



英 語 問 題 紙

経営学部 1 部（経営情報学科）

法学部 1 ・ 2 部

工学部（社会環境工学科 環境情報コース）
生命工学科

2025 年 2 月 11 日

14 : 10 ～ 15 : 10（60分）

注 意 事 項

1. 英語の問題紙は全13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
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法学部 1 部	1 2 3 4 5 6
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法学部 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. 試験開始の合図があるまで問題紙を開いてはいけない。
4. 試験終了まで退室してはいけない。

How to Worry Well

Recently, I was driving along a rural road at the start of a long trip that would mainly be on a large highway. I began feeling that something could go wrong. What if I run out of gas? I worried, even though I still had plenty. So, when I saw a gas station just before the road I was going to take onto the highway, I gave in to my worry and decided to fill up, just in case. That's when I discovered that one of my front tires was badly deflated. If I'd overpowered my unease and talked down my anxiety, the tire would have blown at speed on the highway. My urge to plan ahead, even though it wasn't strictly necessary, saved me from a potentially catastrophic scenario.

A growing number of psychologists and neuroscientists are getting the message out that anxiety and other negative feelings have a role to play in our lives. Tracy Dennis-Tiway, who recently published *Future Tense: Why Anxiety Is Good for You (Even Though It Feels Bad)*, thinks our culture goes too far in demonizing difficult emotions. She knows what it's like to get swamped by anxiety. "I remember a period at work when there was a lot going on," says the professor of psychology and neuroscience at City University. Worries kept waking her up at 4 am. "It was like a gray cloud of free-floating anxiety," she says, and it kept her from falling back to sleep.

Instead of trying to suppress this feeling, however, Dennis-Tiway leaned into it. "If you sit with the anxiety, you have an opportunity to glean information," she says. "For me, this one important mistake I'd made at work finally rose to the surface of my mind. When I recognized this thing that bothered me, I learned from it. I wrote down two or three things I could do to address it." The next morning, she felt calmer.

Psychologist Todd Kashdan, director of the Well-Being Lab at George Mason University in Virginia and co-author of *The Upside of Your Dark Side*, says, "We don't always have to be smiley and calm, or worry that there's something wrong with us. Sometimes, it's right to worry." Fear heights? Good, because you won't be that person who falls off a cliff while taking a selfie.

These experts wonder if the natural role that anxiety plays in our lives is being forgotten. For example, the World Health Organization (WHO) announced in March 2022 that the prevalence of anxiety and depression had increased globally by 25 percent over 2021. It called the finding "a wake-up call to all countries to step up mental health services and support." Do we know for certain this data represents a public-health crisis? Or could it mean that millions of

people are quite rightly feeling uncertain, stressed out, and afraid? The difference is important. For example, the U.S. Department of Health and Human Services now recommends that family doctors do routine screenings for anxiety. It's a positive development in that it recognizes the impact that anxiety disorders can have. However, what if initiatives like this channel some of us into unnecessary treatments and medications? Could it make us lose sight of the benefits of our doubts and "what ifs"?

We can experience healthy, often completely valid, periods of distress without being categorized as mentally ill, according to behavioral psychologists. Anxiety helps us to prepare for the uncertain future, "to remain watchful," Dennis-Tiwary says. It prompts us to resolve projected unknowns by planning and imagining, by plotting out possible scenarios. "From an evolutionary point of view, anxiety is the best emotion to help us manage uncertainty because it forces us to run those 'what-if' simulations," she says.

Likewise, neuroscientist Wendy Suzuki of New York University (NYU) points out in her book *Good Anxiety: Harnessing the Power of the Most Misunderstood Emotion* that "if we simply approach anxiety as something to avoid, get rid of or dampen, we not only don't solve the problem it's alerting us to, but actually miss an opportunity to leverage the generative power of anxiety." By "generative," she means that it can prompt us to move out of a situation that's no longer working, to find the energy we need to get unstuck.

When we're in an anxious state, the amount of dopamine in our brains increases, which prompts us to take action. Millions of years ago, that might have meant looking for shelter to evade predatory animals. Today, it might mean leaving a job because of a predatory boss. By not facing our anxiety, we lose its benefits, and can make things worse. Alice Boyes, who has a Ph.D. in clinical psychology and wrote *The Anxiety Toolkit*, says coping with unpleasant feelings by avoiding them just reinforces your insecurity, because you're not getting better at solving the problem: "Over time, you will feel less and less competent." The key is to manage unease before it overtakes us, like tending a garden so the weeds don't spread. But how?

