

I 次の会話を読み、下記の設問に答えよ。(配点 30)

Jun is an international student at a university in the U.S.A. He has just arrived from Japan and is staying with a family near the university on a homestay.

Host Mother (HM) : Welcome to our apartment, Jun. We hope you can have a nice time here and relax while you study at the university.

Jun: Thank you, Mrs. Brady.

HM: Oh, please call me Kate. Help yourself to anything you like in the kitchen, and feel free to use our living room whenever you like. Just make yourself at home.

Jun: Thank you. Does that mean I can use the kitchen to make some simple snacks for myself when I am hungry?

HM: Yes, of course you can. So, are you all set for your first classes tomorrow?

Jun: Actually, I have been meaning to ask you about that. I still have not bought the books I need, and I also need to get some stationery.

HM: Actually, my daughter Sara is also a student at the university. Perhaps she can give you some advice.

Sara: Sure. I'm happy to help. Let's go to the university campus after lunch. I can show you around.

Jun: That would be great, Sara. Thanks a million. If you can show me the university bookshop, I can buy all the stationery and textbooks I need. I really need to get some pens and notebooks. Actually, I heard that if you spend over 50 dollars there, they provide a complimentary beverage in the adjoining café. Maybe we can sit down and have a coffee together.

Sara: Oh, that would be great. By the way, are you planning on joining any clubs while you are at the university?

Jun: Yes, I am. I love sports, especially tennis and swimming, so I want to join the tennis club, and go to the swimming pool by myself. The tennis club has practice on Monday, Tuesday, and Thursday morning from 6 a.m. to 8 a.m. The thing is, my lessons run late — until 8 p.m. so I don't think I can make it to the pool in the evenings. I wonder what the pool opening hours are.

Sara: The pool is open from 6 a.m. until 8:15 p.m. on weekdays. On weekends, they open at 8 a.m. and close at 5 p.m., so I guess you can go on either Wednesday or Friday morning. Mind you, I've heard that the pool gets crowded on Friday mornings.

Jun: OK. I'll keep that in mind. I don't like swimming in crowded pools! So, can you tell me where the tennis courts are on campus?

Sara: Sure. When you enter the main gate, turn left. You will see some vending machines on your left, then a bicycle parking area. Turn right just after the vending machines and go straight. Go past Building C and past the café and you can see the tennis courts on the right, just across from Building A.

Jun: Past the café? I got it! Thank you for all this information. It's really useful.

Sara: Don't mention it. So, what courses are you taking?

Jun: Well, I'm taking English language classes almost every day. I also have a weekly course on American Culture Studies, plus a course on Social Media that meets twice a week.

HM: Oh my! It seems you won't have much time for sports after all!

Jun: Hmm, I guess you're right. I think my English language classes won't be so difficult, but the American Culture course sounds pretty tough. It runs for 3 hours straight!

HM: That sounds tiring!

(1) The underlined phrase "make yourself at home" is closest in meaning to:
1)

.

- ① make a home by yourself
- ② relax and be comfortable in another person's home
- ③ relax by yourself in your own home
- ④ make yourself go to somebody's home

(2) The underlined phrase "all set" is closest in meaning to: .
2)

- ① in the middle of preparation
- ② doing something with everybody
- ③ ready for something
- ④ setting off for class

(3) If Jun spends over 50 dollars in the university bookshop, he can get a free .

- ① pen
- ② drink
- ③ textbook
- ④ discount

(4) Jun will most likely swim .

