

英 語
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**第 1 問** Read the following passage and choose the most appropriate answer from **a ~ d** for each question.

Work-life balance is how you organize your time. It is how many hours you work and how many hours you spend doing the things you ( 1 ). A good work-life balance means that there is a good <sup>\*1</sup>equilibrium between your job and your personal life. A good work-life balance is important for your physical health and mental well-being.

For university students, maintaining work-life balance can be complicated because there are so many things that must ( 2 ). Students have lectures, homework, <sup>\*2</sup>extracurricular activities, part-time jobs, and social lives. For students who live away from home, there are plenty of <sup>\*3</sup>household chores to do such as cooking, cleaning, and doing the laundry. For many, a healthy work-life balance just doesn't seem possible. ( 3 ) the saying goes, "there aren't enough hours in the day."

Because you cannot do everything, time management is essential. You must get yourself ( 4 ). Make a to-do list of the tasks you must complete. Next, put these things in order of importance. For example, a major report that is 25% of your final grade that is due next week would be at the top of the list. Use a calendar or a phone app to help keep track ( 5 ) other tasks that are not urgent. Remember to give yourself enough time to avoid stress and last-minute work. Also, because you have ( 6 ) time and energy, you must <sup>\*4</sup>prioritize the important things. Although it can be difficult, learn to say "no" to things and activities that are not meaningful to you.

Finally, self-care is needed for a healthy work-life balance. You need to take care of your body and mind by eating <sup>\*5</sup>nutritious food, exercising regularly, and getting enough sleep each night.

[ Source: Murray, Adam. *Live Well!* ]

Notes: <sup>\*1</sup>equilibrium 釣り合い、均衡      <sup>\*2</sup>extracurricular 課程外の

<sup>\*3</sup>household chore 家事      <sup>\*4</sup>prioritize ~を優先させる      <sup>\*5</sup>nutritious 栄養のある

問 1 Which best fills in the blank ( 1 )? 1

- a enjoy
- b enjoying
- c to enjoy
- d enjoyment

問 2 Which best fills in the blank ( 2 )? 2

- a do
- b have done
- c be doing
- d be done

問 3 Which best fills in the blank ( 3 )? 3

- a If
- b Until
- c As
- d Whether

問 4 Which best fills in the blank ( 4 )? 4

- a organization
- b organize
- c organized
- d organizer

問5 Which best fills in the blank ( 5 )? 5

- a by
- b of
- c on
- d with

問6 Which best fills in the blank ( 6 )? 6

- a few
- b limited
- c extensive
- d least

**第2問** Choose the most appropriate answer to fill in the blank from **a ~ d** for each question.

**問1** My watch is currently ( ) because I found some problems with it. **7**

- a** to repairing
- b** having repaired
- c** being repaired
- d** been repairing

**問2** Jack will be back in a few days. I am looking forward ( ) again. **8**

- a** see him
- b** seeing him
- c** to see him
- d** to seeing him

**問3** He has two favorite sports, ( ), basketball and tennis. **9**

- a** namely
- b** or else
- c** in addition
- d** however

**問4** This movie is ( ) the one I saw last week. **10**

- a** very amusing
- b** as amused as
- c** more amusing than
- d** the most amused

問5 Since you have a bad cold, you should take the medicine ( ). **11**

- a a six hour
- b every six hours
- c each sixth hours
- d the sixth hour

問6 The world today is different from the world 100 years ago ( ) sea levels have gone up. **12**

- a what
- b in that
- c how
- d at which

問7 A: Did you hear how successful yesterday's charity event was?

B: Yes. A lot of items are said ( ). How wonderful! **13**

- a to purchase
- b to be purchasing
- c to have purchased
- d to have been purchased

問8 A: You have plenty of hobbies, don't you?

