

PHONE ENGLISH

SENIOR 4-2

ENGLISH CONVERSATION

SKY COMMUNITY BOOKS

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How to use this book

1 Today's Class

일상에서의 평범한 대화를 통해 회화 표현을 익힐 수 있도록 구성되어 있습니다. 수업하기 전에 교재의 내용을 학습하면 좀 더 도움이 됩니다.

2 Reading Comprehension

본문의 내용을 얼마나 이해하고 있는지 확인하기 위한 질문으로 구성되어 있습니다. 질문에 대한 답을 생각해보며, 다시 한번 본문을 읽어보면, 중심내용을 파악하는 데 도움이 됩니다.

3 Free Talking Questions

본문의 내용을 바탕으로 자신의 견해와 경험을 이야기 할 수 있는 질문으로 구성되어 있습니다. 자신의 의견과 감정을 표현하는 데 도움이 됩니다.

4 Vocabulary/Expressions

본문에 나온 난해한 단어들의 영문 해석과 동의어로 구성되어 있습니다. 영문 그대로 해석하고, 동의어를 함께 암기하면 더 자유로운 표현을 할 수 있게 됩니다.

5 Review

본문의 내용과 문법에 관련된 문제로 구성되어 있습니다. 문제를 풀어보면서, 앞서 익혔던 표현들과 문법을 다시금 점검할 수 있습니다.

6 Today's Homework

본문에서 가장 중요한 단어, 숙어, 표현들로 구성됩니다. 배운 것을 기억하며, 단어와 숙어를 조합하여 회화표현을 스스로 구성해 볼 수 있습니다.

SENIOR 4-2

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The Best Way to Overcome Writer's Block

* Today's Class

Do you ever find yourself staring at a blank computer screen or blank piece of paper? Writer's block—a condition that leaves you unable to put your thoughts on paper—can be very discouraging. Here's how to solve this problem. People try many things for writer's block, from reading other writers' great works to exercising. The best way to overcome it is to just write something. For example, if you can't think of a good opening, write another section of your story. Beginning to write anything tends to activate the writing part of your brain so you can keep going. Eventually, you'll think of exactly what you need to say.

* Reading Comprehension

1. What is 'writer's block'?
 2. What do people usually do to overcome writer's block?
 3. What is the best way to overcome writer's block?
-

* Free Talking Questions

1. Have you ever experienced writer's block?
2. What do you do when you have writer's block?
3. What do you think is the cause of writer's block?

* Vocabulary / Expressions

unable (= incapable)

a. ...할 수 없는

not having the necessary means or skill or know-how

discourage (= deter, dissuade)

vt. 낙담시키다

deprive of courage or hope

overcome (= defeat)

vt. 극복하다

win a victory over

section (= segment, piece)

n. 부분

a self-contained part of a larger composition

exactly (= precisely)

ad. 정확하게

indicating exactness or preciseness

* Review

unable

discouraging

overcome

section

exactly

1. I was in the smoking ().
 2. We can () any difficulty.
 3. The future is both () and hopeful.
 4. For programmers, it is important to know () what is happening in a program.
 5. Mr. Barker was () to accept this statement.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

ever, condition, unable, best way, overcome

* Answers

1. section

2. overcome

3. discouraging

4. exactly

5. unable

The Advantages of Coffee

* Today's Class

How do you start your morning? Do you want to have a cup of coffee to help you wake up but avoid it because caffeine is harmful to your health? Then here's some good news for you. An Italian dietician, Chiara Trombetti, recommends that people should drink coffee in the morning. She points to scientific evidence: coffee contains some chemicals, tannin and antioxidants, which are good for the heart and blood circulation. Coffee can also relieve headaches. She says that a cup of milky coffee makes the ideal start for sleepy people. "It will stimulate their brains ahead of a day." she adds.

* Reading Comprehension

1. Why is there some good news about coffee?
2. What ingredients in coffee are good for the heart and blood circulation?
3. What are other advantages of drinking coffee?

* Free Talking Questions

1. What are the disadvantages of drinking coffee?
2. How much coffee a day is safe?
3. Do you believe that drinking coffee stunts the growth of teenagers?

