



7-1 note about verbal tasks

We often get instructions and tasks passed to us verbally. Though not always the best way, it's certainly the most common. Unfortunately, however, in the heat of the daily battle, sometimes these things can be forgotten. **So it's always a good policy to immediately make a note about any task given to you verbally.** This begins your work record for the task or project and allows you to have a document to remind you of it. It should be written as soon as possible after it is given so the memory of the instructions is fresh and you can capture all the detail you were provided.

✓ Translation

우리는 흔히 구두로 지시와 과업을 부여받는다. 그것이 항상 가장 좋은 방식은 아니지만, 분명 가장 흔한 방식이다. 그러나 불행하게도, 한창 일상적인 전투를 치르고 있을 때 이런 것들이 가끔씩 잊혀질 수 있다. 그래서 여러분에게 구두로 주어지는 과업이면 무엇이든 즉시 적는 것이 항상 좋은 방침이다. 이렇게 해서 여러분은 과업이나 과제에 대한 작업 기록을 시작하게 되며, 그것을 상기시키는 문서를 가질 수 있게 된다. 지시 사항에 대한 기억이 생생하고 제공받은 모든 세부사항을 파악할 수 있도록 그것을 받으면 가능한 한 빨리 적어야 한다.

✓ Note





✓Voca

- instruction 지시, 명령
- verbally 구두로, 말로
- unfortunately 불행하게도
- in the heat of 한창 ~일 때
- policy 방침, 정책
- immediately 즉시
- make a note about[of] ~을 적다
- document 문서, 서류
- remind ~ of ... ~에게 ...을 상기시키다
- fresh (기억이) 생생한
- capture 파악하다
- detail 세부사항
- provide 제공하다

✓핵심

We often get instructions and tasks passed to us verbally. Though not always the best way, it's certainly the most common. Unfortunately, however, in the heat of the daily battle, sometimes these things can be forgotten. So it's always a good policy to immediately make a note about any task given to you verbally. This begins your work record for the task or project and allows you to have a document to remind you of it. It should be written as soon as possible after it is given so the memory of the instructions is fresh and you can capture all the detail you were provided.

- ① 업무상 필요한 모든 것들을 기록으로 남겨야 한다.
- ② 구두로 지시 받은 것들을 가능한 빨리 기록해두어야 한다.
- ③ 업무 효율을 최대한으로 만들기 위해 필요한 모든 조치를 취해야 한다.
- ④ 일상 속에서 아무리 바쁘더라도 여유를 만들어야 한다.
- ⑤ 업무상 받은 지시는 아무리 바쁘더라도 먼저 해결해야 한다.





7-2 always need artificial light

However intelligently a building is designed to use natural light, it will always need artificial light as well, partly for the dark parts of the day and partly because there may be areas where natural light cannot reach or where it is not desirable. For example, in buildings that display precious artworks strong ultraviolet light is one of the chief causes of degradation, so using a series of diffusers to scatter the natural light or going for entirely artificial light is a possible solution. Other spaces where natural light may not be desirable include entertainment spaces such as concert halls and theatres, where the lighting needs to focus entirely on the performances. In the times between performances, it is possible to build excitement with a dramatic lighting scheme.

✓ Translation

어떤 건물이 자연채광을 이용하도록 아무리 지능적으로 설계되었다고 하더라도 어느 정도는 하루 중의 어두운 시간 때문에, 그리고 어느 정도는 자연채광이 도달하지 못하거나 바람직하지 않은 장소가 있을 수 있기 때문에 인공 조명도 항상 필요할 것이다. 예를 들어 귀중한 예술품이 전시되어 있는 건물에서는 강한 자외선이 변질의 가장 주요한 원인 중 하나이기 때문에 자연광을 산란시키기 위해 여러 개의 산광기를 사용하거나 아니면 전적으로 인공조명을 선택하는 것이 가능한 해결책이다. 자연채광이 바람직하지 않을 수 있는 다른 장소로는 콘서트홀이나 극장과 같은 오락 공간이 있는데, 이곳에서는 조명이 완전히 공연에 집중되어야 한다. 공연 사이의 시간에는 멋진 조명 계획으로 열광적인 분위기를 조성할 수 있다.

