

# 英 語

(解答番号  ~  )

**第1問** 次の英文を読み、空所 **1** ～ **5** に入る最も適切なものを、それぞれ下段の①～④の中から一つ選び、その番号を所定の解答欄にマークしなさい。

1 Kelly McGonigal is a health psychologist with some good news: stress may not be the enemy of good health. McGonigal came to this conclusion after looking at three important health studies. In the first study, researchers at the University of Wisconsin asked 30,000 adults how much stress they had experienced during the past year. They also asked whether the participants thought this stress was harmful to their health. Eight years later, one group of participants was 43% more likely to have died — the people who had a lot of stress and believed that stress was bad for them. Those who had a lot of stress but did not believe it was harmful actually had the lowest risk of dying!

2 According to McGonigal, the way we think about stress is important because, “Your body believes you.” In fact, our mind and attitude can have \*beneficial effects on our health and may help prevent some kinds of serious illness. In a study at Harvard, researchers taught participants to believe that signs of stress — a faster \*heartbeat, for example — were the body’s way of preparing them to meet a challenge. Under stress, most people’s \*blood vessels become narrower. That makes it harder for blood to flow and may contribute to heart disease. But the blood vessels of the study participants stayed open and relaxed, simply because they thought about stress in a different way.

3 McGonigal also points to a study of the connection ( \_\_\_\_\_ ) stress and human contact. Researchers from the University at Buffalo studied people who had experienced very stressful events during the past year. Surprisingly, if they had spent a lot of time helping others, they had no increased risk of dying. Compare that to a 30% increase for those who had not helped others. It seems that enjoyable activities such as giving a friend a ride or \*babysitting a neighbor’s child can help us stay healthy even under stress.

(Source: John Hughos, Becky Tarver Chase et al, *World English 3 Edition Level2 Combo Sprit 2A with Online Workbook*, National Geographic Learning, 2020

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\*beneficial (人などに) 有益な

\*heartbeat 心拍

\*blood vessel 血管

\*babysitting 子守り

**問 1** According to the first paragraph, what was the object of the experiment carried out by researchers at the University of Wisconsin? **1**

- ① To calculate the number of people working at the university who were under stress.
- ② To find ways to cure diseases which are caused by stress.
- ③ To investigate the ways in which people thought about stress and its effect on health.
- ④ To predict the number of people in Wisconsin who would suffer from stress-related diseases.

**問 2** According to the first paragraph, researchers found that **2**

- ① forty-three percent of the participants believed that stress was harmful, and they had the lowest health risks.
- ② most participants believed that stress had been harmful over the past 8 years.
- ③ most participants did not believe that they had experienced stress over the past 8 years.
- ④ participants who did not believe that stress was always bad for them had the lowest health risks.

**問 3** According to the second paragraph, why does Kelly McGonigal say that the way we think is important? **3**

- ① A positive attitude is not beneficial when you have a lot of stress.
- ② Signs of stress means that your body is preparing to meet a challenge.
- ③ Stress makes your blood vessels become narrower.
- ④ Under stress, it is not a good idea to stay open and relaxed.

**問 4** Which of the following words best fits the underlined blank in the third paragraph?

**4**

- ① all
- ② between
- ③ either
- ④ neither

**問 5** According to the third paragraph, which of the following is NOT something that people should do to stay healthy? **5**

- ① Giving small gifts to friends.
- ② Having little contact with other people.
- ③ Listening to others.
- ④ Supporting your neighbors when they are in trouble.

**第2問** 次の会話文を読み、空所 **6** ~ **8** に入る最も適切なものを、それぞれ下段の①~④の中から一つ選び、その番号を所定の解答欄にマークしなさい。

Interviewer: So, let's continue our interview. Why are you interested in this job?

Doug: I'm a people person.

Interviewer: Are you OK working the night shift?

Doug: Actually, no. I have class in the morning, so I can only work in the afternoon.

Interviewer: That's OK. We have several positions available.

Doug: Oh, good. I can work any afternoon except Wednesdays.

Interviewer: What are some things you are good at?

Doug: I'm good with computers. And I'm also good with languages. I speak Spanish and a little Japanese.

Interviewer: What are your salary expectations?

Doug: I'd prefer not to say, if that's OK. I'm sure I'll be fine with the standard salary.

Interviewer: Um... OK.

Doug: I assume we can talk about salary later?

Interviewer: Oh, of course. Let's go onto our next question. How would someone describe you?

Doug: Wow, that's a tough question.

Interviewer: Take your time.

Doug: People say I have a lot of confidence. And that I'm very organized.

Interviewer: Well, that's good. And what is your greatest weakness?

Doug: My greatest weakness? I think that I work too hard.

Interviewer: You work too hard?

Doug: Yes, sometimes I don't take enough time for me.

Interviewer: I understand.

Doug: Can I ask a question?

Interviewer: Of course.

Doug: I was wondering if...

(Source: Reproduced by permission of Oxford University Press from Speak Now: 3: Student Book with Online

Practice by Jack C. Richards, David Bohlke © Oxford University Press 2012.)

**問 1** Doug is taking an interview because 

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- ① he is aiming to work part-time.
- ② he is applying for a place at a university.
- ③ he is looking for a full-time job.
- ④ he is taking an actor's audition for a leading role.

**問 2** At which of the following times will Doug be available? 

<b>7</b>
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- ① Friday night.
- ② Monday afternoon.
- ③ Sunday morning.
- ④ Wednesday afternoon.

**問 3** Based on the answers Doug gave in his interview, we can guess that he 

<b>8</b>
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- ① has a messy room.
- ② is not very confident with technology.
- ③ is quite concerned about how much money he makes.
- ④ speaks more than one language.

**第3問** 次の各会話文の空所 **9** ～ **13** に入る最も適切なものを、それぞれ下段の①～④の中から一つ選び、その番号を所定の解答欄にマークしなさい。

**問1** A: Tell me about your sister, Jane? What's she like?

B: Well, ( **9** )

A: Really?

B: Yeah, that's why she always makes us laugh.

- ① she's a scientist.
- ② she's smart and funny.
- ③ she's tall and thin.
- ④ she's 20 years old this year.

**問2** A: You don't look well. What's the matter?

B: ( **10** )

A: That's too bad. Take care of yourself.

B: Thanks. I will.

- ① I have a fever.
- ② I have some good news.
- ③ I'm feeling very well, thanks.
- ④ It doesn't matter.

**問3** A: I'm looking for a winter coat.

B: How about this blue one?

A: ( **11** )

B: Of course! This way, please.

- ① Can I try it on?
- ② Could you turn it on?
- ③ How much is it?
- ④ Will you do away with it?

**問 4** A: How did the presentation go last week?

B: ( **12** )

A: Oh, yeah? What happened?

B: I got too nervous and made some big mistakes.

- ① I had a lunch break.
- ② I'm glad to hear that.
- ③ It didn't go very well.
- ④ It was great, thanks.

**問 5** A: I didn't go to the barbecue party on Sunday. How about you?

B: ( **13** ).

A: Really? I thought you did.

B: I don't like being outdoors.

- ① Both did.
- ② Either will do.
- ③ Neither did I.
- ④ So did I.





問8 ( 21 ) you are saying makes no sense to me.

- ① So                      ② Things                      ③ What                      ④ Which

問9 You'll have to keep on practicing ( 22 ) you like it or not.

- ① although                      ② because                      ③ despite                      ④ whether

問10 ( 23 ) your support, I wouldn't have been able to achieve my goal.

- ① But                      ② Except                      ③ However                      ④ Without

