

# 英 語 問 題 紙

経済学部 1・2 部

人文学部 1・2 部（英米文化学科）

工学部（建築学科）

2024 年 2 月 9 日

経済学部 1・2 部, 人文学部 2 部（英米文化学科）, 工学部（建築学科）は 14:10～15:10（60分）

人文学部 1 部（英米文化学科）は 14:10～15:30（80分）

## 注 意 事 項

1. 英語の問題紙は全19ページである。

問題は学部（1・2部の区別を含む）によって異なる。受験者は下表にしたがって問題に解答すること。

学 部 名	問 題
人文学部 1 部（英米文化学科）	リスニング 1 2 3 4 5 6
経済学部 1 部 工学部（建築学科）	1 2 3 4 5 6
人文学部 2 部（英米文化学科） 経済学部 2 部	1 2 3 4 5

2. 解答は選択肢の中から選び、その記号を解答用紙の指定された欄にマークすること。
3. リスニングの問題(人文学部 1 部(英米文化学科)のみ解答)は、スピーカーから流れる音声の指示に従うこと。
4. 試験開始の合図があるまで問題紙を開いてはいけない。  
試験終了まで退室してはいけない。

英

## リスニング

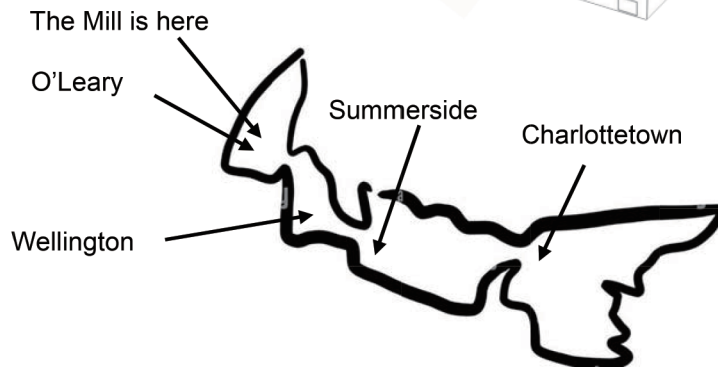
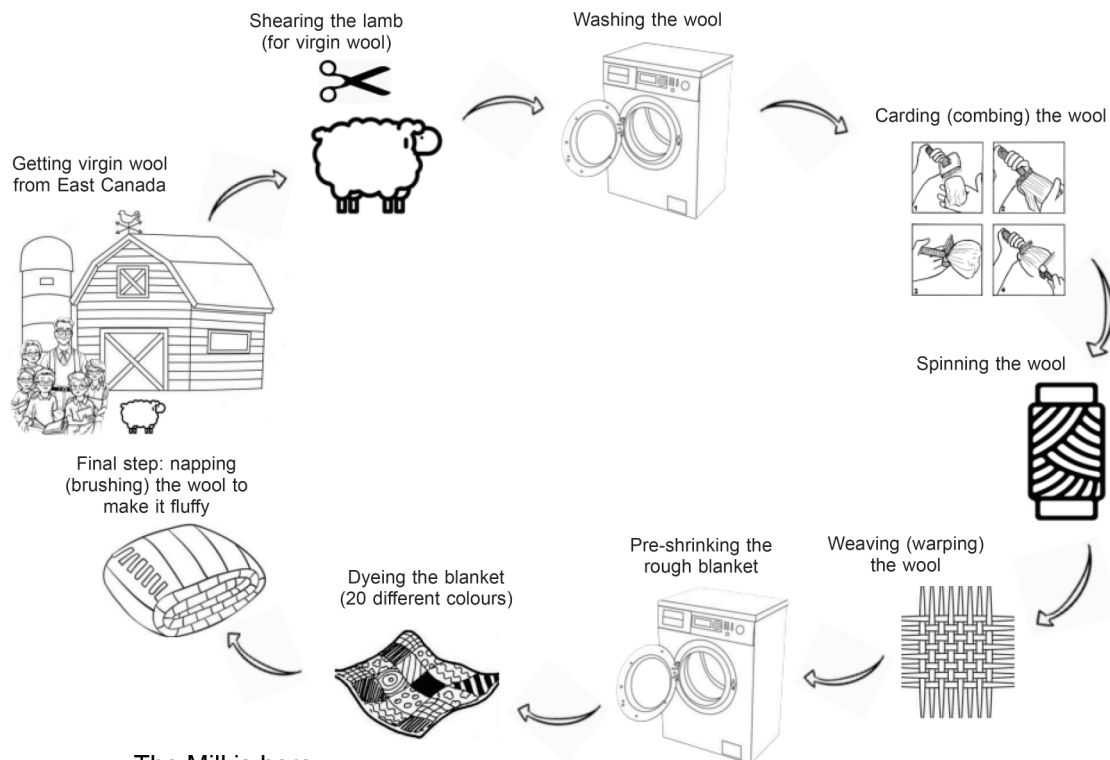
(1 部英米文化学科受験者のみ)

