

1번

\*罫어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

When people face / stressful situations, / their breathing / becomes quick and light.

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The phrase / “take a deep breath” / comes to mind / in cases / like these.

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That’s because / breathing / isn’t just a natural process / that allows / people’s bodies / to get oxygen.

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Taking deep breaths / can also help people feel better.

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By taking a deep breath / from the stomach, / people can change / their breathing pattern /

---

and increase their airflow.

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This can physically calm them / since it quiets / the nervous system.

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They feel more relaxed / because negative emotions are reduced.

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Therefore, / breathing deeply / is a simple solution / for managing stress.

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2번

\*罫어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

Climate change is harming / one of our most valuable resources: / sleep.

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As the earth gets warmer, / nighttime temperatures are rising.

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This makes it more difficult / for us / to get a good night's rest /

---

because our bodies / need to cool down / before bed.

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It is recommended that / people get / around seven hours of sleep.

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But / it's harder / to achieve this / when temperatures are too high.

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We spend a longer time / falling asleep / as a result.

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In fact, / experts estimate that / people are already losing / around 44 hours of rest / each year /

---

due to climate change.

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They expect / the number / to increase / as temperatures climb.

---

So, / unless climate change is addressed, / there could be many uncomfortable nights / in our future.

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3번

\*罫어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

It is normal / to forget / things / you have just learned.

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But / there's an easy way / to reduce the chances / of this happening.

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All you need / is a pen and some paper.

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When you write something down, / your body and senses / are more engaged.

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If you're in class / and not taking notes, / you're just listening to the lecture / and watching /

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the teacher / speak.

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However, / if you're writing down information / during the class, / you're also moving your hand, /

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looking at the paper, / and touching your pen.

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Your memory of the information / becomes tied to the movement / you make / to write each letter.

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This higher level of sensory activity / gives you a better chance / at remembering the material.

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4번

\*끊어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

“If you don’t practice, / you don’t deserve to win.”

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With this quote, / tennis player Andre Agassi / highlights / how practice is needed / for success.

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Without it, / you cannot improve your skills.

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That’s why / reaching a goal / requires you to make an effort / every day.

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If you want to become / a famous author, / you should write, / share your pieces, /

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and get feedback daily.

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Or, / if you want to produce / popular paintings, / you need to make time /

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to work on your art / at least / once a day.

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Even if / the rewards of your labor / seem far away, / you should continue practicing.

---

The commitment will pay off / in the future, / and will help you achieve / your dream / in the end.

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5번

\*끝어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

Being able to accurately define / a problem / is a crucial part / of solving it.

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When we do not identify / the exact issue / we face, / we waste a great deal of effort / on “solutions” /  
that do not accomplish anything.

---

We end up spinning our wheels, / using lots of energy / and not making any progress.

---

It is a frustrating feeling / that can make us give up.

---

In order to avoid this situation, / time should be spent / on analysis.

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We must not immediately try / different things / to resolve the difficulty / we are facing.

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By examining a problem carefully / and learning its true nature, / we have a much greater chance /  
of discovering an effective solution / to it.

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6번

\*罫어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

Most people think / forest fire is dangerous / and must be avoided, / but a “controlled burn” is different.

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It is carefully carried out / by experts / to provide / the forest / with some benefits.

---

Controlled burns / prevent future wildfires / by removing dry things / like dead leaves /

---

from the forest floor.

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And / forestry experts / always control the fires / so that they / only go through certain areas.

---

This way, / these fires do not harm / the whole forest.

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They help the soil / because burned trees / provide important nutrients.

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With controlled burns, / local people are protected, / and the forest becomes healthier /

---

in the long term.

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7번

\*罫어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

Conflict occurs / when people have a fight or disagreement.

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It comes from the differences / people have / and gets worse / by fixed attitudes and positions.

---

But / seeing our differences / as something negative / is taking a narrow view / of conflict.

---

It makes us consider / every disagreement / to be a personal attack.

---

We shouldn't approach conflict / this way / because then we become / defensive and more emotional.

---

Instead, / let's allow conflict to broaden / our horizons.

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By valuing / the different viewpoints of others, / we can gain opportunities / through conflict.

---

If we approach conflict / as a chance / to open ourselves up / to hearing new perspectives, /

---

we can expand our understanding.

