

9만 민만후름 (1) EXAMPLE 01 역할 흉내 내기의 효력

- The Effect of Role Empirical Betting



(1) You can actually become your own cheerleader by talking to yourself positively and then acting as if you were already the person that you wanted to be.

( $\underline{2}$ ) Act as though you were trying out for the role of

a positive, cheerful, happy, and likable person.

(  $\ensuremath{\mathbb{B}}$  ) Walk, talk, and act as if you were already that person.

( 4 ) Treat everyone you meet as though you had just won

an award for being the very best person in your industry or

as though you had just won the lottery.

(5) You will be amazed at how much better you feel about yourself after just a few minutes of pretending.



## 9만 빈탄후름 (1) EXAMPLE 02 도덕적 균형 맞추기

- moral balance



Life is a balancing act, and so is our sense of morality.
 Research suggests that when we view ourselves
as morally deficient in one part of our lives, we search
for moral actions that will balance out the scale.

(B) Maybe you know you should be recycling but just never get around to gathering up your glass, paper, and plastics in time for the recycling truck.

(4) One day you happen to be walking through a
 hardware store and notice a rack of energy-efficient
 light bulbs, and you instantly decide to buy twenty
 of them and change out every bulb in your house.

(B) The moral deficiency (not recycling) is, in your view, balanced by a moral action (installing energy-efficient bulbs).

(G) The problem is that the seesaw can also tip the other way: If we believe we are doing enough, morally speaking, then there's little reason to do more.

(7) The scale is already level.



9명 민만혼름 (1) PRAGTICE 01 식품 속에 있는 에너지에 대한 인식

- perception of energy in food

(1) Technology has made it possible to manipulate foods' sensory properties to make them sweeter or saltier or richer tasting or more colorful at will.

(2) Thus, technology has fully separated the tastiness of foods from their nutritional worth.

(B) In addition, current technology creates notorious hazards for energy perception.

(4) The fat content of many processed foods is not clearly evident from either the appearance of the food, its feel and taste, or from the packaging and shape of the item.

(B) The energy content of a variety of similar-tasting foods can vary considerably.

(G) And the array of such processed food products,
made tasty by the addition of fat, sugar, and salt, is vast.
(7) This means that by following their food preferences—eating
a variety of tasty foods—people are no longer assured
that they will get a nutritionally adequate diet.





9만 민만후름 (1) PRAGTIGE 02 자기 의견 맞하기

- Speaking Own Opinion



(1) If you do have an opinion, do not be afraid to voice it, both in tutorials and written work.

(2) Undergraduate tutorials all over the country each week are full of students, many of whom have great ideas, but who feel hesitant about speaking out or including them in essays.

(B) Working at degree level is all about reading, understanding and forming educated opinions based upon what you have read, but it is also, at its best, about having your own viewpoint.

(4) You will not get it right all the time, of course.

(5) There will be occasions when your tutor will point you in another direction, but if you offer an opinion, you will be impressing the lecturers, stimulating debate and, as importantly, saving yourself a lot of time.

(G) By venturing an opinion in a tutorial, you will get instant feedback, relevant guidance as to where to go next and a highly gratified tutor who will remember your original contribution to the course—always a good thing.



9꾼 민만후름 (1) PRAGTIGE 0B 과거의 실패로부터 배우기

- Learning from Past Failure

(1) According to Henry Petroski, real knowledge from real failure is the most powerful source of progress we have, provided we have the courage to carefully examine what happened.

(2) Perhaps this is why the Boeing Company, one of the largest airplane design and engineering firms in the world, keeps a black book of lessons it has learned from design and engineering failures)}!

(B) Boeing has kept this document since the company was formed, and it uses it to help modern designers learn from past attempts].

(4) Any organization that manages to do this not only increases its chances for successful projects, but also helps create an environment that can discuss and confront failure openly, instead of denying and hiding from it.

(B) It seems that software developers need to keep black books of their own.



9만 빈만후름 (1) PRAGTIGE 04 온난화의 대가

- the price of warming



(1) It is sometimes said, these days, that while "global warming" is a threat to most peoples and societies on this planet, there will be winners as well as losers. (2) The winners might include those living in high, cold regions where warmth will shorten winters and brighten summers. (B) Russia, in particular, might see gains from global warming: the decline of Arctic ice would open submarine energy reserves to exploitation, would free ice-bound ports for navigation, and would soften the harsh environments of Siberia. (4) But Russia's hopes were damaged by what happened in 2010, when forest fires during searing summer heat destroyed whole villages, killed more than 50 people, left thousands homeless and enveloped the capital, Moscow,

in a poisonous smog.

(B) Climate change, short- or long-range, rarely comes without a price tag.