

1과

❖ [1-3] Read the passage, and answer the questions that follow.

The condition of your body is influential in learning. There are numerous factors that have an impact on your body such as stress, exercise, and sleep. Chronic stress is one of the core elements that (you hinder from efficiently learning). So one important step in preparing your body for learning is getting rid of stress. (A) [Unless / If] you react properly to everyday pressures, your body will release too much adrenaline and cortisol, which decreases your capacity to learn.

The chemicals your body produces under stress can be (B) [cut / cutting] down or eliminated through exercise. So if you exercise on a daily basis, you can learn more efficiently by reducing your stress level. Furthermore, research shows that people who have an active lifestyle (C) [have / has] better attention spans, memories, and motor skills.

1. Which of the answer choices best completes the blanks grammatically?

- | | (A) | | (B) | | (C) |
|---|--------|-----|---------|-----|------|
| ① | Unless | ... | cut | ... | has |
| ② | Unless | ... | cutting | ... | has |
| ③ | Unless | ... | cut | ... | have |
| ④ | If | ... | cutting | ... | have |
| ⑤ | If | ... | cut | ... | have |

2. Rearrange the words in parentheses to make the sentence make the most sense. (* AS IN THE TEXTBOOK)

→ _____

3. Choose the best subject of the above passage.

- ① 운동의 중요성
- ② 기억력 향상 방법
- ③ 좋은 운동의 요건들
- ④ 압박감을 줄이는 방법들
- ⑤ 학습능력에 영향을 미치는 요인들

❖ [4-6] Read the passage, and answer the questions that follow.

Effective learning is closely related with your emotions. When you feel ① excited about what you're learning and happy about the progress that you have made, you give a tremendous boost to your ability to learn. So try to find ② what truly interests you and enjoy the journey of learning. Another way to boost learning is to put what you learned into action. (A) _____, when you memorize words in a foreign language, you may find that they keep slipping away ③ unless you review them often.

(B) _____, when you get a chance to actually use a word you've memorized, you'll find that it's much easier ④ to recall the next time you need it. When you study something, ⑤ experimenting with it and find fun ways to learn it. You'll realize that you can master it with much less effort than you (memorized if would just you it) off the page of a textbook.

4. Which set of connectives best completes the passage?

- | | (A) | | (B) |
|---|-------------|-------|-------------------|
| ① | In addition | | For example |
| ② | For example | | For example |
| ③ | For example | | On the other hand |
| ④ | Similarly | | On the other hand |
| ⑤ | Similarly | | On the other hand |

5. Which of the options labeled ① through ⑤ is NOT grammatically correct?

- ① ② ③ ④ ⑤

6. Rearrange the words in the parentheses to make the sentence make the most sense in the passage.

→ _____

7. Read the passage and choose the best title.

To make something you perceive part of your long-term memory, you have to pay conscious attention to it. To keep your attention focused, you have to avoid multitasking. If you listen to music, send text messages or watch TV out of the corner of your eye while you're studying, you may lose your focus and lower your learning efficiency. The brain works better when your conscious attention is strictly focused on one thing at a time. If you develop the habit of quiet attentiveness when you study, you'll find that you learn more quickly, and therefore have more time left to do the other things you want to do.

- ① How to Learn
- ② Stay Motivated
- ③ Focus on What You Learn
- ④ Prepare Your Body for Learning
- ⑤ Narrow Down Details of an Overall View

8. Which of the answer choices is appropriate in the blank to make the passage make the most sense?

When you're learning something new, it's desirable to make the best of the brain's natural processing sequence. Look at the big picture first, and then choose a smaller part to focus on. Once you've learned that smaller part, you'll have a better understanding of the whole idea when you go back to the overall view. Then you can pick out another detail to work on. By repeating this process, something that seems overwhelmingly difficult can be broken down into simpler tasks. In the end, you'll find that even complicated things you thought you could never learn _____.

- ① are so complex
- ② are actually not so hard
- ③ will turn out to be interesting
- ④ are actually very complicated
- ⑤ won't be of help for remembering the things

9. Which of the options labeled ① through ⑤ is NOT grammatically correct? Find and correct it.

It is also important ① **to get** enough sleep if you want to boost your ability to learn. You may think you're wasting time when you sleep, but actually your brain is busy processing, organizing, and ② **storing** the information ③ **you've been trying** to learn while you were awake. So to prepare ④ **yourself** to learn, you should first be able to handle everyday pressures, and ⑤ **getting** enough exercise and sleep.

_____ → _____

10. After the introductory sentences, which answer choice makes the passage make the most sense?

The condition of your body is influential in learning. There are numerous factors that have an impact on your body such as stress, exercise, and sleep. Chronic stress is one of the core elements that hinder you from learning efficiently.

(A) It is also important to get enough sleep if you want to boost your ability to learn. You may think you're wasting time when you sleep, but actually your brain is busy processing, organizing, and storing the information you've been trying to learn while you were awake. So to prepare yourself to learn, you should first be able to handle everyday pressures, and get enough exercise and sleep.

(B) The chemicals your body produces under stress can be cut down or eliminated through exercise. So if you exercise on a daily basis, you can learn more efficiently by reducing your stress level. **Furthermore**, research shows that people who have an active lifestyle have better attention spans, memories, and motor skills.