---

We can achieve / more personal growth / and make better decisions / for ourselves.

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8번

\*罙어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

Dear Mrs. Miller,

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Thank you so much / for choosing Sunset Palms Hotel / for your stay.

---

We hope / you enjoyed your visit.

---

We'd love to hear / your feedback / about our rooms and services.

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So, / we have attached a form / to this email / for you / to fill out / about your experience / with us.

---

We would really appreciate / if you could complete / the survey.

---

It will help / us / improve our service.

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At Sunset Palms Hotel, / we are dedicated / to giving you the very best, /

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and we hope / to see you / again / sometime soon.

---

Sincerely, Trent Harper

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Sunset Palms Hotel Manager

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9번

\*끊어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

My heart was beating fast / as I waited / at the park entrance.

---

I had spent weeks / asking / everyone / to help / clean up the old park.

---

The starting time was getting closer / and I was worried / because nobody had arrived yet.

---

My hands were shaking / and I began to sweat.

---

Then, / I heard voices nearby.

---

I turned around / and saw people walking / towards me.

---

It seemed like / the whole neighborhood had come / to help.

---

I was so thankful / that my eyes filled / with tears.

---

I expressed my thanks / by giving everyone a hug.

---

I thought / it was going to be the worst day, / but it was one of the best.

---

10번

\*끝어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

How good are we at multitasking?

The so-called / invisible gorilla experiment / tried to answer / this question.

In the study, / participants were told / to watch a video / and count the number of times /

a basketball was passed / by the team / wearing white.

There was also a team in black / passing their own basketball.

All of the passes / happened slowly / and were easy to track.

Yet, / despite the task's simplicity, / it seemed to take up / all of the participants' attention.

Because they were counting, / fewer than half of them / noticed that /

a man in a gorilla suit / had appeared / in the video.

The man in the gorilla suit / had even stood / in the middle of the playing area / beating his chest, /

but many / only saw the basketball.

Attending to one easy task, / it seems, / can prevent us from seeing / anything else.

11번

\*罫어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

Many people / no longer read books / to learn about new topics / these days.

---

Instead, / they watch short videos / on different subjects / and think / they have learned /

---

enough information.

---

They prefer videos / because watching them requires / less time and effort / than reading a book.

---

However, / most video clips / only provide fun facts / rather than a deeper understanding / of a topic

---

Measuring achievement / is the key / to revealing / how much knowledge a person has /

---

of a topic.

---

People don't learn a lot / from videos / because they aren't long enough /

---

to include / sufficient details and descriptions.

---

If a person really wants to know / about a topic, / they should try to finish a book /

---

about it.

---

12번

\*罫어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

“Setting goals / is the first step / in turning the invisible / into the visible.”

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In this quote, / author Tony Robbins tells us that / goals can help us make /

---

real changes.

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With a clear goal, / we can identify / the best path / there / from our current position.

---

It means that / we start / from figuring out the required work / to go /

---

in the right direction.

---

The next step / is to measure our progress / to ensure /

---

we are actually moving forward.

---

Every time we get a step closer / to our goal, / it will encourage us to continue.

---

This motivation / will help us reach it / in the end.

---

As a result, / we can take an invisible idea / and turn it into /

---

a real, visible change.

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13번

\*끝어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

From the late 1800s / to the early 1900s, / vaudeville was / the most popular type of entertainment /

---

for American families.

---

Vaudeville performances included / comedy, music, dance, and circus acrobatics.

---

People / of all races and social classes / enjoyed vaudeville.

---

However, / vaudeville started to fade away / due to newer technology / for entertainment.

---

People began / listening to the radio / and watching films.

---

As a result, / vaudeville audiences shrunk.

---

Its popularity declined / even further / because famous performers /

---

such as Charlie Chaplin and Buster Keaton / moved over / to these new forms of media.

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14번

\*罅어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

People often sleep less / during the week / because they have lots of work / to do.

---

They then try to make up for / their lost rest / by sleeping late / on the weekends.

---

Although this approach may make / them / feel better temporarily, / it is not really effective.

---

It does not solve / all of the problems / that result from insufficient sleep.

---

Those / who regularly do not sleep enough / during the week / will suffer from /

---

a variety of health problems / regardless of the amount of sleep / they get on weekends.