B: Yes. But I'm planning to ( ) a new hobby this summer. **14**

- a make out
- b take up
- c come about
- d look after

**問9** A: The price of this mobile phone (     ) recently.

B: You're lucky to be able to afford it. **15**

- a raises
- b raised
- c rise
- d has risen

**問10** There should be very few, if (     ), students left in the school, as we have told them several times to go home. **16**

- a any
- b not
- c some
- d many

**第3問** Read the following passage and choose the most appropriate answer from **a ~ d** for each question.

Whenever I visit the historical centers of European cities such as Florence, their narrow, winding streets <sup>\*1</sup>crammed full of shops, restaurants, and workshops never fail to delight me. They make me long for the time when cities were designed for people rather than automobiles. But sadly, the unstoppable rise of car culture throughout the 20th century led city planners to <sup>\*2</sup>prioritize the needs of drivers over pedestrians. Building the necessary infrastructure for automobiles, such as roads, tunnels, and parking lots, <sup>\*3</sup>gobbled up precious urban space, pushing residents and shops into <sup>\*4</sup>far-flung suburbs. It has also led to health hazards such as air and noise pollution, and the risk of traffic accidents.

However, there are reasons for optimism. The quest to make our cities more livable and people-focused has led to a number of proposed solutions. One is the idea of “the 15-minute city.” The idea was thrust into the mainstream by Anne Hidalgo, who has served as Mayor of Paris since 2014. As part of her 2020 election campaign, she <sup>\*5</sup>pledged to create 15-minute cities in the French capital. She was inspired by Carlos Moreno, a professor at Paris’s Sorbonne university, who coined the phrase in 2016. He believes that as we emerge from an oil-based economy and move into a “post-vehicle era,” we need to reinvent the idea of what he calls “urban <sup>\*6</sup>proximity.” His vision is that city residents should have access to virtually all they need, including shops, leisure facilities, and even medical care, within a 15-minute walk or bicycle ride of their home.

Measures to combat the COVID-19 pandemic <sup>\*7</sup>boosted the idea. Not only were people’s movements severely restricted, there was also a widespread shift to working from home. Many people therefore became accustomed to spending more time in their own neighborhood, and so the idea of a more local lifestyle with easy access to necessary amenities began to seem appealing.

But the 15-minute city also has its critics. Some say that while it is suited to Europe, where cities are mostly designed on a traditional model, it would be much harder

to implement in the US, where most people live in <sup>\*8</sup>sprawling suburbs and are forced to rely on cars. There is also a socioeconomic aspect to consider. While the 15-minute city may be <sup>\*9</sup>feasible in <sup>\*10</sup>affluent urban districts that are already well-stocked with shops and other amenities, it is less easy to imagine the concept succeeding in poorer neighborhoods with fewer jobs, shops, and amenities.

Despite the criticism, I firmly believe that the 15-minute city is a solution to our most pressing urban problems. All in all, it is an <sup>\*11</sup>invaluable contribution to the debate on how to improve life in cities, which are already home to most of the world's population.

[ Source: Muto, Katsuhiko and Bill Benfield. *Reading Palette Blue—Intermediate—* ]

Notes: <sup>\*1</sup>cram ～を詰め込む      <sup>\*2</sup>prioritize ～を優先させる      <sup>\*3</sup>gobble up ～を食べつくす  
<sup>\*4</sup>far-flung 遠く離れた      <sup>\*5</sup>pledge ～を誓う      <sup>\*6</sup>proximity 近接性  
<sup>\*7</sup>boost ～を後押しする      <sup>\*8</sup>sprawling 不規則に拡大した      <sup>\*9</sup>feasible 実現可能な  
<sup>\*10</sup>affluent 裕福な      <sup>\*11</sup>invaluable 極めて重要な

問 1 What do the historical areas of European cities mean to the author? 17

- a Model cases of how cities should expand their road networks
- b Good examples of places with pedestrian-friendly design
- c Parts of the cities left behind by urban development
- d Typical sites that illustrate the difficulty of sustaining businesses

問 2 What did the growth of car culture bring about? 18

- a It decreased traffic problems and made cities safer for pedestrians.
- b It forced citizens to close their businesses and move to urban areas.
- c It made city planners increase green areas to reduce air pollution.
- d It took space away from residents and posed a threat to their health.

