to be responsive to citizens organized in this way. A vibrant democracy conducted locally would then provide the active basic unit for the democratic life of the republic. With that kind of involvement, the republic might survive and prosper.

[수완 실전 - 1강 E31]

*prescient 선견지명이 있는 **vibrant 활기찬

475.

Learning the skills needed to make art can take a significant amount of time. *How long did it take you to make this work?* is a question often asked of artists. The assumption that the longer it took the better the art is likely to be completely ignores artists' education, training, and experience. Chinese artists can produce beautiful calligraphy in a matter of minutes. But their ability to skillfully move the ink and brushes on paper is the result of years of practice. The American artist James McNeill Whistler argued that the value of his painting *Nocturne in Black and Gold: the Falling Rocket* (1875) represents the knowledge he acquired over a long period, and cannot be judged merely on the amount of time it took him to create it.

[수완 실전 - 1강 E32]

*calligraphy 서예 작품(글씨)

수완 실전

476.

Paradoxically, some studies suggest that patients may be more satisfied when more is done, even if what is done doesn't improve their health. Researchers at nine Virginia hospitals tested the benefit of more doctor visits and more frequent telephone follow-up for patients released from the hospital. They studied patients with chronic problems: heart failure, diabetes, or emphysema. Unexpectedly, patients who got closer follow-up were more likely to be sent into hospital again and spent more days in the hospital than patients who just got their usual care. There were no differences in quality of life between the groups. Nonetheless, those with closer follow-up were more satisfied with their care. This suggested that the added attention and care made patients happier but not healthier.

[수완 실전 - 1강 E33]

*diabetes 당뇨병 * *emphysema 폐기종

477.

The Internet can spread hatred as well as freedom. Along with the invitation for shared information, there are also calls for terror. But we will disappear as a species, and take other forms of life down with us, if we obsess only about our failings. Concentrating on destructive characteristics blocks from view the possibilities that can arise when we recognize life as a chain of solidarity with other beings. This is the connected world of the Net, which is a literary world. It is not a galaxy of fiction but a universe linked by fiction—by our abilities to imagine alternate realities, to conceive what other people might be feeling, to be mindful of them, to identify ourselves with them, and to change society. We can solve our global problems more effectively if we envision more vividly our ties to other human beings.

[수완 실전 - 1강 E34]

*obsess 집착하다 * *solidarity 연대

수완 실전

478.

A manager supervises a team of four people. One weekend, he came into the office and moved everyone's desk into a format that he thought would be more efficient. When his team came to work Monday morning, all four were really upset —so upset that he allowed them to move everything back to where it had been. Then he had them get together and give him a recommendation on how the office could be redone to make it more efficient. Interestingly enough, they came up with the same plan! So they moved the furniture back to where their supervisor had placed it. This time they felt comfortable with the change because it had been “their idea” and not a prescription from the boss.

[수완 실전 - 1강 E35]

*prescription 방안, 처방

479.

The device that transforms an analog waveform, such as speech, into a digital form consisting of a sequence of numbers is called an *analog-to-digital converter (ADC)*. Once in digital form, the digital samples can be processed, stored, or transmitted using digital technology. In the digital audio case, the acoustic signal is converted to an electrical analog waveform by a microphone. This analog signal is applied to an ADC that produces a sequence of numbers in binary (0/1) form. These data representing audio information are stored in a computer memory on your MP3 player or smartphone. These digital data are converted back into an electrical waveform using a digital-to-analog converter (DAC). This electrical signal is fed into an amplifier that drives a speaker that reproduces the original acoustic signal.

[수완 실전 - 1강 E36]

*acoustic 음향의 * *binary 2진법의

수완 실전

480.

The rate at which information has been gathered has been increasing steadily for 10,000 years. The first great breakthrough occurred with the invention of writing. The next great leap forward did not occur until the invention of movable type by Gutenberg in the fifteenth century. Prior to this event, Europe was producing approximately one thousand book titles annually, and a library of 100,000 titles took nearly one hundred years to turn out. In the years after Gutenberg's accomplishment, a tremendous acceleration occurred such that, by 1950, Europe was producing 120,000 titles per year. What had once taken a century now required only ten months. Today, the world's output of books is more than 5,000 titles per day.

* acceleration 가속

[수완 실전 - 1강 E37]

481.

Mathematics as taught in school is perceived by most secondary school students as a subject lacking history. The teacher becomes the source of all that has to be learned on the subject, and his task is to convey that knowledge to the student. Usually in the instructional process, the understanding of the process of mathematical creation and of the age-old grappling with mathematical problems are completely lost. Mathematics to most students is a closed subject, located in the mind of the teacher who decides whether answers are correct or not. This situation is particularly harmful to mathematics teaching, more than to teaching in most of the other sciences. Mathematics is by nature an accumulative subject; most of what was created millennia ago—both content and processes—is still valid today. Exposing students to some of this development has the potential to make the subject fun and to humanize it for them.

* grapple with ~을 해결하려고 노력하다

[수완 실전 - 1강 E38]

수완 실천

482.

One reason consumers form continuing relationships with companies is their desire to reduce choices. Through relationships, they can simplify information gathering and the entire buying process as well as decrease the risk of dissatisfaction. They find comfort in brands that have become familiar through their ongoing relationships with companies. Such relationships may lead to more efficient decision making by customers and higher levels of customer satisfaction. A key benefit to consumers in long-term buyer-seller relationships is the perceived positive value they receive. Relationships add value because of increased opportunities for frequent customers to save money through discounts, rebates, and similar offers; via special recognition from the relationship programs; and through convenience in shopping.

*rebate 리베이트(대금의 일부를 돌려주는 것)

[수완 실천 - 1강 39]

483.

As babies develop, they continue to interpret what is dangerous, as well as learning how to bring relief through reading nonverbal cues and eventually, through understanding verbal language. They ask and receive reassurance repeatedly from their parents and other caregivers. A toddler seeing snow for the first time might say “Mamma!” with alarm, alternating looking at the snow with looking at her mother, pointing, and showing distress. Her mother reassures her, smiling, “It’s just snow, honey.” The toddler, having no idea what “snow” means or if it is dangerous, comes to recognize that her mother is not scared from her facial expression, and reassuring tone, which she has learned to interpret over time, and concludes that snow is not dangerous.

*toddler (걸음마를 시작한) 유아

Babies determine whether something is unsafe or not by interpreting signal from their parents and other caregivers.

[수완 실천 - 1강 E40]

수완 실전

484.

Samuele Marcora is a researcher at the University of Kent, in England; previously, he was at Bangor University, in Wales, where he began to study and demonstrate the connections between mental fatigue and physical performance. His group compared the performance of cyclists who had done one of two things before starting an exercise test: They spent ninety minutes either performing a letter-recognition task or watching documentaries about Ferraris and the Orient Express train. Then, they were asked to get on a fixed bicycle and perform a standard physiological test until they couldn't go on any longer.

The riders who had watched the movies averaged about 12.6 minutes in the cycling test. Those who had done the letter-recognition test, which was designed to fatigue them mentally, lasted only 10.7 minutes on average. The subjects who were mentally fatigued performed about 15 percent worse than the other riders.

There wasn't any sort of difference in the heart rates or oxygen consumption between the two groups. What was different was their sense of how hard they were working. From the very start of the cycling test, the mentally fatigued group rated their effort as more demanding than the movie-watching riders.

As the researchers put it: "Given no effect of mental fatigue on potential motivation in our experiment, the key to understand its negative effect on short-term endurance performance is the higher perception of effort measured during high-intensity cycling exercise."

[수완 실전 - 1강 E41~42]

수완 실전

485.

[수완 실전 - 1강 E43~45]

William Beckford, famous for having spent his fortune on his house, built a high wall around his estate at Fonthill to discourage visitors. One determined young man managed to slip unobserved through the main gate during a tradesman's call. Heading across the park, he came to a walled vegetable garden. A man who had been digging potatoes came over and asked the stranger to identify himself. The young man explained that he had heard a great deal about the beauties of Fonthill and finding the gate open took the opportunity of having a look.

The gardener seemed sympathetic, showed him around the greenhouses, and then said, "Would you like to see the house and its contents?" After a comprehensive tour of the house, the young man's guide pressed him to stay and have some dinner, then revealed his true identity; he was, of course, William Beckford. The young man readily agreed to stay, and he and Beckford had a magnificent meal and thoroughly enjoyable conversation.

On the stroke of eleven Beckford withdrew to bed. A footman showed the guest to the door. "Mr. Beckford ordered me to present his compliments to you, sir," he told the young man, "and I am to say that as you found your way into Fonthill Abbey without assistance, you may find your way out again as best you can, and he hopes that you will take care to avoid the bloodhounds that are let loose in the gardens every night. I wish you good evening, sir."

* footman 하인

With the door resolutely shut behind him, the young man ran as fast as he could to the nearest tree and climbed up out of reach of the hounds. There he spent a night of acute terror and discomfort until dawn when he was able to make his way in safety to the main gate and escape.

* hound 사냥개

수완 실전

486.

Now that it is winter and the temperatures are falling rapidly, it is vital that you remember to keep your heaters on at all times. If you are planning to go out of town or will not be home, please contact the maintenance office at 309-983-1330 and keep us informed about your plans. While you are gone, you will need to make sure that your heater is on and set to at least 70 degrees, close every window and door in your home, and turn your faucets on to a low drip. Doing so will prevent the pipes from freezing and ensure that they will not leak or break. Please contact the office if you have any questions or concerns. We hope everyone is enjoying the holiday season!

[수완 실전 - 2강 E18]

* faucet 수도꼭지

487.

When a parent sees two children in the midst of battle, the first instinct is to scream at the one who is yours. Unless blood is being shed or the fight is getting particularly severe or one of the children is older and is obviously winning hands down, let the children solve their own problems. Toddlers aren't necessarily polite to one another. They don't get insulted (not for very long, anyway), and they can settle their differences within a matter of minutes and sometimes seconds. Children's disagreements may be more disagreeable to their parents than to the children themselves, but try to suffer in silence rather than interfere. A parent is not impartial and therefore cannot be an effective referee; children may fight even harder if parents are involved, to save face in front of adults.

[수완 실전 - 2강 E19]

수완 실전

488.

Sarah continued crawling through the tunnel, which got smaller. She could hear water flowing through the pipes. The tunnel climbed up, then down, then up again. It was too difficult to move on her hands and knees. The tunnel was much darker without the flashlight, and she had never longed to stand up so badly. It seemed impossible to determine where exactly she was. The floor became damp, which was a little alarming. If this was a storm drain and it began to rain.... She didn't want to think about it. She was crawling along when suddenly she felt nothing under her hands and she began to fall forward. She screamed. At the last possible second, she managed to catch hold of a stone that was sticking out and push herself back up. She sat back on her heels, breathing for a second, her pulse racing and her mouth dry.

