

英 語

注 意

1. 問題は全部で15ページである。
2. 解答用紙に氏名・受験番号を忘れずに記入すること。(ただし、マーク・シートにはあらかじめ受験番号がプリントされている。)
3. 解答はすべて解答用紙に記入すること。
4. 解答用紙は必ず提出のこと。この問題冊子は提出する必要はない。

マーク・シート記入上の注意

1. 解答用紙(その1)はマーク・シートになっている。HBの黒鉛筆またはシャープペンシルを用いて記入すること。
2. 解答用紙にあらかじめプリントされた受験番号を確認すること。
3. 解答する記号・番号の○を塗りつぶしなさい。○で囲んだり×をつけたりしてはいけない。

解答記入例(解答がイのとき)

1	●	○	△	□	◇	▽	◇
---	---	---	---	---	---	---	---

4. 一度記入したマークを消す場合は、消しゴムでよく消すこと。×をつけても消したことになる。
5. 解答用紙をよごしたり、折り曲げたりしないこと。

1 次の英文を読み、以下の問いに答えなさい。

When is it OK to catch some shut-eye on the job? Workplace snoozing has been the topic of an awful lot of water-cooler jesting lately — at least among those awake enough to remember their conversations. First, there were a rash of reported incidents of air-traffic controllers nodding off during late-night shifts, though no serious accidents occurred. Then, Vice President Joe Biden became a target of nationwide fun after he nodded off during his boss' noontime budget speech.

The notion of napping on your employer's dime seems to violate every aspect of the work ethic instilled in Americans from the nation's earliest days. But sleep experts say there are a few circumstances in which catching a few Zs in the old sweatshop is not merely acceptable, but desirable.

Dr. Susheel Patil, a deputy director of the Johns Hopkins Sleep Disorder Center, thinks naps should be scheduled for people who work the graveyard shift, particularly when — like air traffic controllers — they have jobs requiring maximum mental alertness.

And Jeanne Geiger-Brown, a director of the Work and Health Research Center at the University of Maryland's School of Nursing, says people slated for extremely long shifts should also get a regular

Notes:

shut-eye 眠り
snoozing < snooze
居眠りをする
jesting 冗談
rash 多発
air-traffic controller
(s) 航空管制官
nodding off < nod off
うとうとする

dime 10セントコイン

instill(ed) (思想・感情)をしみ込ませる

catch a few Zs 眠る
sweatshop 労働条件

の劣悪な工場

graveyard shift

深夜勤務

slate(d) for …を予定する

chance to catnap. Medical residents, for instance, currently are on call for up to 30 hours at a stretch, and may or may not sleep for a portion of that time. “Industries are now beginning to look at fatigue as part of their risk-management plan,” she says. “Some people think it’s silly to allow workers to sleep on the job. But it’s even sillier to have employees so impaired they can’t function.”

History and popular culture are rife with notorious nappers: Cartoon character Dagwood Bumstead has been dozing at his desk at the J.C. Dithers Co. for the past 78 years. Winston Churchill, the legendary British statesman who shepherded his island nation through World War II, once said: “When the war started, I had to sleep during the day because it was the only way I could cope with my responsibilities.” And former President Bill Clinton was captured on YouTube after he famously drifted off in January 2008, during a Martin Luther King Day celebration in a Harlem church.

Geiger-Brown suspects that drowsy politicians fall into the category of people who slumber involuntarily in the middle of the day because they’ve been working into the wee hours. “Sleep is a biologically active process,” she says. “Your body has to have it. If you don’t give your body sleep, it’s going to find a way to take it.” Extreme sleep

catnap うたた寝を
する
medical resident(s)
医学実習生
at a stretch 一気に
risk-management plan
危機管理計画
impair(ed) (健康な
ど)を損う
rife 満ち満ちて
notorious 悪名高い
dozing < doze 居眠
りする
shepherd(ed) …を
導く
cope with …に対処
する
drift(ed) off 眠りに
はいる
Martin Luther King
Day キング牧師記念
日
drowsy 眠そうな
slumber うとうとす
る
involuntarily 心なら
ずも
wee hours 早朝

deprivation, she says, results in a phenomenon known as “micro-sleeps” in which the person nods off for periods ranging from 500 microseconds to a few seconds. During these micro-sleeps, people appear to be awake. But their brains have stopped processing information — occasionally with disastrous results.

deprivation 不足

“In the old days, if a worker fell asleep on the highway on his way home and killed another motorist, he was the only person liable,” Geiger-Brown says. “But there have been a few recent examples of people who have won judgments against employers who should have known their workers were too tired to drive.” And some of those judgments have been for more than a million dollars.”

liable 法的責任がある

So when Dagwood grabs 40 winks, he might actually be doing the J.C. Dithers Co. a favor. Nor is he the only employee ever to nap while his supervisor’s back is turned.¹⁰ According to a 2008 study by the Virginia-based National Sleep Foundation called “Sleep Performance in the Workplace,” 29 percent of workers acknowledged either becoming very tired or falling asleep while on the clock. Though just one in 10 succumbs to the temptation to take a nap, 24 percent of employees said they would put their heads down if their bosses allowed it. Unfortunately, the vast majority of companies frown on stealth sleepers.