According to NYU's Suzuki, solutions include meditation, exercise, compassionate connection such as volunteering, access to nature, and mentally reframing what we're experiencing. Dennis-Tiwary agrees that reframing is crucial. She points to a 2013 Harvard study in which socially anxious people were asked to speak in public. The researchers told some of them that having sweaty palms, a dry mouth, or shaky knees was a good sign. The nervous speakers who heard this had lower blood pressure and a slower heart rate; they had shifted to a sweet spot where they were ready for the challenge and were not distracted or alarmed by their own nervousness.

This shows us that we can reframe our fears so that they help us.

“One of the key problems is that our perceptions about anxiety stop us from believing we can manage it,” says Dennis-Tiuary. She argues that anxiety isn’t the problem. “It is the messenger that tells us we’re facing uncertainty or pointing us to ways in which our lives needs to change or be supported.” We manage anxiety by “worrying well,” says Suzuki. This includes meditation or exercise. Suzuki experimented with some of her students and found that just a ten-minute workout helped them feel less anxious before an exam. So, hit the gym, enjoy the dance floor, or go for a hike. Spending time in natural light and in green spaces, what the Japanese call “forest bathing,” can restore our sense of psychological balance. After all, we evolved in companionship with nature.

問1 Choose the best answer based on the reading.

1. Why does the author say it was good that she paid attention to her unease while driving?
 - A. She did not plan ahead.
 - B. She needed to fill up with gas.
 - C. She needed to attend to one of her tires.
 - D. She was not planning on taking the highway.
2. According to Dennis-Tiuary, what is one of the problems with our society today?
 - A. We get too concerned about things.
 - B. We role-play our negative concerns.
 - C. We say worries are worse on rainy days.
 - D. We think negative emotions are simply bad.
3. How did Dennis-Tiuary reduce her feeling of anxiety?
 - A. She relaxed by smelling some roses.
 - B. She sat down to listen to information.
 - C. She tried to silence the worry.
 - D. She worked out what it was.
4. About worrying, Kashdan points out we should . . .
 - A. accept being worried.
 - B. be happy and calm.
 - C. exercise our right to be smiley.
 - D. see if there is something wrong with us.

5. Some psychologists and neuroscientists are concerned about implications of the 2022 WHO data because . . .
 - A. anxiety disorders might have a greater impact.
 - B. less people might need screening for anxiety.
 - C. more people might need wake-up calls.
 - D. the advantages of worrying might become overlooked.

6. According to Dennis-Tiwary, worrying helps us . . .
 - A. stay alert so we can deal with unforeseen events.
 - B. stay healthy during times of distress.
 - C. run away faster from uncertain situations.
 - D. generate more anxiety about the past.

7. Based on Suzuki's research, to get unstuck, the author recommends . . .
 - A. approaching anxiety as something to avoid.
 - B. transforming our worries into productive thinking.
 - C. trying to forget problems that worry us.
 - D. generating problems that cause concern.

8. When worrying, what makes things worse?
 - A. Changing jobs.
 - B. Having more dopamine.
 - C. Tending to the garden.
 - D. Ignoring the anxiety.

9. According to a 2013 Harvard study on worrying, what solutions are there for reducing it?
 - A. Learning sign language.
 - B. Picture framing.
 - C. Public speaking.
 - D. Revaluating concerns.

10. Dennis-Tiwary says that anxiety is . . .
 - A. a feeling that we can manage a situation.
 - B. an indication showing a need for 10 minutes of exercise.
 - C. a signal that steers us in a new direction.
 - D. a way for us to restore mental balance through walking.



問2 Complete the following table.

Researcher/Organization	Opinions/Recommendations
Todd Kashdan	(11).
World Health Organization	The global increase in anxiety and depression calls for (12).
U.S. Department of Health and Human Services	Family doctors should (13).
Wendy Suzuki	According to her experiment, (14) will help manage unease before an exam.

11. A. Be careful when you take a selfie on a cliff edge
B. Don't be afraid of falling off a cliff when you take a selfie
C. Having a fear of heights may help you avoid a dangerous situation
D. You should not have a fear of heights to be brave
12. A. more mental health services and support
B. more public-health crises
C. using the Anxiety Toolkit
D. measures against uncertain initiatives
13. A. disregard the impact of anxiety
B. regularly check for patients' anxiety
C. develop positive anxiety
D. screen for their own anxiety
14. A. taking a bath
B. focusing on the worry
C. exercising a little
D. eating a little

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

15. The author learned that ignoring your concerns can prevent accidents.
16. Anxiety raises dopamine, which may lead to achieving a better living environment.
17. Nervous speakers typically experience sweaty palms, lower blood pressure, and a slower heart rate.
18. One of the main problems is that we think we can't control our anxiety.

