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2026년 3월 고1 학평 20번

2026년 3월 시행 · 전국연합학력평가

There is simply no better way to influence or stir an audience—instantly, powerfully, authentically—than by _____. To be clear: I'm not saying you need to tell them long stories about your family vacations or show them baby pictures from the stage. I'm saying that you can share a key biographical detail, or an emotion that you're feeling in the moment, or a self-deprecating joke. It is a tried-and-tested way of bonding with an audience of strangers—and of laying the groundwork for you to then persuade them. The harsh reality is that people won't bond with your arguments in a vacuum, but they will, says speech coach Bas van den Beld, "bond with you"—the person making those arguments. By sharing a revealing story or a personal flaw, you allow audience members a way to identify with you.

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① presenting detailed statistics
② opening up to them with a personal story or anecdote
③ showing many baby pictures
④ speaking without any emotion
⑤ repeating your main argument

2. 주제 윗글의 주제로 가장 적절한 것은?

① how to plan family vacations
② why speeches should avoid jokes
③ the importance of logical arguments alone
④ how speech coaches train athletes
⑤ sharing personal stories to connect with an audience

2026년 3월 고1 학평 21번

2026년 3월 시행 · 전국연합학력평가

We are now at a point of unprecedented genetic, cultural, and environmental power as a species, and we are ① linked to nearly every other person on Earth. We are embodied individuals ② trapping within limited time, but we are also networked data streams, memories, and influencers, and part of a grander humanity. Our decisions today have far-reaching impacts that place a responsibility on us ③ to become good ancestors, to take the long view and time travel forward to imagine the well-being of billions of people whose lives will be lived in the world we are currently making. Centuries ago, leaders of the native North American Iroquois people created "seven generation stewardship," ④ instructing people to consider the impact of every decision on their children, seven generations into the future. In the precious few decades that Earth is ours, while we enjoy the gardens ⑤ planted by our ancestors, we must not steal the shade from our descendants.

1. 어법 윗글의 밑줄 친 부분 중, 어법상 틀린 것은?

① ② ③ ④ ⑤

2. 주장 윗글에서 필자가 주장하는 바로 가장 적절한 것은?

① 현재 세대의 행복이 무엇보다 중요하다.
② 조상이 심은 정원은 우리가 다 써도 된다.
③ 개인은 인류 전체와 무관하다.
④ 미래 세대는 스스로 문제를 해결할 것이다.
⑤ 우리는 현재의 결정이 먼 미래 세대에 미칠 영향을 고려하는 좋은 조상이 되어야 한다.

2026년 3월 고1 학평 22번

2026년 3월 시행 · 전국연합학력평가

Despite learned eating behaviors that are formed in early childhood and inborn biological differences, taste preferences can be changed throughout our lives due to neuroplasticity, our brain's amazing adaptability: There is far more flexibility in our food behaviors than most think, even as we age. This is terrific news for adventurous eaters who want to expand their dinner menu—it's a big, tasty world out there!—but it's amazing news for those eager to break poor diet habits. Just as kids gradually learn to like nutritious foods, so, too, can adults readjust their taste. Many who switch from processed grain foods like white bread and white rice to whole grain types, for instance, gradually learn to prefer the nutty flavors and chewy textures. _____— and a willingness to change—is the key.

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① Strict dieting
② Repeated exposure
③ Avoiding new foods
④ Eating only what you like
⑤ Genetic testing

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Taste Is Fixed in Childhood
② Why White Bread Tastes Better
③ Old Habits Never Change
④ Children Hate Nutritious Food
⑤ You Can Learn to Love New Foods

2026년 3월 고1 학평 23번

2026년 3월 시행 · 전국연합학력평가

Conformity in the teenage years has been studied by putting young people in situations where they are asked to make a choice or decision where that appears to go against what everyone else in the group is saying. The fascinating thing about the results of these studies is that conformity is not spread equally across all age groups. Thus, the willingness to go along with others reaches a ① minimum around the age of 14. After that, this tendency ② decreases, so that by 16 or 17, young people are much more able to ③ disagree with the group and to stand up for their own opinion. This is an ④ important finding. It demonstrates that the influence of the peer group is not the same across all ages. As young people mature, they become more ⑤ resilient, and more able to defend their opinions as individuals.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Teenagers Always Follow the Crowd
② Why Adults Conform More
③ Group Decisions Are Always Right
④ Opinions Never Change with Age
⑤ Peer Pressure Peaks at 14