40 winks うたたね

on the clock 就労時間の

succumb(s) 屈する

frown on …にまゆを

A 2010 survey by the Society for Human Resource Management, a trade group for the folks who put together employee benefit packages, finds that just 5 percent of businesses offer on-site nap rooms where workers can curl up during breaks. Frederick Smock, current president of the Baltimore-based Chesapeake Human Resources Association, can think of no Maryland firms that provide this particular perk. “Most companies are still clinging¹¹ to a very traditional sense of the American workforce,” he says. “Things like napping and even telecommuting are very slow to take hold.¹² Napping flies in the face of the old work ethic, and corporate America is not embracing¹³ it. I personally think it would be beneficial to use naps to boost late-afternoon productivity. Caffeine can only carry you so far.”

Even when napping is permitted, employees might resist because they fear they will be perceived as lacking commitment or ambition. For instance, starting July 1, the nation’s hospitals will adopt more relaxed work rules for student doctors. Working hours for first-year interns will be limited to 16 hours at a stretch, down from the current limit of 30. Second- and third-year residents will have their maximum shifts reduced from 30 to 28 hours. According to Patil, naps have been officially recommended “when necessary and feasible” by the Accreditation Council for Graduate Medical

ひそめる
 stealth こっそりすること
 on-site その場での
 perk (職務に伴う)特典
 workforce 労働力
 flies<fly in the face of ...>に反する
 intern(s) (企業などの)研修生
 feasible 実現可能な
 accreditation (病院・学校などの)認可

Education, the organization that sets standards in the U.S. for internships and residencies.

But persuading all those young Type A overachievers to take even a badly needed siesta could be a battle. "We are in a society that values macho-ness," Patil says. "That's the hard part, and that's what's got to change."

Geiger-Brown says research reveals that a strategy of planned naps can result in increased acuity. One study found that overnight workers who napped for 20 minutes at 3 a.m. were still vigilant at 7 a.m. Another study of industrial workers on the graveyard shift who napped for an hour between 11:30 p.m. and 3:30 a.m. documented a long-term boost to job performance. "The effects of naps got better and better over time, because the workers were chipping away at their sleep deficit," she says.

A third experiment gave 40-minute naps to pilots who flew over the ocean for several hours at a stretch late at night. "The naps really helped them be more alert during the crucial last 90 minutes of the flight," she says.

It's enough to give lying down on the job a good name.

internship(s) 在学中
の実務研修

residencies <

residency 専門医学
実習期間

Type A A型の行動
様式

overachiever(s) 成果
をあげることに躍起に
なる人

siesta 昼寝

macho-ness 男らしい
たくましさ

acuity (思考の)鋭敏
さ

vigilant 注意力が持
続している

chipping away < chip
away ...を少しずつ

崩す

deficit 不足

〔1〕 下線部A, Bを日本語に訳しなさい。(解答用紙その2)

〔2〕 1～8の質問に対しては英文の内容から判断し、また、下線部9～15の質問に対しては前後の関係から判断してもっとも適切と思われるものをひとつ選び、その番号のところをマークしなさい。(解答用紙その1)

1. Napping on your employer's dime seems to

- (1) be accepted by companies today.
- (2) be good because it saves companies money.
- (3) go against accepted business practices.
- (4) have been an accepted practice for years.

2. Some sleep experts say that catching some Zs at work is

- (1) acceptable but not desirable.
- (2) required at all times.
- (3) good but should not be allowed.
- (4) good at times.

3. Medical residents are likely to work

- (1) long hours with little or no sleep.
- (2) long hours but can nap if called.
- (3) only 30 hours a week.
- (4) shorter hours than air-traffic controllers.

4. According to a 2008 study conducted by a sleep foundation,

- (1) a little more than 1/4 of the workers felt tired or fell asleep at work.
- (2) twenty-nine percent of the workers fell asleep at work.
- (3) ten percent of the workers said they wanted to nap at work.
- (4) twenty-four percent of the workers said their bosses allowed them to nap at work.

5. When companies allow their workers to nap, what might be the result?

- (1) Workers might insist they nap.
- (2) Workers might be more committed.
- (3) Workers might be more ambitious.
- (4) Workers might not nap.

6. U.S. hospitals are planning to change their work rules to give their young doctors in training

- (1) longer nap times.
- (2) shorter working hours.
- (3) more shift work.
- (4) a third year to their studies.

7. A Type A person is

- (1) quiet.
- (2) easy-going.
- (3) cautious.
- (4) competitive.

8. In an experiment involving pilots who napped, they were found to be

- (1) sleeping during the last 90 minutes of the flight.
- (2) more attentive at the most important moments of their flight.
- (3) flying several hours afterwards.
- (4) napping several hours a day.