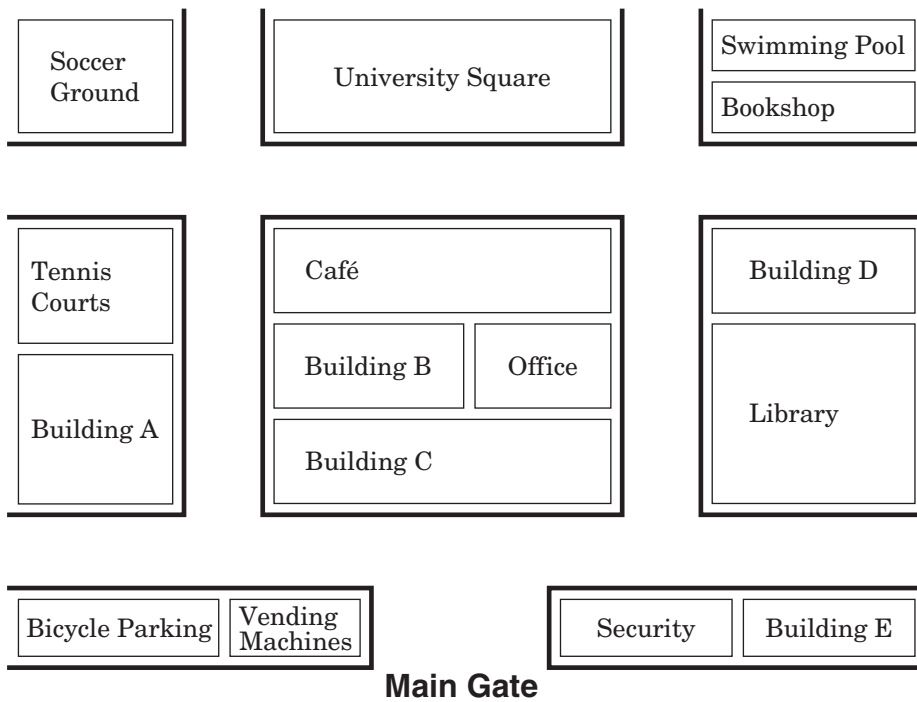
- ① after 8 p.m. on Saturday evening
- ② before 8 a.m. on Wednesday morning
- ③ before 8 a.m. on Friday morning
- ④ after 8 p.m. on Wednesday evening

(5) Jun will have .

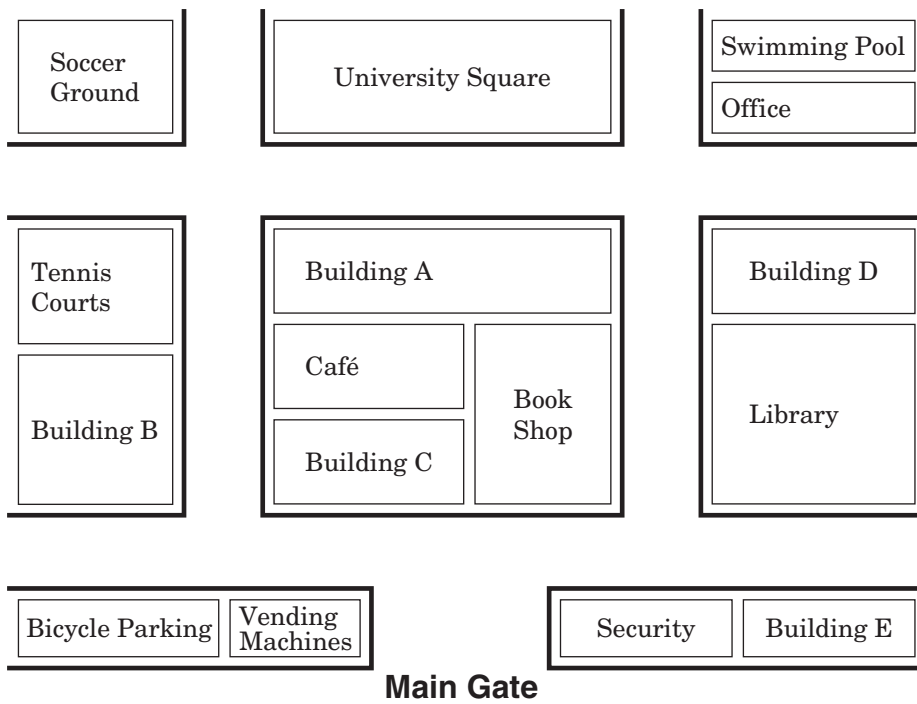
- ① an English language course each and every day
- ② a Social Psychology course twice a week
- ③ an American Culture course every week
- ④ a three-hour course for running

(6) Which map shows the correct position of the tennis courts on the university campus?