放送の指示を注意深く聴いて解答せよ。



Crafting beautiful wool products since 1932

Address: Bloomfield RR#2  
Civic # 38317 Highway 2  
Prince Edward Island, Canada  
Email: [info@macauslandswoollenmills.com](mailto:info@macauslandswoollenmills.com)



Prince Edward Island

## Part One

- L-1. ア. Prince Edward Island.  
イ. Canadian potatoes.  
ウ. Blankets made of wool.  
エ. Anne of Green Gables.
- L-2. ア. Managing blanket production.  
イ. Making high quality blankets.  
ウ. Keeping work interesting.  
エ. Producing many blankets.
- L-3. ア. It is the most widely available wool.  
イ. It is not produced in the Québec.  
ウ. 100% is produced in Canada.  
エ. It is the first wool a sheep produces.
- L-4. ア. Making smaller bits of wool.  
イ. Washing and drying the wool.  
ウ. Removing the mud and grit.  
エ. Combing the wool into threads.
- L-5. ア. Brushing the blanket to make it fluffy.  
イ. Dyeing or coloring the blanket.  
ウ. Shrinking the blanket by washing it.  
エ. Weaving the thread into a blanket.
- L-6. ア. Comfortable scarves.  
イ. Woollen mittens.  
ウ. Sheep skin hats.  
エ. Woollen rugs.
- L-7. ア. Through visitors coming by car.  
イ. At their store in Wellington.  
ウ. Through the Internet.  
エ. Through telephone shopping.

Part Two

- L-8. ア. At a hotel.  
イ. At home.  
ウ. At a restaurant.  
エ. At a police station.

- L-9. ア. An American resident.  
イ. A business traveler.  
ウ. A tourist.  
エ. A mother.

< < < *The conversation continues.* > > >

- L-10. ア. Outside.  
イ. At a restaurant.  
ウ. In her hotel room.  
エ. In the park on King's Street.

- L-11. ア. One.  
イ. Two.  
ウ. Three.  
エ. Four.

- L-12. ア. To go to the salad bar.  
イ. To use the washroom.  
ウ. To go back to her hotel room.  
エ. To go to the front desk.

< < < *The conversation continues.* > > >

- L-13. ア. Visit a furniture company.  
イ. Take a city tour.  
ウ. Visit the park on King's Street.  
エ. Stay in her hotel room.
- L-14. ア. While walking to the bus terminal.  
イ. During the meeting at the furniture company.  
ウ. While coming to the police station.  
エ. During the return trip to the hotel.

### Part Three

- L-15. ア. He doesn't like swimming.  
イ. He doesn't like indoor pools.  
ウ. It is too hot for him.  
エ. The water is too hot.
- L-16. ア. The child doesn't like studying.  
イ. The child isn't coming home tonight.  
ウ. The child came home late.  
エ. The child doesn't want to discuss it.
- L-17. ア. Buy more sweets.  
イ. Not eat so many sweets.  
ウ. Eat enough sweets.  
エ. Not stop himself.
- L-18. ア. He will miss the meeting tomorrow.  
イ. He doesn't want to help her.  
ウ. He doesn't have many things to do.  
エ. He doesn't have time to read the report.

L-19. ア. Explain the business ideas to the man.

イ. Take creative notes.

ウ. Read Tom's business notes.

エ. Talk about business with Tom.

L-20. ア. The man.

イ. The woman.

ウ. The teacher.

エ. No one.

L-21. ア. Finding a new job.

イ. Making a new contract.

ウ. Taking over the company.

エ. Looking for new staff.

L-22. ア. The basketball team doesn't need her.

イ. She doesn't like what people have said about her.

ウ. She doesn't get enough playing time.

エ. The woman wants her to stop playing.

L-23. ア. She went to see a doctor.

イ. She went to the drugstore.

ウ. She took some medicine.

エ. She took time off work.