* Vocabulary / Expressions

avoid (= refrain from, shirk from)

vt. 피하다

keep away from

harmful (= negative, dangerous)

a. 유해한

causing or capable of causing harm

evidence (= proof, grounds)

n. 증거

knowledge on which to base belief

relieve (= ease, lighten)

vt. 경감하다

provide physical relief, as from pain

stimulate (= vitalize, energize)

vt. 흥분시키다

cause to be alert and energetic

* Review

avoid

harmful

evidence

relieve

stimulate

1. Physical examination will detect () of atelectasis or pneumonia within the chest
 2. The route was designed to () traffic congestion.
 3. I'm trying to () him to study harder.
 4. One important thing to () in interviews is the use of leading questions.
 5. Freezing winter is () to orange trees.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

good news, recommend, evidence, good for ~

* Answers

1. evidence

2. relieve

3. stimulate

4. avoid

5. harmful

Learning from Active Games

* Today's Class

One of my friends grew up with five brothers and sisters. There were so many children that her family had little money for movies and other “going out” activities. Instead, her parents filled the house with games of all kinds. All of the children grew up to be active game-players. Probably playing the games was for fun, but the end results were educational. My friend recalls learning how to spell over a Scrabble board and learning about money over Monopoly. She adds that it was fun to learn through playing those games.

* Reading Comprehension

1. What did the family have little money for?
 2. What did the parents do, instead of spending money on movies and other activities?
 3. Why were the games educational?
-

* Free Talking Questions

1. Do you agree that some games are educational?
2. Besides buying games, how can you save money on entertainment?
3. Are there any other things that can be both fun and educational?

* Vocabulary / Expressions

grow up (= mature, become older)

성장하다

develop and reach maturity

active (= lively, energetic)

a. 활동적인

characterized by energetic activity

result (= outcome, consequence)

n. 결과

a phenomenon that follows and is caused by some previous phenomenon

recall (= recollect, call to mind)

vt. 상기하다

recall knowledge from memory

spell

vt. 철자를 말하다

orally recite the letters of or give the spelling of

add

vt. 덧붙여 말하다

make an addition

* Review

grow up

active

result

recall

spell

add

1. Accidents are the inevitable () of driving too fast.
 2. He is physically ().
 3. You've ()ed my name wrong.
 4. Everyone will be invited to vote, he said, ()ing that voting is likely to be via the web.
 5. What do you want to be when you ()?
 6. I can't () who gave me the information.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

grow up, instead, probably, recall, add

* Answers

1. result

2. active

3. spell

4. add

5. grow up

6. recall

Drinking Water

* Today's Class

Anyone who is serious about working out at a gym will say that they always carry a water bottle in their gym bag. According to recent research, though, drinking too much water is as bad as drinking too little. The researchers are encouraging anybody who jogs, cycles, or power walks to limit the amount of water they drink while exercising. They say that drinking water at every opportunity can cause health problems such as dizziness. To avoid the problems, exercisers should not drink more than they sweat. You should know your body well enough to know how much is too much.

* Reading Comprehension

1. Which is worse, drinking too much water or drinking too little?
 2. Why can drinking too much water during exercise be a problem?
 3. How much water should exercisers drink?
-

* Free Talking Questions

1. What is the importance of drinking water?
2. Do you think you drink enough water everyday?
3. Have you ever felt dizzy because you drank too much water?

* Vocabulary / Expressions

serious (= earnest, severe)	a. 진지한
concerned with work or important matters rather than play or trivialities	
recent (= today, current)	a. 최근의
of the immediate past or just previous to the present time	
research (= investigation)	n. 연구
systematic investigation to establish facts	
encouraging (= cheering)	a. 격려의
giving courage or confidence or hope	
opportunity (= occasion, chance)	n. 기회
a possibility due to a favorable combination of circumstances	

* Review

serious recent research encouraging opportunity

1. Buying goods on the installment plan has become epidemic in () years.
 2. He was a thoughtful fellow, gentle, and () man.
 3. I'll give your suggestion () consideration.
 4. He capitalizes on every () that comes his way.
 5. () about the usability of architectural renderings supports this notion.
-

* Today's Homework

Construct your own sentences using the following words/expressions:
according to~, recent, opportunity

* Answers

- | | | |
|----------------|----------------|------------|
| 1. recent | 2. encouraging | 3. serious |
| 4. opportunity | 5. research | |

Relax Before You Enter Your Home

* Today's Class

After a day of stress and pressure at the office, most of us arrive home tired and exhausted. We gave our best to our colleagues and customers and, sadly, have nothing left for the people we love the most: our family. Like gladiators who have just completed the battle of their lives, we wearily walk to our arm chair and order family members to leave us alone until we regain our calmness. Taking 10 minutes to relax before you enter your home will help you avoid making this sorry scenario. Then, you'll be the person your family wants you to be when you greet them.

* Reading Comprehension

1. Why do most of us arrive home tired and exhausted?
 2. Who do we have nothing left for?
 3. How can you be the person your family wants you to be?
-

* Free Talking Questions

1. Do you agree that most of us come home tired and exhausted?
2. What are some other ideas how we can relieve stress before we come home?
3. Do you have someone in your family who seems to have "nothing left" for the family?