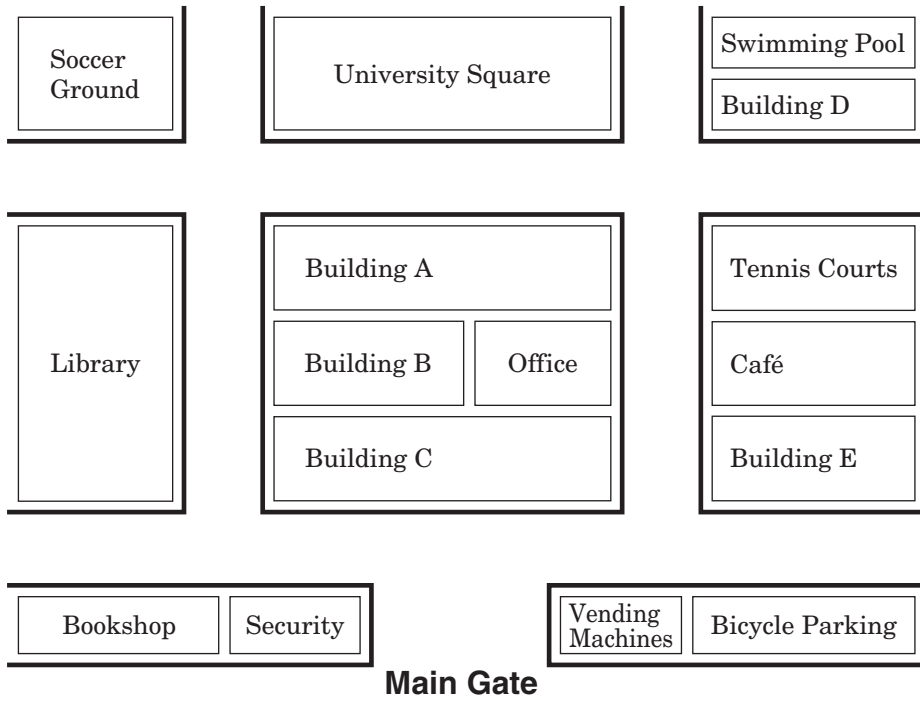
①



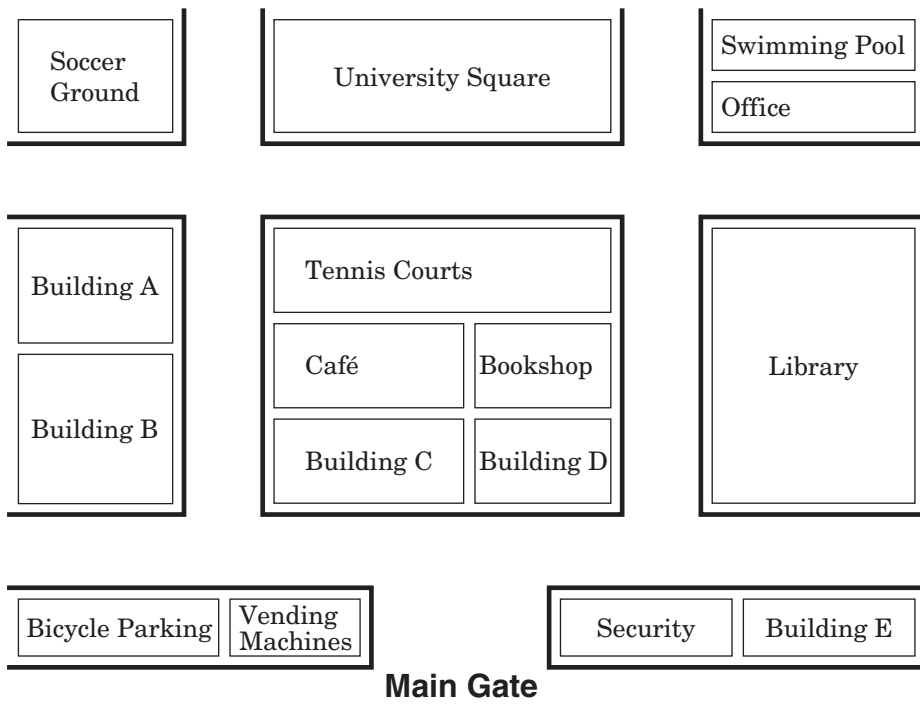
②



③



④




II

昼寝のとり方について書かれた次の記事を読み、下記の設問に答えよ。(配点 25)

Nap Time!