1

次の英文を読み、設問に答えよ。

### Why We Procrastinate on the Tiniest of Tasks

Sometimes, we don't want to reply to an email, don't want to do our homework, or can't bring ourselves to do some boring paperwork, so we postpone these tasks and waste our time on social media or YouTube until it is almost too late. This is called procrastination. When we procrastinate on a task, or wait until the last minute to do something, it can balloon from a tiny checklist item into a major source of stress. "At its core, procrastination involves delaying a task even though we expect our situation to become worse as a result of doing so," explains Fuschia Sirois, professor of psychology at Sheffield University, U.K.

The effects of procrastination can be quite severe. People who regularly procrastinate tend to have higher levels of stress, poorer sleep patterns, and worse job prospects, especially when they occupy professional roles where autonomy and decision-making are required. In terms of mental health, procrastination is also linked to greater anxiety and depression. It can similarly undermine human relationships, because when we procrastinate, we end up breaking commitments with others. Given these negative effects, why do so many of us keep procrastinating?

It's easy to understand why some people procrastinate on big tasks such as taking exams or looking for jobs. Big tasks can be stressful or mentally draining and require loads of time, energy, and commitment. However, big tasks are so important to our lives that it's difficult for us to avoid them. In contrast, the reasons why we put off small tasks can be less obvious. One reason small tasks can pile up is that they often lack the same kinds of hard deadlines and structures common to bigger tasks. So, it's easier to avoid them because, unlike big tasks, which we must set aside a lot of time to tackle, there is little motivation to do small tasks right away.

However, procrastinating is not just about being lazy: there are important emotional reasons why we do so. Procrastination is not necessarily because of poor memory or because of poor time management. Instead, we usually make an intentional choice to put off something that might worsen doubt, insecurity, fear, or feelings of incompetence. Professor Sirois explains that "procrastinators are not these happy-go-lucky lazy people that don't really care. They're actually really self-critical and they worry a lot about their procrastination."

There are simple ways we can control our tendency to procrastinate. One of them involves understanding how exactly we allow small tasks to occupy so much space in our minds. Small tasks become big things precisely because we adopt an intense emotional perspective towards

them. If we instead reframe our approach, modify our emotional response, and then practice self-compassion, the small tasks which annoy us so much become less important in our mind, and therefore easier to handle.

Timothy Pychyl, a psychology professor at Carleton University in Ottawa, says motivation often follows action. As he explains, “Next time you can’t bring yourself to do something, ask yourself, *What’s the next action I need to take on this little task?*” This question allows you to move your attention off your emotions and on to your action. Even more effective is doing something right away, without first thinking about why you don’t want to do it. This allows you to keep your focus on productive actions rather than negative emotions, and this can ultimately increase your motivation to act.

American productivity consultant David Allen calls this ‘the two-minute rule.’ Stated simply, if a task takes fewer than two minutes to complete, then you should not waste time adding it to your to-do list, because it would take about the same time if you actually completed the task right away. In other words, instead of thinking about and scheduling a small task, just do it right then and there. This active mentality can help you bypass unnecessary thought processes. Professor Pychyl conducted a study among his students which supported Allen’s theory. Once his university students actually began a task, they rated it as far less difficult and stressful than they had when they were procrastinating about it.

Another trick for tackling smaller tasks is to include them within larger ones. “Try and find a place where your small task fits into your bigger project,” Pychyl suggests. For example, as you study hard for entrance exams—your big project—you have many smaller tasks to perform. One of them is making sure your documents and papers on your desk are in order. You might think that cleaning your desk is a boring job, but understanding this small task as an important part of the bigger task will help you bypass some of those negative emotions.

Professor Sirois suggests bypassing our tendency toward negative emotions and forcing positive emotions as another effective way to avoid procrastinating. You might, for example, look at the task as something that might be fun or enjoyable, or as an opportunity to learn a new skill. However, she admits that this might not necessarily be easy for everyone to do. The reason is that it is actually very easy to think negatively about things, whereas thinking positively about them requires greater mental and emotional effort.

Pychyl and Sirois agree that procrastination is part of life. Putting things off is not necessarily a form of moral failure; it’s part of our practical reasoning which helps us prioritize one thing over another. In sum, procrastination is not simply a matter of laziness, poor memory,



or poor time management. Sometimes it's just what we need to do to work effectively overall. More importantly, there are emotional reasons for procrastinating. Managing these emotions through more effective mood control can be particularly beneficial for reducing the stress associated with procrastination.