✓ Note





✓Voca

- intelligently 지능적으로
- artificial 인공적인, 인위적인
- partly 어느 정도, 부분적으로
- precious 귀중한
- artwork 미술품
- ultraviolet light 자외선
- chief 가장 중요한, 주된
- scatter 산란시키다
- lighting 조명
- scheme 계획, 제도

✓Reminding

However intelligently a building is designed to use natural light, it will always need _____ light as well, partly for the dark parts of the day and partly because there may be areas where natural light cannot reach or where it is not desirable. For example, in buildings that display precious artworks strong ultraviolet light is one of the chief causes of degradation, so using a series of diffusers to scatter the _____ light or going for entirely artificial light is a possible solution. Other spaces where natural light may not be desirable include entertainment spaces such as concert halls and theatres, where the lighting needs to focus entirely on the performances. In the times between performances, it is possible to build excitement with a dramatic lighting scheme.





7-3 centenarians should be role models

In the near future, older people will become the norm rather than the exception. More than half of today's baby boomers will live past age 85, but unless they take the proper steps, many of them will bear a heavy burden of chronic disease along the way. Enjoying the longer life afforded to us by new public health measures and technology means maintaining a high standard of health and independence for many more years than most people ever anticipated. **Centenarians, who represent the gold standard for aging well, should be society's role models.** They are our "resident experts," who can help shape the way we live. People who are serious about remaining productive, enjoying life, and managing health care costs must learn to follow their admittedly long steps.

✓ Translation

가까운 장래에 노인들은 예외라기보다는 일반적인 것이 될 것이다. 오늘날 베이비 붐 세대 중 절반이 넘는 수가 85세보다 더 오래 살 것이지만, 그들이 적절한 조치를 취하지 않는 한, 그들 중 많은 수가 살아가는 동안에 만성 질병의 무거운 짐을 질 것이다. 새로운 공중 보건 정책과 기술이 우리에게 제공하는 더 오래 삶을 즐기는 것은 대부분의 사람들이 일찍이 예상했던 것보다 훨씬 더 오랜 세월 동안 높은 수준의 건강과 독립을 유지하는 것을 뜻한다. 잘 늙어가는 것의 최고 기준의 전형인 100세가 넘는 사람들은 사회의 본보기가 되어야 한다. 그들은 우리들 '사이에서의 전문가'이고 우리가 사는 방식을 형성하는 데 도움을 줄 수 있다. 생산적인 일을 계속하고, 삶을 즐기고, 그리고 건강관리 비용을 처리하는 것에 관해 진지하게 생각하는 사람들은 그들의 인정하건대 긴 보폭을 따라가는 것을 배워야 한다.

✓ Note





✓Voca

- (the) norm 일반적인 것, 표준
- exception 예외
- proper 적절한
- chronic disease 만성 질병
- afford 제공하다
- measure 정책, 조치
- anticipate 예상하다, 기대하다
- represent ~의 전형이 되다, ~을 대표하다
- gold standard 최고의 기준
- role model 본보기, 귀감
- productive 생산적인, 생산하는
- health care cost 건강관리 비용
- admittedly 인정하건대

✓Reminding

In the near future, older people will become the _____ rather than the _____. More than half of today's baby boomers will live past age 85, but unless they take the proper steps, many of them will bear a heavy burden of chronic disease along the way. Enjoying the longer life afforded to us by new public health measures and technology means maintaining a high standard of health and _____ for many more years than most people ever anticipated. Centenarians, who represent the gold standard for aging well, should be society's role models. They are our "resident experts," who can help shape the way we live. People who are serious about remaining productive, enjoying life, and managing health care costs must learn to follow their admittedly long steps.