[수완 실전 - 2강 E20]

*storm drain 빗물 배수관

489.

Because of the way we treat information, not only do we occasionally accept inaccurate information, we actually need it. Making mistakes can be an important part of news reporting. While news media should aim to produce truthful information, it is as important that they get the information out quickly. Accurate information too late is of little value in news terms. For example, a journalist covering a train crash is told by the police chief that there are 60 people dead, but the ambulance chief says 58, while the hospital says the number is 59. What should the journalist report? That a number of people were killed, or should he or she choose one of the numbers and try to confirm which is right later on? Of course it might be weeks before the final death toll was determined. Most consumers, I suspect, would prefer to know the approximate number rather than wonder what range 'a number of deaths' came into.

[수완 실전- 2강 E21]

수완 실전

490.

You are clinging, always clinging. Think about this seriously—how you are continually holding on to memories of the past. You have a great meal at a restaurant, instantly put it on your list of favorites, and go back to it. You like a book by an author and get her other books. You try a particular strategy at work and it is successful, so you repeat it over and over. Think about how you use memory all the time. You experience something as good or bad by comparing it with some event you have stored in your memory, something you cling to. There is no question that this method simplifies life—perhaps this is the reason you do it. But when too much of your life is run by memory and you don't even know it, you lose the ability to experience life spontaneously. That's why the thrill of the rainbow or the green valley is so rare in your life.

*spontaneously 자연스럽게

[수완 실전 - 2강 E22]

491.

In contrast to those who wish to lose weight, some—almost always men—want to gain weight. Although not unhealthy, they perceive themselves to be less attractive and masculine and desire to gain several pounds of muscle. Interestingly, men who want to gain weight imagine that women prefer men who are much more muscular than these men perceive themselves to be. However, women generally prefer men with ordinary body sizes without added muscle. Also, there are biological limits to how muscular one can become. One can try to maximize one's potential for muscularity, however, by engaging in strength training and consuming healthy foods to support that activity. Special diets of “superfoods” and supplements in and of themselves will not produce increased muscularity, advertising claims notwithstanding. And drugs that are claimed to bring about weight (muscle) gain are either worthless or dangerous.

[수완 실전 - 2강 E23]

492.

2016 Edible Book Festival

[수완 실전 - 2강 E24]

Please join us for the 2nd Annual Edible Book Festival! Create an “edible book” inspired by a book, but made out of edible ingredients! The edible books are displayed (along with the book that inspired the entry), photographed, judged, and then EATEN by the participants.

Details

When: Saturday, June 18, 2016 10:00 a.m. - 5:00 p.m.

Where: Lake Forest Park

Age Groups

Grades Kindergarten-6 / Grades 7-12 / Adults

- Grades Kindergarten-6 & 7-12 will be judged for “best edible book artist.”

Adult Categories

1. Most Appetizing Award
2. Best Visual Presentation Award
3. Special Judges’ Award
4. People’s Choice Award

Register

Register your entry (including name, age group, and edible book entry title) online at www.shorelinearts.net by June 15. Or get to the event by 9:00 a.m. to check in and display your Edible Book!

*grades kindergarten-6 유치원부터 6학년까지

수완 실전

493.

YMCA Lifeguard Training

[수완 실전 - 2강 25]

This course will train you in Lifeguarding, First Aid, and CPR/AED so that you may be qualified for a fun and rewarding job as a lifeguard!

Ages: Students must be fifteen and over by the first day of the class.

When: August 17-September 7

- Mondays, from 6:00 p.m.- 9:00 p.m.
- Sundays, from 11:00 a.m.- 4:00 p.m.

Contact: Email: jclute@clevelandymca.org Phone: 440-258-7543

Cost: Members: \$250 / Nonmembers: \$300

(This includes your Lifeguard Manual, all supplies, and a pocket CPR mask.)

Register: Online at www.clevelandymca.org, by phone at 440-258-7543, or in person at the front desk. Please register at least 3 days in advance. The number of participants is limited, so please register early!

494.

The above graph shows the sources of new additions to the U.S.'s capacity for generating electricity from 2012 to 2014. Due to federal tax incentives and environmental standards, additions to the capacity were centered on renewable and low-carbon sources. Wind, which held the biggest share of the new electric generating capacity in 2012, showed a dramatic decrease to 7% in 2013, but bounced back to 23% in 2014. Natural gas made up the biggest portion of the new generating capacity in both 2013 and 2014. No coal power was added to the generating capacity in 2014. In 2014, solar accounted for 32% of new generating capacity, second only to natural gas.

[수완 실전 - 2강 E26]

수완 실전

495.

With long eyelashes, dark eyes, and an almost comically large, curved bill, hornbills have many admirers. These birds range from the size of a pigeon to large birds with a 6-foot (1.8 meters) wingspan. Found in Africa and Southeast Asia, hornbills live in forests, rainforests, or savannas, depending on the species. You can easily pick out a hornbill from other birds by a special body part on top of their bill called a casque. Hornbills have a long tail, broad wings, and white and black, brown, or gray feathers. This contrasts with the brightly colored neck, face, bill, and casque in many species. Females and males often have different colored faces and eyes. Bill care is important, and the birds rub their bills frequently across a branch or bark to keep them clean.

[수완 실전 - 2강 E27]

*casque 투구 모양의 두부 돌기

수완 실전

496.

External events, trends, and issues can have an important impact on our approach to influencing someone. Most of us would acknowledge that we have little or no influence in areas such as the global economy, a competitor's business strategy, or decisions made by leaders of countries we don't live in. Yet these and other decisions and events can have an impact on our lives and on how we influence people. For example, knowing that a certain industry is having difficulty filling orders because of shortages of a raw material from a country that is at war may affect our approach to negotiating a business deal. We may not have any impact on the route a hurricane will take, but we can use information we have heard about it to influence a relative's travel plans. Trends, events, and other factors over which we have no control provide the *context* within which we exercise our influence.

[수완 실전 - 2강 E28]

497.

Before you begin teaching guitar lessons, you need to assess yourself as a musician. What do you have to offer as a teacher? What are your strong points? What are your weaknesses? How can you minimize your weak points as a teacher and still be effective? Many musicians sell themselves short in this area. Remember that the majority of students you teach will be beginners or intermediate players. Many would-be teachers disqualify themselves because they feel they need to be master players to accommodate beginner students. This is almost never the case. What is much more important is the ability to convey and communicate what you know to another person. You likely won't start off with many advanced-level students. I find it much more fulfilling to take beginner or intermediate students and turn them into advanced students.

[수완 실전 - 2강 E29]

수완 실천

498.

When Fil was 16, he announced to his family that he wanted to be a pearl diver in the Indian Ocean. His father and grandfather were against it. His mother took his side. She was the only one who encouraged him to find a new life in a new land. She told them Fil was not meant to stay in Spain and always struggle. She knew he would leave and find his fortune. The others were afraid for him, but they also admired his determination. His father cried when his son left. At first he tried to talk him out of going so far away where he knew no one, but Fil was determined and told his father not to worry, as he was now a man. His father knew once he had made up his mind, Fil would not give in. He had been that way even as a toddler and only his mother would he give in to.

[수완 실천 - 2강 E30]

499.

In modern economies, the distinction between goods and services itself is actually being obscured. One aspect of this shift to a service economy is what has been called the ‘servitization’ of products. The notion is that, in a modern economy, products cannot exist on their own and some degree of service is needed to make those products useful. Consider the automobile, which is of course a real good. It is only useful, however, over an extended period of time if the owner submits it to continual checkups, fills it with gas and oil, and pays for insurance, registration, and taxes so that he can operate it on community roads. The car is a real good, but it is not necessarily useful unless one also includes the many services that accompany it.

[수완 실천 - 2강 E31]

수완 실전

500.

One good way to ensure the development of a broad range of ideas is for senior managers to engage actively with both junior management and front-line personnel. When a company's CEO takes the time to attend lower-level strategy sessions, and solicit and take note of the ideas of junior employees, it conveys the message that upper management acknowledges that the best ideas can come from the most unexpected places. In meetings, a CEO of one global coffee company is known for asking the most junior person—typically a young assistant wary about taking a seat at the conference table—what he or she thinks the best approach would be. He then asks that person to explain why, giving the young assistant the same focused attention he gives to everyone else in the room. This kind of leadership gesture conveys a powerful message to every level of an organization that everyone's opinion matters.

[수완 실전 - 2강 E32]

*solicit 구하다, 얻으려고 하다 **wary 조심하는

501.

Many people worry about microwave radiation from cell phones. Unlike X-rays, which are high-energy photons, microwaves are photons with extremely low energy. They deposit their energy in the form of heat; that's what they do in microwave ovens. They do not break DNA molecules in the body (unless they actually burn and char the material), and therefore they pose no risk of causing cancer in the way that X-rays and other energetic radiation (even sunlight) can. The main danger is the heat. Much of the fear of microwaves undoubtedly comes from the fact that they share the name *radiation* with the other, far more dangerous forms, such as gamma radiation. The fear that some people have shown toward such cell phone radiation finds its origin not in physics, but in linguistics.

[수완 실전 - 2강 E33]

*photon 광자(빛을 입자로 보았을 때의 이름)

수완 실천

502.

Marian Dawkins at Oxford University has pioneered a number of studies that explore what animals prefer and how much they want it. To do this she has designed experiments where animals must work for access to different choices. Measurements of how hard the animal will work begin to tell us how valuable that resource is to the animal. This provides a way of measuring the animal's strength of preference. For example, animals can be trained to push against a door to open it to get access to one type of resource or another. By putting heavier and heavier weights onto the doors you can find out how hard the animal is prepared to work to reach its choice. Similarly, you can make the animal do something it prefers not to. Chickens do not like to squeeze through narrow spaces, but they will if this gives them access to something they really desire such as a place where they can dust-bathe.

[수완 실천 - 2강 E34]

*dust-bathe 모래 목욕을 하다

503.

Every state in America has laws that protect animals from harm, and those laws primarily protect companion animals. But many of these laws are weak, poorly written, and enforced occasionally, if at all. Much of this lack of enforcement is due to overworked professionals attempting to prioritize their cases. But sometimes it is simply a lack of care, or understanding, about animals and why we have laws to protect them. Too often we hear, "it's just an animal," in response to learning that an animal has been harmed by a human. I have never understood the meaning behind that statement and often shoot back, "and you are just a human, so what's the point?" The blank stares I receive equally match my blank stare toward their statement.