2026년 3월 고1 학평 24번

2026년 3월 시행 · 전국연합학력평가

Habits aren't bad. We need them to survive. Understanding how the brain uses habits, and how you can work with them, is essential for business. One question to ask is, are you really trying to break a habit, or would you do better by _____ (known as temptation bundling)? Wharton professor Katy Milkman led a research project called Holding the Hunger Games Hostage at the Gym, where participants could only have access to their audio devices while at the gym. This uses a tempting habit—listening to that awesome audiobook—and combines it with a habit people would like to build, but may otherwise feel forced to put off, like exercising. The participants whose devices were "held hostage" were 51 percent more likely to visit the gym. And the really amazing thing is what happened after it was over: nearly two-thirds opted to pay to have gym-only access for their devices!

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① giving up all habits
② punishing yourself
③ avoiding the gym
④ attaching to another one
⑤ buying new devices

2. 주제 윗글의 주제로 가장 적절한 것은?

① why audiobooks are bad for exercise
② temptation bundling as a way to build good habits
③ the high cost of gym memberships
④ how businesses ignore habits
⑤ the dangers of breaking habits

2026년 3월 고1 학평 29번

2026년 3월 시행 · 전국연합학력평가

A conceptual model is an explanation, usually highly simplified, of how something works. ① It doesn't have to be complete or even accurate as long as it is useful. ② The files, folders, and icons you see displayed on a computer screen help people create the conceptual model of documents and folders inside the computer, or of apps or applications on the screen. ③ In fact, there are no folders inside the computer—those are effective conceptualizations designed to make them easier to use. ④ Many people prefer laptops to desktop computers because they are portable. ⑤ Sometimes these depictions can add to the confusion, however. When reading e-mail or visiting a website, the material appears to be on the device, for that is where it is displayed and used. But in fact, in many cases the actual material is "in the cloud," located on some distant machine. The conceptual model is of one, coherent image, whereas it may actually consist of parts, each located on different machines that could be almost anywhere in the world.

1. 무관한 문장 윗글에서 전체 흐름과 관계 없는 문장은?

① ② ③ ④ ⑤

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Folders That Don't Exist: Useful but Misleading Models
② Computers Store Real Paper Folders
③ The Cloud Is Inside Your Phone
④ Why Conceptual Models Must Be Accurate
⑤ Icons Make Computers Slower

2026년 3월 고1 학평 30번

2026년 3월 시행 · 전국연합학력평가

The principal transportation mode in the developing world, even in large cities, is still walking because of constraints on the resources needed to operate extensive transit systems. People cover long distances on foot every day and expend human energy that they can hardly spare. Walking under those conditions is _____ that consumes productive capability. In North America and Western Europe, however, the attitude and policies are just the different: walking is efficient, healthful, and natural. We should do more of it—almost everybody agrees—and some of the current trends should be reversed. Ironically, among the most popular exercise machines in health clubs and in homes are tread-mills that simulate walking, which could be otherwise accomplished with a transport purpose on the street.

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① a pleasant hobby
② a healthy choice
③ a sign of wealth
④ a cultural tradition
⑤ an unavoidable burden

2. 주제 윗글의 주제로 가장 적절한 것은?

① why treadmills are better than walking
② the high cost of public transit in Europe
③ how cities ban walking
④ the history of health clubs
⑤ contrasting views of walking in developing and developed regions

2026년 3월 고1 학평 31번

2026년 3월 시행 · 전국연합학력평가

Just like how other rooms in your home can cause ① anxiety when filled with too much stuff, the same is true for kids. If the play space houses every single toy that has ever been purchased for them since birth, they may not be able to express their feelings, but they can feel ② overwhelmed by so much stuff. This reminds us of how women look in their closets packed full of clothes and think, I have nothing to wear. Revision helps everyone see what they have and use what they own. When there's too much to see, too much to step over, and too much input, kids have a ③ easy time making a choice. ④ Streamlining a play space is so important. You want your kids to feel inspired and imaginative in the room—not overcome with ⑤ indecision.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 요지 윗글의 요지로 가장 적절한 것은?

