

A 6

英 語

この冊子は、英語の問題で1ページより13ページまであります。

〔注 意〕

- (1) 試験開始の指示があるまで、この冊子を開いてはいけません。
- (2) 監督者から受験番号等記入の指示があったら、解答用紙に受験番号と氏名を記入してください。また、解答用マークシートに受験番号と氏名を記入し、さらに受験番号をマークしてください。
- (3) 解答は、所定の解答用紙に記入したもの及び解答用マークシートにマークしたものだけが採点されます。
- (4) 解答用マークシートについて
 - ① 解答用マークシートは、絶対に折り曲げてはいけません。
 - ② マークには黒鉛筆(HBまたはB)を使用してください。
指定の黒鉛筆以外でマークした場合、採点できないことがあります。
 - ③ 誤ってマークした場合は、消しゴムで丁寧に消し、消しくずを完全に取り除いたうえ、新たにマークしてください。
 - ④ 解答欄のマークは、横1行について1箇所に限ります。
2箇所以上マークすると採点されません。
あいまいなマークは無効となるので、はっきりマークしてください。
 - ⑤ 解答用マークシートに記載されている解答上の注意事項を、必ず読んでから解答してください。
- (5) 試験開始の指示があったら、初めに問題冊子のページ数を確認してください。
ページの落丁・乱丁、印刷不鮮明等に気づいた場合は、手を挙げて監督者に知らせてください。
- (6) 問題冊子は、試験終了後、持ち帰ってください。

(下書き用紙)

(下書き用紙)

1

次の①～⑤の段落に分けられた英文を読み、あとの設問に答えなさい。なお、
*印のついた語句には本文末で注が与えられている。(62点)

① My formula for handling pressure situations is simple: I consider pressure to be an ally and stress to be the enemy. It's a philosophy I follow in both my personal life and my professional life as a basketball coach. Yes, pressure is always there in some form. It's in all of our lives, whether in the workplace or in our personal lives. It's a part of contemporary life, the product of our fast-paced jingle-jangle* culture. To deny it is simply kidding ourselves.
(7)

But we cannot allow it to control our performance in a negative way.

② Most people will tell you that there's good pressure and there's bad pressure. I don't believe that. Pressure in and of itself is neutral. It's how you choose to view it that determines whether it's good or bad.
(1)

If you use it to your advantage it's good pressure. Let it control you and it becomes bad pressure, or stress.

③ Just like with having a positive attitude, you have a choice every day in how you deal with pressure. You can either see it as something that's stimulating and exciting — something you can use as your ally — or you can worry about it and have it negatively affect your performance. It's up to you.

④ There are a lot of people who try to deny that pressure exists. Either that or they try to downplay* it. Both strategies are losing ones.
(A)

You have to recognize it and prepare for it. It's like people who use vitamin C in an attempt to ward off colds as winter nears compared to the people who wait until they get the cold first before they start taking it.
(7)

One group has prepared for the potential attack of a cold; one hasn't. It's the same thing with pressure.
(1)

The more prepared you are the better you will handle it.

⑤ But pressure itself is not the enemy. Stress is the enemy. And stress appears when you're not prepared, not focused on your job. It shows up when you're cutting corners and looking for shortcuts.
(7)

⑥ This is the key. We always can do more than we think we can do. Anyone who has ever achieved anything significant knows this. We always can work harder. We always can put in longer hours, expend more energy. We always can perform better. Why is this? Because we only know what we already have been able to do. We can't see into the future, meaning we don't have a realistic image of ourselves meeting some of our tougher goals.

⑦ Remember when you were in school and you had a big test that day, but you knew you didn't study enough? You knew you weren't prepared. That was stress, and you knew back then it was the enemy. Remember when you first had to speak in public, the dread you felt? That was stress, too, for you knew you had neither the skills nor the confidence to do it properly. You knew then that stress was the enemy.

⑧ (1) From driving on icy roads, to having to do all your Christmas shopping in one day because you left it all to the last minute, to having to work all weekend to finish a work project, you feel stress because you know either that you're not fully prepared or that you've left yourself too little time to do things. Stress also lessens your confidence. (2) Because of this, you cannot possibly reach the proper level necessary to achieve success. (3) When stress becomes a factor you make bad decisions. (4) You don't perform well. You feel anxious. When stress comes into play you choke. (5) You know you have no reason to feel confident.

