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From an evolutionary perspective, self-esteem has developed as _____. The system monitors other people's reactions to our behaviors and sends an alarm that alerts us to any possible changes in our inclusion status. The monitoring system generally operates nonconsciously until it detects that our relational value is falling or low. When the alarm bell rings, the threat to our social bonds is pushed into conscious awareness and we evaluate the situation. Am I being accepted or am I being pushed out? Do I need to adjust my behaviors to fix the relationship? With such a high value for survival closely tied with relationships, it makes sense that the way we mobilize our internal resources around relationships would be highly networked in our brain and body. It also makes sense that we would develop specific mechanisms to attend to minimizing rejection and enhancing acceptance. The continuous scanning is normal, a part of being human. We all have an interpersonal process of searching for cues from the environment to assess our value in the social structure.

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① a monitoring mechanism for the quality of our relationships
② a reward for personal achievement
③ a barrier against social influence
④ a fixed trait from birth
⑤ a tool for competing with others

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Why We Ignore Others' Reactions
② Rejection Makes Us Stronger
③ Self-Esteem: An Alarm for Our Social Bonds
④ Self-Esteem Is Purely Personal
⑤ How to Stop Scanning for Approval

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One of the most important aspects of ① ending long-term relationships is communication. It's easy to connect with someone and then let the relationship get ② stuck due to a lack of follow-up. To keep the connection alive, make a ③ conscious effort to stay in touch. This doesn't mean constantly reaching out with requests or updates but rather maintaining a friendly and ④ consistent line of communication. A simple message to check in or share something of value can go a long way in reinforcing your relationship. For example, if you come across an article or resource that you think might interest a connection, share it with them, even if you haven't spoken in a while. This shows that you're thinking of them and are ⑤ invested in maintaining the relationship.

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 관계는 한 번 맺으면 저절로 유지된다.
② 연락할 때는 항상 부탁이나 소식을 전해야 한다.
③ 오래 연락하지 않은 사람에게는 연락하지 말아야 한다.
④ 유익한 자료는 혼자만 보는 것이 좋다.
⑤ 관계를 오래 유지하려면 꾸준하고 친근한 소통으로 연락을 이어가야 한다.

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Humans are not the most social animal. Ants, bees, and termites ① put humanity to shame on many metrics of sociality. A wide variety of relatives ② lives together with perfectly harmonious behavior and collectively care for their young. But while insect colonies are impressively social places, it's not our kind of social life. Bees always build hexagonal hives, ants march in lines, and termites move in zigzag formations. These patterns ③ recur predictably because they are tightly programmed genetically and ④ propelled pheromonally. We humans are more free, less tightly programmed genetically, so our social patterns can be more diverse and dynamic. Every group dances a slightly different dance, and these choreographies change across generations. We still think and act in ways that are in harmony with others around us, but it is through patterns that are more ⑤ shaped by nurture, not just nature.

1. 어법 윗글의 밑줄 친 부분 중, 어법상 틀린 것은?

① ② ③ ④ ⑤

2. 주제 윗글의 주제로 가장 적절한 것은?

① the flexible and diverse social patterns of humans compared to insects
② why ants are smarter than humans
③ how bees build hexagonal hives
④ the genetic programming of human dance
⑤ the decline of insect colonies

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Herbert Simon won his Nobel Prize for recognizing our limitations in information, time, and cognitive capacity. ① As we lack the resources to compute answers independently, we distribute the computation across the population and solve the answer slowly, generation by generation. ② Then all we have to do is socially learn the right answers. ③ You don't need to understand how your computer or toilet works; you just need to be able to use the interface and flush. ④ Many people also find it difficult to fix a broken toilet by themselves. ⑤ All that needs to be transmitted is which button to push—essentially how to interact with technologies rather than how they work. And so instead of holding more information than we have mental capacity for and indeed need to know, we could dedicate our large brains to a small piece of a giant calculation. We understand things well enough to benefit from them, but all the while we are making small calculations that contribute to a larger whole. We are just doing our part in a larger computation for our societies' collective brains.

1. **무관한 문장** 윗글에서 전체 흐름과 관계 없는 문장은?

① ② ③ ④ ⑤

2. **요지** 윗글의 요지로 가장 적절한 것은?

① 모든 사람은 기술의 작동 원리를 이해해야 한다.
② 인간은 계산을 집단에 분산하고 사회적으로 답을 배우며, 집단 두뇌의 작은 부분을 담당한다.
③ 개인의 두뇌만으로 모든 답을 계산할 수 있다.
④ 허버트 사이먼은 인간의 무한한 능력을 증명했다.
⑤ 사회적 학습은 정보 전달을 방해한다.

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2024년 10월 시행 · 전국연합학력평가

As individuals, our ability to ① thrive depended on how well we navigated relationships in a group. If the group valued us, we could count on support, resources, and probably a mate. If it didn't, we might get none of these merits. It was a matter of ② survival, physically and genetically. Over millions of years, the pressure selected for people who are ③ sensitive to and skilled at maximizing their standing. The result was the development of a tendency to ④ unconsciously monitor how other people in our community perceive us. We process that information in the form of self-esteem and such related emotions as pride, shame, or insecurity. These emotions compel us to do more of what makes our community value us and less of what doesn't. And, crucially, they are meant to make that motivation feel like it is coming from within. If we realized, on a conscious level, that we were responding to social pressure, our performance might come off as grudging or cynical, making it ⑤ more persuasive.