① 장난감은 많을수록 아이의 창의력이 커진다.
② 옷장은 옷으로 가득 채워야 한다.
③ 아이들은 감정 표현을 잘한다.
④ 놀이 공간은 부모가 정리해서는 안 된다.
⑤ 아이의 놀이 공간을 간소화해야 아이들이 압도되지 않고 상상력을 발휘할 수 있다.

2026년 3월 고1 학평 32번

2026년 3월 시행 · 전국연합학력평가

Students often mistake ① familiarity with true mastery, creating a dangerous “illusion of competence” where recognizing information feels like genuine knowledge, but they struggle when asked to recall or apply it independently. This cognitive bias, strengthened by passive study methods, leads learners to ② underestimate their understanding. Teaching materials (even informally or imaginatively) actively ③ counters this illusion by requiring deep processing, active recall, structured organization, and revealing ④ gaps in knowledge. It introduces powerful methods like teaching imaginary students, peer-teaching in study groups, employing the Feynman Technique, and writing explanations for others. Ultimately, adopting the teacher mindset transforms surface familiarity into real mastery, exposing and filling gaps in knowledge and ensuring ⑤ solid, reliable understanding.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 주장 윗글에서 필자가 주장하는 바로 가장 적절한 것은?

① 학습 내용을 진정으로 익히려면 다른 사람에게 가르치듯 설명하는 교사의 사고방식을 가져야 한다.
② 익숙하게 느껴지는 내용은 이미 숙달한 것이다.
③ 수동적인 학습 방법이 가장 효과적이다.
④ 혼자 반복해서 읽는 것이 최선이다.
⑤ 가르치는 일은 교사에게만 필요하다.

2026년 3월 고1 학평 33번

2026년 3월 시행 · 전국연합학력평가

From around 3000 BC, the Sumerian officials would mark their lists of goods on clay tablets. If they wanted to record five fish, they would mark five pictures of a fish. Their first great intellectual leap came from ① separating the number from the object they were counting. In other words, they would represent five fish with a numeral for the number five alongside a symbol for the fish. If they wanted to describe five of something else, they realized they could keep the ② different numeral and trade the object symbol for a cow, or a jar of oil, or whatever else they were interested in. The Sumerians had developed the idea of an emancipated number, existing in its own right and ③ independent of whatever it is being used to count. It is easy to take the emancipated number for ④ granted as it is so deeply set into modern thought, but to the earliest civilizations it was intellectually new and extremely ⑤ powerful.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Five of Anything: The Sumerian Invention of Abstract Number
② Fish and Cows in Ancient Markets
③ Why Clay Tablets Broke Easily
④ Counting Without Numbers Today
⑤ The Sumerians Who Feared Numbers

2026년 3월 고1 학평 34번

2026년 3월 시행 · 전국연합학력평가

The emphasis on learning from the ingroup takes little account of individuals. Amazingly, while we may dislike some of the people in our ingroup, we still copy them. Wilks, Kirby, and Nielsen studied copying behavior in the context of observing how to open a puzzle box. Ingroups and outgroups ① were distinguished in a minimal way, using simple color coding of wristbands. The children did not simply like all members of their ingroup; they ② disliked those who ③ behaving in an antisocial fashion. Indeed, they liked these antisocial ingroup members less than the prosocial members of an outgroup. Still, their dislike did not ④ affect their tendency to copy ingroup behavior more closely than outgroup behavior. This overimitation reveals that we are not copying in order to learn how to open a box most efficiently. We want to learn how to do it in the proper way— in other words, ⑤ conforming to the rules and conventions of the ingroup. This will be appropriately demonstrated even by antisocial ingroup members.

1. 어법 윗글의 밑줄 친 부분 중, 어법상 틀린 것은?

① ② ③ ④ ⑤

2. 요지 윗글의 요지로 가장 적절한 것은?