9. it

- (1) an active process
- (2) your body
- (3) sleep
- (4) a way

10. his supervisor's back is turned

- (1) his boss is aware
- (2) his boss is not watching
- (3) his boss is not concentrating
- (4) his boss is looking ahead

11. clinging to

- (1) holding firmly on to
- (2) holding loosely on to
- (3) rejecting
- (4) resisting

12. take hold

- (1) become comfortable
- (2) become uncomfortable
- (3) become common
- (4) become uncommon

13. embracing

- (1) getting a good feeling from
- (2) getting a bad feeling from
- (3) rejecting
- (4) accepting

14. values

- (1) misunderstands
- (2) appreciates
- (3) disrespects
- (4) disregards

15. boost

- (1) an increase
- (2) a reduction
- (3) an obstacle
- (4) a concentration

(3) 次の文の中から、本文の内容と一致するものを4つ選んでその番号のところにマークしなさい。(解答用紙その1)

1. This article mentions the serious accidents that have occurred when those directing aircraft fell asleep at work.
2. Sleeping on the job is an accepted practice at U.S. businesses.
3. Experts say that napping on the job is always a good idea.
4. Air traffic controllers have short work hours because their jobs are hard.
5. An expert says that people working long hours should be offered a chance to sleep.
6. Some U.S. companies are now studying how the lack of sleep affects workers.
7. Politicians often fall asleep because of the afternoon celebrations they must attend.
8. One's body needs sleep so it tries to find ways of getting sleep.
9. Companies have always encouraged their workers to take naps while at work.
10. Hospitals now seem to understand their young workers need to nap.

- 2 以下のそれぞれの定義に従って、指定された頭文字で始まる単語を書きなさい。(ただし、解答は与えられた頭文字から書くこと)(解答用紙その2)

(解答例)

someone who is trained in science, especially someone whose job is to do scientific research

⇒(s) 正解(scientist)

1. a screen that shows information from a television or computer

⇒(m)

2. a substance formed by a chemical reaction of two or more elements in fixed amounts relative to each other

⇒(c)

3. an unexpected event, such as a very bad accident, a flood or a fire, that kills a lot of people or causes a lot of damage

⇒(d)

4. a discussion in which people or groups state different opinions about a subject

⇒(d)

5. an idea or plan that you offer for someone to consider

⇒(s)

6. the process of getting better often after an illness, injury, etc.

⇒(r)

7. a type of oven that cooks food very quickly by using electric waves instead of heat

⇒(m)

8. an ability to understand, recognize, value, or react to something, especially any of the five abilities to see, hear, smell, taste and feel

⇒(s)

9. a shape with a flat, round, or oval base and a top which narrows to a point

⇒(c)

10. a group of events which happen in a particular order, one following the other, and which are often repeated

⇒(c)

3 次の会話文を読んで、以下の問いに答えなさい。

〔1〕 選択肢1～10の中から、上の空欄A～Fに入れるのに最も適切と思われるものを一つ選び、その番号のところをマークしなさい。(解答用紙その1)

Meg: Are you ready to go?

Dad: (A). Let me get my backpack. I'll be ready in a second.

Meg: I'm so excited about this weekend trip. I've been thinking about it for weeks.

Dad: (B). I can't tell you how thrilled I am.

Meg: You're always so busy with your work, and we never spend enough time together.

Dad: You're right. I need to take more time off. You're more important than my job.

Meg: I understand, Dad. (C) to feel guilty.

Dad: Thanks, honey. (D). Let's hit the road.

Meg: Dad, let's make sure the windows are closed.

Dad: (E). I'll check the second floor. Can you check the first floor?

Meg: (F). Hey, Dad. Do you have the car keys? We won't get far without them.

Dad: Thanks. I was sure they were in the backpack but here they are on the table. Anything else we need to check?

Meg: No, Dad, let's just go and have a great two days together out in nature and far from the city.

1. Hang up

6. Hang on

2. No need

7. Mine, too

3. Please don't

8. Same here

4. No problem

9. Good thinking

5. Never mind

10. All right

2) 次の文の中から会話文の内容と一致すると思われるものを4つ選んで、その番号のところにマークしなさい。(解答用紙その1)

1. Meg is going to travel somewhere alone.
2. Meg's father is taking his backpack.
3. They are both very excited about the trip.
4. Meg's father is often busy with his job.
5. Meg's father wants to change his life.
6. Meg's father tells Meg that they should check the windows before they leave.
7. Meg is going to check the second floor.
8. Meg tells her father the car keys are on the table.

4 次の日本語の文を表現するような英文を、与えられた書き出しを使って完成しなさい。(解答用紙その3)

1. 「グリーン」という単語は、環境に優しい製品を表すために使われる。

The word...

2. 地球温暖化が原因で引き起こされつつあるいくつかの問題は何ですか。

What are...

3. 私はこの仕事を誰かにしてくれと頼むよりは、自分でそれをする方が楽である。

It is easier for...







