

I. 以下の各文の( )内の選択肢から、最適な語句をそれぞれ1つずつ選び、解答欄のその記号を○で囲みなさい。

1. Because of the weak yen, I can't (A. afford B. afford for C. afford to D. afford with) go on vacation this year.
2. Could you pass me (A. a sugar B. any sugar C. some sugar D. the sugar) for my coffee?
3. Free lunches on campus? Now that's a policy I can get (A. around B. away C. behind D. by)!
4. He's interested (A. by B. for C. in D. to) learning Spanish.
5. I need to (A. do B. have C. make D. take) a decision soon, but I just don't know what to do.
6. I tried to watch the whole movie, but I was just too (A. bore B. bored C. boring D. boringly).
7. I wanted to go; (A. although B. but C. despite D. however), I was too tired and stayed home.
8. I wish my mom were here. She (A. can B. must C. should D. would) be very excited to hear the news.
9. The police often patrol this street. I would slow down if I (A. had been B. was C. were D. would be) you.
10. I'll call you as soon as I (A. arrive B. arrived C. arriving D. will arrive) at the station.
11. I'm glad I reminded him. If I hadn't, he (A. can B. must C. should D. would) have forgotten about the meeting.
12. I'm not (A. get used to waking B. getting used to waking C. used to wake D. used to waking) up early, but I'll try.

13. If I had checked the weather forecast, I (A. couldn't have B. must not have C. won't have D. wouldn't have) carried my umbrella all day.
14. It's essential that he (A. attend B. attends C. will attend D. would attend) the meeting to discuss the project.
15. Patrice is still waiting for the doctor. She (A. has been waiting B. waits C. was waiting D. will have been waiting) for the last hour and a half.
16. She enjoys (A. read B. reading C. that she reads D. to read) books in her free time.
17. The meeting was postponed (A. because B. because of C. due D. for) the bad weather.
18. The movie, (A. that won B. which won C. winning D. won) several awards, is a must-see.
19. "The pen is mightier than the sword" (A. has been B. is C. is being D. which is) Keio's motto since the late 1880s.
20. The woman (A. that her B. which C. who's D. whose) car was stolen is very upset.

- II. 下記文中の空欄( 1 )～( 10 )に入れるのに最適な語句を、選択肢の中からそれぞれ1つずつ選び、解答欄のその記号を○で囲みなさい。

When we describe multitasking we're ( 1 ) describing context switching, the act of opening up our email and looking through it for "just" two minutes before returning to our ( 2 ) task. Context switching is inherently bad for us—every time we ( 3 ) between doing our work and reading an article online, ( 4 ) reading an article online and checking our phones, we experience a "transaction cost" that ( 5 ) our energy and slows us down.

Multitasking is the act of doing ( 6 ) tasks at the same time, with varying levels of success. While most ( 7 ) at multitasking tend to fail—as ( 8 ) who has ever ordered groceries online while feigning\* an all-ears presence on a conference call\*\* will attest—( 9 ) activities can be worked in alongside each other, such as cycling to work (you get to where you're going while getting a workout in), or, if you ( 10 ) do it safely, listening to an audiobook in the car.

注

\* feign = ～を装う

\*\* conference call = 遠隔会議

- |                |                |                  |                 |
|----------------|----------------|------------------|-----------------|
| 1. A. bound to | B. often       | C. rarely        | D. seldom       |
| 2. A. basic    | B. beginning   | C. opening       | D. original     |
| 3. A. debate   | B. repeat      | C. switch        | D. transit      |
| 4. A. not      | B. or          | C. regardless of | D. while        |
| 5. A. boosts   | B. drains      | C. expires       | D. preserves    |
| 6. A. complex  | B. plural      | C. twice         | D. two or more  |
| 7. A. attempts | B. experiments | C. trials        | D. tries        |
| 8. A. anyone   | B. everybody   | C. everyone      | D. someone      |
| 9. A. average  | B. certain     | C. few           | D. mindful      |
| 10. A. can     | B. dare        | C. need not      | D. would rather |

【出典】 Spall, B. & Xander, M. (2018). *My morning routine: How successful people start every day inspired*. Penguin Random House.