* Vocabulary / Expressions

exhausted (= <i>fatigued</i>) drained of energy or effectiveness	<i>a.</i> 지칠대로 지친
colleague (= <i>partner, fellow</i>) an associate that one works with	<i>n.</i> 동료
gladiator (= <i>battler, fighter</i>) a professional combatant or a captive who entertained the public by engaging in mortal combat	<i>n.</i> 검투사
weary (= <i>tired, exhausted</i>) physically and mentally fatigued	<i>a.</i> 피곤한
regain (= <i>recover</i>) get or find back	<i>vt.</i> 되찾다
scenario (= <i>outline, scheme</i>) a postulated sequence of possible events	<i>n.</i> 행동 계획, 개요

* Review

exhausted colleague weary regain scenario

1. It is the immediate task of China to () all our lost territories.
 2. I felt () and vacant from the constant waste of time.
 3. This is the ultimate nightmare ().
 4. They're serving drinks to their ()s.
 5. I am () in body and mind.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

after, give best to ~, nothing left, regain

* Answers

- | | | |
|--------------|--------------|-------------|
| 1. regain | 2. exhausted | 3. scenario |
| 4. colleague | 5. weary | |

Forgiving Someone

* Today's Class

Forgiving someone who has wronged you is actually a selfish act rather than a selfless one. Letting go of the hatred that you may have allowed to bottle up inside you is actually something you do for yourself rather than for the benefit of the other person. When you hate someone, it is almost as if you carry that person around on your back with you. He robs you of your energy, enthusiasm, and peace of mind. But the moment you forgive him, you get him off your back and you can move on with the rest of your life.

* Reading Comprehension

1. Is forgiving someone a selfish or selfless act?
 2. When you let go of hatred, who benefits from it?
 3. When you hate someone, what are you robbed of?
-

* Free Talking Questions

1. Discuss about an experience when you forgave someone.
2. Do you agree that forgiving someone is a selfish act?
3. Has there been anyone in your life who you couldn't forgive?

* Vocabulary / Expressions

hatred (= *hate, aversion*)

n. 증오

the emotion of intense dislike

benefit (= *profit, advantage*)

n. 이익

something that aids or promotes well-being

rob (= *deprive, steal*)

vt. 강탈하다

take something away by force or without the consent of the owner

enthusiasm (= *zeal, ardor*)

n. 열광

a feeling of excitement

peace (= *calm, peacefulness*)

n. 평화

the absence of mental stress or anxiety

* Review

hatred

benefit

rob

enthusiasm

peace

1. I never had the () of a university education.
 2. We went along to the local diving club, full of ().
 3. A 77-year-old woman was ()bed at knifepoint.
 4. Lynn seems to be more at () with herself these days.
 5. Abby made no secret of her () for her father.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

selfish, bottle up, rob, as if ~

* Answers

1. benefit

2. enthusiasm

3. rob

4. peace

5. hatred

Sunlight

* Today's Class

Did you know that a bright room can make you happier and more hardworking? A recent study suggests that students do better on tests in sunny schools. Students are absent less often in these schools, too. More surprisingly, children seem to grow taller in schools with lots of sunlight. Daylight is also good for business. The use of natural light makes customers spend more money in stores. In offices, workers who have windows near their desks work harder than those who don't. They also miss fewer days of work.

* Reading Comprehension

1. Why is a bright room important?
 2. What are the good effects of sunlight?
 3. According to the passage, should there will windows or no windows in offices and schools?
-

* Free Talking Questions

1. Do you agree with the writer that sunlight makes people happier and more hardworking?
2. Have you ever felt the good effects of sunlight?
3. Do you think you are living with enough sunlight?

* Vocabulary / Expressions

bright (= shiny, brilliant)

a. 밝은

having lots of light either natural or artificial

suggest (= imply, indicate)

vt. 시사하다

imply as a possibility

sunny (= clear, bright)

a. 햇볕이 잘 드는

bright and pleasant

daylight (= sunlight)

n. 일광, 햇빛

the time after sunrise and before sunset while it is light outside

natural (= organic)

a. 자연의

relating to or concerning nature

customer (= consumer, user)

n. 고객

someone who pays for goods or services

* Review

bright

suggest

sunny

daylight

customer

1. Tuesday will be dry with () spells.
 2. Her words () that she loves him.
 3. The park is open to the public during () hours .
 4. We've had several letters from satisfied ()s.
 5. The buildings looked lovely in the () sunshine.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

suggest, absent, seem, natural, hardworking

* Answers

1. sunny

2. suggest

3. daylight

4. customer

5. bright

Life Is an Hourglass

* Today's Class

Think of your life as an hourglass. The thousands of grains of sand in the top of the hourglass all pass slowly and evenly through the narrow neck on the middle, one grain of sand at a time. You and I and everyone else are like this hourglass. When we start in the morning, we feel we must do hundreds of tasks that day. But if we do not take them one at a time and let them pass through the day slowly and evenly, we are certain to feel stress and fail to achieve our goal. Before a mass of tasks, always remember “one task at a time.” You can then carry out your tasks successfully feeling less stress.