Thirty four percent of adults in the U.S. say they take a nap on a typical day. Taking a nap may improve your efficiency, but it all depends on your sleep pattern and when and how long you sleep for. A person who dreams during a short nap is likely to be sleep deprived and thus may need a longer nap. On the other hand, as we age there is a tendency to be satisfied with shorter naps. Generally speaking, the ideal nap time is between 1 p.m. and 4 p.m. Napping later in the day can interfere with falling asleep at night. A 10-20 minute nap packs the most punch. You can feel groggy after 20-30 minute naps. A 60-minute nap may do more harm than good. To avoid a deep sleep, it's best to sleep slightly upright.

How Long to Nap



| | |
|----------------------|---|
| 10-20 Minutes | This power nap is ideal for a boost in alertness and energy. This length usually limits you to the lighter stages of non-rapid eye movement (NREM) sleep, making it easier to hit the ground running after waking up. |
| 30 Minutes | Some studies show sleeping this long may cause sleep inertia, a hangover-like groggy feeling that lasts for up to 30 minutes after waking up, before the nap's restorative benefits become apparent. |
| 60 Minutes | This nap may be good for improvement in remembering facts, faces and names. It includes slow-wave sleep, the deepest type. However, the downside will be some grogginess upon waking up. |
| 90 Minutes | This is a full cycle of sleep, meaning the lighter and deeper stages, including REM (rapid eye movement) sleep, typically likened to the dreaming stage. This leads to improved emotional and procedural memory (i.e. riding a bike, playing the piano) and creativity. |

(“The Perfect Nap: Sleeping Is a Mix of Art and Science” from The Wall Street Journal, 2013. Reproduced with permission of Dow Jones and Company, Inc.)

(1) 記事に述べられていることとして最も適切なものを次の中から1つ選び、その番号をマークせよ。

- ① 米国では人口の34%が昼寝をする習慣があると答えている。
- ② 睡眠不足の人は短い昼寝の間にも夢を見ることがある。
- ③ 年を取るほど長く昼寝をする方がよい。
- ④ ぐっすりと昼寝をするためには少し身体を起こして寝るとよい。

(2) 記事の中で次のような効果が期待できる場合があると示されている昼寝の長さはどれか。最も適切なものそれぞれ1つ選び、その番号をマークせよ。

1) 創造力を高める。

2) 起きてからすぐ活動する。

- ① 10~20分 ② 30分 ③ 60分 ④ 90分

(3) この記事の趣旨から判断して、一般的に理想的な昼寝の時間（開始時間～終了時間）の例にあてはまるものを次の中から1つ選び、その番号をマークせよ。

- ① 午後1時～午後2時 ② 午後2時30分～午後3時
- ③ 午後2時30分～午後2時45分 ④ 午後3時～午後4時30分

(4) 次の英文の空所（ア）（イ）に入る語の組み合わせとして最も適切なものを下記の中から1つ選び、その番号をマークせよ。

According to sleep experts, napping can be a good way for people who do not sleep well at night to catch up. They do caution, (ア), it could make their nighttime sleep problem worse by sleeping during the day. (イ), they generally recommend naps for people who feel they benefit from them.

(ア) — (イ)

- ① so — That
- ② indeed — But
- ③ however — Otherwise
- ④ therefore — Likewise

III 次のコンピュータゲームの説明を読み、下記の設問に答えよ。(配点 25)

This game is played by two players on an 8 by 8 board, and each player has pieces. At the start of the game, your pieces are in the shaded area in the bottom right corner of the board (Fig.1). This area is called your yard. Your opponent's pieces are in the opposite yard. The object of this game is to become the first player to move all your pieces into the opponent's yard.