- 問 3** What campaign promise did Anne Hidalgo make in 2020? **19**
- a** To implement an idea originally proposed by Carlos Moreno
  - b** To support the opinion of a spokesperson from Paris’s tourism board
  - c** To carry out a plan developed by a French university in 2014
  - d** To follow the advice given by the city planners of Florence
- 問 4** What is the “urban proximity” concept? **20**
- a** It encourages the invention of more energy-efficient vehicles.
  - b** It describes the separation of housing and commercial areas.
  - c** It promotes easy access to essential services for city residents.
  - d** It refers to the benefits of an advanced oil-based economy.
- 問 5** Which factor related to the COVID-19 pandemic contributed to the increased interest in the 15-minute city? **21**
- a** Getting used to staying in their own communities
  - b** Moving to cities to have better health care services
  - c** Relying on online communication due to limitations on movement
  - d** Rejecting home-based work in favor of a normal office routine
- 問 6** Which of the following is mentioned as a concern about the 15-minute city concept? **22**
- a** It leads to few job opportunities in poorer neighborhoods.
  - b** It forces people in local cities to use automobiles more frequently.
  - c** It will be difficult to introduce it in cities designed in traditional ways.
  - d** It may not work well in places which heavily depend on car use.

問 7 What is stated as a benefit of the 15-minute city idea? 23

- a Encouraging the conversation on urban life
- b Addressing poverty issues in rural areas
- c Promoting economic cooperation in the suburbs
- d Reducing urban population to an ideal size

問 8 What is the main topic of the passage? 24

- a The economic benefits of an automobile-oriented society
- b The historical evolution of European rural landscapes
- c The shift from car-oriented urban design to human-centered cities
- d The technological achievements in modern urban planning

**第4問** Read the following passage and choose the most appropriate answer from **a ~ d** for each question.

Do you sometimes ignore your mom while chatting with friends? If you're a teen, that's fairly common. And new research may explain why so many <sup>\*1</sup>adolescents tune out their mom's voice.

Young kids' brains are very tuned in to their mothers' voices, science has shown. But as kids <sup>\*2</sup>morph into teens, everything changes. Teenagers' brains are now more tuned in to strangers' voices than to their own moms', new research shows. "Adolescents have this whole other class of sounds and voices that they need to tune into," explains Daniel Abrams. He's a <sup>\*3</sup>neuroscientist at Stanford University School of Medicine in California. He and his team shared their findings on April 28 in the *Journal of Neuroscience*.

The researchers <sup>\*4</sup>scanned the brains of 7- to 16-year-olds as they listened to things said by their mothers or by unfamiliar women. The words were pure <sup>\*5</sup>gibberish: teebudieshawlt, keebudieshawlt and peebudieshawlt. Using such nonsense words allowed the scientists to study voices on their own, not what they were saying. As the kids listened, certain parts of their brains became active. This was especially true in brain regions that help us to detect rewards and pay attention.

Abrams and his colleagues already knew that younger kids' brains respond more strongly to their mom's voice than to a stranger's. "In adolescence, we show the exact opposite of that," Abrams says. For teens, these brain regions respond more to unfamiliar voices than to their mom's. This shift in what voice <sup>\*6</sup>piques interest most seems to happen between ages 13 and 14. That's when teenagers are in the midst of <sup>\*7</sup>puberty, a roughly decade-long transition into <sup>\*8</sup>adulthood.

These areas in the adolescent brain don't stop responding to mom, Abrams says. It's just that unfamiliar voices become more rewarding and worthy of attention. Here's why: As kids grow up, they expand their social connections way beyond their family.

So their brains need to begin paying more attention to that wider world. That’s exactly as it should be, Abrams adds. “What we’re seeing here is just purely a reflection of this.”