* Reading Comprehension

1. How does the writer compare life to an hourglass?
 2. What happens if we do not take one task at a time?
 3. What does the writer ask us to remember before starting a mass of tasks?
-

* Free Talking Questions

1. What are your own strategies to carry out tasks successfully without feeling stress?
2. Do you agree with the writer's advice?
3. Can you think of another example, besides a hourglass, to compare life to?

* Vocabulary / Expressions

hourglass

n. 모래시계

a sandglass that runs for sixty minutes

grain (= bit)

n. 한 알

a relatively small granular particle of a substance

stress (= pressure, tension)

n. 압박감

a state of mental or emotional strain or suspense

achieve (= gain, accomplish)

vt. 이루다

to gain with effort

carry out (= perform)

실행하다

to do something that you have said you will do
or that someone has asked you to do

* Review

hourglass

grain

narrow

stress

achieve

1. Wilson has ()d considerable success as an artist.
 2. The () had to be turned over every hour so the sand could flow again.
 3. Janet's been under a lot of () since her mother's illness.
 4. There were crumbs and ()s of sugar on the table.
 5. There is the () passage between the cottage and the house.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

grain, achieve, mass of ~, carry out

* Answers

1. achieve

2. hourglass

3. stress

4. grain

5. narrow

Two Standards

* Today's Class

In the real world of jobs and career, people are judged by two standards: their professional skills and their personal traits. While students learn a lot of good skills and knowledge for their future in high school and college, parents also should teach children the characteristics that make for success in the real world such as diligence, cooperative attitude, creativity, optimism, and honesty. That's an important job of the parents, so take the assignment seriously. Before sending them into the world, make your kids ready to handle the tasks of life and social obstacles with strategy and character.

* Reading Comprehension

1. What are the two standards that people are judged by?
 2. What do students learn in high school and college?
 3. What should parents teach to their children?
-

* Free Talking Questions

1. Do you agree that people are judged by just two standards?
2. What do you think is the most important characteristic that makes for success in the real world?
3. Do you agree that parents have an important role in teaching their children?

* Vocabulary / Expressions

career (= <i>profession, work</i>)	<i>n.</i> 직업, 경력
the particular occupation for which you are trained	
cooperative (= <i>collaborative</i>)	<i>a.</i> 협동의
done with or working with others for a common purpose or benefit	
attitude (= <i>standpoint, prejudice</i>)	<i>n.</i> 태도
a complex mental state involving beliefs and feelings and values and dispositions to act in certain ways	
optimism	<i>n.</i> 낙천주의
a general disposition to expect the best in all things	
assignment (= <i>task, chore</i>)	<i>n.</i> 과제
an undertaking that you have been assigned to do	
obstacle (= <i>obstruction, barrier</i>)	<i>n.</i> 방해, 장애
something immaterial that stands in the way and must be circumvented or surmounted	

* Review

career cooperative attitude optimism assignment

1. () prospects within the company are excellent.
 2. They are people with a positive () to life.
 3. There are grounds for cautious ().
 4. He was killed while on () abroad.
 5. The management would like to thank the staff for being so ().
-

* Today's Homework

Construct your own sentences using the following words/expressions:

judge, while, such as, ready to

* Answers

- | | | |
|---------------|----------------|-------------|
| 1. career | 2. attitude | 3. optimism |
| 4. assignment | 5. cooperative | |

Power of Compliments

* Today's Class

It's amazing that such a small, simple skill like giving away compliments can change the way you view yourself and the world around you. You will experience joy and happiness as you learn to give selflessly. Each time you give a compliment, you focus completely on the other person. You actively look for positive traits and examples. People's positive traits jump out at you. Your thought processes shift from looking for the worst in people to looking for the best. You see the possibilities, not the obstacles. Compliment giving is a jump-start for looking at the world in a positive, refreshing, stimulating, and creative way.

* Reading Comprehension

1. What can the small skills like giving away compliments change?
 2. What will you experience as you give selflessly?
 3. What does your thought processes shift from?
-

* Free Talking Questions

1. Explain how you feel when you receive a compliment from someone.
2. Do you agree with the writer's opinion?
3. What is your own reason why you give compliments to others.?