問1 *Choose the best answer based on the reading.*

1. What is the definition of procrastination?
  - A. Not replying to an email.
  - B. Not managing one's stress.
  - C. Wasting time on the Internet.
  - D. Delaying a task.
2. What effect of procrastination is mentioned?
  - A. Becoming more tolerant toward one's friends.
  - B. Having more opportunities to seek jobs.
  - C. Having more anxiety and less sound sleep.
  - D. Becoming less autonomous.
3. We put off our small tasks because...
  - A. they are obvious.
  - B. they don't have tight deadlines.
  - C. they require a lot of commitment.
  - D. they are too simple.
4. We procrastinate primarily due to our...
  - A. poor memory.
  - B. poor time management.
  - C. feelings of incompetence.
  - D. take-it-easy attitude.
5. To avoid procrastinating, we should...
  - A. understand why small tasks bother us.
  - B. figure out which tasks are small or big.
  - C. pay less attention to small tasks.
  - D. handle small and big tasks similarly.

6. What is a good way of dealing with a small task?
  - A. Waiting until we are more motivated.
  - B. Doing the task immediately.
  - C. Knowing why we need to do it.
  - D. Focusing on negative emotions.
7. The two-minute rule is effective because...
  - A. our big tasks become smaller.
  - B. we can do two tasks at the same time.
  - C. we can bypass unnecessary small tasks.
  - D. we find small tasks easier to do.
8. Another good tip provided for dealing with small tasks is...
  - A. to combine them with larger ones.
  - B. to consider them as big ones.
  - C. to have all your things in order.
  - D. to have many projects at once.
9. How should we regard small tasks?
  - A. As things anyone can easily accomplish.
  - B. As things which require much preparation.
  - C. As opportunities to develop new skills.
  - D. As opportunities to procrastinate.
10. What is the last piece of advice given to lessen stress caused by procrastination?
  - A. Avoid procrastination at all times.
  - B. Bring our negative emotions under control.
  - C. Prioritize tiny tasks over bigger ones.
  - D. Be more effective at work.

問2 Complete the following table.

Researchers	Statements/Suggestions
Fuschia Sirois	<ul style="list-style-type: none"> <li>• Procrastinators are those who ( 11 ).</li> <li>• You should be ( 12 ) if you no longer want to procrastinate.</li> </ul>
Timothy Pychyl	<ul style="list-style-type: none"> <li>• When you face a task, you should first ( 13 ).</li> <li>• It's good to have your small tasks embedded in your bigger projects.</li> </ul>
David Allen	The two-minute rule means that ( 14 ).

11. A. are very critical of other people.  
 B. are very critical of themselves.  
 C. do not care about their tasks at all.  
 D. do not care about their future at all.
12. A. optimistic  
 B. pessimistic  
 C. intense  
 D. depressed
13. A. ask yourself if you really want to do it.  
 B. be motivated before acting.  
 C. consult with others before acting.  
 D. act, and then you will feel motivated.
14. A. to-do lists should take two minutes to complete.  
 B. you should do tasks on to-do lists as quickly as possible.  
 C. a to-do list helps you avoid negative emotions.  
 D. you should immediately do tasks which can be done quickly.

問3 Mark A for TRUE and B for FALSE for each of the following statements.

15. We procrastinate on small tasks because they are unnecessary and can be easily avoided.
16. David Allen's study supported Timothy Pychyl's theory.
17. Understanding small tasks as part of bigger tasks is a way to avoid negative emotions.
18. Both Timothy Pychyl and Fuschia Sirois argue that procrastination is sometimes necessary to work efficiently.

次の 19 ～ 26 の空所に入れる語句として最も適切なものを A ～ D の中から選べ。

19. X: Could you give me some advice about writing the essay, professor?  
Y: Most importantly, facts and opinions should be clearly (      ).  
A. disappeared      B. disoriented      C. disturbed      D. distinguished
20. X: The heavy rainfall yesterday has affected everything.  
Y: Right. Our baseball game has been (      ) until Friday.  
A. delivered      B. purchased      C. postponed      D. acknowledged
21. X: Monica goes to see a movie twice or three times a week.  
Y: That's unbelievable! She must have a (      ) enthusiasm for movies.  
A. genuine      B. partial      C. half-hearted      D. mechanical
22. X: Why do you read so many different kinds of books?  
Y: I just read out of (      ) and don't want to restrict the genres I read.  
A. curiosity      B. pity      C. kindness      D. compassion
23. X: Is Sapporo a big city?  
Y: It's relatively big with nearly two million (      ) but it is also surrounded by beautiful nature.  
A. entrepreneurs      B. inhabitants      C. patients      D. merchants
24. X: It's cold in here, isn't it?  
Y: You can (      ) the temperature by adjusting the air conditioner.  
A. accumulate      B. stimulate      C. regulate      D. speculate
25. X: Ben, did you say you had a problem?  
Y: Yeah, Penny. The budget for our section will be (      ) cut next year.  
A. drastically      B. narrowly      C. negatively      D. respectively
26. X: Do you know what happened after the tragic accident at the company last year?  
Y: Well, the new safety guidelines were (      ) adopted.  
A. previously      B. illegally      C. incorrectly      D. subsequently