⑨ When people are under stress you often see a shoddy* performance from them. The stress gets in the way of being totally focused, (力) that they are simply not able to operate at optimum* levels. Stress also causes doubt. It makes you wonder whether you can get the job done. It makes you exaggerate the repercussions* of a failure. It makes you think of failure instead of success. It makes you expect to fail.

注：jingle-jangle 絶え間なく鳴り響く；

downplay — make (something) appear less important than it really is；

shoddy 質の低い；optimum もっとも望ましい；repercussions 影響

(1) 下線部(A)は要するにどういうことか。Both strategies が何を意味するかを具体的に示しながら、下線部の内容をわかりやすく**解答用紙**に説明しなさい。

(2) 本文の内容を下記のように要約した場合、空所を補うのにもっとも適切な単語を下から選び、その番号を**解答用マークシート**にマークしなさい。ただし、同じ単語は2度以上使用しないこと。

You must recognize the difference between pressure and stress. Pressure always exists in our daily lives. No one can (a) it, so you must (b) yourself for it. It is a (c) force that makes you more focused, excited, and energetic. The more you prepare, the better qualified you are to (d) pressurized situations. Pressure is a (e) only if you let it control yourself. Stress is the enemy. It often occurs when you have not prepared properly and try to proceed with things hastily. Stress robs you of your focus and affects your (f). When faced with some hard work you feel beyond your ability, you may feel (g) about what you can do and lose (h) in your success. Pressure makes you better focused, more motivated, while stress makes you feel anxious, afraid to (i).

1 confidence

2 deny

3 doubtful

4 fail

5 handle

6 motivating

7 negative

8 performance

9 prepare

(3) 本文の第②段落から第⑦段落の中で、内容の展開上不要な段落が1つ挿入されている。その不要な段落の番号を解答用マークシートにマークしなさい。

(4) 本文中で用いられた次の各単語のもっとも強く発音する母音と、下線部の発音が同じ語を、右の1～4から1つずつ選び、その番号を解答用マークシートにマークしなさい。

- | | | | | | | | | | |
|-----|------------|---|---------|---|---------|---|---------|---|----------|
| (あ) | consider | 1 | conduct | 2 | lighten | 3 | symbol | 4 | worship |
| (い) | exaggerate | 1 | bathe | 2 | exit | 3 | father | 4 | standard |
| (う) | operate | 1 | comb | 2 | invest | 3 | modern | 4 | raise |
| (え) | potential | 1 | coast | 2 | evening | 3 | pattern | 4 | steady |
| (お) | workplace | 1 | earth | 2 | heart | 3 | height | 4 | weight |

(5) 下線部(ア)のように述べる理由としてもっとも適切なものを次の1～4から1つ選び、その番号を解答用マークシートにマークしなさい。

- 1 Because no one can live with the pressure of modern life.
- 2 Because pressure is a commonplace of life in this busy world.
- 3 Because the writer tries to take pressure as a joke.
- 4 Because we are accustomed to having a lot of pressure in our daily lives.

(6) 下線部(イ)の意味にもっとも近いものを次の1～4から1つ選び、その番号を
解答用マークシートにマークしなさい。

- 1 It is important to make your own decision about how to reduce pressure.
- 2 Pressure turns out to be good or bad depending on your viewpoint.
- 3 The choice between the two views weighs heavily with other people.
- 4 Whether pressure is good or not needs to be considered from various points of view.

(7) 下線部(ウ)の意味にもっとも近いものを次の1～4から1つ選び、その番号を
解答用マークシートにマークしなさい。

- | | |
|-----------|-------------|
| 1 cause | 2 cure |
| 3 prevent | 4 withstand |

(8) 下線部(エ)の指示する内容としてもっとも適切なものを次の1～4から1つ選
び、その番号を解答用マークシートにマークしなさい。

- | | |
|-------------|------------|
| 1 pressure | 2 the cold |
| 3 vitamin C | 4 winter |

(9) 下線部(オ)の意味にもっとも近いものを次の1～4から1つ選び、その番号を
解答用マークシートにマークしなさい。

- 1 Doing easy things in a quick way makes you feel stressed.
- 2 Finding an easy solution is a reasonable way of avoiding stress.
- 3 Stress builds up when you give up the idea of finding the shortest course.
- 4 Stress is unavoidable when you try to do something too quickly.

- (10) 本文の第⑧段落に下記の文を挿入する場合、その段落内につけられた番号(1)～(5)のうち、もっとも適切な場所の番号を**解答用マークシート**にマークしなさい。

Stress occurs when you are being asked to do something you're not sure you can do.