* Vocabulary / Expressions

compliment (= admiration, appreciation) a remark expressing praise and admiration	<i>n.</i> 찬사, 칭찬의 말
trait (= feature, character) a distinguishing feature of your personal nature	<i>n.</i> 특성
jump out to be very easy to see	금방 눈에 띄다
possibility (= likelihood, chance) capability of existing or happening or being true	<i>n.</i> 가능성
obstacle (= obstruction, barrier) something immaterial that stands in the way and must be circumvented or surmounted	<i>n.</i> 방해, 장애
stimulate (= energize, exhilarate) cause to act in a specified manner	<i>vt.</i> 자극하다

* Review

compliment trait possibility obstacle stimulate

1. Her interest in art was ()d by her father.
 2. We want to remove all ()s to travel between the two countries.
 3. To Joe, the greatest () was to be considered amusing.
 4. There was no () of changing the voting procedure.
 5. Many socialists study about the Korean ()s.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

it's amazing that ~, jump out, jump-start

* Answers

- | | | |
|----------------|-------------|---------------|
| 1. stimulate | 2. obstacle | 3. compliment |
| 4. possibility | 5. trait | |

Make the Other Person Feel Important

* Today's Class

There is a very important rule. If we obey that rule, we shall never get into trouble. In fact, that rule, if obeyed, will bring us a lot of friends and constant happiness. But the very instant we break the rule, we shall get into endless trouble. The rule is this: Always make the other person feel important. John Dewey, one of the most famous thinkers in America, said that humans have a strong desire to be important. It is this desire that makes us different from the animals.

* Reading Comprehension

1. What is the rule which the writer claims is important?
 2. What benefits can we get by obeying this rule?
 3. What makes us different from animals?
-

* Free Talking Questions

1. Do you think you obey this rule?
2. Do you agree with what John Dewey said?
3. To make the other person feel important, what do you do?

* Vocabulary / Expressions

rule (= guideline, standard)

n. 규칙, 규정

a principle or condition that customarily governs behavior

obey

vt. (명령을) 준수하다

be obedient to

instant (= immediate)

a. 즉각의

occurring with no delay

trouble (= care, concern)

n. 걱정, 근심

a source of difficulty

constant (= invariable, consistent)

a. 특성불변의, 일정한

unvarying in nature

desire (= want, ambition)

n. 욕구, 욕망

an inclination to want things

* Review

rule

obey

trouble

constant

instant

1. He kept in () contact with his family while he was in Australia.
 2. We might be able to bend the ()s just this one time.
 3. The programme brought an () response.
 4. You won't see what your opponent is doing, and that spells ().
 5. 'Sit!' he said, and the dog ()ed him instantly.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

we shall ~, the very instant, desire

* Answers

1. constant

2. rule

3. instant

4. trouble

5. obey

Advantages of Morning Exercise

* Today's Class

You might think it doesn't matter whether you exercise in the morning, afternoon, or evening. And many people exercise in the evening because evening exercise seems more convenient. But research shows that people who exercise later in the day have more difficulty sleeping. However, exercising in the morning can increase your energy for the day. It will wake up your body in ways that a cold shower or a good breakfast simply can't accomplish. Other research also shows starting the day actively with morning exercise is the key to losing weight.

* Reading Comprehension

1. Why do many people do exercise in the evening?
 2. What makes the evening exercise bad?
 3. What's the advantages of morning exercise?
-

* Free Talking Questions

1. When do you exercise?
2. Have you ever had trouble falling asleep after evening exercise?
3. What exercise do you like to do in the morning?

* Vocabulary / Expressions

exercise (= *activity*)

n. 운동

the activity of exerting your muscles in various ways to keep fit

convenient (= *handy, accessible*)

a. 편리한

suited to your comfort or purpose or needs

research (= *investigation*)

n. 연구

systematic investigation to establish facts

increase

vt. 늘다, 증가하다

become bigger or greater in amount

active (= *lively, energetic*)

a. 활동적인

characterized by energetic activity

* Review

exercise

convenient

research

increase

active

1. My secretary will call you to arrange a () time to meet.
 2. He is involved in cancer ().
 3. My father always led a very () life.
 4. Working in an office, I don't get much ().
 5. Political tensions that might () the likelihood of war.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

you might ~, have difficulty, simply

* Answers

1. convenient

2. research

3. active

4. exercise

5. increase

Going to College - Time and Reason

* Today's Class

Many people go to college straight from high school. Some of them attend college in order to get a wellpaid job. Others may really want to learn about the subjects of their choice. These people hope that a college course will satisfy their academic interests. Some other people decide to go to college later in life. These people want to change their careers. This could be due to the lack of opportunities in their present fields.