(C) So one important step in preparing your body for learning is getting rid of stress. **Unless** you react properly to everyday pressures, your body will release too much adrenaline and cortisol, which decreases your capacity to learn.

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

11. Read the passage and choose the best title.

The condition of your body is influential in learning. There are numerous factors that have an impact on your body such as stress, exercise, and sleep. Chronic stress is one of the core elements that hinder you from learning efficiently. So one important step in preparing your body for learning is getting rid of stress. Unless you react properly to everyday pressures, your body will release too much adrenaline and cortisol, which decreases your capacity to learn.

The chemicals your body produces under stress can be cut down or eliminated through exercise. So if you exercise on a daily basis, you can learn more efficiently by reducing your stress level. Furthermore, research shows that people who have an active lifestyle have better attention spans, memories, and motor skills.

- ① The Factors That Affect Your Body
- ② Make Your Body Ready to Go to Sleep
- ③ Do Away with Stress for Your Health
- ④ The Importance of Getting Rid of Stress
- ⑤ The chemicals Your Body Release under Stress

12. Which of the options labeled ① through ⑥ is NOT grammatically correct? Find and correct it.

To make something you perceive part of your long-term memory, you have to pay conscious attention to it. ① **To keep** your attention ② **focused**, you have to avoid multitasking. If you listen to music, send text messages or watch TV out of the corner of your eye while you're studying, you may lose your focus and ③ **lower** your learning efficiency. The brain works better when your conscious attention is strictly ④ **focused** on one thing at a time. If you ⑤ **will develop** the habit of quiet attentiveness when you study, you'll find that you learn more quickly, and therefore have more time ⑥ **left** to do the other things you want to do.

_____ → _____

13. Where would you place the sentence in the box to be appropriate to the context?

Then you can pick out another detail to work on.

When you're learning something new, it's desirable to make the best of the brain's natural processing sequence. ① Look at the big picture first, and then choose a smaller part to focus on. ② Once you've learned that smaller part, you'll have a better understanding of the whole idea when you go back to the overall view. ③ By repeating this process, something that seems overwhelmingly difficult can be broken down into simpler tasks. ④ In the end, you'll find that even complicated things you thought you could never learn are actually not so hard. ⑤

- ①
- ②
- ③
- ④
- ⑤

14. Which of the options numbered ①~⑤ in the passage does not belong to the context?

Effective learning is closely related with your emotions. ① When you feel excited about what you're learning and happy about the progress that you have made, you give a tremendous boost to your ability to learn. ② So try to find what truly interests you and enjoy the journey of learning. ③ However, what interests you is not always of help to your learning. ④ Another way to boost learning is to put what you learned into action. ⑤ For example, when you memorize words in a foreign language, you may find that they keep slipping away unless you review them often.

- ①
- ②
- ③
- ④
- ⑤

15. Which of the answer choices best completes the blanks grammatically?

The condition of your body is influential in learning. [They / There] are numerous factors that have an impact on your body such as stress, exercise, and sleep. Chronic stress is one of the core elements that hinder you from learning efficiently. So one important step in preparing your body for learning is getting rid of stress. [Unless / If] you react properly to everyday pressures, your body will release too much adrenaline and cortisol, [which / what] decreases your capacity to learn.

- | | | | | | |
|---|-------|-----|--------|-----|-------|
| | (A) | | (B) | | (C) |
| ① | They | ... | Unless | ... | which |
| ② | They | ... | Unless | ... | what |
| ③ | There | ... | Unless | ... | which |
| ④ | There | ... | If | ... | what |
| ⑤ | There | ... | If | ... | which |

16. Choose the answer choice that best combines the three groups of sentences to be appropriate in context.

(A) If you develop the habit of quiet attentiveness when you study, you'll find that you learn more quickly, and therefore have more time left to do the other things you want to do.

(B) If you listen to music, send text messages or watch TV out of the corner of your eye while you're studying, you may lose your focus and lower your learning efficiency. The brain works better when your conscious attention is strictly focused on one thing at a time.

(C) To make something you perceive part of your long-term memory, you have to pay conscious attention to it. To keep your attention focused, you have to avoid multitasking.

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

17. Which of the options numbered ① through ⑤ in the passage does not belong to the context?

When you're learning something new, it's desirable to make the best of the brain's natural processing sequence. Look at the big picture first, and then choose a smaller part to focus on. ① Once you've learned that smaller part, you'll have a better understanding of the whole idea when you go back to the overall view. ② Then you can pick out another detail to work on. ③ However, another detail is most important of all. ④ By repeating this process, something that seems overwhelmingly difficult can be broken down into simpler tasks. ⑤ In the end, you'll find that even complicated things you thought you could never learn are actually not so hard.

- ① ② ③ ④ ⑤

18. Fill in the blanks in order that the two sentences have the same meaning.

* You may find that they keep slipping away unless you review them often.
 = You may find that they keep slipping away ____ ____
 _____ them often.

19. Fill in the blanks in order that the two sentences have the same meaning.

* He invited the singers, whom his sons liked very much.
 = He invited the singers, for ____ ____ ____ ____ very much.

20. Where would you put 'that' in the following sentence? (* This 'that' is a relative pronoun.)

In the end, you'll find that even complicated things you thought you could never learn are actually not so hard.