① 우리는 효율보다 내집단의 규칙과 관습을 따르기 위해 내집단 구성원을 모방한다.
② 아이들은 좋아하는 사람만 모방한다.
③ 외집단의 행동을 더 정확히 모방한다.
④ 과잉 모방은 상자를 효율적으로 여는 법을 배우기 위한 것이다.
⑤ 반사회적인 사람은 모방의 대상이 되지 않는다.

2026년 3월 고1 학평 35번

2026년 3월 시행 · 전국연합학력평가

The “set point theory” concept is that your body has a ① stable quantity of fat cells by the time you are an adult. The more weight you carried in your childhood and your teenage years, the more fat cells you will have as an adult. These fat cells then become “② fuller” or “thinner” as you gain and lose weight as an adult. The set point is the ③ trigger in these cells that will send a message to your brain saying that your fat cells are getting too thin and that you must eat more. Different people’s fat cells will have different set points, and the ④ strength of the message is affected by the number of cells. Thus a person with lots of fat cells and a high set point will battle with a ⑤ weak desire for food when dieting.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 주제 윗글의 주제로 가장 적절한 것은?

① why adults lose fat cells easily
② how children should diet
③ the set point theory of fat cells
④ the brain’s control of muscle growth
⑤ the benefits of eating less

2026년 3월 고1 학평 36번

2026년 3월 시행 · 전국연합학력평가

Initially the catchphrase “less is more” had a simple meaning. First ① mentioned in Robert Browning’s poem “Andrea del Sarto,” it suggests that everything simple is better and more beautiful than the complex and tangled. Nowadays this phrase ② is heard often—maybe even too often. But it’s important to recognize that the way of thinking that lies behind these words slowly ③ extinguish certain habits from our daily life. For example, think about the heavy, massive radio receivers that ④ existed back in the day. Over time, many of their buttons became viewed as “extra” and were ⑤ removed, and with each reduction these devices eventually developed into the phones in our pockets. The scale of the object became smaller, and the functions of the buttons got lost in the three-dot menus and multilayered folders of our phones.

1. 어법 윗글의 밑줄 친 부분 중, 어법상 틀린 것은?

① ② ③ ④ ⑤

2. 요지 윗글의 요지로 가장 적절한 것은?

① 라디오의 버튼은 시간이 갈수록 많아졌다.
② ‘적을수록 좋다’는 말은 최근에 처음 생겼다.
③ 복잡한 것이 단순한 것보다 아름답다.
④ 휴대 전화는 라디오와 아무 관련이 없다.
⑤ ‘적을수록 좋다’는 사고방식이 기기의 단순화를 이끌며 일상의 습관을 점차 바꾸어 왔다.

2026년 3월 고1 학평 37번

2026년 3월 시행 · 전국연합학력평가

We first need to understand the short but ① hidden history behind the plastics industry and how it became deeply rooted in our daily lives. Before plastic, people lived more ② wastefully, with far fewer waste problems than we face today. However, after the invention of plastic, its ③ rapid adoption during World War II, and its explosion into consumer goods, plastic was everywhere. The growing industry came to symbolize the convenience and prosperity of the American dream. This dream came with a price. Over time, people began to notice the environmental impact, and the early seeds of today's environmental movement were planted. However, the plastics industry was quick to ④ counter these concerns, launching campaigns that presented recycling as the solution to all our problems. They pushed the idea that pollution was the ⑤ fault of consumers, not the corporations flooding the market with plastic.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Recycling Solved the Plastic Problem
② Why Plastic Is Good for the Planet
③ Consumers Invented Plastic
④ The Plastic Story: Convenience, Cost, and Blame
⑤ World War II Banned Plastic

2026년 3월 고1 학평 38번

2026년 3월 시행 · 전국연합학력평가

As Kuhn proposed, our propositions about the world are embedded within paradigms, roughly a network of interrelated commitments to a particular theory, a conception of a subject matter, and methodological practices. Thus, when scientists undertake research, they do so from within a specific paradigm. Even the most exacting measurements are only sensible from within that paradigm. For example, a look into a microscope tells you nothing unless you are already informed about the nature of the instrument and what you are supposed to be looking at. Thus, what we call major progress in science is not a movement from a less to a more accurate paradigm. Rather, it is _____ from one 'way of seeing the world' to another. For Kuhn, 'the scientist with a new paradigm sees differently from the way he had seen before.'

