



**ANALYSIS** Wobegon 호수 효과: 우리 자신의 능력을 과대평가하는 경향



The Lake Wobegon Effect: The Tendency to Overestimate Our Own Abilities

[1] We tend to believe that we possess a host of socially desirable characteristics, and that we are free of most of those that are socially undesirable.

[2] For example, a large majority of the general public thinks that they are more intelligent, more fair-minded, less prejudiced, and more skilled behind the wheel of an automobile than the average person.

[3] This phenomenon is so reliable and ubiquitous that it has come to be known as the "Lake Wobegon effect," after Garrison Keillor's fictional community where "the women are strong, the men are good-looking, and all the children are above average."

[4] A survey of one million high school seniors found that 70% thought they were above average in leadership ability, and only 2% thought they were below average.

[5] In terms of ability to get along with others, all students thought they were above average, 60% thought they were in the top 10%, and 25% thought they were in the top 1%!



01번 문화 다양성이 생산성, 삶의 질, 국가 정체성에 미치는 영향.



Impact of cultural diversity on productivity, quality of life, and national identity.

[1] The interaction of workers from different cultural backgrounds with the host population might increase productivity due to positive externalities like knowledge spillovers.

[2] This is only an advantage up to a certain degree.

[3] When the variety of backgrounds is too large, fractionalization may cause excessive transaction costs for communication, which may lower productivity.

[4] Diversity not only impacts the labour market, but may also affect the quality of life in a location.

[5] A tolerant native population may value a multicultural city or region because of an increase in the range of available goods and services.

[6] On the other hand, diversity could be perceived as an unattractive feature if natives perceive it as a distortion of what they consider to be their national identity.

[7] They might even discriminate against other ethnic groups and they might fear that social conflicts between different foreign nationalities are imported into their own neighbourhood.



02편 관광 확대를 야기한 요인들

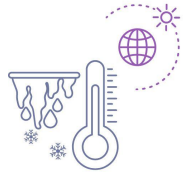


Factors that caused tourism expansion

- [1] As the social and economic situation of countries got better, wage levels and working conditions improved.
- [2] Gradually people were given more time off.
- [3] At the same time, forms of transport improved and it became faster and cheaper to get to places.
- [4] England's industrial revolution led to many of these changes.
- [5] Railways, in the nineteenth century, opened up now famous seaside resorts such as Blackpool and Brighton.
- [6] With the railways came many large hotels.
- [7] In Canada, for example, the new coast-to-coast railway system made possible the building of such famous hotels as Banff Springs and Chateau Lake Louise in the Rockies.
- [8] Later, the arrival of air transport opened up more of the world and led to tourism growth.



03편 해빙과 해수면 상승이 하루의 길이에 미치는 영향



Impact of melting ice and rising seas on the length of a day

[1] The most remarkable and unbelievable consequence of melting ice and rising seas is that together they are a kind of time machine, so real that they are altering the duration of our day.

[2] It works like this: As the glaciers melt and the seas rise, gravity forces more water toward the equator.

[3] This changes the shape of the Earth ever so slightly, making it fatter around the middle, which in turns slows the rotation of the planet similarly to the way a ballet dancer slows her spin by spreading out her arms.

[4] The slowdown isn't much, just a few thousandths of a second each year, but like the barely noticeable jump of rising seas every year, it adds up.

[5] When dinosaurs lived on the Earth, a day lasted only about twenty-three hours.



04편 인간 진화와 소속감



Human evolution and belonging

[1] For creatures like us, evolution smiled upon those with a strong need to belong.

[2] Survival and reproduction are the criteria of success by natural selection, and forming relationships with other people can be useful for both survival and reproduction.

[3] Groups can share resources, care for sick members, scare off predators, fight together against enemies, divide tasks so as to improve efficiency, and contribute to survival in many other ways.

[4] In particular, if an individual and a group want the same resource, the group will generally prevail, so competition for resources would especially favor a need to belong.

[5] Belongingness will likewise promote reproduction, such as by bringing potential mates into contact with each other, and in particular by keeping parents together to care for their children, who are much more likely to survive if they have more than one caregiver.



05편 활동과 경험을 통해 수학적 개념을 익히는 아이들



Children learning mathematical concepts through activity and experience

- [1] Every day, children explore and construct relationships among objects.
- [2] Frequently, these relationships focus on how much or how many of something exists.
- [3] Thus, children count — "One cookie, two shoes, three candles on the birthday cake, four children in the sandbox."
- [4] Children compare — "Which has more? Which has fewer? Will there be enough?"
- [5] Children calculate — "How many will fit? Now, I have five. I need one more."
- [6] In all of these instances, children are developing a notion of quantity.
- [7] Children reveal and investigate mathematical concepts through their own activities or experiences, such as figuring out how many crackers to take at snack time or sorting shells into piles.



06편 미래의 날씨 예측을 기반으로 하는 인간 사회



A human society based on future weather forecasts

- [1] The whole of human society operates on knowing the future weather.
  
- [2] For example, farmers in India know when the monsoon rains will come next year and so they know when to plant the crops.
  