[수완 실천 - 2강 E35]

수완 실천

504.

Some adults respond to children's challenging the rules as though it were an attack on themselves. Authoritarian parents and teachers expect to be obeyed without question. Arguments are an insult to their authority. A child who argues for more flexibility may have no intention of challenging anyone's authority. He or she just wants more freedom. But if adults insist that respecting their authority means obeying without question, then children are forced to disrespect them in order to challenge the rules. Thus, whether children's speaking up for themselves is seen as an appropriate form of self-expression or an attack depends on how adults interpret it.

[수완 실천 - 2장 E36]

* authoritarian 권위주의적인

505.

Ethnic groups in the United States differ in the motivational base for consuming coffee; for example, in the Philadelphia area, sensory (taste-smell) motivations are particularly important among Jews, whereas social factors seem more important among Italian Americans. Cross-culturally, there are differences in both specific motivations and the complexity of the motivation. In a Mexican highland village weak but hot coffee is drunk once a day, an hour or so after awakening. The motivation for doing so is rather simple and uniform: to warm up in the morning. The point of this is that we must understand the motivational structure of consumption before attempting further analyses and general explanations. In terms of motivational structure, coffee is more complex than many other foods. The motivation for consuming rice, fish, or chili pepper is less changeable, both among individuals within a culture and across cultures.

[수완 실천 - 2장 E37]

* chili pepper 고추

수완 실전

506.

Mystery shopping is a form of non-customer research that measures individual employee service behavior. As the name indicates, mystery shoppers are generally trained personnel who pose as customers and who shop unannounced at the business. The idea is to evaluate an individual employee during an actual service encounter. Mystery shoppers evaluate employees on a number of characteristics, such as the time it takes for the employee to acknowledge the customer, eye contact, appearance, and other specific customer service factors. Results obtained from mystery shoppers are used as constructive employee feedback. Consequently, mystery shopping aids the business in coaching, training, evaluating, and formally recognizing its employees.

[수완 실전 - 2강 E38]

507.

Performing from memory is often seen to have the effect of enhancing musicality and musical communication. It is commonly argued that the very act of memorizing can guarantee a more thorough knowledge of and intimate connection with the music. In addition, memorization can enable use of direct eye contact with an audience that is more convincing than reference to the score. Those who “possess” the music in this way often convey the impression that they are spontaneously and sincerely communicating from the heart, and indeed, contemporary evidence suggests that musicians who achieve this are likely to find their audiences more responsive. Moreover, when performers receive and react to visual feedback from the audience, a performance can become truly interactive, involving genuine communication between all involved.

[수완 실전 - 2강 39]

* spontaneously 자연스럽게

수완 실전

508.

Peter Gollwitzer and colleague Veronika Brandstatter found that action triggers are quite effective in motivating action. In one study, they tracked college students who had the option to earn extra credit in a class by writing a paper about how they spent Christmas Eve. But there was a catch: To earn the credit, they had to submit the paper by December 26. Most students had good intentions of writing the paper, but only 33 percent of them got around to writing and submitting it. Other students in the study were required to set action triggers— to note, in advance, exactly when and where they intended to write the report (for example, “I’ll write this report in my dad’s office on Christmas morning before everyone gets up”). A whopping 75 percent of those students wrote the report. That’s a pretty astonishing result for such a small mental investment.

According to Gollwitzer and Brandstatter’s study, setting up detailed plans may trigger actions and lead to improved outcomes.

[수완 실전 - 2강 E40]

수완 실천

509.

It is true that we live in a world that is very different, in many ways, from the world in which our ancestors lived. We no longer face the constant threat of being eaten by predators, for example, and the chance of being attacked by other humans is surely much reduced. If the emotion of fear evolved to help us avoid these dangers, then it might seem that we would be better off without it today. Certainly, an excessive capacity for fear leads to all sorts of problems that many people would really love to be free of, such as phobias and panic attacks. One does not hear of many people who suffer from the opposite problem—that of having too *little* fear. The reason for this apparent imbalance, however, may well be that those with no capacity for fear end up in the morgue long before they are aware they have a problem. Fear does not merely protect us against predators. It also prevents us from a whole host of reckless behaviours, many of which are potentially fatal. Fear will stop you from crossing a busy road without looking or from dancing on the edge of a cliff. A life without fear might be less painful, but it would also be a lot shorter.

*morgue 영안실

[수완 실천 - 2강 E41~42]

수완 실전

510.

A long time ago, in Egypt, there lived a famous mystical person named Zun-Nun. A young man came to visit him and asked, “Teacher, I do not understand why people like you dress in such a way. Isn’t it necessary to dress smartly these days?” The mystic only smiled, took his ring from one of his fingers, and said, “Young friend, I will answer your question, but first do one thing for me. Take this ring and go to the market across this street. Can you sell this for one chip of gold?”

Having looked at Zun-Nun’s dirty ring, the young man became doubtful. “One chip of gold? I am not sure this ring could be sold at that price.” “Try first, young man. Who knows? You can do it.” The young man went to the market. He offered the ring to the textile, vegetable, meat, fish traders, and the others.

*mystic 신비주의자

The fact was that nobody was willing to pay a chip of gold for the ring. He went back to Zun-Nun and reported, “Teacher, nobody was brave enough to offer more than one chip of silver.” With a wise smile Zun-Nun said, “Now go to the diamond trader at the back of this street. Show this to the owner. Don’t give your price. Just listen how much he will pay for this ring.” The young man went to the shop Zun-Nun had mentioned and returned with a different expression on his face.

He then reported, “Teacher, the traders in the market really do not know the value of this ring. The diamond trader offered one thousand gold chips for this ring, and the value of this ring is more than a thousand times what the traders in the market offered.” Zun-Nun just smiled subtly and said softly, “That was the answer to your question, my friend. A person cannot be judged only by his dress. The traders in the market give value like that. But not the diamond expert.”

[수완 실전 - 2강 E43~45]

수완 실천

511.

Please be advised there will be road work on the streets of Kahuku. The work includes resurfacing of asphalt concrete pavements and reconstruction of failed asphalt concrete pavement areas. Additional activities include reconstruction of damaged concrete curbs and installation of pavement markers, striping, and markings. Work is scheduled to begin on August 18, 2016 for approximately 145 calendar days. The allowable work hours will be from 8:30 a.m. to 3:30 p.m., Monday through Friday, except holidays. Road users are reminded to observe and obey all traffic controls, posted signs, and special duty officers. On-street parking will be prohibited during working hours. Please observe the dates and times on the posted roadway signs; illegally parked vehicles will be towed if necessary at the owner's expense. Motorists are advised to proceed with caution through the construction area.

* curb 경계석

[수완 실천 - 3강 E18]

512.

Many people in the workplace have a personal agenda but no commitment to the mission of the corporation. They want to be a superstar at the office or go after the promotion, but they don't buy into the team concept and inevitably fail to understand that they were hired to enhance the team and not compete with the team. Ultimately, I'm afraid it all comes down to selfishness, and as harsh as that word sounds, we'd better identify it or we can't correct it. If you don't believe in the power of a team, then start a sole proprietorship and work on your dream solely and exclusively. If you don't believe in the team, don't join one. Because if you do, you have to give up on some of the "me" of it all for the "we" of it all!

*sole proprietorship 개인 사업

[수완 실천 - 3강 E19]

수완 실전

513.

On the first night of hunting, Deuce, Patrick, and Jacob were sleeping up in the woods, when suddenly, strangely, the whole woods burst into light. This was at midnight, the eve of Halloween day. Everything was lit up and then something happened, some supernatural force or maybe just a violent windstorm, that blew the entire hut apart with a horrific boom. Patrick trembled as he described the light getting brighter, and then a loud sound, and then the howling wind. They could still see the ghostly glow so they decided to investigate what was all lit up like that, even though they were scared. So they carefully crept towards the light. And that's when they found the ring of white ash trees. They gasped and shivered as they realized the glow wasn't coming from any one thing. It was coming from the trees themselves, as if they had been possessed.

*white ash 미국물푸레(북미 원산)

[수완 실전 - 3강 E20]

514.

Many people believe that they are very good at detecting deception. They may even cite examples where they were correct in spotting a lie when others around them were not so sensitive. The problem with such unproved evidence is that it's difficult to know when one is wrong in believing a lie. Unless there was independent evidence later that someone was lying, how would you discover your incorrect judgment? By definition, successful lies go undetected and there is no way of keeping track of them. In fact, across scores of experiments, average detection accuracy is only slightly better than chance. Specifically, with 50% as a baseline for chance accuracy, the average detection accuracy is approximately 55%. Furthermore, there is little or no relationship between confidence in judgments and accuracy.

*deception 속임수

[수완 실전- 3강 E21]

수완 실천

515.

Individuals may not want to disclose their preferences or opinions in front of others. That hesitancy may be most pronounced if they do not have close relationships with the others. For instance, marketers find that focus group participants sometimes feel reluctant to disclose their tastes, needs, and desires in front of strangers. The lack of interpersonal trust drives a wedge between what people say and their actual behavior. At a forum, such as a town hall meeting, employees may face similar concerns. They may be together with people in other units of the organization, with whom they have not worked closely. The room also may contain managers from multiple levels of the hierarchy, including the direct supervisors of frontline employees. Thus, people may not speak freely when invited to do so by senior leaders.

[수완 실천 - 3강 E22]

*drive a wedge 사이를 틀어지게 하다

516.

A sleeping mother has the ability to identify the particular cry of her own baby. This is one of the bonding factors that have been forgotten because of the way in which we live today. Typically, there is now only one newborn baby in any family house or apartment, so there is no way to test this ability. In an ancient tribe, however, living in small huts in a tiny village settlement, a mother would have been able to hear any of the babies crying in the night. If she woke up every time one of them screamed for food she might get no sleep at all. During the course of evolution she became programmed to awake only at the sound of her own particular baby. This sensitivity is still there to this day, even though it is seldom used.

[수완 실천 - 3강 E23]

수완 실전

517.

Friendly Feast with the Witches

[수완 실전 - 3강 E24]

Museum Palace is the biggest and best children's museum in the world. This autumn our museum is preparing a wonderful Saturday breakfast. Enjoy a breakfast "Buffet" with the friendliest of witches! This event includes fantastic Halloween entertainment with LOTS of happy, friendly witches!

Date: Saturday, October 22, 2016

Time: 8 AM - 9 AM

Price: Adults (aged 18+): \$20

Children (aged 6-17): \$17

Children (under 6): free

Location: Museum Palace Cafeteria

* Museum members receive \$2 discount.