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① a steady climb toward truth
② a return to old theories
③ a random accident
④ a simple increase in data
⑤ a horizontal shift

2. 주제 윗글의 주제로 가장 적절한 것은?

① how microscopes improved accuracy
② why scientists avoid theories
③ Kuhn's view of science as shifts between paradigms
④ the history of measuring instruments
⑤ the steady progress of scientific truth

2026년 3월 고1 학평 39번

Making two visits to one of our cold greenhouses—one at dawn after a below-zero night, and the other a few hours later— provides a striking introduction to the winter harvest. ① During the dawn visit all the crops are frozen solid. ② Raising the inner covers, which is difficult because they too are frozen, reveals a sight of hard, frost-coated leaves bleak enough to convince anyone that this idea is foolish. ③ Yet a few hours later, after the sun has warmed the greenhouses above freezing, the second visit presents a miraculous contrast. ④ Many farmers prefer to sell their vegetables at local markets. ⑤ Under the inner covers are closely spaced rows of vigorous, healthy leaves that stretch the length of the greenhouse. The leaf colors in different shades of greens, reds, maroons, and yellows stand bright against the dark soil. It looks like a never-ending spring.

1. 무관한 문장 윗글에서 전체 흐름과 관계 없는 문장은?

① ② ③ ④ ⑤

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Frozen at Dawn, Thriving by Noon: The Winter Greenhouse
② Why Winter Farming Is Foolish
③ Greenhouses That Never Freeze
④ The Colors of Autumn Leaves
⑤ How Frost Destroys Crops

2026년 3월 고1 학평 40번

2026년 3월 시행 · 전국연합학력평가

Parenting experts say children need to learn ① independence and resilience. But cities and suburbs don't offer safe walk and bike routes to school, malls kick teenagers out on the weekends, and free time ② disappears under a spreadsheet of activities. All of those "musts" take more of the parents' time or money to navigate, because the child can't do it on their own. As Darby Saxbe, a clinical psychologist, recently wrote in the New York Times, "underparenting requires ③ structural change." Unlike most political experts, she's not just talking about economic policies like family leave and government-supported childcare. She's talking about actual physical structures, and the cultural change required to populate them. We need to "build back our ④ fear for children in public spaces," she writes, "and create safe environments where lightly supervised kids can move around ⑤ freely."

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 요약문 완성 윗글의 내용을 한 문장으로 요약하고자 한다. 빈칸 (A), (B)에 들어갈 말로 가장 적절한 것은?

Raising (A) _____ children requires changes not only in policy but also in (B) _____ spaces where kids can move around safely.

	(A)		(B)
①	independent	……	private
②	obedient	……	public
③	independent	……	public
④	talented	……	digital
⑤	dependent	……	school

2026년 3월 고1 학평 41~42번

2026년 3월 시행 · 전국연합학력평가

It's fair to say that patience has a terrible name. For one thing, the prospect of doing anything that you've been told will require patience simply seems ① unattractive. More specifically, though, it's disturbingly ② passive. It is the virtue that has traditionally been urged upon housewives, while their husbands led more exciting lives outside the home; or on racial minorities, told to wait just a few more decades for their full civil rights. The talented but self-effacing employee who "waits patiently" for a promotion, we tend to feel, will be waiting a long time: she ought to be ③ trumpeting her achievements instead. In all such cases, patience is a way of psychologically accommodating yourself to a ④ lack of power, an attitude intended to help you to resign yourself to your lowly position, in theoretical hopes of better days to come. But as society accelerates, something shifts. In more and more contexts, patience becomes ⑤ a form of weakness. In a world geared for hurry, the capacity to resist the urge to hurry—to allow things to take the time they take—is a way to gain purchase on the world, to do the work that counts, and to derive satisfaction from the doing itself, instead of putting off all your fulfillment to the future.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Patience in a Hurried World: From Weakness to Power
② Why Patience Is Always Passive
③ Wait Quietly for Your Promotion
④ The Faster, the Better
⑤ Patience Belongs to the Past