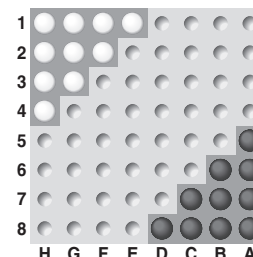


Fig.1 At the Start

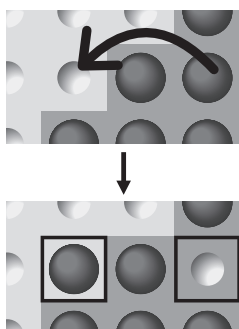


Fig.2 Jump 1

In each turn, you can move only one of your pieces to one slot away in any direction, vertically, horizontally, or diagonally if there is an space. If there is an adjacent piece (either yours or your opponent's), however, you can jump over it and make your piece land in an empty space on the other side (Fig.2). In Fig.2, Black makes a jump as indicated by the arrow. You must move all your pieces out of your yard by turn 30.

To make a move or a jump, click on the piece once. A new page will be loaded for you to select where you go. Then, click the space you want to move to or jump to. This will give you another new page showing the new position of your piece. A jump can also be made in any direction, horizontally, vertically, or diagonally.

A piece can make multiple jumps within one turn, all over the board, if possible (Fig.3). To do this, after each jump, just click the next space that you will jump to.

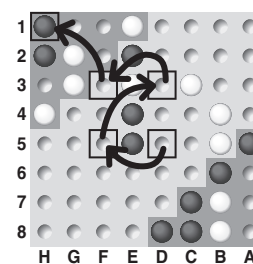


Fig.3 Jump 2

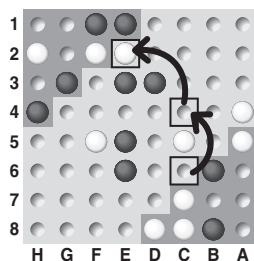


Fig.4 Move Completed

Pieces that are jumped over remain on the board. No pieces are ever removed from the board in this game.

You can stop the jumps at any time by clicking the 'I'm done' button just beneath the game board. In Fig.4, White has jumped from 6C to 2E. You can continue to jump to 2G and then 4G. If you want to remain at 2E, click the 'I'm done' button. Then you will see another screen with the 'Submit' button. On clicking this, your turn is over.

(Halma (Chinese Checkers) from It's Your Turn. com.

Reproduced with permission of It's Your Turn, Inc.)

- (1) 空所 に入る適切な数字を次の中から1つ選び、その番号をマークせよ。
① 10 ② 20 ③ 32 ④ 64
- (2) 空所 に入る適切な語を次の中から1つ選び、その番号をマークせよ。
① uncertain ② unemployed ③ unfortunate ④ unoccupied
- (3) 空所 に入る適切な語を次の中から1つ選び、その番号をマークせよ。
① hops ② hoping ③ hopping ④ hopped
- (4) このコンピュータゲームのルールとして適切なものを次の中から2つ選び、その番号をマークせよ。ただし解答の順番は問わない。
- ① 1回の **turn** で1個の駒のみを動かすことができる。
② 他の駒の上を飛び越えた時はその駒を盤上から取り除く。
③ 駒を移動させるには動かしたい駒をダブルクリックする。
④ 駒は移動できる限り進めなければならない。
⑤ 一度相手の **yard** に入った後でも再び外に出ることは可能である。
⑥ 駒を移動した後に“**I'm done**”のボタンをクリックすると相手に交代する。

IV 次の英文を読み、下記の設問に答えよ。(配点 50)

Shyness is usually the result of fear-causing thoughts, including the fear of being judged or evaluated in a negative way. You may be surprised that shyness is a fairly common personality trait. According to the Stanford Shyness Survey, which was conducted in the 1970s, 80 percent of people who took the survey reported being shy at some point in their lives and 40 percent reported being shy at the time of the survey. That comes down to four out of ten people, or approximately 120 million people in the United States. Of this 40 percent, 25 percent reported having been shy all through their lives.

Shyness is a state of feeling uncomfortable in social situations, particularly with unfamiliar people. It is linked with two types of emotional reactions: fear and self-consciousness. If fear is the dominant reaction, the sympathetic nervous system reacts with quickened heartbeat, elevated blood pressure, and sweating. It is a fight-or-flight response. On the other hand, if self-consciousness is the dominant reaction, it freezes you in your tracks like a deer in headlights. In both cases, it will lead to a failure to interact.