Feast price does not include museum admission.

Limited Capacity.

For further information, please contact our Customer Service Center at 317-334-4000 or email us at feastwitches@museumpalace.com.

518.

Animal Career Discovery Day

[수완 실천 - 3강 25]

Experience our Animal Career Discovery Day. Gain insight from current industry specialists and unlock pathways to a fulfilling career with animals!

As the leading animal welfare organisation, we utilise a range of skilled staff to care for animals and campaign for better animal welfare. The day will include hands-on activities and behind-the-scenes tours. Learn insights from industry experts and how you can succeed in an animal care profession.

Dates for 2016: Thursday, September 1st

Thursday, December 1st

Time: 9 a.m. - 3 p.m.

Location: RSPCA Burwood East

Cost: \$59 includes registration, morning tea, take-home food and all activity costs.

Bookings are now open for 2016; book now.

We can also run this program for individual groups with a minimum of 20 participants.

Please email education@rspcaacdd.org.au for further information.

수완 실전

519.

The above graph shows the customer service satisfaction by channel in the U.S. in June, 2015. In every channel, the total proportion of those who responded customer service “exceeds expectations” and those who responded customer service “meets expectations” was more than 60%. 90 percent of respondents rated customer service via phone as exceeding or meeting expectations. The proportion of those who responded that service via letter exceeded expectations was 11%, which was the least of “exceeds expectations” ratings. Text message and mobile app self-service were tied for the third largest percentage of “meets expectations” ratings.

[수완 실전 - 3강 E26]

수완 실전

520.

Sea anemones look to most of the world like the flowers of the sea. Perhaps this is their disguise. They are predators with tentacles equipped with stinging cells. They use their tentacles to defend themselves and to capture prey, such as small fish and shrimp. Each stinging cell has a sensory hair that, when touched, mechanically triggers the cell explosion, which is a harpoon-like structure that attaches to the flesh of the aggressor or prey and injects a dose of poison. The poison paralyzes the prey and allows the anemone to move it to its mouth for digestion. Found throughout the world's oceans and at various depths, anemones are related to corals and jellyfish. Anemones attach themselves to the sea bottom with an adhesive foot and tend to stay in the same spot until food runs out or a predator attacks. Then the anemones release themselves and use flexing motions to swim to a new location.

*tentacle 촉수 **harpoon 작살

[수완 실전 - 3강 E27]

521.

A cat's brain weighs up to about 1oz(30g), which is just under 1 percent of its total body weight. That is relatively small compared to a human brain (2 percent of body weight) or even that of a dog (1.2 percent). The domestic cat's brain is also about 25 percent smaller than that of its closest relative, the wildcat. This reduction in size is mainly because the regions of a wildcat's brain used to map an extensive hunting territory are no longer needed in the domestic cat, which gradually came to depend on humans for most of its food. The cerebrum of a cat's brain has a higher degree of folding in its outer layer (cortex) than that of a dog's brain. Cortical folding significantly increases the amount of the cerebral cortex, which contains the cell bodies of neurons (also known as "gray matter"), allowing many more cells to be packed into the confined space of the skull.

*cerebrum 대뇌 **cortex 피질

[수완 실전 - 3강 E28]

수완 실전

522.

Many people are resistant to the notion that numerical data can convey the beauty of the real world. They feel that somehow converting things to numbers strips away the magic. In fact, they could not be more wrong. Numbers have the potential to allow us to perceive that beauty, that magic, more clearly and more deeply, and to appreciate it more fully. Admittedly, *ambiguity* may be removed by expressing things in numerical form. For example, if I say that there are four people in the room, you know exactly what I mean, whereas, if I say that someone is attractive you may not be entirely sure what I mean. You may even disagree with my view that someone is attractive; you are unlikely to disagree with my view that there are four people in the room. Numbers are universally understood, regardless of nationality, religion, gender, age, or any other human characteristic.

[수완 실전 - 3강 E29]

523.

After his master's death, Sainte-Colombe took over Marais, one of his late master's students. At the end of six months, he found that his new student was likely to surpass him. Sainte-Colombe told him, therefore, that he had nothing more to teach him. Marais, who was passionately fond of his viol, was nevertheless anxious to profit by his master's knowledge, and to perfect himself on his instrument. As he had access at any time to his teacher's house, he waited till the summer came. In the summer, Sainte-Colombe would study in a little wooden summer-house so as to enjoy absolute quietness and a pleasant atmosphere. As soon as Sainte-Colombe had locked himself in this studio, Marais slipped underneath and benefited by watching how he played certain passages. However, this trick did not succeed very long. Once it was discovered, Sainte-Colombe took care that his student should no longer overhear his studies.

[수완 실전 - 3강 E30]

*surpass 능가하다 **viol 비올(바이올린과 비슷한 초기 현악기)

수완 실전

524.

Children often invent novel ways to express desired meanings. In her 1995 article, linguist Clark cited such examples as a 24-month-old saying, “There comes the rat-man” and a 25-month-old saying, “Mommy just fixed this spear-page.” The “rat-man” was a colleague of her father’s who worked with rats in a psychology laboratory; the “spear-page” was a torn picture of a jungle tribe holding spears that her mother had taped together. Clark also cited the example of a 28-month-old saying, “You’re the sworder and I’m the gunner.” As these examples suggest, children’s innovative uses of language are far from random. They reflect rules for forming new words, such as combining words or other components that are meaningful in their own right and that, when put together, have an unambiguous meaning. Such linguistic creativity allows children to express meanings that are well beyond what their limited vocabularies would otherwise allow.

[수완 실전 - 3강 E31]

*spear 창

525.

The ancients tied their ideas of climate directly to their conceptions of global space. The English word ‘climate’ derives from the Greek word *klima*, which is also the root of ‘inclination’. *Klima* means “sloping surface of the earth,” linking climate to latitude, which governs the inclination of the sun’s rays. Ptolemy, a Greek astronomer in the 2nd century CE, based his system of fifteen climatic zones on the lengths of their longest day—a quantity that also served him to express latitude, taking the place of degrees. Then, and in succeeding centuries, many natural histories began with descriptions of local and regional climates. Even today, common language terms such as ‘tropical’, ‘desert’, and ‘temperate’ refer interchangeably to geographic regions and their typical weather patterns. Often these are directly associated with latitude (e.g., “the tropics”).

[수완 실전 - 3강 E32]

*latitude 위도 * *tropical 열대의

수완 실전

526.

Fun is a term we use a lot. But what is it? Certainly, it's easy to tell when people are having fun. They show it in their expression of enthusiasm, happiness, and satisfaction. We've asked many children why sports are fun for them. Perhaps the most basic reason was given by an 8-year-old-girl, who said, "Fun is when I'm doing something that makes me happy just to be doing it, like playing tennis." In other words, much of the fun in sports comes just from performing the activities themselves. One child played on a soccer team that almost never won matches. Yet the youngster could hardly wait for the coming season. Why? Because he had fun. He simply enjoyed playing soccer. Being with others, meeting challenges, feeling the drama of uncertain outcomes, becoming more skilled, all of these add to the fun of doing for doing's sake.

[수완 실전 - 3강 E33]

527.

If a producer of chemical dyes is stopped from polluting a river, the costs of producing his dyes might increase. He might then have to charge higher prices, and the prices of dyed products might also rise. Even so, the overall economy might well benefit. If the dye producer's pollution imposes cleanup costs of \$20 million each year on downstream cities but the cost to the dye producer of using alternative ways to dispose of his waste is only \$2 million per year, there will be an \$18 million yearly gain overall if the dye producer is prohibited from polluting the river. The dye producer will no doubt complain that environmental regulation is expensive because it costs him \$2 million a year, but this accounting neglects the \$20 million benefit the regulation can bring to others.

[수완 실전 - 3강 E34]

수완 실천

528.

How you prepare your food can have as profound an effect on your state of balance as what you eat. Instinctively we desire warming soups and casseroles in the winter and cooling, raw salads and fruits in the summer. Foods that require longer cooking over higher temperatures help us keep warm and maintain balance in cold weather. The reverse is also true—raw fruits and vegetables cleanse away excess fat and keep us cool and refreshed when it's warm. If you are someone who tends to feel too hot or too cold, consider what you eat and your environment for insight into how you might start to achieve greater balance.

*casserole 캐서롤(찜냄비 요리)

[수완 실천 - 3장 E35]

529.

While researching animal behavior for her book *Mongoose Watch*, British ethologist Anne Rasa was surprised to discover that when a dwarf mongoose became ill with chronic kidney disease, he was treated differently by his peers. The other mongooses permitted the ill animal to eat much earlier than he normally would have, considering his rank in the mongoose social order. To Rasa's astonishment, the sick mongoose was even allowed to have a bite of the same piece of food that the dominant male was eating—something that would never occur normally. When the ill mongoose lost his ability to climb, the entire group of mongooses gave up their decided preference for sleeping on elevated objects such as boxes. Instead, they all chose to sleep on the floor with their sick friend.

*ethologist 동물 행동학자 **kidney 신장

[수완 실천- 3장 E36]

수완 실전

530.

Dealmakers should resist the temptation to rush through prenegotiation and to start talking about the deal as soon as possible. Instead, they should use the prenegotiation period of deal making to learn as much about the background, interests, and organizational culture of the other side as possible and to inform the other side of their own background, interests, and organization. This initial phase of information exchange is vital if the parties are to know one another well. Knowing each other side well is an important part of any foundation for a good relationship. In order to secure such a foundation, the parties may even want to hire consultants or knowledgeable third parties to facilitate the process of getting to know one another thoroughly—especially for deals that will require substantial investments and close working relationships.

[수완 실전 - 3강 E37]

531.

People have always desired efficient and fast waste removal methods even if they had not yet mastered the technology to provide this benefit. Without a functioning waste removal system, societies confronted the dangers of infectious materials entering their communities. These dangerous materials came from animals, other people, and physicians' treatment of the sick and dying. Transporting infectious wastes away from a healthy population helped stop the spread of disease. While infectious materials were thus transported elsewhere, those wastes that did not pose an immediate threat to people's health were disposed of by the most convenient method at hand. Today, dangerous and non-dangerous waste transport has become more sophisticated and efficient. Yet the basic concept remains the same as it was centuries ago: Remove the materials as quickly as possible from people to lessen potential health dangers.

[수완 실전 - 3강 E38]

수완 실천

532.