정답 및 해설

3-13 **1.**② **2.**⑤ · 4-20 **1.**② **2.**⑤ · 6-10 **1.**② **2.**⑤ · 2-08 **1.**① **2.**⑤ · 1-44 **1.**④ **2.**② · 9-03 **1.**④ **2.**① · 7-10 **1.**⑤ **2.**⑤ · 1-45 **1.**③ **2.**⑤ · 1-30 **1.**② **2.**① · 7-07 **1.**② **2.**① · 2-09 **1.**③ **2.**① · 5-23 **1.**⑤ **2.**③ · 10-03 **1.**③ **2.**⑤ · 6-14 **1.**② **2.**④ · 4-09 **1.**⑤ **2.**③ · 5-16 **1.**④ **2.**① · 7-11 **1.**④ **2.**③ · 1-46 **1.**⑤ **2.**①

3-13 · 2026년 3월 고1 학평 20번

1. ② 청중은 논증이 아니라 사람과 유대하므로, 개인적인 이야기나 일화를 털어놓는 것이 청중을 움직이는 가장 좋은 방법이다. ③은 필자가 아니라고 한 것이다.

2. ⑤ 개인적인 이야기나 약점을 공유하면 청중이 연설자와 동일시해 설득의 토대가 된다는 내용이다.

4-20 · 2026년 3월 고1 학평 21번

1. ② 개인이 제한된 시간 속에 '갇힌' 것이므로 과거분사 trapped가 알맞다. ② trapping → trapped.

2. ⑤ 오늘의 결정은 먼 미래까지 영향을 미치므로, 7세대 앞을 내다보듯 좋은 조상이 되어 후손의 그늘을 빼앗지 말아야 한다는 주장이다.

6-10 · 2026년 3월 고1 학평 22번

1. ② 아이들이 점차 영양가 있는 음식을 좋아하게 되듯, 어른도 '반복적인 노출'과 바꾸려는 의지로 입맛을 바꿀 수 있다.

2. ⑤ 뇌의 신경 가소성 덕분에 입맛은 평생 바꿀 수 있다는 글이다. ①은 글이 부정한 내용이다.

2-08 · 2026년 3월 고1 학평 23번

1. ① 동조하려는 경향은 14세 무렵 '정점'에 이르고 그 후 줄어든다. ① minimum → peak.

2. ⑤ 동조 경향은 14세 무렵 가장 높고 16~17세에는 자기 의견을 지킬 수 있게 된다는 연구를 소개한다.

1-44 · 2026년 3월 고1 학평 24번

1. ④ 습관을 끊으려 하기보다 원하는 습관에 즐거운 습관을 '붙이는' 유혹 묶기가 효과적이다. 오디오북과 운동을 묶은 실험이 근거다.

2. ② 좋아하는 습관과 만들고 싶은 습관을 묶어 운동 빈도를 높인 실험으로 유혹 묶기를 설명한다.

9-03 · 2026년 3월 고1 학평 29번

1. ④ 글은 컴퓨터 화면의 폴더와 아이콘 같은 개념 모델을 다룬다. ④는 노트북 선호 이야기로 흐름과 무관하다.

2. ① 개념 모델은 정확하지 않아도 유용하면 되지만, 때로는 실제 작동 방식에 대해 혼란을 줄 수 있다는 글이다. ④는 글과 반대다.

7-10 · 2026년 3월 고1 학평 30번

1. ⑤ 개발도상국에서는 교통 수단이 부족해 아낄 여력도 없는 에너지를 써 가며 걸어야 하므로, 걷기는 생산 능력을 소모하는 '피할 수 없는 부담'이다.

2. ⑤ 개발도상국에서 걷기는 부담이지만 북미·서유럽에서는 효율적이고 건강한 활동으로 여겨진다는 대조를 다룬다.

1-45 · 2026년 3월 고1 학평 31번

1. ③ 볼 것과 입력이 너무 많으면 아이들은 선택하기 '어려워한다'. ③ easy → hard.

2. ⑤ 물건이 너무 많으면 아이도 압도되어 선택하지 못하므로 놀이 공간을 간소화해야 한다는 것이 요지다.