There are four major factors that seem to be involved 18 shyness: 1) a fear of people; 2) a fear of a negative evaluation in certain situations; 3) low self-esteem and feelings of unworthiness; 4) a perceived lack of social skills.

1. A fear of people

According to a survey of hundreds of college students, 70 percent reported feeling shy around strangers, and 68 percent reported feeling shy around members of the opposite sex. When it came to authority figures, 55 percent of the students reported feeling shy around them. Looking at these numbers, you are probably relieved to know that you are not 19. More than half of the students surveyed know how you feel.

2. A fear of a negative evaluation in certain situations

As a general rule, the more formal the situation, the greater the shyness. Formal situations in which shyness is greatly intensified may include graduations, funerals, weddings, and public events. When there are many rules of etiquette and instances in which they must be followed, there is a greater fear, and likelihood, of saying or doing the “wrong” thing. These situations can lead to feelings of exposure and embarrassment. It is likely that the more public an event is, the more exposed and embarrassed you will feel. This is because there are more people around to judge how

you behaved or what you said or didn't say.

3. Low self-esteem and feelings of unworthiness

People who have a low self-esteem and/or feelings of unworthiness tend to be 20 willing to interact with others. If you have such feelings, your expectations for the outcome of your social interactions tend to be low. If your head becomes full of fear-causing thoughts—I'm not as smart as that person or I'm not as cheerful as those girls—you will scare yourself so much that you will not even give yourself a chance to socialize.

4. A perceived lack of social skills

In our society, social skills are very important. Being able to interact with people is a virtual necessity of life. Shy people often believe that they lack social skills, which causes them to feel inadequate or deficient. In many cases, they simply do not have enough experience socializing to have the proper skills.

If shyness is permitted to go unchecked and becomes more fixed, it can eventually lead to loneliness and depression. People who are shy generally hold back in their relationships and usually keep their feelings, wants, and even their complaints to themselves. They prefer the security of not asking or telling over the risk of getting hurt.³⁾ This is not only unhealthy for individuals but also for society.

You can overcome shyness with a little effort and some practice. The first step is to identify the fear-causing thoughts that make you want to avoid socializing. When you are faced with a social situation, stop and consider what thoughts are running through your head. Observe yourself and see when you have fears and where they come from. As the saying goes, a problem well stated is half solved. Your fear may end up being only an illusion, a creation of your imagination. The second step is to develop a plan for managing your shyness. You may not be completely free from shyness, but you can control it and not let it take a hold over you. Set a goal to deal with your shyness and make an effort to remove obstacles one by one. Try some self-control methods and relaxation techniques that will suit you. The third step is to learn and practice social skills. Learn how to start a conversation, what to say, when, and how. After all, you are most free from shyness when you have a sense of belonging and interact with people open-heartedly.

(Material excerpted from *Speaking Scared, Sounding Good* by Peter Desberg, PhD, Square One Publishers, Inc. (c) 2007. Reprinted and used by permission of the publisher. www.squareonepublishers.com.)

(1) 1970年代に行われた調査では、およそ何人のアメリカ人が、人生ですっと自分のことを shy だと感じてきたことが分かったか。最も適切なものを下記の中から1つ選び、その番号をマークせよ。

- ① 1,200万 ② 3,000万 ③ 9,000万 ④ 1億2,000万

(2) 本文中の空所 ～ に入る最も適切な語を、次の中からそれぞれ1つ選び、その番号をマークせよ。

- | | | | | |
|---------------------------------|----------|----------|----------|---------|
| <input type="text" value="18"/> | ① in | ② on | ③ for | ④ as |
| <input type="text" value="19"/> | ① one | ② only | ③ lonely | ④ alone |
| <input type="text" value="20"/> | ① better | ② little | ③ less | ④ lest |

(3) 下線部1) “a fight-or-flight response” が意味することとして、最も適切なものを次の中から1つ選び、その番号をマークせよ。

- ① 戦うか逃げるかという時に起こる身体反応
② 相手にいざ飛びかかろうとする時に起こる身体反応
③ 恐怖で固まってしまう時に起こる身体反応
④ 闘志で気分が高揚する時に起こる身体反応