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: How can I improve my English, Professor?

Y: Just () yourself to as much English as possible.

- A. compose B. dispose C. expose D. propose

20. X: I heard John improved his race times in the last marathon.

Y: Yes, he's been training hard and his speed is increasing ().

- A. hastily B. accidentally C. steadily D. stubbornly

21. X: I haven't read any of Jane Austen's novels yet. Should I read her books?

Y: Absolutely. Her writing is () for its clarity and good humor.

- A. applicable B. sustainable C. unstable D. notable

22. X: Do you remember the deadline for our essays?

Y: Yes. We're required to () them by the end of this month.

- A. decline B. deliberate C. submit D. suspect

23. X: I'm a bit worried about how the project will end up.

Y: Don't worry about the (). Find enjoyment in the process!

- A. outcome B. method C. measures D. procedure

24. X: Did you see the park after the construction?

Y: Yes, it's surprising how much () was left behind.

- A. boundaries B. debris C. degrees D. treaties

25. X: Do you think our high school will change the school policy?

Y: Yes! They should () the school uniforms.

- A. abolish B. demolish C. astonish D. polish

26. X: Everybody says that George is going to swim across the Atlantic Ocean to Liverpool.

Y: You shouldn't believe such a (). He can't even put his face in water.

- A. favor B. rumor C. investigator D. sector

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: Do we know who took the money?
Y: Bob confessed () the money.
A. to steal B. to stealing
C. to have stolen D. having stolen
28. X: My brother started his new job.
Y: Do you know what company () for?
A. he works B. he work C. does he work D. did he work
29. X: I missed the special talk by Professor Lin this morning.
Y: Don't worry. She () the same talk next Friday.
A. will be given B. will be giving
C. is given D. giving
30. X: How did you like the musical?
Y: I expected it to be rather dull, but I couldn't have been ().
A. wrong B. less wrong C. more wrong D. the wrong
31. X: What did you like about the movie?
Y: I thought () used was the best part.
A. a music B. music C. musics D. the music
32. X: How was the party last night?
Y: It was great! You ().
A. should come B. should've come
C. would come D. would've come
33. X: Where does Jessie live?
Y: Oh, don't you know? She lives () the road from us.
A. across B. on C. in D. beneath
34. X: How do I know when the soup is ready?
Y: Stir the soup () it thickens.
A. for B. after C. until D. by
35. Your grade on the practice test was excellent, but don't count your () before they hatch.
A. fish B. turtles C. butterflies D. chickens
36. To their (), they got lost even with a map app in hand.
A. delight B. embarrassment C. pride D. satisfaction

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。

Clerk: Can I help you?

Kazuko: I'm looking for a gift for my granddaughter. I need something useful for her new university life. Perhaps a laptop or a camera? She doesn't have either.

Clerk: Having a reliable laptop is essential for university students.

Kazuko: That makes sense. (37)

Clerk: Students also use them for online lessons.

Kazuko: She probably doesn't need a camera as much as a laptop.

Clerk: I think you're right. (38) Maybe a laptop would be more practical.

Kazuko: You're absolutely right. (39)

Clerk: I could recommend popular models with excellent touchscreen monitors.

A. I'm sure your granddaughter has a smartphone with a camera.

B. I've heard that students use laptops for writing reports.

C. I'm still undecided whether to buy her a smartphone or not.

D. I don't want to buy something she already has.

Miku: I'm nervous about taking the English-speaking test. If I don't pass it, I can't join the intensive English program in Canada.

Tim: You've been working hard to improve your English skills. You don't need to worry.

Miku: (40) I'm the one who takes the test. This is my second time to take the test. The last score wasn't great.

Tim: What score did you get?

Miku: Sixty-five. (41) What if I can't make it again?

Tim: Try to relax. What worries you the most about the test?

Miku: (42) I freeze in front of the examiner!

Tim: It's normal to feel nervous. Stay calm and take a deep breath before the test.