1-30 · 2026년 3월 고1 학평 32번

1. ② '능력의 착각' 때문에 학습자는 자신의 이해를 '과대평가한다'. ② underestimate → overestimate.

2. ① 익숙함을 숙달로 착각하는 함정을 벗어나려면 가르치듯 설명하는 교사의 사고방식을 가져야 한다는 주장이다. ②는 글이 경고하는 착각이다.

7-07 · 2026년 3월 고1 학평 33번

1. ② 수와 대상을 분리했으므로, 다른 대상을 셀 때도 '같은' 숫자를 유지하고 대상 기호만 바꿀 수 있었다. ② different → same.

2. ① 수메르인이 수를 세는 대상에서 분리해 독립적인 '해방된 수'를 만든 지적 도약을 다룬 글이다.

2-09 · 2026년 3월 고1 학평 34번

1. ③ 관계대명사 who 뒤에 동사가 와야 하므로 behaved가 알맞다. ③ behaving → behaved.

2. ① 아이들은 싫어하는 내집단 구성원도 더 충실히 모방했는데, 이는 내집단의 규칙과 관습에 따르려는 것이라는 요지다. ④는 글이 부정한 내용이다.

5-23 · 2026년 3월 고1 학평 35번

1. ⑤ 지방 세포가 많고 설정점이 높은 사람은 다이어트할 때 음식에 대한 '강한' 욕구와 싸우게 된다. ⑤ weak → strong.

2. ③ 성인이 되면 지방 세포 수가 정해지고, 세포의 설정점이 뇌에 신호를 보내 식욕을 조절한다는 설정점 이론을 다룬다.

10-03 · 2026년 3월 고1 학평 36번

1. ③ 주어가 단수 the way of thinking이므로 extinguishes가 알맞다. ③ extinguish → extinguishes.

2. ⑤ 크고 무거운 라디오가 버튼을 줄여 가며 주머니 속 휴대 전화가 되었듯, '적을수록 좋다'는 생각이 일상의 습관을 바꾼다는 것이 요지다.

6-14 · 2026년 3월 고1 학평 37번

1. ② 플라스틱 이전에는 쓰레기 문제가 훨씬 적었으므로 사람들은 더 '지속 가능하게' 살았다. ② wastefully → sustainably.

2. ④ 플라스틱은 편리함과 번영의 상징이 되었지만, 업계는 재활용을 해결책으로 내세우며 책임을 소비자에게 돌렸다는 글이다.

4-09 · 2026년 3월 고1 학평 38번

1. ⑤ 과학의 진보는 덜 정확한 패러다임에서 더 정확한 패러다임으로의 이동이 아니라, 세계를 보는 한 방식에서 다른 방식으로의 '수평적 이동'이다. ①은 글이 부정한 것이다.

2. ③ 쿤에 따르면 연구와 측정은 패러다임 안에서만 의미가 있고, 과학의 진보는 패러다임 사이의 이동이라는 내용이다.

5-16 · 2026년 3월 고1 학평 39번

1. ④ 글은 새벽과 몇 시간 뒤 온실의 극적인 대비를 묘사한다. ④는 농산물 판매 이야기로 흐름과 무관하다.

2. ① 새벽에 꽁꽁 언 작물이 해가 뜬 뒤 싱싱하게 살아나는 겨울 온실의 놀라운 대비를 보여 주는 글이다.

7-11 · 2026년 3월 고1 학평 40번

1. ④ 공공장소에 있는 아이들에 대한 '관용'을 되살려야 아이들이 자유롭게 다닐 수 있다. ④ fear → tolerance.

2. ③ 아이들이 '독립적으로' 자라려면 정책뿐 아니라 아이들이 안전하게 다닐 수 있는 '공공' 공간과 문화가 바뀌어야 한다.

1-46 · 2026년 3월 고1 학평 41~42번

1. ⑤ 사회가 빨라질수록 서두르려는 충동을 견디는 인내는 '힘'의 한 형태가 된다. 뒤에서 세상을 장악하는 방법이라고 한다. ⑤ weakness → power.

2. ① 전통적으로 인내는 힘없는 자의 수동적 미덕이었지만, 서두르는 세상에서는 힘의 한 형태가 된다는 글이다.