



READY 11인 感 111 다양한 종류의 음식과 과식

- various kinds of food and overeating



- 〈1〉 Think of a buffet table at a party, or perhaps at a hotel you've visited.
- 〈2〉 You see platter after platter of different foods.
- 〈3〉 You don't eat many of these foods at home, and you want to try them all.
- 〈4〉 But trying them all might mean eating more than your usual meal size.
- 〈5〉 The availability of different types of food is one factor in gaining weight.
- 〈6〉 Scientists have seen this behavior in studies with rats: Rats that normally maintain a steady body weight when eating one type of food eat huge amounts and become obese when they are presented with a variety of high-calorie foods, such as chocolate bars, crackers, and potato chips.
- 〈7〉 The same is true of humans.
- 〈8〉 We eat much more when a variety of good-tasting foods are available than when only one or two types of food are available.



**GET SET 우승 感 잡기** 성공을 보장하는 소셜 미디어에서의 인기



- Popularity in Social Media that Ensure Success

- 〈1〉 If you're an expert, having a high follower count on your social media accounts enhances all the work you are doing in real life.
- 〈2〉 A great example is a comedian.
- 〈3〉 She spends hours each day working on her skill, but she keeps being asked about her Instagram following.
- 〈4〉 This is because businesses are always looking for easier and cheaper ways to market their products.
- 〈5〉 A comedian with 100,000 followers can promote her upcoming show and increase the chances that people will buy tickets to come see her.
- 〈6〉 This reduces the amount of money the comedy club has to spend on promoting the show and makes the management more likely to choose her over another comedian.
- 〈7〉 Plenty of people are upset that follower count seems to be more important than talent, but it's really about firing on all cylinders.
- 〈8〉 In today's version of show business, the business part is happening online.
- 〈9〉 You need to adapt, because those who don't adapt won't make it very far.



00 수능 때면 들 多 팜 01 휴식시간의 필요성



- need for rest

〈1〉 Many students think that the way to study is to sit in a chair and bear down on their books and notes as long as they can.

〈2〉 Wrong.

〈3〉 Your brain doesn't like that.

〈4〉 Pressing your brain into unending service becomes stressful after the first hour.

〈5〉 Its efficiency will go down and you'll start to tire.

〈6〉 The research on effective cognitive functioning shows that optimal study spurts of twenty to forty minutes are the ideal amount of time for understanding and retaining information.

〈7〉 So taking a break actually helps your performance.

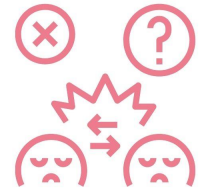
〈8〉 When you don't take planned, occasional breaks, your sympathetic nervous system pushes you into burnout mode.

〈9〉 Studying for two to three hours nonstop is counter-productive and it can turn into a chronic drain on the person's available energy.



00 두뇌 팟 팟 02 아이들끼리의 갈등 해소

- conflict resolution among children



① Occasionally, one toddler will raid another's territory, provoking a brief, but intense, clash of wills.

② Battles of this sort can be more easily managed by grouping twos according to similarities in temperament.

③ For instance, relatively passive, easygoing twos can play alongside one another for long periods of time without conflict.

④ On the other hand, a group of active, assertive twos will clash, especially at first, but will arrive at detente within short order if allowed to work things out pretty much on their own.

⑤ In this instance, the role of the supervising adult is to prevent bodily harm, not determine the "pecking order."

⑥ We'll suffer real trouble, however, when passive toddlers are mixed with active, aggressive ones.

⑦ The more assertive toddlers, sensing the advantage, will take it.



01 수능 때만 들 다 잡기 03 스트레스와 유혹에 빠질 가능성

- the possibility of being seduced by stress



- <1> Countless variations on the marshmallow study on children have been done over the years.
- <2> By far the most interesting finding is that individuals' performance can be manipulated by increasing the stress they're under.
- <3> All sorts of stressors have been studied.
- <4> For example, subjects might be asked to think about or look at something distressing.
- <5> They might be exposed to a loud noise or a strong smell while doing the task.
- <6> The testing room might purposefully be made too hot, too cold, or too crowded.
- <7> Studies show that the greater the emotional, physical, or psychological stress is, the harder it is for us to delay gratification.
- <8> That tells us that a child's ability to resist an impulse is first and foremost a matter of arousal: the result of too much stress and the effect this has on energy reserves.
- <9> How hard is it to think clearly when you're stressed out or exhausted?
- <10> Notice how much easier it is to resist a temptation when you're feeling calm.



90 두뇌 팟 팟 04 스스로에 대한 칭찬

- praise for oneself



- <1> Almost everyone loves to be patted on the back by others.
- <2> It feels good.
- <3> However, when it's not happening, don't let it get you down or adversely affect your attitude.
- <4> Praise from others is never a certainty, and making it a condition of your happiness is a really bad idea.
- <5> What you can do is praise yourself and pat yourself on the back.
- <6> Be honest and genuine regarding your compliments.
- <7> If you're doing a good job, say so.
- <8> If you're working long hours, give yourself some self-recognition.
- <9> If you're making life a little better for even one person, or making any type of contribution to society, then the world is a better place because of you.
- <10> You deserve to be recognized.
- <11> If you'll actually take the time to do so, I think you'll find this exercise is well worth the effort.