7-4 distinction between science and technology

Often the distinction between science and technology is said to be like that between basic and applied knowledge. However, careful historical study reveals that all knowledge is applied. Thus **the question turns to communities of practice, with attention to who makes what distinction, where, and why.** For example, new knowledge produced in physics might be applied to problems only of interest to theorists and thus be labeled "basic," while more "applied" work is relevant to a larger network of communities of practice that might include health professionals, manufacturers or materials science engineers. For a contemporary example of the convergence of knowledge and practice, consider the biotechnology industry, where fundamental processes of genetics and protein chemistry are explored with the goal of developing therapeutic products. **Is biotechnology science? Technology? Or both? A new word, technoscience, entered our language toward the end of the twentieth century to help us answer these questions and more.**

✓ Translation

흔히 과학과 기술의 차이는 기초 지식과 응용 지식의 차이와 같다고 한다. 그러나 역사를 주의 깊게 연구해 보면, 모든 지식은 응용된다는 것이 드러난다. 그러므로 누가 어떤 구분을, 어디에서, 왜 하는지에 주목하게 되면서, 그 문제는 지식 실행 공동체로 옮겨간다. 예를 들어 물리학에서 만들어진 새로운 지식이 이론가들에게만 흥미로운 문제에 적용되면서 '기초'라고 명명되는 반면, 보다 더 '응용된' 작업은 건강 전문가, 제조업자나 재료과학 기술자를 포함하는 더 넓은 조직의 지식 실행 공동체와 관련된다. 지식과 실행의 융합에 관한 오늘날의 한 예로, 치료제를 개발하기 위한 목적으로 유전학과 단백질 화학의 기초 공정이 연구되는 바이오 기술 산업을 생각해 보라. 바이오 기술은 과학인가? 기술인가? 아니면 둘 다인가? 이 문제를 비롯한 여러 다른 문제에 대한 답을 찾는 데 도움을 주고자 20세기 말에 테크노사이언스라는 새로운 단어가 우리의 언어에 들어왔다.

✓ Note





✓Voca

- distinction 차이
- relevant 관련 있는, 적절한
- professional 전문가
- manufacturer 제조자, 생산 회사
- contemporary 현대의, 동시대의
- fundamental 근본적인
- genetics 유전학
- protein 단백질
- explore 탐구하다, 탐사하다
- therapeutic 치료상의, 치료법의

✓햇번

Often the distinction between science and technology is said to be like that between basic and applied knowledge. However, careful historical study reveals that all knowledge is applied. Thus the question turns to communities of practice, with attention to who makes what distinction, where, and why. For example, new knowledge produced in physics might be applied to problems only of interest to theorists and thus be labeled "basic," while more "applied" work is relevant to a larger network of communities of practice that might include health professionals, manufacturers or materials science engineers. For a contemporary example of the convergence of knowledge and practice, consider the biotechnology industry, where fundamental processes of genetics and protein chemistry are explored with the goal of developing therapeutic products. Is biotechnology science? Technology? Or both? A new word, technoscience, entered our language toward the end of the twentieth century to help us answer these questions and more.

- ① vision and prospect of technoscience
- ② common features of technology and science
- ③ difference between basic and applied knowledge
- ④ importance of labeling in distinguishing different knowledges
- ⑤ meaninglessness of distinction between science and technology





7-5 individual work space

In all honesty, teachers would not enjoy their work environment quite as much with someone constantly looking over their shoulder, and neither do the students. Likewise, though group or committee work often leads to positive results, **some tasks are better dealt with by only one person**. In both cases, the same is true for the creative process of art making in school. Elementary- and middle-school art rooms should provide adequate space for students working in small groups, while accommodating individual work space as well. Sometimes, **students want and/or need to work alone. This should be honored.**

✓ Translation

솔직히 말해서, 교사들은 누가 끊임없이 그들의 어깨너머로 살펴보는 상황에서는 자신의 근무 환경을 (그렇지 않은 상황만큼) 그다지 많이 즐기지는 못할 것이고, 학생도 그렇게 하지 못한다. 마찬가지로, 집단이나 위원회의 작업이 흔히 긍정적인 결과로 이어지기는 하지만, 오직 한 사람이 다룰 때 더 좋은 일도 있다. 두 경우 모두, 학교에서 미술품을 만드는 창조적인 과정에서 적용된다. 초등학교와 중학교 미술실은 학생이 소규모 집단으로 작업할 수 있는 적당한 공간을 제공해야 함과 동시에 또한 개별 작업 공간을 제공해야 한다. 때때로, 학생은 혼자 작업하기를 원하고(원하거나) 혼자 작업할 필요가 있다. 이것은 존중받아야 한다.