(4) 下線部2) “figures” の意味に最も近い語を次の中から1つ選び、その番号をマークせよ。

-
- ① numbers ② shapes ③ persons ④ pictures

(5) “shyness” に関する4つの要因のうち、次の事例があてはまるものはどれか。最も適切なものを下記の中から1つ選び、その番号をマークせよ。

「式典等のスピーチを頼まれると、間違えることを怖れて当惑してしまう。」

- ① A fear of people
② A fear of a negative evaluation in certain situations
③ Low self-esteem and feelings of unworthiness
④ A perceived lack of social skills

(6) 下線部3)の和訳として最も適切なものを次の中から1つ選び、その番号をマークせよ。

24

- ① 彼らは安心感をより好むので、傷つくことのリスクについて質問したり話したりしよう
としないのだ。
- ② 彼らは質問をされなければ安心するので、傷つくリスクを負わずに済んだと思うのだ。
- ③ 彼らは質問したり話しかけたりして自分が傷つくリスクよりも、そうしないことで得ら
れる安心感の方を好むのだ。
- ④ 彼らは安心よりも、むしろ質問したり話かけたりすることで自ら傷つくリスクの方を好
むのだ。

(7) “shyness”を克服する方法に関して書かれた段落の中で述べられていることとして、適切
なものを次の中から2つ選び、その番号をマークせよ。ただし解答の順序は問わない。

25

26

- ① ひとまず人との接触を避けて、不安を引き起こす原因を知ることが肝心である。
- ② 人と間近に接する場面では、あれこれと思い悩まないほうがよい。
- ③ 怖れというものは、単なる思いこみに過ぎないかもしれない。
- ④ セルフコントロールによって、“shyness”から完全に自由になることができる。
- ⑤ 第1段階で原因をつきとめたら、第2段階では社交のスキルを磨くようにする。
- ⑥ 心を開いて人と交わっている時に、人は最も“shyness”から解放される。

V 次の英文を読み、下記の設問に答えよ。(配点 20)

In business all over the world, the handshake is the standard form of greeting. Japanese people who usually bow upon greeting have no problem with shaking hands, but things get tricky when you have become friendlier with someone. In Latin America, the Middle East, France, Italy, Spain, and other countries, (① where
② friendly ③ are ④ who ⑤ people)¹⁾ on a personal basis will often greet each other with a kiss on the cheek.

Americans, too, will greet family members, and especially close friends, with a kiss, but the English are like the Japanese and don't greet people who are not related to them in this way. Basically, when English people hold a conversation, they like to keep a certain distance between themselves and the person they are talking to. Some English people say, "when I talk to Americans, because they gradually come closer and closer, I retreat farther and farther away." Probably, they are closer (① in ② to
③ the Japanese ④ the way ⑤ from)²⁾ they feel.

In Thailand and India, when you greet someone, you place the palms of your hands together in front of your chest. This is like the Japanese bow in that it is a polite greeting used on formal occasions. Perhaps because this gesture stands out and is easy to remember, some foreigners tend to use it too much. To local people, however, (① there ② feeling ③ a ④ gives ⑤ it)³⁾ that is too formal.

Incidentally, in Western countries it is considered good manners to shake hands when a man and a woman are introduced. But in Thailand and India, it is extremely offensive to touch a woman as part of a greeting.

(足立 恵子「英語で比べる『世界の常識』」)

(1) 下線部 1) ~ 3) を文脈に合うように並べ替える際、不必要な語句が 1 つ含まれている。

その語句を 1 つ選び、その番号をマークせよ。

下線部 1)

| |
|----|
| 27 |
|----|

下線部 2)

| |
|----|
| 28 |
|----|

下線部 3)

| |
|----|
| 29 |
|----|

(2) この英文のタイトルとして最も適切なものを次の中から 1 つ選び、その番号をマークせよ。

| |
|----|
| 30 |
|----|

- ① Universal Greetings over Various Occasions
- ② Casual Greetings on International World
- ③ Different Greetings in Different Countries
- ④ Personal Greetings and Physical Distance