

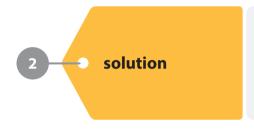




스트레스가 쌓인

The students were stressed out because of their final exams.

그 학생들은 그들의 기말고사 때문에 스트레스가 쌓였다.



명 해결책

I have a <u>solution</u> to the problem.

나는 그 문제에 대한 해결책이 있다.



명 명상

Meditation has become a common therapy nowadays. 명상은 요즘 흔한 치료법이 되었다.



명 집중력

The loud sound made me lose my concentration . 그 큰 소리는 내가 집중력을 잃게 만들었다.



명 **행복**

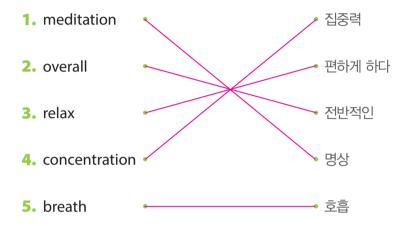
Happiness is sometimes hard to find.

행복은 때때로 찾기 어렵다.



A. Check for Words

▶ 다음 단어와 같은 뜻을 가진 우리말을 찾아 연결하시오.



B. Check for Phrases

▶ 주어진 우리말과 같은 뜻이 되도록 가장 적절한 보기를 골라 빈칸을 완성하시오.

보기 stressed out focus on sign up

- 1. 나는 그 시끄러운 음악 때문에 내 공부에 집중할 수 없었다.
- → I couldn't _____ my study because of the loud music.
- 2. 너는 그 방과 후 프로그램에 등록했니?
- → Did you _____ for the after-school program?
- 3. 나는 스트레스가 쌓였을 때, 드라이브를 하러 간다.
- → When I'm _____, I go for a drive.

숨 쉬러 오시겠어요?

Do you feel stressed out by all of the things going on in your life? If <u>so</u>, we have the perfect solution for you. Join our meditation classes every Monday and Friday. These classes are the perfect <u>way to start</u> and <u>end</u> your week. Our classes can help improve your concentration, happiness, and overall health.



We use breathing meditation to relax the mind and body. During our breathing meditation classes, you will focus on each of your breath. As you do this, all the worries and stress of life will start to disappear. Your thoughts will stop racing, and your body will feel relaxed. Breathing meditation has been shown to (as well as / anxiety / stress / memory / reduce / improve / and).

So if you want a new, relaxing hobby, come on in. You can sign up at the front desk or visit us online at www.meditationforchange.com.





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Dictation



1. W: Good morning, everyone. You must be stressed about the test tomorrow. But I'm sure your hard work will pay off . Before the exam, I would like to make some announcements The exam will start at 10 a.m., so please arrive _____fifteen earlier . And please do not make any kind of noise during the exam. Everyone needs to <u>focus</u> on the test. Most importantly, make sure to turn off your cell phones as well as other smart devices. Thank you, and good luck!



- 1. 다음을 듣고, 안내 방송의 목적으로 가장 적절한 것을 고르시오. ③
 - ① 등교 시간을 공지하려고
 - ② 시험일 변경을 공지하려고
 - ③ 시험에 관한 사항을 안내하려고
 - ④ 소음으로 인한 피해를 알리려고
 - ⑤ 교내 핸드폰 사용 금지를 공지하려고



2. W: What did you do over the weekend, Kevin?

M: I mostly stayed home. Oh, and I finally signed for a yoga class on Sunday.

W: Nice! I heard yoga is a great exercise.

M: Yes, it is. It relaxes my body . It also improves my concentration in school.

W: Good for you. Do you also have a yoga class _____this____ afternoon ?

M: No. I'm going to study for my test.

W: Oh, do you have a test tomorrow?

M: Yes. It's an important test. I have to pass it graduate this fall.

W: I see. Good with your test luck tomorrow!



- 2. 대화를 듣고, 남자가 오후에 할 일로 가장 적절한 것을 고르시오. ③
 - ① 영화 보기
 - ② 학교에 가기
 - ③ 시험공부 하기
 - ④ 졸업사진 찍기
 - ⑤ 요가 수업 등록하기