A first-born who has a younger brother or sister gains a double advantage over other babies. For the first year or two of his life he enjoys the full attention of his new parents and is treated royally as an only child. He learns how much he is loved without any interruptions or interference. His self-respect blossoms, and he rates himself as being “worthy of love.” But then, before he has the chance to become self-important, along comes baby number two and suddenly he finds that almost all of the parental attention is now focused on this tiny new arrival. He has to come to terms with this, but when he does so, he does not lose his own sense of self-worth. This means that he has a solid foundation of “self” on which he can now build the limiting factors of social sharing. The result is a self-assured personality that is capable of a genuine mixing-in with others.

[수완 실천 - 3장 39]

533.

One study showed that even when a pair of strangers had never met before and didn't talk, they still liked each other more if both simply walked in the same direction together, rather than in different directions. Another study found that married couples that commute in the same direction rather than different directions are more satisfied with their relationships. These findings held true whether they commuted alone or with others and whether or not the partners left for work at the same time. Another “rhythm” study used the Canadian national anthem, “O Canada.” When people sang or danced together as they listened to “O Canada,” rather than sitting with others and reading the words to themselves as they heard the song, they were more likely to donate money to a common pot as opposed to keeping it all for themselves.

[수완 실천 - 3장 E40]

* common pot 공동 모금함

Research findings showed that those who shared behavioral patterns tended to form stronger emotional bonds among themselves.

수완 실전**534.**

Harumi Tanaka, from Osaka, Japan, had accepted an assignment in Boston. His task was to explore the possibility of developing joint ventures with American firms. He had been invited by one company to spend a month with them and had been assigned an office and a research assistant. He agreed on a Monday to present a business plan the following Friday. On Tuesday, the computers in the company crashed, and the research assistant called in sick with a severe case of the flu. Still, Harumi pushed forward and presented his plan on Friday. He began his presentation, "I'm sorry that I am not well prepared. This meeting may not be a good use of your time." He then went into a clear, interesting presentation. After the meeting, one of the American executives said, "I don't know why you had to apologize. Everyone knows about the computer crash and your assistant's illness." Harumi responded that he thought that the apology would be a good introduction to his presentation.

The misunderstanding in this incident occurred because apologies are interpreted differently in the United States compared to Japan. In the United States, apologies are associated with weakness and with the admission of guilt. In this case, people at the meeting might interpret Harumi's apology as an admission of responsibility for a poor presentation. In Japan, apologies are less associated with weakness or with the admission of guilt. Usually apologies show concern for the difficulties and emotional distress people are experiencing. However, Japanese people making apologies are not necessarily claiming that they are responsible for the difficulties or distress.

[수완 실전 - 3강 E41~42]

수완 실천

535.

[수완 실천 - 3강 E43~45]

In 1908, Napoleon Hill was a college student and a beginning freelance writer. He obtained an interview with Andrew Carnegie, who was then the world's richest man. He wanted to write a profile that would reveal Carnegie's secrets for accumulating his vast fortune. Carnegie was so impressed with the young man that the initial three-hour interview stretched into three days.

During this interview Carnegie asked Hill if he would be willing to devote the next twenty years to one of the millionaire's pet projects: interviewing other successful entrepreneurs and distilling their success secrets into a formula that average men and women could use to achieve their dreams. Carnegie offered Hill no financial incentive but he did promise him introductions to such famous men as Thomas Edison, Henry Ford, Harvey Firestone, and Luther Burbank. Hill jumped at the chance.

*pet project 특히 관심이 있는 사업 **distill 추출하다

The result was an immensely successful writing career that eventually led, in 1937, to the publication of Hill's philosophy of personal achievement, *Think and Grow Rich*. Coming as it did in the midst of the Great Depression, the uplifting message of his book, "Whatever the mind can conceive and believe... it can achieve," captured the country's imagination. His book eventually became one of the most influential ever published, selling over ten million copies.

The book also resulted in the self-actualization publishing genre. One of the secrets that Hill discovered was that many successful dreamers enjoy personal reveries with their role models. He suggests creating an imaginary council with a group of "Invisible Counselors," composed of the people you most admire. At night before you go to sleep, close your eyes and conduct success strategy sessions in which you seek the advice of your heroines. While the meetings are "purely imaginary," he believes they make us more "receptive to ideas, thoughts, and knowledge" which reach us through our sixth sense, intuition.

*reverie 몽상, 망상

수완 실천

536.

Dear Parents,

The School Council believes that the decisions we take about improving and developing the Lincoln School Trust should be informed by the opinions of students and their parents. The School Council has been very grateful for the excellent suggestions put forward at the two parents' forums held earlier this year. However, to enhance our understanding of parents' views still further, we have asked RS Academics—a leading consultancy company—to prepare and distribute an online questionnaire on this matter. A similar survey was conducted in 2015 and the outcomes proved extremely useful in our development planning thereafter.

The questionnaire will be emailed to you within the next 10 days, and we very much hope that you might be able to spare a short amount of time to help us with this important study. Please be reassured that the survey will be completely anonymous.

Thank you in advance for your support with this important process.

Yours sincerely,

Kevin Knibbs
Headmaster

[수완 실천 - 4장 E18]

* anonymous 익명의

수완 실전

537.

You can listen to what people have to say— maybe you feel that you don't have a choice—but in the end, your definition of success has to be *your* definition of success. You're the one who's going to be living with it. If you just look at the medical field alone, you'll find that too many doctors went to medical school for the wrong reasons, either because their parents wanted them to or because they thought they could get rich that way. People who go into a field like medicine for reasons like that are likely to get burned out, missing the deeper significance of the work, or are likely to fall short of being really fine physicians as they lack the deep commitment that this demanding profession requires.

[수완 실전 - 4강 E19]

538.

I had my first panic attack when I was 10 years old. It happened when I had to read a story in front of a class. At that time I didn't even know what happened to me because I was so young and never even heard about panic attacks or stage fright. It was one of the most terrifying experiences of my life. My heart was pounding, my whole body was shaking, and the words didn't want to come out of my mouth. It seemed like the text was written in some foreign language. I couldn't even think; I just felt that I wanted to run out of the class. When I finished my reading, which wasn't even reading I guess, because I was stumbling so badly, I sat down at my desk, literally in shock. I couldn't even calm down, my heart was still pounding, and I was still shaking and avoided the stares of my classmates.

[수완 실전 - 4강 E20]

수완 실전

539.

Suppose you have a student who usually fails to complete his work. He manages to submit a project on time, although it's not very good. It's tempting to praise the student — after all, the fact that he submitted something is an improvement over his past performance. But consider the message that praising an ordinary project sends. You say “good job,” but that really means “good job *for someone like you.*” The student is probably not so naive as to think that his project is really all that great. By praising substandard work, you send the message that you have lower expectations for this student. Better to say, “I appreciate that you finished the project on time, and I thought your opening paragraph was interesting, but I think you could have done a better job of organizing it. Let's talk about how.”

*naive 순진무구한

[수완 실전- 4강 E21]

540.

Too often, negotiators approach the negotiating table with the attitude “I'll be tough at the start. If that doesn't work, I can always take a softer approach.” The fault in this approach is that it assumes that your opening move will have no continuing effect on your counterpart once you have decided to adopt a softer approach. In fact, of course, an overly tough opening move not only communicates the nature of your demand, but it also communicates something about you as a person and your company as a future customer or partner. Thus, your counterpart may interpret your overly aggressive opening move as an indication that you and your company are unreasonable, arbitrary, rigid, and perhaps untrustworthy. Once they have formed that impression, it may be very difficult to persuade them to change that evaluation no matter how gentle you become in subsequent negotiating sessions.

*counterpart 상대방, 대응 관계에 있는 사람

[수완 실전 - 4강 E22]

수완 실전

541.

When people try to control situations that are essentially uncontrollable, they are inclined to experience high levels of stress. Thus, suggesting that they need to take active control is bad advice in those situations. What they need to do is to accept that some things are beyond their control. Similarly, teaching people to accept a situation that could readily be changed could be bad advice; sometimes the only way to get what you want is to take active control. Research has shown that when people who feel helpless fail to take control, they experience negative emotional states such as anxiety and depression. Like stress, these negative emotions can damage the immune response. We can see from this that health is not linearly related to control. For optimum health, people should be encouraged to take control to a point but to recognize when further control is impossible.

[수완 실전 - 4강 E23]

수완 실전

542.

Extra Innings Overnight

[수완 실전 - 4강 E24]

Be one of the lucky few to spend a night with baseball's legends such as Babe Ruth, Randy Johnson, and Pedro Martinez. Each year the National Baseball Hall of Fame offers exclusive overnight experiences for families.

Children aged 7-12 and their parents can sleep among the artifacts of baseball's greatest players, and share the experience of a lifetime. The evening includes all access to the museum's public areas after the closing time and special hands-on programs throughout the museum. To book your experience, please call 607-547-0313.

Dates

Friday, October 21, 2016

Friday, October 28, 2016

Saturday, October 29, 2016

The Extra Innings Overnight experience includes:

- A late night snack and a baseball movie in our Grandstand Theater
- Sleeping accommodations in the Hall of Fame Gallery and in exhibit spaces
- A light breakfast

※ Junior participants receive a Hall of Fame sack filled with souvenirs of the experience.

* artifact 물품, 인공물

543.

[수완 실천 - 4장 25]

Sustainable Art Contest

Sustainable Art Contest will be held as part of the Eco Festival at GSU Plaza on Friday, August 12, 2016.

***Sustainable Art Contest Rules & Registration**

- Contest is open to all Boston University students. Individual and group works are accepted.
- Entries will be displayed at the Eco Festival.
- Entries must use at least 90% recycled content — metals, paper, rubber, glass, plastic, cloth or other recyclable materials. There is 10% permitted use of non-recyclable fasteners, such as glue, tape, etc.
- Entries must include a list of recycled materials used.
- A select panel of judges will pick the winner(s) based on creativity and sustainability.

Please register at sustainability@bu.ac no later than August 2, 2016.

수완 실전

544.

The above chart shows the average hours spent per day in leisure activities by young and elderly people in 2013. Both the young and the elderly spent the longest hours of their leisure time watching TV, and elderly people spent nearly twice as many hours a day on TV as young people. The second largest amount of time was spent playing games or using the computer for leisure by young people, while the second fewest hours were spent in these activities by elderly people. The combined number of hours the young and the elderly spent in relaxing and thinking was less than that for any other activity. Young people spent the least amount of their time reading or relaxing and thinking, while elderly people spent the fewest hours on sports, exercise, and recreation.

[수완 실전 - 4장 E26]

수완 실전

545.