- III. 次の枠内に示された 1～4 の各文を入れるのに最適な箇所を、下記文中の空欄  A  ～  F から 1 つずつ選び、解答欄のその記号を○で囲みなさい。ただし 1 つの空欄には 1 文しか入らない。

- 1 . It's not enough for my senses to perceive information.
- 2 . Later, when you're frustrated, unable to find them, you're not experiencing a true memory failure.
- 3 . More likely, I didn't register driving over the bridge because that detail wasn't particularly important to me.
- 4 . The number one reason for forgetting is lack of attention.

I frequently drive home to Cape Cod. About an hour into this trip, I cross the Sagamore Bridge, a 1,408-foot, four-lane steel-arch bridge that spans the Cape Cod Canal. It's a memorable structure. At some point during this ride, I will typically and suddenly wonder, "Wait, did I already go over the bridge?" And then I'll notice that I'm at exit 5 on Route 6, which means I crossed the canal about ten minutes ago. I have no memory of having driven over that enormous bridge.

But I can't recall it because this memory was never created in the first place.

A My brain can't consolidate any sensory information into a lasting memory without attention. So because I wasn't paying attention to the bridge, the experience of driving over it slipped out of my brain within seconds.

B You can't later remember what is right in front of you if you don't pay attention to it. For example, if you don't notice where you put your glasses, you can't form a memory of where you put them.  C You haven't forgotten anything, because the memory was never formed. Your glasses are missing because of a lack of attention.

So if we want to remember something, we first have to pay attention to it.

D Unfortunately, this isn't so simple. Even if we didn't live in such a highly distractible time, paying attention isn't easy for our brains. In driving over the Sagamore Bridge, for example, I might have been distracted by a conversation or some delicious daydream, my attention diverted.  E It was a routine experience. I've driven over that bridge hundreds of times. As it

is with brushing our teeth, taking a shower, getting dressed, drinking our morning coffee, and commuting in the evening—because these experiences are essentially the same day-to-day, we don't pay attention to them. And because we don't pay attention to them, we don't remember them. F We tend to pay attention to—and therefore remember—what we find interesting, meaningful, new, surprising, significant, emotional, and consequential. Our brains capture those details. We ignore, and therefore forget, the rest.

【出典】 Genova, L. (2021). *Remember: The science of memory and the art of forgetting*. Atlantic Books.

- IV. 下記枠内の1～4の文を、文意から考えて最適な順に並べ替えなさい。その上で、下記各問の答えとして最適な記号を○で囲みなさい。

段落A For most of human history, people bathed in cold water. Only those living near a natural hot spring could regularly enjoy a hot bath. No wonder people back then stayed dirtier.

1. He went so far as to turn his home into a sanitarium\* for ice-water treatment.
2. In the 1820s, a German farmer named Vincenz Priessnitz promoted the use of ice-cold water to cure all manner of physical and psychological disorders.
3. Since the advent of modern plumbing and heating, hot baths and showers have become the norm; but ice-water immersion has lately become popular again.
4. The ancient Greeks developed a heating system for public baths but continued to advocate for the use of cold water to treat a variety of ailments.

段落B Endurance athletes claim it speeds muscle recovery. The “Scottish shower,” also called the “James Bond shower” as practiced by James Bond in Ian Fleming’s 007 novels, is newly popular and consists of ending a hot shower with at least a minute of cold shower. Ice-water immersion gurus such as the Dutchman Wim Hof have become celebrities in their own right for their ability to immerse themselves for hours at a time in near-freezing temperatures.