* Reading Comprehension

1. When do many people go to college?
 2. What are the two reasons why people go to college straight from high school?
 3. Why do some people decide to go to college later?
-

* Free Talking Questions

1. When do you think is the best time to go to college?
2. Why did you decide to go to college?
3. Do you think college satisfies your purpose?

* Vocabulary / Expressions

attend (= <i>show up</i>) be present at	<i>vt.</i> 출석하다
subject (= <i>course</i>) a branch of knowledge	<i>n.</i> 학과, 과목
satisfy (= <i>please, assure</i>) meet the requirements or expectations of	<i>vt.</i> 만족시키다
academic (= <i>literary, scholar</i>) hypothetical or theoretical and not expected to produce an immediate or practical result	<i>a.</i> 학구적인, 이론적인
career (= <i>profession, work</i>) the particular occupation for which you are trained	<i>n.</i> 직업, 경력
lack of when there is not enough of something, or none of it	부족한

* Review

attend subject satisfy career lack of

1. She had worked very hard to () Harvard.
 2. The program is designed to () the needs of adult learners.
 3. () funding brought the project to a halt.
 4. Nurses want an improved () structure.
 5. In some ()s, I got C or D.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

some of ~, in order to ~, lack of ~

* Answers

- | | | |
|-----------|------------|------------|
| 1. attend | 2. satisfy | 3. lack of |
| 4. career | 5. subject | |

Problems of Focusing on Little Things

* Today's Class

Sometimes we allow ourselves to get all worked up about things that aren't really that big a deal. We focus on little problems and concerns. A stranger, for example, might cut in front of us in traffic. Rather than simply letting it go, we convince ourselves that we are justified in our anger. Many of us might even tell someone else about the incident later on. We can't get it out of our mind. There are many similar small examples like this that occur every day in our lives. If we live like this, we will lose touch with the magic and beauty of life.

* Reading Comprehension

1. What do we get ourselves worked up about?
 2. Instead of letting go of things that aren't a big deal, what do we do?
 3. What will happen if we focus on the little things in life?
-

* Free Talking Questions

1. Do you ever find yourself focusing on the little things in life?
2. Give an example of when someone told you about a small incident that bothered him/her?
3. What can we do to help ourselves focus on the big things, instead of the small?

* Vocabulary / Expressions

allow (= permit)

vt. 허락하다

make it possible through a specific action or lack of action
for something to happen

focus on (= focalize, concentrate)

집중시키다

to give special attention to one particular person or thing,
or to make people do this

convince (= persuade, assure)

vt. 확신시키다

make someone agree, understand, or realize the truth
or validity of something

justify (= confirm)

vt. 정당화하다

show to be right by providing justification or proof

incident (= happening, occurrence)

n. 사건

a single distinct event

* Review

allow

focus on

convince

justify

incident

1. Baker had to () jurors that his client had been nowhere near the scene of the murder.
 2. The plane landed without ().
 3. I don't have to () myself to you or anyone else.
 4. You should () what you are doing now.
 5. Women are not ()ed to enter the mosque.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

rather than ~, focus on ~, lose touch with ~

* Answers

1. convince

2. incident

3. justify

4. focus on

5. allow

Excuse for Own Limitation

* Today's Class

Many people spend a great deal of energy making excuses for their own limitations; “I can’t do that,” “I can’t help it. I’ve always been that way,” and thousands of other negative and self-defeating statements. When we decide that something is truly beyond our reach, it’s very difficult to jump over this self-created hurdle. Suppose, for example, you tell yourself, “I can’t write.” You will look for examples to prove your position. You’ll fill your head with limitations that will frighten you from trying. In order to become a writer or anything else, the first step is to silence your greatest critic — you.

* Reading Comprehension

1. Why is it difficult to overcome your own "self-created hurdle?"
 2. Who is "your greatest critic"?
 3. In order to become successful, what should you do first?
-

* Free Talking Questions

1. Do you agree with the writer that your greatest critic is you?
2. What kinds of excuses do you make yourself when you think you can't do something?
3. Have you ever overcome something that you didn't think you could do at first?