3

次の 27 ～ 36 の空所に入れる語句として最も適切なものを A ～ D の中から選べ。

27. X: What did you buy at the vintage shop?

Y: I found a (        ) jacket. It was on sale.

- |                            |                            |
|----------------------------|----------------------------|
| A. beautiful black leather | B. black leather beautiful |
| C. leather beautiful black | D. black beautiful leather |

28. X: Is this lounge for hotel guests only?

Y: Yes. I'm sorry you can't come in (        ) staying here.

- |                       |                    |
|-----------------------|--------------------|
| A. unless you are     | B. if you are      |
| C. unless you are not | D. only if you are |

29. X: I can't find my glasses.

Y: Do you remember where (        ) them?

- |                     |                 |
|---------------------|-----------------|
| A. did you last see | B. you last saw |
| C. do you last see  | D. you last see |

30. X: Is it OK to park the car here?

Y: Please use the parking space over there. They don't allow people (        ) in front of the building.

- |         |            |            |                 |
|---------|------------|------------|-----------------|
| A. park | B. to park | C. parking | D. to be parked |
|---------|------------|------------|-----------------|

31. X: You look tired. Didn't you sleep well last night?

Y: I (        ) by a loud noise in the middle of the night, and I couldn't sleep after that.

- |                |                  |
|----------------|------------------|
| A. woke up     | B. was woken up  |
| C. am woken up | D. was waking up |

32. X: When do you think is a good time to visit Professor Johnson?

Y: She has her office hours (        ) Monday mornings.

- |       |       |       |         |
|-------|-------|-------|---------|
| A. in | B. at | C. on | D. from |
|-------|-------|-------|---------|

33. X: Did you enjoy the movie yesterday?

Y: Not really. I don't like movies (        ) have unhappy endings.

- |        |             |          |         |
|--------|-------------|----------|---------|
| A. who | B. in which | C. where | D. that |
|--------|-------------|----------|---------|

34. X: Have you ever been abroad?

Y: Yes. I ( ) to France last year.

A. have been      B. had been      C. was going      D. went

35. This book was wonderful. It gave me so much ( ) for thought.

A. energy      B. food      C. water      D. power

36. It was so quick. The dog jumped over the fence in the ( ) of an eye.

A. blink      B. shut      C. open      D. close

4

それぞれの会話の空所に入れる最も適切な選択肢を A ～ D の中から選べ。ただし、同じ選択肢が2箇所に入ることはない。

*Riku:* I wonder if you could lend me your math notebook. I missed a couple of classes last month. Now I'm totally lost.

*Kana:* Sure. I'd be happy to lend it to you. ( 37 )

*Riku:* Thanks, you're a lifesaver. I'll be in the library at 9 am if it's OK.

*Kana:* That's perfect. Just make sure to give it back to me when you're done. ( 38 )

*Riku:* You can count on me. I'll make sure to return it by Friday.

*Kana:* Good. ( 39 )

*Riku:* Thanks. I will.

- A. I also need it for my own studying.
- B. I'll bring it tomorrow morning.
- C. I'll leave my notebook at home tomorrow.
- D. And email me if you have any questions about my notes.

*Miku:* Excuse me. ( 40 )

*Employee:* I'm sorry. We got a small delivery this morning, but it sold out quickly. There's been an outbreak of bird flu in this region and that's caused a shortage of eggs.

*Miku:* Oh, no. ( 41 )

*Employee:* It's hard to give you a definite time. Our daily delivery schedule has been a bit unpredictable these days. But I would say around 10 o'clock in the morning.

*Miku:* I understand. ( 42 )

*Employee:* I don't know. It all depends on how soon the situation returns to normal.

- A. Do you have any eggs today?
- B. At what time will eggs be available tomorrow?
- C. Is there any other place where I could find eggs?
- D. Do you have any idea how long this shortage might last?