- [3] Farmers in Indonesia know there are two monsoon rains each year, so next year they can have two harvests.
  
- [4] This is based on their knowledge of the past, as the monsoons have always come at about the same time each year in living memory.
  
- [5] But the need to predict goes deeper than this; it influences every part of our lives.
  
- [6] Our houses, roads, railways, airports, offices, and so on are all designed for the local climate.
  
- [7] For example, in England all the houses have central heating, as the outside temperature is usually below 20°C, but no air-conditioning, as temperatures rarely go beyond 26°C, while in Australia the opposite is true: most houses have air-conditioning but rarely central heating.



07편 규칙적인 연습을 통한 뇌 변화



Brain change through regular practice

[1] We used to think that the brain never changed, but according to the neuroscientist Richard Davidson, we now know that this is not true — specific brain circuits grow stronger through regular practice.

[2] He explains, "Well-being is fundamentally no different than learning to play the cello.

[3] If one practices the skills of well-being, one will get better at it."

[4] What this means is that you can actually train your brain to become more grateful, relaxed, or confident, by repeating experiences that evoke gratitude, relaxation, or confidence.

[5] Your brain is shaped by the thoughts you repeat.

[6] The more neurons fire as they are activated by repeated thoughts and activities, the faster they develop into neural pathways, which cause lasting changes in the brain.

[7] Or in the words of Donald Hebb, "Neurons that fire together wire together."

[8] This is such an encouraging premise: bottom line — we can intentionally create the habits for the brain to be happier.





08편 젊은이들이 채식 식단을 선호하는 이유



Why young people prefer a vegetarian diet

[1] Vegetarian eating is moving into the mainstream as more and more young adults say no to meat, poultry, and fish.

[2] According to the American Dietetic Association, "approximately planned vegetarian diets are healthful, are nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases."

[3] But health concerns are not the only reason that young adults give for changing their diets.

[4] Some make the choice out of concern for animal rights.

[5] When faced with the statistics that show the majority of animals raised as food live in confinement, many teens give up meat to protest those conditions.

[6] Others turn to vegetarianism to support the environment.

[7] Meat production uses vast amounts of water, land, grain, and energy and creates problems with animal waste and resulting pollution.



09편 어려운 상황을 도전으로 여기게 하는 호기심



Curiosity that makes difficult situations a challenge

[1] Curiosity makes us much more likely to view a tough problem as an interesting challenge to take on.

[2] A stressful meeting with our boss becomes an opportunity to learn.

[3] A nervous first date becomes an exciting night out with a new person.

[4] A colander becomes a hat.

[5] In general, curiosity motivates us to view stressful situations as challenges rather than threats, to talk about difficulties more openly, and to try new approaches to solving problems.

[6] In fact, curiosity is associated with a less defensive reaction to stress and, as a result, less aggression when we respond to irritation.



10번 거짓말의 표시로서 지연되는 반응



A delayed response as a sign of a lie

[1] When two people are involved in an honest and open conversation, there is a back and forth flow of information.

[2] It is a smooth exchange.

[3] Since each one is drawing on their past personal experiences, the pace of the exchange is as fast as memory.

[4] When one person lies, their responses will come more slowly because the brain needs more time to process the details of a new invention than to recall stored facts.

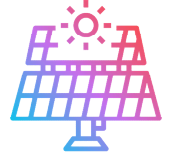
[5] As they say, "Timing is everything."

[6] You will notice the time lag when you are having a conversation with someone who is making things up as they go.

[7] Don't forget that the other person may be reading your body language as well, and if you seem to be disbelieving their story, they will have to pause to process that information, too.



10번 재생 에너지원 사용의 부정적인 영향



Negative effects of renewable energy sources

[1] The use of renewable sources of energy to produce electricity has increasingly been encouraged as a way to harmonize the need to secure electricity supply with environmental protection objectives.

[2] But the use of renewable sources also comes with its own consequences, which require consideration.

[3] Renewable sources of energy include a variety of sources such as hydropower and ocean-based technologies.

[4] Additionally, solar, wind, geothermal and biomass renewable sources also have their own impact on the environment.

[5] Hydropower dams, for example, have an impact on aquatic ecosystems and, more recently, have been identified as significant sources of greenhouse emissions.

[6] Wind, solar, and biomass also cause negative environmental impacts, such as visual pollution, intensive land occupation and negative effects on bird populations.



12번 아이들의 놀이의 중요성



The importance of children's play

- [1] Animals as well as humans engage in play activities.
- [2] In animals, play has long been seen as a way of learning and practicing skills and behaviors that are necessary for future survival.
- [3] In children, too, play has important functions during development.
- [4] From its earliest beginnings in infancy, play is a way in which children learn about the world and their place in it.
- [5] Children's play serves as a training ground for developing physical abilities — skills like walking, running, and jumping that are necessary for everyday living.
- [6] Play also allows children to try out and learn social behaviors and to acquire values and personality traits that will be important in adulthood.
- [7] For example, they learn how to compete and cooperate with others, how to lead and follow, how to make decisions, and so on.