注

\* sanitarium = 保養所

設問

1. 段落Aの後にすぐ続く文  
A. 1                      B. 2                      C. 3                      D. 4
2. 文1の後にすぐ続く文または段落  
A. 2                      B. 3                      C. 4                      D. 段落B
3. 文2の後にすぐ続く文または段落  
A. 1                      B. 3                      C. 4                      D. 段落B
4. 文3の後にすぐ続く文または段落  
A. 1                      B. 2                      C. 4                      D. 段落B
5. 文4の後にすぐ続く文または段落  
A. 1                      B. 2                      C. 3                      D. 段落B

【出典】Lembke, A. (2021). *Dopamine nation: Finding balance in the age of indulgence*. Hachette UK.

V. 以下の各組の \_ にアルファベット各 1 文字を入れると, 【 】 内に示す品詞および後に続く日本語と合致する英単語 1 語になる。各語の 1 文字目として最適なアルファベット 1 文字を選び, 解答欄のその記号を○で囲みなさい。

《例》 _ u r _ _	【名詞】	看護師	正解：N
1. _ a b _ _	【名詞】	表	
2. _ i g _ _ _	【名詞】	凶	
3. _ e r _ _ _ _	【名詞】	奉仕, 兵役, 礼拝	
4. _ i n _	【動詞】	うねる, 巻きつける	
5. _ r e _ _	【動詞】	ご馳走する, おごる	
6. _ o u _ _ _	【名詞】	水源, 出典	
7. _ h a _ _	【動詞】	議長を務める	
8. _ e a _	【動詞】	打ち負かす, 泡立てる	
9. _ a m _ _ _ _ _	【動詞】	(政治などの) 運動をする	
10. _ e c _ _ _	【名詞】	十年	
11. _ e t _ _ _ _	【形容詞】	熟達した, 退役軍人の	
12. _ e a _ _ _ _ _	【名詞】	停戦, 休戦	
13. _ r a _ _	【名詞】	鶴, 起重機	
14. _ u f _ _ _	【名詞】	(セルフサービスの) 軽食, 立食	
15. _ r a _ _	【形容詞】	ひ弱な, 脆弱な	
16. _ a u _ _ _ _	【名詞】	洗濯物, 洗濯場	
17. _ t a _ _	【動詞】	～の後をそっとつける, こっそりと近づく	
18. _ e m _ _ _ _ _	【副詞】	ほんの僅かもない, 遠くから	
19. _ n e _ _	【動詞】	こっそり動く, 忍び歩く	
20. _ a n _ _ _ _	【名詞】	提灯, カンテラ	

- VI. 下記文中の下線部(1)～(5)には、文脈から考えて不適切な語が3つ含まれている。各下線部の番号と対応する解答欄において、①その語が適切であればZを、②その語が不適切であれば、それに代わる語を下記の語群からそれぞれ1つずつ選び、その記号を○で囲みなさい。

Why is it that when you drink a glass of water after brushing your teeth or chewing gum it tastes colder? This is down to a naturally occurring chemical in mint that makes your brain think things are colder than they are, creating a thermal illusion: menthol. Eucalyptus\* and tea tree contain a similar chemical called eucalyptol.

We all have proteins in the sensory systems on our skin and in our mouths that transfer information about (1) taste to the brain. The protein for sensing cold, TRPM8, reacts to menthol in such a way that it sends cold signals to the brain even though your mouth or skin isn't actually made colder. This effect lingers so that water you drink straight afterwards will also seem colder. Capsaicin in hot peppers works in a similar way, with the (2) same effect. Both probably developed as defense mechanisms for the plants, to discourage animals from eating them.

(3) Likewise, it isn't menthol that makes orange juice taste disgusting after you brush your teeth. This is because of the sodium lauryl sulfate\*\* foaming agent found in many toothpastes. This chemical (4) suppresses taste buds' sweetness receptors and also breaks up the natural compounds in orange juice that reduce its bitterness. This means you get a full (5) bitter hit if you clean your teeth just before drinking it. The good news is it only takes about half an hour for the effects of sodium lauryl sulfate to disappear, and then you are free to drink joyfully at will.