---

To avoid this situation, / it is advised that / people sleep for seven or eight hours / every night.

---

This is the only way / to ensure / they will not experience / the negative effects / of inadequate rest.

---

15번

\*끝어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

Anthony van Dyck / was a 17th-century painter / from the Netherlands.

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Born in 1599, / he began painting / at the age of 10.

---

As a teenager, / he worked / as an assistant / for Peter Paul Rubens, /

---

the Netherlands' greatest Baroque painter.

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Van Dyck later spent time / in Italy / and became more influenced / by the Italian painter Titian.

---

He developed his own style / while he was there.

---

In 1632, / England's Charles I invited / Van Dyck / to become his official court painter.

---

Van Dyck became famous / for his portraits / of England's royal family / and other important Europeans.

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He painted quickly / and made / his models / look good.

---

He influenced / both / English painters / and younger artists / in Europe.

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16번

\*罫어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

The graph above shows / the percentage of US adults / who have heard / about recent technologies.

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Self-driving cars / is the only category / of which less than 10 percent of people / heard nothing at all.

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More than a third of people / heard a lot / about self-driving cars, / while less than a third of people /

---

heard a lot / about virtual reality.

---

The percentage of people / who heard nothing at all / about virtual reality /

---

is two percentage points lower / than that of artificial intelligence.

---

Among the four categories, / artificial intelligence shows / the smallest gap / between the two responses.

---

As for personal space travel, / the percentage of people / who heard nothing at all /

---

is over three times higher / than that of people / who heard a lot.

---



17번

\*罫어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

Do you often feel unhappy / with your life?

---

Like / you can never achieve everything / you want?

---

That's because / most of us / are chasing too many things / without appreciation / for everything /

---

that we have now.

---

We all want / an amazing job, / expensive house, / and lots of friends.

---

We feel like / we can't be satisfied / until we have all of them.

---

But / as we work towards this, / we end up forgetting / what we already have.

---

So, / we never concentrate on the present.

---

To live fully / in the moment, / we have to be thankful / for all of the good things /

---

that have happened to us.

---

If we take time / to feel gratitude / at least once a day, / it will allow us to enjoy / the moment.

---

18번

\*끊어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

The reason / why many people enjoy jogging / these days / is that /

---

it only requires / a pair of sneakers / and some comfortable clothes.

---

While / special equipment may not be required, / it is important / to maintain the proper form.

---

This is because / keeping your head and back straight / while jogging / greatly reduces /

---

the risk of sprain.

---

You also need to make sure / your feet are hitting the pavement / directly beneath your knees /

---

instead of in front of them.

---

Following these guidelines / will help you lower / the chances of being hurt.

---

This ensures that / you can continue with / this form of exercise / until late in your life.

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\*罫어 읽기 한 표시를 따라 문장 구조에 유의하여 해석을 써보세요.

Paul looked out the window / at the soccer field.

---

His friends were passing a ball / to one another.

---

But Paul had hurt his leg / and couldn't play soccer.

---

A teacher saw / Paul / staring out the window, / and decided to cheer him up.

---

"I have something / for you / to do," / said the teacher.

---

The teacher / led Paul to the art room.

---

He got / Paul / some paper and paint.

---

"I think / you'll like painting," / he said.

---

Paul just stared down at the paper / and didn't move.

---

He had never liked art, / and painting / seemed difficult / to him.

---

"What do I paint?" / he asked.

---

"Anything you want," / replied his teacher.

---

After a while, / Paul decided / to paint his favorite thing / in the world: / a soccer ball.

---

He had liked / to play soccer / since he was young, / so it was easy / for him.

---

He finished his first piece / and showed his teacher.

---

“Well done!” / he said.

---

“Do you want to paint more?”

---

“Yes, / but I also want you to teach / me / more about painting,” / Paul answered.

---

Paul’s teacher helped / him / improve his painting skills / over the next few weeks.

---

His pieces became better, / and Paul found himself / really enjoying his time / in the art classroom.

---

When Paul’s injury was finally healed, / his teacher asked him, / “Will you still paint?”

---

“Of course,” / Paul replied.

---

Art was just as important / to him / as soccer / now, / and he couldn’t imagine a life / without it.

---