- (11) 空所(カ)を補うものとして、もっとも適切なものを次の1～4から1つ選び、その番号を**解答用マークシート**にマークしなさい。

- | | |
|-------------------|------------------|
| 1 to the contrary | 2 to the minute |
| 3 to the point | 4 to the surface |

- (12) 次の1～4から、本文の内容に合致するものを1つ選び、その番号を**解答用マークシート**にマークしなさい。

- 1 Any form of pressure tends to turn into stress when you feel excited by the likelihood of success.
- 2 Fear of failure could be a greater motivator for success than self-confidence.
- 3 Preparation is one of the important keys to dealing with stressful moments.
- 4 Stress causes positive effects when we devote ourselves wholly to our work.

2

次は、テレビ番組の司会者である Tim とゲストである Richard の会話です。

空所(ア)～(ケ)を補うのにもっとも適当なものを1～9から選び、その番号を解答用マークシートにマークしなさい。同じものを2度以上用いないこと。(18点)

Tim: Last year, Richard gave up his job in a London bank and decided to walk to the South Pole. (ア)

Richard: Well, I didn't like my job, and I had a lot of problems at home. I just wanted to get away from it all. I wanted to find myself, if you please.

Tim: So, you left England in August. (イ)

Richard: I flew to Buenos Aires in Argentina. From there, I travelled to the Antarctic by boat.

Tim: (ウ)

Richard: Well, I had to wait for a few weeks because the weather was very bad, so I didn't set off until the end of September.

Tim: (エ)

Richard: No, I was on my own.

Tim: (オ)

Richard: No, I didn't. After about three hundred kilometres I fell into a huge crevasse, you know, a big hole about ten metres deep.

Tim: (カ)

Richard: Yes, I broke my arm. I couldn't climb out.

Tim: (キ)

Richard: Well, fortunately, my sledge fell into the hole with me, so I had food, and I had my radio, too. And I called for help.

Tim: (ク)

Richard: Five days. There was a bad storm, you see. I thought it was the end, but then suddenly I heard voices and dogs. I shouted and

shouted, and faces appeared above me.

Tim: (ケ)

Richard: I thought about my life back in England. And the funny thing was that all problems at home and work weren't important any more. I just wanted to be with my family and friends again. Life's short, you know. You have to enjoy it while you can.

Tim: Thank you very much.

- 1 And did you reach the South Pole?
- 2 Did anyone go with you?
- 3 How long were you there before they found you?
- 4 Were you hurt?
- 5 What did you do first?
- 6 What did you think about while you were in the crevasse?
- 7 What happened then?
- 8 When did you actually start your journey to the Pole?
- 9 Why did you give up your job, Richard?

3

与えられた語群から、必要な語数の単語を選び、和文に相当するのにもっとも自然な英文を完成して、その番号を解答用マークシートにマークしなさい。ただし、同じものは2度以上使わないこと。固有名詞を除いては、文頭の語も小文字にしてある。(20点)

- 1 グレースが帰ってきた時、ダニエルは勝手に彼女のブランディを飲んでいた。

When Grace came home, (1) (2) (3) (4) (5)
(6) her brandy.

- | | | |
|--------------|-----------|------------|
| 1 been | 2 Daniel | 3 drinking |
| 4 had | 5 helping | 6 himself |
| 7 permission | 8 to | |

- 2 どうぞご家族によろしく。

(1) (2) (3) (4) (5) (6) me, please.

- | | | |
|------------|--------|---------|
| 1 family | 2 for | 3 hello |
| 4 remember | 5 say | 6 tell |
| 7 to | 8 your | |

- 3 ヴァネッサの優しさはランドルフにとって益というよりも害になるだろう。

Vanessa's kindness (1) (2) (3) (4) (5)
(6) (7).

- | | | |
|------------|--------|---------|
| 1 be | 2 do | 3 for |
| 4 good | 5 harm | 6 more |
| 7 Randolph | 8 than | 9 would |

4 レベッカのアドバイスがなければ、キースは成功しなかっただろう。

(1) (2) (3) (4), (5) (6) (7)
(8) succeeded.

1 advice

2 but

3 for

4 have

5 Keith

6 not

7 Rebecca's

8 would

5 チャールズって気難しい人じゃない？

(1) (2) (3) (4) (5) (6) (7)
(8) (9)?

1 along

2 Charles

3 do

4 find

5 get

6 hard

7 to

8 with

9 you



1

2