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 Ignore the Group to Survive
② Pride Is a Modern Invention
③ Social Pressure Has No Effect on Us
④ Why Self-Esteem Feels Like It Comes from Within
⑤ Shame: The Useless Emotion

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When it comes to helping out, you don't have to do much. All you have to do is come around and show that you care. If you notice someone who is lonely, you could go and sit with them. If you work with someone who eats lunch all by themselves, and you go and sit down with them, they will begin to be more social after a while, and they will owe it all to you. A person's happiness comes from _____. There are too many people out in the world who feel like everyone has forgotten them or ignored them. Even if you say hi to someone passing by, they will begin to feel better about themselves, like someone cares.

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① wealth
② success
③ solitude
④ competition
⑤ attention

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Leave Lonely People Alone
② Small Acts of Attention, Big Happiness
③ Why Lunch Should Be Eaten Alone
④ Helping Others Takes Too Much Time
⑤ Say Hi Only to Friends

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2024년 6월 시행 · 전국연합학력평가

To find the hidden potential in teams, instead of brainstorming, we're better off shifting to a process called brainwriting. The initial steps are solo. (①) You start by asking everyone to generate ideas separately. (②) Next, you pool them and share them anonymously among the group. (③) To preserve independent judgment, each member evaluates them on their own. (④) By developing and assessing ideas individually before choosing and elaborating them, teams can surface and advance possibilities that might not get attention otherwise. (⑤) This brainwriting process makes sure that all ideas are brought to the table and all voices are brought into the conversation. It is especially effective in groups that struggle to achieve collective intelligence.

1. 문장 삽입 글의 흐름으로 보아, 다음 문장이 들어가기에 가장 적절한 곳은?

Only then does the team come together to select and refine the most promising options.

① ② ③ ④ ⑤

2. 주제 윗글의 주제로 가장 적절한 것은?

① why brainstorming always works best
② the dangers of working alone
③ brainwriting as a way to bring out every member's ideas
④ how to choose a team leader
⑤ the history of anonymous voting

정답 및 해설

2-01 **1.**① **2.**③ · 2-02 **1.**① **2.**⑤ · 2-03 **1.**② **2.**① · 2-04 **1.**④ **2.**② · 2-05 **1.**⑤ **2.**④ · 2-06 **1.**⑤ **2.**② · 2-07 **1.**④ **2.**③

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1. ① 자존감은 타인의 반응을 살펴 우리의 소속 상태 변화를 알려 주는 경보 장치, 즉 관계의 질을 감시하는 장치로 발달했다.

2. ③ 자존감은 관계 속 가치가 떨어질 때 경보를 울리는 감시 체계이며, 이런 지속적 탐색은 정상이라는 글이다.

2-02 · 2025년 10월 고1 학평 20번

1. ① 장기적 관계를 '유지하는' 데 가장 중요한 것이 소통이다. ① ending → sustaining.

2. ⑤ 관계가 정체되지 않도록 의식적으로 연락하고 가치 있는 것을 나누라는 것이 요지다.

2-03 · 2025년 10월 고1 학평 38번

1. ② 주어가 복수 A wide variety of relatives이므로 live가 알맞다. ② lives → live.

2. ① 곤충의 사회는 유전적으로 짜인 고정된 패턴이지만, 인간의 사회적 패턴은 양육에 의해 더 다양하고 역동적이라는 내용이다.

2-04 · 2024년 10월 고1 학평 30번

1. ④ 글은 계산을 집단에 분산하고 사용법만 사회적으로 배우면 된다는 내용이다. ④는 변기 수리의 어려움 이야기로 흐름과 무관하다.

2. ② 우리는 정보·시간·인지 능력이 부족하므로 계산을 사회 전체에 나누고, 각자 큰 계산의 일부를 맡는다는 것이 요지다.

2-05 · 2024년 10월 고1 학평 36번

1. ⑤ 사회적 압력에 반응한다는 것을 의식하면 행동이 마지못해 하는 것처럼 보여 '덜 설득력 있게' 된다. ⑤ more → less.

2. ④ 집단 내 평판을 무의식적으로 감시하는 자존감과 감정은, 그 동기가 내면에서 나오는 것처럼 느끼게 만들어졌다는 글이다.

2-06 · 2024년 6월 고1 학평 22번

1. ⑤ 외로운 사람 곁에 앉거나 인사만 해도 기분이 나아지므로, 사람의 행복은 '관심'에서 나온다.

2. ② 돕는 데 많은 것이 필요하지 않으며, 작은 관심만으로도 다른 사람을 행복하게 할 수 있다는 글이다.

2-07 · 2024년 6월 고1 학평 34번

1. ④ Only then(그제야)은 개별 평가 단계 다음에 와야 하고, 이어지는 By developing and assessing ideas individually before choosing and elaborating them이 전체 과정을 정리한다.

2. ③ 개별적으로 아이디어를 내고 익명으로 평가한 뒤 함께 선택하는 브레인라이팅으로 팀의 숨은 잠재력을 끌어낸다는 내용이다.