英

5

次の文章の空所に入れる文として最も適切なものを A ～ D の中から選べ。ただし、同じ文が2箇所に入ることはない。

During the Ice Age, people were hunter-gatherers, which means that their diet was composed mostly of meat. ( 43 ) In fact, dogs became humans' best friends because our human ancestors shared their meat surplus with wolves, the ancestors of dogs. Genetic evidence suggests that dogs split from their wolf ancestors between 27,000 and 40,000 years ago. Dogs were the only animals domesticated by hunter-gatherers. Other animals such as horses, cats, sheep, chickens, pigs, and cows were domesticated after farming became widespread. ( 44 ) Others argue that the domestication of dogs for hunting purposes came much after wolves became used to living with people. It is reasonable to assume that, during the Ice Age, humans and wolves could have competed for food, as both are top predators. ( 45 ) In other words, humans and wolves were never really competitors. Instead of killing wolves, humans took in orphaned wolf pups, perhaps viewing them a bit like pets, and fed them on spare meat. Later, the tamed wolves became dogs, and became useful hunting partners.

- A. However, studies have shown that ice-age humans were actually able to get more meat than they needed, and wolves simply ate their meat surpluses.
- B. But they didn't kill all animals who could have given them meat.
- C. Some scientists suggest that humans originally domesticated dogs to help them with hunting.
- D. The more aggressive wolves were never really comfortable among human beings.



6

Read the following information and answer the questions.

(1部および工学部受験者のみ)

From:	akiotanaka@hgu.com
To:	powerpcsupport@yahoo.com
Date:	June 30, 2023, 13:00
Subject:	An Issue with a Pre-Owned Desktop PC
<p>Dear Power PC Support Staff,</p> <p>I recently purchased a pre-owned desktop PC from your store, which ran smoothly for several days. However, it unexpectedly malfunctioned the day before yesterday. Whenever I press the power button, the PC briefly comes on, but after a short while, it automatically shuts down, and the screen goes black. When I try to turn it on again, it starts, but the power shuts down again after some time. This happens repeatedly, and I'm pretty upset about it. I did not drop the PC, but the recent high temperature and humidity in the room may have affected it.</p> <p>For now, I will wait and observe if the problem continues. Is there any compensation available if the computer is broken? I appreciate your assistance and thank you in advance for your cooperation.</p> <p>Akio</p>	

From:	powerpcsupport@yahoo.com
To:	akiotanaka@hgu.com
Date:	July 3, 2023, 10:03
Subject:	Re: An Issue with a Pre-Owned Desktop PC
<p>Dear Mr. Tanaka,</p> <p>First of all, we are very sorry to hear that the desktop PC you purchased from us is malfunctioning, and we apologize for any inconvenience and concern this may have caused you. We also apologize for the delay in replying; verifying your information took us some time.</p> <p>Our support team has confirmed that you should check the following points yourself. Firstly, they suggest that there may not be enough power reaching the PC. They recommend checking if your PC is connected to an overloaded adapter. If so, you should plug only your PC directly into a socket. Secondly, you may be using too many applications simultaneously, which might be affecting your PC. Instead of opening many applications all at once after starting up, you might want to open applications one at a time. Please try these two solutions first and get back to us if the problem persists. Since you have subscribed to our compensation package, your PC is covered for problems during the first year after purchase.</p> <p>Best regards, John</p>	

46. What problems has Akio had with his PC?
- A. The computer makes a strange noise.
  - B. The computer suddenly shuts down.
  - C. It does not have enough applications.
  - D. It is damaged because of an accident.
47. What does Akio think is the cause of this problem?
- A. The PC might be too old.
  - B. The PC was dropped on the floor.
  - C. The store is slow to respond.
  - D. It might be too hot and humid.
48. Akio is emailing about...
- A. a new computer model.
  - B. the store's unusually slow response.
  - C. coverage in case the PC is broken.
  - D. a new computer application.
49. The store's response was a little slow because they were checking...
- A. Akio's condition.
  - B. their response to Akio.
  - C. Akio's computer.
  - D. Akio's purchase information.
50. What is the first piece of advice from the store?
- A. To make sockets invisible.
  - B. To reduce sockets.
  - C. To add more sockets.
  - D. To use exclusively one socket.
51. What is the second piece of advice from the store?
- A. Don't open too many applications at the same time.
  - B. Keep the PC cool enough at all times.
  - C. Don't keep the PC switched on all the time.
  - D. Keep the PC clean at all times.

52. What does the store say about compensation?
- A. It is negotiable.
  - B. It expires when the PC breaks.
  - C. It is valid for one year.
  - D. There is no compensation.