A. I have a favor to ask.

B. I failed by five points.

C. It's easier said than done.

D. My mind goes blank when I'm speaking.

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。

Plastic waste is a growing global problem. The negative impact of plastic waste, particularly on marine ecosystems, has been known for decades. (43) Plastic waste does not biodegrade; rather, it breaks down, fragmented by wind, waves, and sunlight into ever-smaller pieces. Microplastics, defined as plastic fragments less than 5 mm in size, are everywhere: in aquatic ecosystems, indoor and outdoor air, bottled drinking water and food. A recent report documented the universal presence of microplastics in human waste samples from people in eight countries. (44) These findings raise significant concerns and questions about whether and how microplastics impact human health. As confirmed by three high-profile scientific reviews published earlier in 2019, however, we know remarkably little about their human effects. A report by a European institute concluded that there is no evidence of widespread risk to human health from micro and nano plastics at present. Meanwhile, they noted that little is known, and what is known is surrounded by considerable uncertainty. (45) Nevertheless, emerging data suggests we should not assume that microplastics are safe.

- A. This confirms that microplastics are also in us.
- B. Therefore, we should consider how to utilize microplastics efficiently.
- C. But potentially, an even more significant danger is the unseen microplastic.
- D. In short, we do not know whether microplastics constitute a human health concern.

Read the following information and answer the questions.

(1部および工学部受験者のみ)

Essential Oils and Aromatherapy: From Basics to Advanced Practice

Aromatherapy uses pure essential plant oils and is a popular and enjoyable complementary therapy that benefits the mind, body, and spirit. Nature's Essence, a pioneering company in the U.S., uses only the purest oils in its products and holds extensive expertise in natural therapies. Nature's Essence also offers a variety of aromatherapy courses.

These courses cover many popular essential oils such as Mint. Bergamot is known for its uplifting citrus aroma, ideal for invigorating massages and bath oils, while Lavender is appreciated for its soothing and purifying qualities, perfect for calming massages and baths. Rosemary is renowned for its revitalizing qualities and historical use in cooking and for medicinal practices. In these courses, students engage in activities such as making personalized oil blends and practicing massages. They also learn to create balms, creams, and blending oils.

Course Selections

Basic Course: Ideal for beginners, busy individuals, and those pursuing aromatherapy as a hobby. Covers essential oil fundamentals, simple blending techniques, and practical home applications. (1-day: \$80)

Standard Course: Tailored for individuals seeking to deepen their knowledge and interested in providing aromatherapy to family and friends. Includes detailed essential oil insights, blending techniques, basic massage skills, and hands-on practice sessions. (3-day: \$200)

Intensive Course: Crafted for individuals seriously interested in aromatherapy and aspiring professionals. Focuses on in-depth understanding of the functions of the body and mind, aromatherapy history and theory, practical skills, and case studies. (5-day: \$500)

Online Course: Designed for those studying at home and those with time constraints. Self-paced within a week, it features video lectures, interactive workshops, and digital materials, providing flexibility and comprehensive learning opportunities comparable to the Standard Course. (\$180)

*For those wishing to acquire certification or seeking a higher level of expertise, Nature's Essence offers a Diploma in Aromatherapy and Essential Oil Science.

Course Schedules and Registration

Please visit our website at www.naturesessence.com/courses/registration

*Early Bird Discount: A 10% discount is applicable for all courses for registrations made two months before the course starts.

46. What is Nature's Essence?

- A. It is a leading U.S. aromatherapy company specializing in pure essential oils.
- B. It manages aromatherapy shops at research universities in the U.S.
- C. It is recognized as the oldest school of aromatherapy in the U.S.
- D. It collaborates with numerous international cosmetic brands.

47. Which essential oil is known for its relaxing and cleansing qualities?
 - A. Lavender.
 - B. Bergamot.
 - C. Rosemary.
 - D. Mint.

48. What are some widely recognized uses of Rosemary?
 - A. Aromatic blends for relaxation.
 - B. Natural remedies that raise blood pressure.
 - C. Refreshing effects and its use in the kitchen.
 - D. Enhancing historical home decorations.

49. Which course is for individuals with an interest in becoming professionals in aromatherapy?
 - A. The Basic Course.
 - B. The Standard Course.
 - C. The Intensive Course.
 - D. The Online Course.

50. How much will the Standard Course be, if a participant registers two months before it starts?
 - A. \$160.
 - B. \$180.
 - C. \$190.
 - D. \$210.

51. How does the Online Course accommodate different learners?
 - A. It adapts to the need for face-to-face classes.
 - B. It provides the scent of essential oils through digital devices.
 - C. It enables learning at their own speed.
 - D. It provides a course that delivers a higher level of expertise.

52. How can individuals further their education and obtain certification in aromatherapy?
 - A. Enroll in the diploma program.
 - B. Participate in a program to gain further experience in massage therapy.
 - C. Attend specialized workshops on blending techniques.
 - D. Join the online community for ongoing professional development.

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