✓ Note





✓Voca

- in all honesty 솔직히 말해서
- constantly 끊임없이
- likewise 마찬가지로
- committee 위원회
- deal with ~을 다루다
- elementary school 초등학교
- adequate 적절한
- accommodate 공간을 제공하다, 수용하다
- individual 개별적인
- as well 또한
- honor 존중하다

✓해변

In all honesty, teachers would not enjoy their work environment quite as much with someone constantly looking over their shoulder, and neither do the students. ① Likewise, though group or committee work often leads to positive results, some tasks are better dealt with by only one person. ② In both cases, the same is true for the creative process of art making in school. ③ In school, a minimized version of society, students need to be raised to cherish the value of togetherness and cooperation. ④ Elementary- and middle-school art rooms should provide adequate space for students working in small groups, while accommodating individual work space as well. ⑤ Sometimes, students want and/or need to work alone. This should be honored.

✓Reminding

In all honesty, teachers would not enjoy their work environment quite as much with someone constantly looking over their shoulder, and _____ do the students. Likewise, though group or committee work often leads to positive results, some tasks are better dealt with by _____. In both cases, the same is true for the creative process of art making in school. Elementary- and middle-school art rooms should provide adequate space for students working in small groups, while accommodating _____ work space as well. Sometimes, students want and/or need to work alone. This should be honored.





7-6 ideas should be beyond Eureka

Ideas are abundant. A highly creative person will have a couple of good ones before he or she finishes breakfast. **And because ideas are all around us in abundance, the practical people who have made enough money to finance your idea are not likely to be attracted to it unless you take certain steps to develop it and demonstrate that it is not just another "me, too" concept.** You need to show that your brainstorm has the potential to generate extraordinary profit. In short, you must take your great idea beyond its "Eureka!" phase. Just as a chemical process begins with natural material and is processed into a plastic, your idea must, as much as possible, evolve toward its predictable end. Its predictable end is the point at which the device is most attractive to consumers and investors.

✓ Translation

아이디어는 아주 많다. 아주 창의적인 사람은 아침 식사를 끝내기도 전에 괜찮은 아이디어를 두어 개 생각해 낼 것이다. 아이디어는 우리 주위에 넘쳐나기 때문에 여러분의 아이디어에 투자를 할 만큼 많은 돈을 번 실용적인 사람들은, 여러분이 그 아이디어를 발전시키기 위한 조치를 강구하고 그 아이디어가 단지 또 하나의 '모방' 개념이 아니라는 것을 보여주지 않으면 그것에 별로 끌리지 않을 것이다. 여러분에게 갑자기 떠오른 멋진 아이디어가 엄청난 수익을 낼 가능성이 있다는 것을 보여 주어야 한다. 요컨대 좋은 아이디어를 "바로 이거야!" 단계 이상으로 발전시켜야 한다. 화학 처리 공정이 천연 물질로 시작해서 플라스틱 제품으로 가공되는 것처럼, 아이디어도 예상할 수 있는 결과로 가능한 많이 발전해 가야 한다. 예상할 수 있는 그 결과는 (그 아이디어에서 발전한) 고안품이 소비자나 투자자에게 가장 매력적으로 여겨지는 지점이다.