* Vocabulary / Expressions

spend (= consume, use up)

vt. 들이다, 소비하다

spend completely

limitation

n. 제한

a principle that limits the extent of something

beyond

prep. ...의 범위를 넘어서

farther along in space or time or degree

prove (= evidence, testify)

vt. 증명하다

establish the validity of something, as by an example,
explanation or experiment

critic (= reviewer, commentator)

n. 비평가, 평론가

a person who is professionally engaged in the analysis
and interpretation of works of art

* Review

spend

limitation

beyond

frighten

critic

1. The () crucified her performance.
 2. The child has always been ()ed of the dark.
 3. The government has imposed ()s on imports.
 4. He put aside his work to () more time with his son.
 5. Some things are () human contrivance.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

great deal of, limitations, truly, self-created, in order to

* Answers

1. critic

2. frighten

3. limitation

4. spend

5. beyond

Non-Exercise Activities

* Today's Class

You probably know that healthy eating and intentional exercise are good ways to lose weight. But you don't have to workout at the gym to burn calories. Little movements add up, which can help you lose weight. These can be anything from pacing back and forth while talking on the phone to taking regular breaks from your desk to walk to the drinking fountain. Non-exercise activities burn calories at a slower rate than intentional exercise, but they burn calories nonetheless. If losing weight is your concern, why don't you walk the dog, get up to turn off the TV, or walk to your mailbox from now on?

* Reading Comprehension

1. What does the writer suggest us to do besides going to the gym to burn calories?
 2. Which burns calories at a slower rate, non-exercise activity or intentional exercise?
 3. What are some examples of non-exercise activities mentioned in the passage?
-

* Free Talking Questions

1. What is the advantage and disadvantage of non-exercise activities?
2. What do you think is the most important thing to lose weight?
3. Give other examples of non-exercise activities.

* Vocabulary / Expressions

probably (= *perhaps, maybe*)

ad. 아마도

with considerable certainty

intentional (= *purposeful, intended*)

a. 고의적인

characterized by conscious design or purpose

pace (= *walk, patrol*)

vi. 걷다, 왔다갔다하다

walk with slow or fast paces

forth (= *forward, onward*)

ad. 앞으로

forward in time or order or degree

concern (= *care, consideration*)

n. 걱정

an anxious feeling

* Review

probably

intentional

pacing

forth

concern

1. I'm sorry I hurt you; it was not ().
 2. He rocked back and () in his chair.
 3. These differences are () genetic.
 4. The children's education is the teacher's uppermost ().
 5. I found Mark at the hospital, () restlessly up and down.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

probably, good way, add up, nonetheless, from now on

* Answers

1. intentional

2. forth

3. probably

4. concern

5. pacing

The Importance of Dining Table

* Today's Class

It is very important to have a hour of sit-down family time each day for children. Even if a family can't eat together every night, they should try to get together at least once a week. That means turning on the telephone answering machine and shutting off the television. Dinner is not simply about eating but about sharing your day as a family. It's a time when parents can gently show and share their values and morals. Table manners, conversation skills, and respect are all learned around the dining table.

* Reading Comprehension

1. How often should a family get together?
 2. What are the reasons why family time is important to children?
 3. What can children learn from parents around the dining table?
-

* Free Talking Questions

1. How often should a family get together?
2. What are the reasons why family time is important to children?
3. What can children learn from parents around the dining table?

* Vocabulary / Expressions

at least

적어도

not less than a particular number or amount

shut off

(전원을) 끄다, 닫다

to stop operating

moral (=morality, standards)

n. 도덕

the significance of a story or event

conversation (= speech, talk)

n. 대화

the use of speech for informal exchange of views
or ideas or information etc.

respect (= regard, honor)

n. 존경

the condition of being honored

* Review

at least

shut off

moral

conversation

respect

1. He () the engine and the car coasted into the driveway.
 2. Our () touched on many subjects.
 3. Every transistor has () three electrodes.
 4. The boys showed a complete lack of () for authority.
 5. It was the source and being of () perfection and of absolute justice.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

important, even if, at least, once, simply

* Answers

1. shut off

2. conversation

3. at least

4. respect

5. moral

The Difference Between Movie and Story

* Today's Class

When Walt Disney was making the "Snow White" animation, he had to decide the voice of the mirror. In the original story, the mirror answered to the queen's question ("Who is the most beautiful woman in the world?") with its own voice. But in the movie, the mirror must have a voice of male or female. When it has a male voice, children can have the idea that man decides whether a woman has beauty or not. When reading a story, children can imagine what the characters are like, but when seeing a movie, they accept only what it shows about the characters.

* Reading Comprehension

1. What did Walt Disney have to decide about the voice of the mirror in the animation?
 2. Why did it matter whether the voice of the mirror was male or female?
 3. What is the difference between reading a story and seeing a movie to children.
-

* Free Talking Questions

1. Do you agree that small things, like the gender of the voice of the mirror, have great impact on children?
2. Which do you think is better for children, reading a story or seeing a movie?
3. What are the advantages and disadvantages of animated fairy tales?

