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. (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. (B) So to prepare yourself to learn, you should first be able to handle everyday pressures, and get enough exercise and sleep. (C) 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. 주어진 글 다음에 이어질 글의 순서로 가장 적절한 것은?
   ① (A)-(B)-(C)
   ② (B)-(A)-(C)
   ③ (B)-(C)-(A)
   ④ (C)-(A)-(B)
   ⑤ (C)-(B)-(A)

2. 위 글의 제목으로 가장 적절한 것은?
   ① The Factors That Affect Your Body
   ② Make Your Body Ready to Learn
   ③ Get Rid of Stress for Your Learning
   ④ The Importance of Sleeping and Exercise
   ⑤ The chemicals Your body Produces under Stress

3. 다음 글에서 전체 흐름과 관계없는 문장은 (1)
   To make something you perceive part of your long-term memory, you have to pay conscious attention to it. ① To keep your attention focused, you have to avoid multitasking. ② By multitasking, you carry out two or more tasks at the same time and benefit your study by saving lots of time. ③ 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. ④ 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.

4. [서술형] 다음 글에서 문장에 맞도록 문장 안에 주어진 단어를 바르게 배열하세요. 4) (1과)
Hello, everyone. Nice to meet you. I’m Garen McGuire, an academic advisor at the student counseling center. As the new semester starts, you may have set goals to improve your academic performance. For this reason, I would like to give you some tips to learn more efficiently.

5. [5-6] 다음을 읽고 문장에 맞하시오. (1과)
Effective learning is closely related with your emotions. 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. So try to find 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 if 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 to recall the next time you need it. When you study something, experiment with it and find fun ways to learn it. You’ll realize that you can master it with much less effort than you would if you just memorized it off the page of a textbook.

5. 위 글의 ①~⑤중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

6. 빈칸 (A)와 (B)에 들어갈 말로 가장 적절한 것은?
① For example On the other hand
② To summarize Still
③ For this reason Nevertheless
④ However By the way
⑤ For instance In short

7. 다음 글에서 밑줄 친 우리말에 맞도록 아래의 문장 안에 주어진 단어를 바르게 배열하시오. (1과)
To cut down or eliminate the stress that students feel in the classroom, something as simple as breathing control and meditation can be quite effective. When you are in the classroom, students should breathe in through the nose and hold it for five seconds before breathing out through the mouth.
Effective learning is closely related with your emotions. 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. ① So try to find what truly interest you and enjoy the journey of learning. Another way to boost learning is to put what you learned into action. For example, when you memorize words in a foreign language, ② you may find that they keep slipping away unless you review them often. On the other hand, when you get a chance to actually use a word you've memorized, ③ you'll find that it's much easier to recall the next time you need them. ④ When you study something, experiment it and find fun ways to learn it. ⑤ You'll realize that you can master it with much less effort than you would if you just memorize it off the page of a textbook.


Effective learning is closely related with your (A)_________. 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. ①_________ try to find what truly interests you and enjoy the journey of learning. Another way to boost learning is ⑥[put / to put] what you learned into action. ⑦ __________, when you memorize words in a foreign language, you may find that they keep slipping away unless you review them often. ⑧__________, when you get a chance to actually use a word you've memorized, you'll find that it's ⑥[much / very] easier to recall the next time you need it. When you study something, (B)__________ with it and find fun ways to learn it. You'll realize that you can master it with much less effort than you ⑤[would / did] if you just memorized it off the page of a textbook.

9. 위 글의 빈칸 (A), (B)에 들어갈 말로 가장 적절한 것은?9)

(A)  (B)
① logics conjecture
② emotions experiment
③ emotions delude
④ intuition conjecture
⑤ logics experiment

10. 위 글의 빈칸 ①, ⑥, ⑧에 들어갈 말로 바르게 연결된 것은?10)

① ⑥ ⑧
One way to boost learning is to put what you learned into action. For example, when you memorize words in a foreign language, you may find that they keep slipping away unless you review them often.

Learn by gathering a broad overview of a subject before breaking it down into smaller tasks that you can manage.

On the other hand, when you get a chance to actually use a word you've memorized, you'll find that it's much easier to recall the next time you need it.

When you study something, experiment with it and find fun ways to learn it. You'll realize that you can master it with much less effort than you would if you just memorized it off the page of a textbook.

When you look at a scene in front of you, you don't initially see it explicitly in every detail. You notice the overall visual image and the sounds reaching your ears before you begin to recognize any particular part of the scene. That's the typical way your brain works. First, it perceives the subject in the entire figure or pattern all at once, and then it starts to sort out the details.

When you're learning something new, it's desirable to make the best of the brain's natural processing sequence. Choose a smaller part to focus on at first, and then look at the big picture. 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.
Stress is more than just uncomfortable; it can be harmful to the mind and body, too. (A)__________ general health problems, chronic stress causes problems with our memory, problem-solving skills, and decision-making processes. Although a small amount of stress can help us keep our attention levels high enough to complete tasks, large amounts are dangerous, particularly when the stress accompanies feelings of fear and anxiety, and result in jeopardizing the learning process. (B)__________, it's important to make efforts to reduce the stress level of students in a classroom setting. The stress that a student feels causes his or her body to release a chemical called *TMT. This chemical disrupts working memory, the desire to explore new ideas, and creative problem-solving skills. Although students may work "harder" under stress, the quality of their work diminishes. Not only is students' short-term memory (such as remembering the phone number when it was heard for the first time) accelerated, but their long-term memory, retrieving information from past events, decreases.

14. 위 글의 밑줄 친 ①~⑥ 중 쓰임이 적절하지 않은 것은?14)
   ① a  ② b  ③ c  ④ d  ⑤ e

15. 위 글의 반칸 (A), (B)에 들어갈 말로 가장 적절한 것은?15)
   (A)  (B)
   ① Because of However
   ② In addition to However
   ③ Because of As a result
   ④ In spite of Therefore
   ⑤ In addition to Therefore
강상윤 영어카페 http://cafe.naver.com/ksyenglishhouse

English II (능률) 1과 기출모음

1) ④
2) ②
3) ②
4) some helpful tips on how to learn
5) ② if → unless
6) ①
7) Sitting with their backs straight and eyes closed
8) ②
9) ②
10) ①
11) ③
12) ②
13) ③
14) ⑤ [ⓒ accelerated → crippled]
15) ⑤