✓ Note





✓Voca

- abundant 아주 많은, 풍부한
- finance 자금을 대다; 자원, 자금
- demonstrate 증거를 들어가며 보여 주다
- generate 발생시키다, 만들어 내다
- extraordinary 놀라운, 대단한
- profit 수익, 이윤
- phase 단계
- chemical 화학적인
- process 공정; 가공[처리]하다
- evolve 발달하다, 진화하다
- predictable 예측할 수 있는
- consumer 소비자
- investor 투자자

✓해변

Ideas are abundant. A highly creative person will have a couple of good ones before he or she finishes breakfast. And because ideas are all around us in abundance, the practical people who have made enough money to finance your idea are not likely to be attracted to it unless you take certain steps to develop it and demonstrate that it is not just another "me, too" concept. You need to show that your brainstorm has the potential to generate extraordinary profit. In short, you must take your great idea beyond its "Eureka!" phase. Just as a chemical process begins with natural material and is processed into a plastic, your idea must, as much as possible, evolve toward its predictable end. Its predictable end is the point at which _____.

- ① you become very satisfied with it
- ② it completes itself to the degree theoretically perfect
- ③ everyone around you regards you as the best idea bank
- ④ the device is most attractive to consumers and investors
- ⑤ it earns you the unforgettable name rather than practical benefit

✓Reminding

Ideas are _____. A highly creative person will have a couple of good ones before he or she finishes breakfast. And because ideas are all around us in abundance, the practical people who have made enough money to finance your idea are _____ likely to be attracted to it unless you take certain steps to develop it and demonstrate that it is not just another _____. You need to show that your brainstorm has the potential to generate extraordinary profit. In short, you must take your great idea beyond its "_____" phase. Just as a chemical process begins with natural material and is processed into a plastic, your idea must, as much as possible, evolve toward its predictable end. Its predictable end is the point at which the device is most attractive to consumers and investors.





7-7 using different frames

Being able to look at situations using different frames is critically important when tackling all types of challenges. Consider the fact that before 1543 people believed that the sun and all the planets revolve around the earth. To all those who looked to the sky, it seemed obvious that the earth was the center of the universe. But in 1543, Copernicus changed all of that by proposing that the sun is actually at the center of the solar system. This was a radical change in perspective - or frame. This shift in point of view dramatically changed the way individuals thought about the universe and their individual roles within it. It opened up the world of astronomy and provided a new platform for inquiry. **You, too, can spark a revolution by looking at the problems you face from different perspectives.**

✓ Translation

다양한 (사고의) 틀을 이용하여 상황을 바라볼 수 있는 것은 모든 유형의 어려운 문제를 다룰 때 매우 중요하다. 1543년 이전에는 사람들이 태양과 모든 행성이 지구 주변을 돈다고 믿었다는 사실을 생각해 보라. 하늘을 바라보는 모든 사람에게 지구가 우주의 중심이라는 것은 명백해 보였다. 하지만 1543년에, 코페르니쿠스는 태양이 사실 태양계의 중심에 있다고 제안하여 그 모든 것을 바꾸어 놓았다. 이것은 관점, 다시 말해 (사고의) 틀의 급진적인 변화였다. 이러한 관점의 전환은 개인들이 우주에 대해 그리고 그 안에서의 개인의 역할에 대해 생각하는 방식을 극적으로 바꾸어 놓았다. 그것은 천문학의 세계를 열었고 연구의 새로운 발판을 제공했다. 직면하고 있는 문제를 다른 관점에서 바라봄으로써 여러분도 대변혁을 촉발시킬 수 있다.

✓ Note





✓Voca

- critically 매우, 비판적으로
- challenge 어려운 일, 도전
- revolve 돌다, 회전하다
- obvious 분명한
- universe 우주
- propose 제안하다, 제의하다
- radical 급진적인
- perspective 관점
- astronomy 천문학
- platform 발판
- inquiry 연구, 조사
- spark 촉발시키다, 유발하다
- revolution 대변혁, 혁명

✓핵심

Being able to look at situations using different frames is critically important when tackling all types of challenges.

(A) But in 1543, Copernicus changed all of that by proposing that the sun is actually at the center of the solar system. This was a radical change in perspective - or frame. This shift in point of view dramatically changed the way individuals thought about the universe and their individual roles within it.

(B) Consider the fact that before 1543 people believed that the sun and all the planets revolve around the earth. To all those who looked to the sky, it seemed obvious that the earth was the center of the universe.

