

前期 A  
( 英語 )

I 次の英文を読んで、設問に答えよ。

Why is it so easy to repeat bad habits and so hard to form good ones? (A) Few things can have a more powerful impact on your life than improving your daily habits. And yet it is likely that this time next year you'll be doing the same thing rather than something better.

(B) It ( a few days / for / difficult / good habits going / keep / more than / often feels / to ), even with sincere effort and the occasional burst of motivation. Habits like exercise, meditation, journaling, and cooking are reasonable for a day or two and then become a hassle.

However, once your habits are established, they seem to stick around forever—especially the unwanted (C) ones. Despite our best intentions, unhealthy habits like eating junk food, watching too much television, procrastinating, and smoking can feel impossible to break.

Changing our habits is challenging for two reasons: (1) we try to change the wrong thing and (2) we try to change our habits in the wrong way. In this chapter, I'll address the first point. (D) In the chapters that follow, I'll answer the second.

Our first mistake is that we try to change the wrong thing. To understand what I mean, consider that there are three levels at which change can occur. You can imagine them like the layers of an onion.

The first layer is changing your outcomes. This level is concerned with changing your results: losing weight, publishing a book, winning a championship. Most of the (E) goals you set are associated with this level of change.

The second layer is changing your process. This level is concerned with changing your habits and systems: implementing a new routine at the gym, decluttering your desk for better workflow, developing a meditation practice. Most of the habits you build are associated with this level.

The third and deepest layer is changing your identity. This level is concerned with changing your beliefs: your world view, your self-image, your judgments, about yourself and others. Most of the beliefs, assumptions, and biases you hold are associated with this level.

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注) hassle : 困難なこと    procrastinate : (後まで) 延ばす    implement : 実行する    declutter : 片付ける  
assumption : 仮定

- 1 下線部 (A) を和訳せよ。
- 2 下線部 (B) が「良い習慣を2・3日以上続けるのはしばしば難しく感じられる」の意味になるように、( ) 内の語を並べ替えよ。
- 3 下線部 (C) の具体的な内容を英語1語で答えよ。
- 4 下線部 (D) のthe secondの具体的な内容を日本語で説明せよ。
- 5 下線部 (E) の文中での具体例を日本語で3つ挙げよ。
- 6 あなたがやめたい悪い習慣、または身につけたい良い習慣を、理由を挙げながら30語程度の英語を使用して述べよ。
- 7 次の単語を与えられた指示に従って書き換えよ。ただし、~er (or) 形および~ing 形は除く。  
(ア) repeat (名詞形)      (イ) motivation (動詞形)      (ウ) reasonable (名詞形)  
(エ) establish (名詞形)      (オ) system (形容詞形)      (カ) belief (動詞形)

II 次の各英文の ( ) より最も適切な語 (句) を選び、答えよ。

- 1 I ( should, would, had ) often go camping with my family when I was a child.
- 2 ( What, How, Why ) don't you give it another try?
- 3 Our car is being ( repaired, repair, repairing ) right now.
- 4 That's the girl ( who, which, whom ) came first in the physics test.
- 5 Strictly ( saying, talking, speaking ), this sentence is grammatically wrong.

Ⅲ 次の2文がほぼ同じ意味になるように、各空欄を補う適切な1語を答えよ。

- 1 I didn't hurry, so I couldn't catch the train.  
If I ( ) hurried, I ( ) have caught the train.
- 2 Mother bought me a new bike.  
Mother bought a new bike ( ) me.
- 3 I had my bike stolen yesterday.  
My bike ( ) ( ) yesterday.
- 4 This book was easy enough for me to understand.  
This book was ( ) easy that ( ) could understand it.
- 5 When Jeremy got the news, he rushed out.  
( ) the news, Jeremy rushed out.
- 6 They believe that he is right.  
( ) is believed that he is right.
- 7 The child can neither read nor write yet.  
The child can't ( ) read or write yet.

Ⅳ 次の対話文は、学生との就職面接を終えたMinとChristopherの会話である。空欄を補う語を(ア)～(キ)より選び、符号を答えよ。ただし、1つの選択肢は1度のみ使うものとする。

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( 英語 )

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	2	It ( ) ( ) ( )			( ) ( ) ( )			( ) ( ) ( )								
	3	( )														
	4															
	5	( ) ( ) ( )			( ) ( ) ( )			( ) ( ) ( )								
	6															
	7	(ア)				(イ)				(ウ)						
	(エ)				(オ)				(カ)							
II	1			2			3			4			5			
III	1							2				3				
	4							5			6			7		
IV	1			2			3									
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