Yerba maté is a refreshing tea that you'll find all over southern South America, where it is practically the national drink. It's made from the leaves of a holly-like tree that grows near streams in the wild, but is now widely cultivated. The wild tree is said to produce a maté with a superior taste and is much sought after. During the harvest season, maté gatherers called *tarrafeiros* or *yerbateros* search the forest for stands of wild trees. Traditionally, yerba maté is used as a drink to reduce appetite and combat fatigue, as well as medicinally to treat digestive disorders. The active ingredients are primarily caffeine and caffeine-like substances and phytochemicals, which are thought to have a stimulant effect on the immune system. It's also a good source of minerals and amino acids. A possible anti-diabetic effect is being investigated.

[수완 실전 - 4강 E27]

*holly 호랑가시나무 **phytochemical 식물 속에 함유된 화학 물질

546.

Species that are essential for functional and structural integrity of an ecosystem are termed **keystone species**. Keystone species typically influence processes that lead to the formation of a community. It is often impossible to point to a keystone species within functional ecosystems. Only after a keystone species disappears is the role they played revealed. The loss of a keystone species usually has a large effect on ecosystem integrity and can even cause disintegration and collapse. At the same time a population of a keystone species declines, another species can invade the vacant niche and replace the keystone species, thus changing the ecosystem permanently. Restoration of keystone species is, therefore, essential in attaining the original state of the ecosystem. Although it is a cost-effective approach in restoration, it requires great ecological knowledge.

[수완 실전 - 4강 E28]

*niche 틈새

수완 실전

547.

Like ideas about gender roles, ideas about race affect human relationships everywhere on earth. However, according to the science of biology, all people now alive on earth are members of one species, *Homo sapiens sapiens*. Biologically, race is a meaningless concept. The characteristics we popularly identify as race markers — skin color, hair texture, face, and body shapes — have no significance as biological categories. For any supposed *racial trait*, such as skin color, there are wide variations within human groups. In addition, many invisible biological characteristics, such as blood type and DNA patterns, cut across skin color distributions and other so-called *racial attributes* and are shared across what are commonly viewed as different races. In fact, over the last several thousand years there has been such massive gene flow among human populations that no modern group presents a distinct set of biological characteristics. Although we may look quite different, from the biological point of view, we are all closely related.

[수완 실전 - 4강 E29]

548.

One morning, Victoria woke up and heard a baby crying downstairs. It was impossible! She went down and found her mom holding a baby in her arms. She knew that the baby had to be her new baby sister but how? Her mother saw her coming down the stairs and told her to come sit next to her. Victoria walked slowly towards her mom. She was surprised. She couldn't believe that after all those years and after all the loneliness she finally got what she wanted. She was so happy. Her mother smiled and so did Victoria. Her mother had called the neighbor in the night to help her deliver the baby right there in the house. Victoria woke up to a wonderful surprise!

[수완 실전 - 4강 E30]

수완 실천

549.

The anxiety many spectators experience when looking at and responding to art is well justified. Art is typically seen in its final resting place, in museums and galleries, disconnected from its original context. These passive displays conceal most of the history and processes that have determined the creation, meaning, and value of the work. The mandatory distance between viewers and art, rightfully observed by institutions, further heightens the mystery of art. Labels, statements, and other materials are useful aids. However, the information, presented as concluding statements rather than a starting point for critical inquiry, leaves many viewers with unanswered questions. How was the art made? Why is it so expensive? Why is it in a museum?

[수완 실천 - 4강 E31]

* mandatory 의무적인

550.

The name of the animal is linked to the owner in the same way that a snapshot is. Jay Ruby, an anthropologist who studied the logic of home photography, noted that family photographs are rarely meaningful in themselves. Instead they are used as keys to family narratives: “That was when Uncle Tom visited us just before Vera got married, and we were eating on the terrace just after coming back from the wedding rehearsal,” or “That’s Mother outside of the cathedral at Amiens with the hat she got at the outdoor market that morning.” The pet’s name and the home photograph are linked to us by specific associations, while human names are linked to us by general associations. This does not mean that there are not universal pet names— such as Snoopy, Sheba, Fluffy and Baron. It does imply that pet names are more particularized than human names.

[수완 실천 - 4강 E32]

수완 실전

551.

Attachment and bonding facilitate the passage of moral understanding and behavior from one generation to the next. According to Bowlby, a British psychologist, attachment leads to sociability (although much developmental neuroscience now suggests sociability is hardwired), and sociability drives us to create and shape moral understanding. A child's desire and need for attachment, or for connection, and the mother's caring response and bonding provide the dynamics for the son or daughter's attachment to parental values. To maintain the attachment, the child will do whatever he or she thinks is necessary to please the parents. Even though a child possesses a complex brain that is capable of constructing alternative beliefs and actions, the fear of loss or disengagement from a parent usually ensures that the latter's values will prevail.

[수완 실전 - 4강 E33]

552.

Young people often have a keen early understanding of important societal trends. They tend to have great familiarity with the latest ideas and products in fields such as technology, fashion, healthy living, and the environment. For that reason, Gary Hamel argues that CEOs should go out of their way to stay connected with the youngest and brightest in their organization. He recommends that CEOs form a "shadow cabinet" of highly capable employees in their twenties and thirties. CEOs should then meet with this cabinet periodically to see how their perspective on key strategic issues differs from what they are hearing from the members of the senior management team. Hamel believes that interacting with young people will help CEOs see opportunities and threats that senior leaders may not perceive. Moreover, Hamel recognizes that the perspectives of these young people often are filtered out if left to the normal machinations of the organizational hierarchy.

[수완 실전 - 4강 E34]

* machination 교묘한 술책

수완 실전

553.

Some research projects may involve empirical studies, whether experimental or observational, others theoretical studies, such as mathematical models, and yet others reviews or critiques of the research literature. To be sure, some scientists concentrate on one particular type of research to the virtual exclusion of other types. Einstein was exclusively a theoretical rather than experimental physicist, for example. Even so, many great scientists display considerable diversity in the kinds of projects that are an integral part of their research programs. Newton was both a theoretical and an experimental physicist, besides doing work in pure mathematics. Darwin recorded systematic observations, conducted experimental studies, reviewed the literature, and developed theoretical interpretations.

[수완 실전 - 4장 E35]

* critique 비평

554.

One novel feature of modern life for most people in developed countries is the abundant availability of food independent of season. In the state of nature, by contrast, food is relatively scarce much of the time, making energy conservation most important and forcing difficult energy-expenditure trade-offs between metabolically costly tissues, processes, and behaviors. For example, the human brain constitutes only 2 percent of body mass yet accounts for over 20 percent of total energy expenditure. (In newborns, brain metabolism accounts for a surprising 60 percent of total metabolism.) The brain, heart, gastrointestinal tract, kidneys, and liver together consume 70 percent of basal metabolism. Evolution had to make a difficult trade-off between the size and capacity of these organs and the allocation of time and energy to activities other than searching for food and maximizing its nutritive value.

[수완 실전- 4장 E36]

* gastrointestinal tract 위장관, 소화관

** basal metabolism 기초 대사

수완 실전

555.

In spite of its importance, creativity has not received much attention from scientists. Until very recently, only a few researchers had studied creativity. Most psychologists instead study what they believe are more fundamental mental properties—memory, logical reasoning, and attention. But in recent years psychologists—along with increasing numbers of sociologists, anthropologists, theater experts, and art critics—have increasingly turned their attention to creativity. Because creativity is not a central topic in any of these fields, these scholars work without big research grants, and without a lot of attention from the leaders of their fields. Even so, their research findings have gradually accumulated, and our knowledge about creativity has now attained a critical mass. Perhaps for the first time, we hold in our grasp the potential to explain creativity.

[수완 실전 - 4강 E37]

*critical mass 임계량

556.

Although you may not always have been aware of it, nutrition has played a significant role in your life. Every day, several times a day, you select foods that influence your body's health for better or worse. Each day's food choices may benefit or harm your health only a little, but when these choices are repeated over years and decades, the rewards or consequences become major. That being the case, paying close attention to good eating habits now supports health benefits later. Conversely, carelessness about food choices can contribute to many chronic diseases, including heart disease, diabetes, and cancer. Of course, some people will become ill or die young no matter what choices they make, and others will live long lives despite making poor choices. For the majority of us, however, the food choices we make each and every day will benefit or harm our health in proportion to the wisdom of those choices.

[수완 실전 - 4강 E38]

*diabetes 당뇨병

수완 실천

557.

Although, like the United States, many societies engage in the ordering of life according to years following birth (age), some societies do not even track chronological age. For instance, some Mayan tribal groups do not rely on age as a marker of a child's identity. When adults meet a child for the first time, instead of asking his or her name, as many European Americans would, they ask, "Who are your mother and father?" Because identity in this culture is defined by relationships and place in the community, Mayans are more likely to attempt to describe a child in terms of other people in their family, and not in terms of the child's individual characteristics, including age. This view of children is also common among other indigenous groups, including some Native American and Canadian First Nations people, and immigrants from Central and South America to the United States.

*Canadian First Nations 캐나다 원주민

[수완 실천 - 4강 39]

558.

During the 1950s, the large and heavy valves in the radio began to be replaced by small transistorized electronic components that required less electrical power. On account of this, receivers could operate from batteries and as a result radio sets became smaller and lighter. Individuals could take their transistor radios with them, whether into the privacy of the teenage bedroom or down to the beach. At the same time, radios also became an integral feature of the car. The listeners were no longer thought of as a stationary group listening in the home or crowded public place. Further improvements in transmission techniques and modifications to the quality of microphone technology enabled broadcasters to introduce a style of address that was more intimate and which spoke to the individual as the sole listener.

[수완 실천 - 4강 E40]

The development in radio-related technology helped increase the mobility of the radio and led broadcasters to talk to listeners in a more personal way.

수완 실전

559.

Psychologists Dember and Earl suggested that the motivation for exploration has its roots in a curiosity drive. They suggested that curiosity is stimulated by novelty and argued that novelty is in the eye of the beholder. We could have seen something many times before, but as the result of having new skills or competence, we discover new or different aspects of that object. This is very important for understanding why people will often return to explore things that they have explored before or do things they have done before. In our daily lives, for example, we might decide to listen to a piece of music that we have listened to many times. By returning to that music with a new or fresh perspective, perhaps as a result of listening to other music, we find something new and interesting. One reason that people can play a card game such as bridge over and over is that no matter how many times they have played the game, it will be different in some way. Moreover, as their skills improve, people have new aspects of the game to explore.

As in most of the models of exploratory behavior, the motivation within the Dember and Earl theory is best described as a positive feedback loop. Because of developing competence, things in the environment are new or novel, which motivates the individual to interact with them. As a result of this interaction, new or novel things become familiar, and other things become new or novel, which motivates the person to interact with them. Thus, in a complex environment, the individual will systematically attend to all the various features of that environment.