(C) It opened up the world of astronomy and provided a new platform for inquiry. You, too, can spark a revolution by looking at the problems you face from different perspectives.

✓Reminding

Being able to look at situations using different _____ is critically important when tackling all types of challenges. Consider the fact that before 1543 people believed that the sun and all the planets revolve around the earth. To all those who looked to the sky, it seemed obvious that the earth was the center of the universe. But in 1543, Copernicus changed all of that by proposing that the sun is actually at the center of the solar system. This was a radical change in _____ - or frame. This shift in point of view dramatically changed the way individuals thought about the universe and their individual roles within it. It opened up the world of astronomy and provided a new platform for inquiry. You, too, can spark a revolution by looking at the problems you face from different perspectives.





7-8 diet < physical inactivity

Diet has been known for many years to play a key role as a risk factor for chronic diseases. What is apparent at the global level is that great changes have swept the entire world since the second half of the twentieth century, inducing major modifications in diet, first in industrial regions and more recently in developing countries. Traditional, largely plant-based diets have been swiftly replaced by high-fat, energy-dense diets with a substantial content of animal-based foods. **But diet, while critical to prevention, is just one risk factor.** Physical inactivity, now recognized as an increasingly important determining factor of health, is the result of a progressive shift of lifestyle towards more sedentary patterns, in developing countries as much as in industrialized ones.

✓ Translation

오랫동안 음식은 만성 질환의 위험 요인으로서 핵심적인 역할을 하는 것으로 알려져 왔다. 범지구적 수준에서 분명한 것은 20세기 후반 이래 큰 변화가 전 세계를 휩쓸어 처음에는 산업이 발달된 지역에서, 그리고 보다 최근에는 개발도상국에서 음식에서의 주요한 변화를 야기했다는 것이다. 대체로 식물성인 전통 음식은 상당량의 동물성 음식으로 이루어진, 지방이 많고 에너지가 농축된 음식으로 빠르게 대체되었다. 그러나 음식이 질병 예방에 중요하기는 하지만 하나의 위험 요소일 뿐이다. 오늘날 점점 중요한 건강 결정 요인으로 인식되고 있는 신체적 비활동은 산업화된 국가만큼 개발도상국에서도 점점 더 앉아서 생활하는 방식으로 바뀌어가는 생활양식의 점진적인 변화로 인해 나타난 결과이다.

✓ Note





✓Voca

- play a role 하다
- chronic 만성적인
- apparent 분명한
- sweep 휩쓸다
- modification 변경, 수정
- region 지역
- swiftly 신속히
- dense 밀도가 높은
- substantial 상당한
- content 함유량, 함량
- prevention 예방
- inactivity 비활동
- progressive 꾸준히 진행되는, 진보적인

✓핵심

Diet has been known for many years to play a key role as a risk factor for chronic diseases. ① What is apparent at the global level is that great changes have swept the entire world since the second half of the twentieth century, inducing major modifications in diet, first in industrial regions and more recently in developing countries. ② Traditional, largely plant-based diets have been swiftly replaced by high-fat, energy-dense diets with a substantial content of animal-based foods. ③ This shift in diet has significantly influenced our mother nature by removing her lungs, that is, forests. ④ But diet, while critical to prevention, is just one risk factor. ⑤ Physical inactivity, now recognized as an increasingly important determining factor of health, is the result of a progressive shift of lifestyle towards more sedentary patterns, in developing countries as much as in industrialized ones.

✓Reminding

Diet has been known for many years to play a key role as a risk factor for chronic diseases. What is apparent at the global level is that great changes have swept the entire world since the second half of the twentieth century, inducing major modifications in diet, first in industrial regions and more recently in developing countries. Traditional, largely plant-based diets have been swiftly replaced by high-fat, energy-dense diets with a substantial content of animal-based foods. But diet, while critical to prevention, is _____ one risk factor. Physical inactivity, now recognized as an increasingly important determining factor of health, is the result of a progressive shift of lifestyle towards more sedentary patterns, in developing countries as much as in industrialized ones.