注

\* eucalyptus = ユーカリノキ

\*\* sodium lauryl sulfate = ラウリル硫酸ナトリウム (界面活性剤の一種)

語群

A. activates    B. cold    C. cooling    D. encourages    E. feeling  
F. flavor    G. however    H. opposite    I. orange    J. releases  
K. sensation    L. sense    M. similar    N. sweet    O. temperature  
P. therefore    Q. thus

【出典】Foley, E. & Coates, B. (2024). *A year of living curiously: 365 things really worth knowing*.  
Faber & Faber.

VII. 文中空欄  ～  に入れるのに最適な文となるように、各日本語文の下に示された語群中の語句を選んで並べ替え、各 \_\_\_\_\_ に1つずつ入れなさい。このうち 1 ～ 5 に入る語句の記号を、解答欄ごとに○で囲みなさい。ただし以下の点に注意すること。

- 1) 語群中の語句は、文頭に来るべきものも小文字で始まっている
- 2) 各文内において、同じ語句が複数回使用される場合がある
- 3) 各語群には、必要でない語句も含まれている場合がある

My mother, Vivian Baxter, warned me often not to believe that people really want the truth when they ask, “How are you?” She said that question was asked around the world in thousands of languages and most people knew that it is simply a conversation starter. No one really expects to be answered, or even wants to know “Well my knees feel like they are broken, and my back hurts so bad I could fall down and cry.” A response like that would be a conversation stopper. It would end before it could begin. So, we all say, “Fine, thank you, and you?”

We look at friends who have lost dangerous amounts of weight or who have added ungainly\* pounds and we say, “You’re looking good.” Everybody knows the statement is a blatant\*\* lie but, we all swallow the untruth in part to keep the peace and in part because we do not wish to deal with the truth. I wish we could stop the little lies. I don’t mean that one has to be brutally frank. I don’t believe that we should be brutal about anything, however, it is wonderfully liberating to be honest.

Let us bravely say to our young women, “That raggedy hairstyle may be trendy, but it is also unattractive. It is not doing anything for you.” And let us say to our young men, “Your shirt-tail hanging out from under your jacket does not make you look cool, it just makes you look unkempt\*\*\* and uncared for.”

Let’s tell the truth to the people.  You must know however, that people will start avoiding you because they too have knees that pain them and heads which hurt and they don’t want to know about yours. But think of it this way, if people avoid you, you will have more time to meditate and do fine research on a cure for whatever truly afflicts you.

注

\* ungainly = 不格好な

\*\* blatant = 露骨な

\*\*\* unkempt = だらしのない

空欄A 私たちはそうやって社会的な嘘をついたりつかれたりするようになるのだと思う。

I believe \_\_\_\_\_ 1 \_\_\_\_\_ learn to give and receive social lies.

語群

A. a      B. as      C. become      D. come      E. doing      F. I  
G. in      H. such      I. that      J. to      K. way  
L. we      M. while

空欄B 知っていることをすべて言う必要はないが、何か言うのであれば、それが真実であるよう気をつけるべきだ。

One does not have to tell all that one knows, but \_\_\_\_\_ 2 \_\_\_\_\_ 3  
do \_\_\_\_\_ the truth.

語群

A. attention      B. be      C. careful      D. is      E. of  
F. one      G. pay      H. say      I. says      J. should  
K. that      L. watch      M. we      N. what      O. with

空欄C 「ご機嫌いかが」と言われたら正直に答える度胸を時には持とう。

When people ask, "How are you," \_\_\_\_\_ 4 \_\_\_\_\_ sometimes \_\_\_\_\_ 5 \_\_\_\_\_ answer truthfully.

語群

A. a      B. be      C. brave      D. courageous      E. have  
F. nerve      G. nerves      H. the      I. to

【出典】 Angelou, M. (2014). *Letter to my daughter*. Virago.