[수완 실전 - 4강 E41~42]

560.

[수완 실견 - 4장 E43~45]

Peter was working for a company called BP and he was in charge of promoting the company's social investment in South Africa. At President Mandela's request, BP started constructing a primary school in one of the high-density areas of the Eastern Cape. As the project got going, Peter received an invitation to meet Mr. Mandela and brief him on the progress. The days before the appointment were long as he was anxious at the prospect of meeting and sharing a meal with Mr. Mandela.

Finally, the big day came. On the day, Peter dressed his best and asked one of the company drivers, Dumi, to take him to Mr. Mandela's home. To Peter's amazement, his host was waiting for him in the car park. He felt both extremely excited and humbled that Mr. Mandela was waiting outside for him. Mr. Mandela warmly greeted the driver and Peter. He then gestured that they enter the house. However, in the traditional way of corporate behaviour, the driver withdrew quietly and remained in the car.

Mr. Mandela invited Peter to the breakfast table. Just before they started eating, the host seemed to miss something. He asked, "Peter, I thought there were two of you?" Peter responded, "No, sir. I came alone." "What about the other gentleman?" he insisted, and Peter replied, "No, sir. That one is just a driver. He will wait in the car." At that point Mr. Mandela stood up and went out to where the driver was. He introduced himself to the driver and asked him to join for breakfast.

Mr. Mandela then walked to the kitchen and said, "Dumi is joining us for breakfast. Can we have another plate, please?" Then Peter realised what a mistake he had made. He could not look Mr. Mandela in the face. After they had breakfast and Peter briefed him on the progress of the school, Dumi and Peter bade him farewell. As Dumi started the engine, he said, "Peter, thank you very much for asking Mr. Mandela to invite me for breakfast. This is something I never expected could ever happen in my life."

수완 실전

561.

Dear Mr. Watkins,

The 2016 Residents' Association represents residents of Potts Pt, Elizabeth Bay, and Darlinghurst. Over many years, residents of these suburbs have been serviced by the unreliable 311 bus service. We understand that traffic conditions in the inner city can lead to buses being late, sometimes substantially; however, we feel that the advantages and convenience of the 311 bus service are quite compromised by its unreliability. The ongoing unreliability of the 311 bus service provides incentives for residents to use private transport instead of buses.

We feel that a more reliable 311 bus service would be more attractive to residents. One way of improving the reliability of the 311 bus service may be to increase its frequency, e.g. to every 15 minutes in peak periods on weekdays and every 20 minutes on weekends and off-peak periods on weekdays. We would like to hear from you on this matter.

Kind regards,

Dr. Sacha Blumen

President

2016 Residents' Association

[수완 실전 - 5강 E18]

562.

The fact that most animals do not do things as we do does not mean that we are “better” than them or that our perception of reality is more “true” than theirs. All living beings on earth are valuable on their own terms. Each knows and understands the world in their own way. It is true that we humans have unique capabilities that other animals lack. We can build cars, use computers, and fly airplanes. We can also think about abstract ideas, plan for the future, and worry about our taxes. But we cannot run as fast as cheetahs, see as well as hawks, swim like dolphins, or soar like eagles. So, rather than think that other animals are not as smart or capable as we are—that they are “less than human”—it is better to realize that being different is not in itself “good” or “bad.” Animals are certainly not less than human.

[수완 실전 - 5강 E19]

수완 실전

563.

With plenty of sunlight left, we wandered back to the beach—and then onto the sand dunes. As I recall, it was Louie who first took a running leap and flew off a dune. Following his lead, we sprinted and bounded off the dunes, soaring at least 20 feet before landing in the soft sand. Trying to outdo one another, we became increasingly more daring, attempting front flips, back flips, and 360s. Our gentle landings lowered our fear factor, while each challenging feat escalated our vanity. After what seemed like hours, we found ourselves covered with sand from head to toe—it was lodged in our scalps, in our ears, under our nails. But the thrill of dune jumping more than compensated for the sandy feeling, and a quick dip in the Atlantic solved the problem.

[수완 실전 - 5강 E20]

*(sand) dune 모래 언덕 **scalp 두피

564.

When companies are prevented from discriminating among applicants based on age, they will be hiring from a larger pool of workers. By ensuring training opportunities and rewarding productivity without regard to age, public and private sector employers will experience a deeper talent pool of people remaining at the company. Workplaces will be able to go from institutions that are often lacking in terms of mentors, to ones that have plenty of mentors with expertise. Companies will have more long-term expertise to draw on when making decisions, when brainstorming new possibilities, and when making innovations to improve performance and efficiency. Deutsche Bank and John Deer & Co. are just two examples of companies that have realized benefits from the mutual learning that occurs in teams that are intentionally multi-generational.

[수완 실전-5강 E21]

수완 실전

565.

When you answer questions in class or take oral exams, present yourself in a credible way. Even when a person has successfully recalled something in a social context, he or she may still have a problem convincing others that what has been recalled is correct. There are five ways you can increase the likelihood that others will believe in what you recall. Express your recall with an appropriate degree of confidence. Strive to make the contents of your recall include the most essential details. Claim an honest level of confidence in the accuracy of what you say you know. Express your certitude or doubt prudently. Avoid overstatement or understatement in your confidence in what you have recalled. Alternatively, do not be shy; sit up and speak confidently if you are sure of what you know.

*certitude 확신

[수완 실전 - 5강 E22]

566.

Like life in traditional society, but unlike other team sports, baseball is not governed by the clock. A football game is comprised of exactly sixty minutes of play, a basketball game forty or forty-eight minutes, but baseball has no set length of time within which the game must be completed. The pace of the game is therefore leisurely and unhurried, like the world before the discipline of measured time, deadlines, schedules, and wages paid by the hour. Baseball belongs to the kind of world in which people did not say, "I haven't got all day." Baseball games *do* have all day to be played. But that does not mean that they can go on forever. Baseball, like traditional life, proceeds according to the rhythm of nature, specifically the rotation of the Earth. During its first half century, games were not played at night, which meant that baseball games, like the traditional work day, ended when the sun set.

[수완 실전 - 5강 E23]

수완 실전

567.

FHS Drama Presents: “The Wizard of Oz”

[수완 실전 - 5강 E24]

Fieldcrest High School Drama Department will be presenting “The Wizard of Oz” in the second weekend in April. This year, the Fieldcrest Fine Arts Family will be sponsoring a chicken dinner on Saturday evening, April 9th, from 5:00 p.m. to 6:30 p.m. Tickets for both dinner and show will cost \$20.00 and must be purchased in advance. Contact Ashley Swanson at aswanson@fieldcrest.k12.il.us to obtain a dinner ticket.

The performance dates and times are as follows:

- Friday, April 8, 7:00 p.m.
- Saturday, April 9, Doors open for dinner at 4:30 p.m. with the show at 7:00 p.m.
- Sunday, April 10, 2:00 p.m.

Show-only tickets for all dates will be available at the BMO Center for \$5. Please contact Ashley Swanson at 309-432-2529 if you have questions.

수완 실전

568.

PowerSchool Program

■ **PowerSchool** is an online program that will enable you and your child to gain quick access to his or her attendance and progress in classes, as well as other helpful information.

Here is a brief explanation of the functions you may gain access to:

- **Grades:** You will see a current grade average based on the grades entered by a teacher. (Be aware that all the assignments may not be entered.) By clicking on the grade, you will be able to see individual assignments.
- **Attendance History:** This screen gives you a 7-week attendance history.
- **Email Notification:** On this screen, you may choose to be emailed automatically with a variety of reports.

It is important that students log in with their own student username, not their parents username.

For any questions, contact us: support@ powerschool.org.

[수완 실전 - 5강 25]

569.

The above graph shows the percentage of Americans in different age groups who said it was “generally OK” to use a cell phone in different settings. Among all the age groups, the 18-29 group had the highest tolerance for cell phone use in each given situation except when walking down the street. The percentage point gap between the highest tolerance and the lowest in each setting was the largest on public transportation, while it was the smallest at a family dinner. Walking down the street was the only activity in which those aged 30 to 49 were the most tolerant among the age groups. Movie theaters or other quiet places were the least acceptable places for cell phone use in the 65 and older group.

[수완 실전 - 5강 E26]

수완 실천

570.

Rhubarb has been used as a medicinal plant for over 2,000 years in China, among other places. The root has a strong laxative effect and is also considered to have a cooling effect. From the beginning of the 1700s, tender rhubarb stems were used in British kitchens for both sour and sweet dishes. Since it is easy to grow and delicious, it quickly gained popularity. In most old Swedish gardens at least one rhubarb plant is growing. There are hundreds of edible rhubarbs, even strains with low amounts of oxalic acid. With a little care, you can easily harvest the plant many times. Fertilize the plant early in spring and harvest it a few times during the spring. Then leave the plant to rest and harvest it another few times during late summer. It is easy to split old plants and make several new ones.

*laxative 배변을 쉽게 해 주는 **oxalic acid 옥살산

[수완 실천 - 5강 E27]

수완 실천

571.

Words and actions are objective; perspectives, recollections, and interpretations vary even at the best of times. Ask witnesses to a crime to recount what happened, and you likely will get as many variations as there are witnesses. No one sees the entire picture, especially in conflict, where emotions produce tunnel vision. To broaden our perspective, we need to encourage the other person to share their story. What happened from their perspective? We may uncover information that helps us make sense of what otherwise seemed irrational or hurtful behavior. As challenging as it may be to entertain the possibility of a different perspective on our conflicts, it is even more difficult to muster the self-control to hear another's story without correcting or disputing it.

[수완 실천 - 5강 E28]

* muster 모으다

572.

Translators can leave foreign names unchanged, and this non-translation can have an alienating effect on the reader of the translation. Some feel this could make it difficult for the reader to identify with the characters. Moreover, original names that are too difficult to read may spoil the mere pleasure of reading. If the name of a well-known person remains unchanged in the translation, the name will function differently if the reader of the translation is not familiar with the person to whom the name refers. The name does not then have the same identifying function. Context can be used to partially bridge this gap. In *Juist en Tweemeter*, the Dutch translation of the work by Norwegian author Kjersti Wold, the context makes it clear to the reader of the translation that the character Ole Gunnar Solskjaer is a football player. Still, the translation is likely to have a different emotional impact, because few Dutch-speaking children will associate the name Solskjaer with that of a national hero.

[수완 실천 - 5강 E29]

* alienate 생경하게 만들다

수완 실전

573.