But mothers’ voices still have a special power, especially in times of stress, as one 2011 study on girls showed. Levels of stress <sup>\*9</sup>hormones dropped when these stressed-out girls heard their moms’ voices on the phone. The same wasn’t true for texts from the moms.

The brain seems to adapt to new needs that come with adolescence. “As we mature, our survival depends less and less on maternal support,” says Leslie Seltzer. She’s a <sup>\*10</sup>biological anthropologist at the University of Wisconsin-Madison. She was part of the team that carried out that 2011 study. Instead, she says, we rely more and more on our peers—friends and others closer to our own age.

So while both teens and their parents may sometimes feel frustrated by missed messages, that’s okay, Abrams says. “This is the way the brain is wired, and there’s a good reason for it.”

[ Source: Laura Sanders, Science News Explores, permission. June 24, 2022. Used with permission. ]

Notes: <sup>\*1</sup>adolescent 思春期の若者                    <sup>\*2</sup>morph into ～に姿を変える  
<sup>\*3</sup>neuroscientist 神経科学者                    <sup>\*4</sup>scan ～をスキャンする                    <sup>\*5</sup>gibberish でたらめ  
<sup>\*6</sup>pique (興味)をかき立てる                    <sup>\*7</sup>puberty 思春期                    <sup>\*8</sup>adulthood 成人期  
<sup>\*9</sup>hormone ホルモン                    <sup>\*10</sup>biological anthropologist 生物人類学者

問 1 According to the passage, what is common for teenagers to do? 25

- a To talk frequently with their mothers and friends
- b To pay little attention to their mothers when talking with friends
- c To listen carefully to what their mothers say
- d To avoid chatting with other young people

問 2 What does the new research show? **26**

- a Teens' brains respond more to their parents than young kids' do.
- b Young kids' brains do not react to strangers' voices.
- c Teens focus more on strangers' voices than their mothers'.
- d The brain's attention to voices stays the same regardless of age.

問 3 What was the Abrams's team careful about in order to obtain appropriate results?

**27**

- a Ensuring the brain responded to the sound, not the meaning
- b Carefully choosing volunteers through interviews
- c Giving a detailed explanation about how the brain works
- d Paying close attention to what was said by those who joined

問 4 What happened during Abrams's experiment? **28**

- a Large portions of the brain were stimulated by children's voices.
- b Children showed increased attention to their own voices.
- c Brain parts perceiving rewards showed more activity.
- d Younger children exhibited higher brain activity than teens.

問 5 According to Abrams's research, what occurs in the brain between the ages of 13 and 14? **29**

- a The shift in how it responds to different kinds of voices
- b The increase in regions that respond to a mother's voice
- c The decline in the speed of processing spoken language
- d The transition from relying on what we see to what we hear

**問 6** What makes the youth respond more willingly to voices that they are not used to? **30**

- a Expansion of social relationships
- b Decreased personal connections
- c Frequent conversations with their family
- d Separation from the world around them

**問 7** What did the study on girls conducted in 2011 show? **31**

- a Their mothers' texts had a significant effect on the girls' stress.
- b Hearing their mothers' voices helped reduce the girls' stress.
- c The girls' written messages lowered their mothers' stress hormone levels.
- d The girls experienced similar stress reduction from phone calls and texts.

**問 8** According to Leslie Seltzer, what happens as we mature? **32**

- a We rely more on our maternal support for survival.
- b We tend to listen exclusively to our elders, teachers and mentors.
- c We get used to all kinds of voices and stop reacting.
- d We increasingly depend on friends and similar-aged individuals.

**問 9** According to Abrams, how should teens and parents view communication challenges? **33**

- a They show a serious problem that both teens and parents need to resolve.
- b They indicate that parents are failing to convey their messages.
- c They are issues that can be avoided by training the brain.
- d They are a natural part of how the brain develops.