* Vocabulary / Expressions

decide (= *make up mind, determine*)

vt. 결심하다

reach, make, or come to a decision about something

original (= *initial*)

a. 최초의, 원래의

preceding all others in time or being as first made or performed

whether

conj. ...인지 어떤지

used when talking about a choice you have to make or about something that is not certain

imagine (= *conceive*)

vt. 상상하다

form a mental image of something that is not present or that is not the case

character (= *persona, role*)

n. 등장인물

an imaginary person represented in a work of fiction

* Review

decide

original

imagine

whether

character

1. Each phase angle, () positive or negative, is referenced to the horizontal.
 2. The () copy on disk will be all right, but hours of work can still be lost.
 3. Everyone recognizes Disney's cartoon ()s.
 4. At first sight, I could easily () that the girl would become a good actress.
 5. I can't () whether I like him or not.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

idea, decide, whether, imagine

* Answers

1. whether

2. original

3. character

4. imagine

5. decide

Attitude to Conversation

* Today's Class

Think of a conversation as a small relationship, with giving and taking. One-sided relationships usually don't work, and neither do one-sided conversations. Though you might have a wealth of things to say, don't take too much time to say many words. Instead, keep in mind that you can learn something from almost everyone, and that all human beings think that what they have to say is worth hearing. Don't interrupt. Carefully listen to what others have to say. And ask thoughtful questions that show you understand what they are talking about.

* Reading Comprehension

1. How does the writer compare a conversation to a small relationship?
 2. Why does the writer recommend to not interrupt and carefully listen?
 3. Why should we ask thoughtful questions during a conversation"?
-

* Free Talking Questions

1. Do you prefer listening or talking during a conversation?
2. Have you ever been frustrated by someone who took too much time talking and not enough time listening to others?
3. What characteristics make someone a good listener?

* Vocabulary / Expressions

relationship (= <i>interrelationship</i>)	<i>n.</i> 관계
a relation between people	
usually (= <i>commonly, ordinarily</i>)	<i>ad.</i> 보통, 대개
under normal conditions	
instead (= <i>rather, alternatively</i>)	<i>ad.</i> 그 대신에
in place of, or as an alternative to	
almost (= <i>nearly</i>)	<i>ad.</i> 거의
slightly short of or not quite accomplished	
interrupt (= <i>break in, intervene</i>)	<i>vt.</i> 방해하다
make a break in	
thoughtful (= <i>attentive</i>)	<i>a.</i> 사려깊은
having intellectual depth	

* Review

relationship usually instead interrupt thoughtful

1. Please don't () me while I'm on the phone.
 2. She has a close () with her daughter.
 3. () of being annoyed, he seemed quite pleased.
 4. The drive () takes 15 or 20 minutes.
 5. It was really () of you to remember my birthday.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

neither, though, might, worth

* Answers

- | | | |
|--------------|-----------------|------------|
| 1. interrupt | 2. relationship | 3. Instead |
| 4. usually | 5. thoughtful | |

A Three-Date Minimum

* Today's Class

Most of you are familiar with the romantic notion, “love at first sight.” And in our increasingly fast-paced world, you tend to think you can tell if you like someone immediately. But, I recommend you to stick to a three-date minimum, and have a bit more patience. People are nervous on the first date, begin to feel comfortable on the next date, and only by the third date can people truly relax and maybe build some rapport. So, although sparks early on are nice, to know for sure whether you’re a match or not, you need to take time for discussing, observing, and interpersonal interacting.

* Reading Comprehension

1. What does the writer recommend?
 2. Why does it take three dates to like someone?
 3. To know for sure whether you’re a match or not, what do you need to do?
-

* Free Talking Questions

1. Do you believe in "love at first sight"?
2. Do you agree that people tend to think that they can tell if they like someone immediately?
3. Is it worth to following the advice of a three-date minimum?

* Vocabulary / Expressions

notion (= *idea, conception*)

n. 생각

a vague idea in which some confidence is placed

pace (= *speed, tempo*)

n. 속도

the rate of moving

stick (= *stand*)

vt. 참다

endure

rapport

n. 관계, 접촉

a relationship of mutual understanding or trust
and agreement between people

interact (= *communicate*)

vi. 상호작용하다

act together or towards others or with others

* Review

notion

pace

stick

rapport

interact

1. A politician who ()s well with members of the media is a good politician.
 2. He always found he could build up a good () with children.
 3. Here in Bermuda, the () of life is very slow.
 4. Gerry can't () working for Featherstone's any longer.
 5. She had only a vague () of what she wanted to do.
-

* Today's Homework

Construct your own sentences using the following words/expressions:

be familiar with, tend to, if, whether

* Answers

1. interact

2. rapport

3. pace

4. stick

5. notion