The next morning Mrs. Stephens watched Emily with no small solicitude. She hoped much from the lesson of the previous day with regard to her daughter's improvement in promptness and punctuality. The young girl retired from the table, and entering the library, was soon wholly absorbed in her story. After waiting until half an hour to nine, Mrs. Stephens made an errand through the room, when Emily started from her seat, and running to the hall, looked at the clock. She was pleased to find it still so early and was returning to her seat when her mother asked pleasantly, "Would it not be safer to prepare for school?" "Yes, Mom, I have only one sentence before I shall be through the chapter, and then I will go." With a saddened face, she turned to leave the room. Suddenly the impulsive girl, without reading a word, shut her book, and said resolutely, "No, I will go now; I will try not to be late again this term."

[수완 실전 - 5강 E30]

*solicitude 걱정 *punctuality 시간 엄수

574.

Confident people are long-term, big-picture thinkers. They are disciplined enough to not allow themselves to fall into the trap of chasing after short-term gratification. They don't let disappointments rattle their cage. They understand that the big things in life may take a little longer to achieve. Therefore, they stop expecting immediate accomplishments. They take a mature approach as they begin their journey. You will very rarely see a confident person acting like a little kid, sitting in the back seat of a car, continually asking, "Are we there yet?" Confident people always adopt the mind-set that the road to any great journey is a marathon and not a sprint. They welcome delayed gratification and the sacrifices that come along with it.

[수완 실전 - 5강 E31]

*rattle one's cage ~를 화나게 하다

수완 실전

575.

Research on happiness has shown that people are surprisingly bad at predicting what will make them happy. We assume that we know what is best for us. But research on *affective forecasting*—efforts to predict one’s emotional reactions to future events—suggests otherwise. People routinely overestimate the pleasure that they will derive from buying an expensive automobile, taking an exotic vacation, earning an important promotion, moving to a beautiful coastal city, or building their dream home. Likewise, people tend to overestimate the misery and regret they will experience if they have a romantic breakup, don’t get into the college they want, fail to get a promotion, or develop a serious illness. Thus, the roadmap to happiness is less clearly marked than widely assumed.

[수완 실전 - 5강 E32]

576.

Nature has selected traits in nonsocial animals that enable them to obtain food, water, air, and other resources directly from the physical environment without the support of other animals. For social animals, nature selected for the capacity to cooperate. As a consequence, the brains of wolves differ substantially from the brains of chickens. Chickens need brains that facilitate their responses to changes in their physical environment but not brains for adjusting to changes in their fellow chickens. That is, their capacity for survival is not dependent on the cooperation of other chickens. Wolves, on the other hand, hunt in packs with established social hierarchies—the strongest wolf is at the top of the social hierarchy. Thus, the survival of wolves is enhanced by life in the social context of the pack.

[수완 실전 - 5강 E33]

수완 실천

577.

A good life requires a healthy habitat in which to live, but the evidence shows that a relatively high focus on extrinsic compared to intrinsic values is associated with holding attitudes and behaving in ways that contribute to environmental degradation. For example, the priority placed on materialistic (extrinsic) values by U.S. and U.K. adolescents is associated with engaging less frequently in ecologically friendly behaviors such as buying second hand, recycling, riding a bicycle, reusing paper, and so on. Findings from one study of 400 North American adults showed that those who cared more about extrinsic relative to intrinsic values used more of Earth's limited resources to meet their housing, food, and transportation lifestyle choices. Individuals high in extrinsic values also act in greedier, more ecologically destructive, and less sustainable ways when they play forest-management simulation games in the laboratory, compared to their more intrinsically oriented counterparts.

[수완 실천 - 5강 E34]

578.

When people face real adversity—disease, unemployment, or the disabilities of age—affection from a pet takes on new meaning. A pet's continuing affection becomes crucially important for those enduring hardship because it reassures them that their core essence has not been damaged. Thus pets are important in the treatment of depressed or chronically ill patients. In addition, pets are used to great advantage with the institutionalized aged. In such institutions it is difficult for the staff to retain optimism when all the patients are deteriorating. Children who visit cannot help but remember what their parents or grandparents once were and be depressed by their incapacities. Animals, however, have no expectations about mental capacity. They do not worship youth. They have no memories about what the aged once were and greet them as if they were children. An old man holding a puppy can relive a childhood moment with complete accuracy. His joy and the animal's response are the same.

[수완 실천 - 5강 E35]

*adversity 역경 **deteriorate 악화되다

수완 실천

579.

One of the ethical problems associated with technology concerns questions of *distributive justice* and social equality. New technologies generally benefit or advantage certain groups or members of society over others—namely, those who have mastery over or access to the technology first. In many cases, we think that because such advantages are earned through hard work or special knowledge they are therefore deserved. However, in other cases, we may feel that such restricted access to some technologies gives certain individuals or groups unfair advantages over others, and we seek to extend access to everyone in the society. Public libraries, for instance, were built to ensure that everyone could obtain access to books and learning. Today, we are putting computers and Internet connections into public schools for the same reason. Questions of social justice and equality of opportunity thus can be occasioned by technological innovation.

5-37

[수완 실천 - 5강 E36]

580.

It may seem as if we define design ability as something special and unique, but at some level it is an everyday ability that all of us share. It is not the case that some people are born with design ability and some are not. We engage in design—we create, synthesize, shape, and envision future situations—all the time. (We decorate our homes, build and rebuild our houses, buy clothes, and design our time and our interests. Nowadays this largely means that we make our choices among ready-made consumer products, but we still design in the sense of shaping the wholeness that becomes something specific. Each of us designs our lives and ourselves. However, even if design on this level is a natural part of life, the distribution of talent varies. Some people are more creative and have the ability to use their imagination efficiently, some are better at seeing how things fit together in compositions, others excel at assessing the functional feasibility of a design idea.

*synthesize 통합하다 * *feasibility 실현 가능성

[수완 실천 - 5강 E37]

수완 실천

581.

The importance of selecting ingredients for use in home canning cannot be stressed too strongly. The old saying that you only get back out what you put in is absolutely true when it comes to home canned foods. Quality ingredients are the most important factor in creating preserved foods that you will be proud to serve to your family and friends. You can follow every canning procedure to the letter, use every technique known to produce the best-preserved food you possibly can, but if you use inferior ingredients, the final product will be a disappointment. The outstanding flavor found in superior preserved foods comes directly from using the very best fruits and vegetables available and by not cutting down on the quality of any ingredient.

[수완 실천 - 5강 E38]

582.

For economic reasons, many consumers in their 20s and 30s have been delaying their independence or becoming *boomerangers*, meaning they move back in with their parents after college or after being on their own. For example, in California, more than 30 percent of children aged 18 and over now live with their parents, a significant increase over the percentage that lived with their parents in 2000. This trend toward “doubled-up households” isn’t confined to the United States: In Australia, for instance, a growing number of adult children aren’t leaving home until their mid-20s or later. Boomerangers marry and settle down later and have more discretionary income to spend on entertainment because their parents pay for essentials. Compared with peers who live independently, boomerangers are more likely to buy items like a new car or the latest electronics.

[수완 실천 - 5강 39]

* discretionary 자유재량의, 임의의

수완 실전

583.

Interestingly, being observed has two quite distinct effects on performance. In some cases, performance is decreased, even to the point of non-existence. The extreme of this is stage fright, the sudden fear of public performance. There are many instances of well-known actors who, in mid career, develop stage fright and simply cannot perform. The other extreme is that being observed enhances performance, people doing whatever it might be better when they know that others are watching. The general rule seems to be that if one is doing something new or for the first time, then being observed while doing it detracts from performance. On the other hand, being observed while doing some task or engaging in some activity that is well known or well practiced tends to enhance performance. So, if you are learning to play a new sport, it is better to begin it alone, but when you become skilled at it, then you will probably perform better with an audience.

*detract from ~을 손상시키다

Whether a person is being observed or not can have opposing effects on his or her performance, and the effects usually depend on the familiarity of the task.

[수완 실전 - 5강 E40]

584.

For many citizens, libraries are the one place where the information they need to be engaged in civic life is truly available for free, requiring nothing more than the time to walk into a branch. The reading room of a public library is the place where a daily newspaper, a weekly newsmagazine, and a documentary film are all available for free. In many communities, the library's public lecture room is the only place to hear candidates for office comparing points of view or visiting professors explaining their work on climate change, immigration, or job creation. That same room is often the only place where a child from a family without a lot of money can go to see a dramatic reading or a production of a Shakespeare play. Democracies can work only if *all* citizens have equal access to information and culture that can help them make good choices, whether at the voting booth or in other aspects of public life.

Libraries, then, are core democratic institutions today just as they were in the nineteenth century. The knowledge that libraries offer and the help that librarians provide are the lifeblood of an informed and engaged republic. This role for libraries is just as important in big cities like Boston and New York as it is in every small town in every democracy. From the rise of the public library system in late-nineteenth-century America, libraries have been the place where any citizen could go to pursue his or her own interests, free of cost.

[수완 실천 - 5강 E41~42]

수완 실전

585.

As she sat in Ms. White's health class the beginning of her sophomore year in high school, Crystal seemed to be just another anonymous face blending into the sea of new faces that the health teacher faced every semester. She seemed to have a caring quality about her that made people feel comfortable, but there was something missing or empty about the way she would sometimes stare out the window. One Friday, the teacher decided to break the monotony of the class by doing an activity she called the bumblebee drill. And she played soft music on the CD player she had brought from home.

Things were going fine until a student came up to the teacher and said, "Ms. White, Crystal is crying!" She went to Crystal and found her weeping quietly as she sat in her chair. "Crystal," she whispered, "what is wrong?" "Ms. White," she replied, "my mother passed away two days before my eighth birthday. The song that is playing was my mother's favorite. She used to sing it to me all the time. My mother was always the one who gave me hugs and made me feel special." "Ms. White," she said, "I miss my mom."

By now the whole class had stopped and was looking at Crystal. They were concerned. Ms. White asked her if any of her classmates knew this story. No, she said, it was something she'd always kept to herself. The teacher asked her if she would share her story with them, and she agreed. When Crystal finished speaking, people could hear a pin drop. The teacher told the class she was going to play the song again for Crystal and her mother. "Crystal may get a little sad," she said, "but that's okay because they are sad tears for happy memories."

The teacher started the music and witnessed a remarkable thing. One by one, the students came to join Crystal at the front of the room. Some of them hugged her. Some of them put a hand on her shoulder. Some of them just came up and stood next to her. Soon the whole class stood around her. When the music stopped, Crystal stepped forward and said, "Thank you. I feel like I have a lot of friends." Crystal was never again "just another anonymous face." She became a friend to a lot of people that day, including the health teacher.

[수완 실전 - 5장 E43~45]

수완 실전