



〈R02141116〉

注 意 事 項

1. 試験開始の指示があるまで、問題冊子および解答用紙には手を触れないこと。
2. 問題は2～11ページに記載されている。試験中に問題冊子の印刷不鮮明、ページの落丁・乱丁および解答用紙の汚損等に気付いた場合は、手を挙げて監督員に知らせること。
3. 解答はすべてHBの黒鉛筆またはHBのシャープペンシルで記入すること。
4. マーク解答用紙記入上の注意
 - (1) 印刷されている受験番号が、自分の受験番号と一致していることを確認したうえで、氏名欄に氏名を記入すること。
 - (2) マーク欄にははっきりとマークすること。また、訂正する場合は、消しゴムで丁寧に、消し残しがないようによく消すこと。

マークする時	● 良	○ 悪	○ 悪
マークを消す時	○ 良	○ 悪	○ 悪

5. 記述解答用紙記入上の注意
 - (1) 記述解答用紙の所定欄（2カ所）に、氏名および受験番号を正確に丁寧に記入すること。
 - (2) 所定欄以外に受験番号・氏名を記入した解答用紙は採点の対象外となる場合がある。
 - (3) 受験番号の記入にあたっては、次の数字見本にしたがい、読みやすいように、正確に丁寧に記入すること。

数字見本	0	1	2	3	4	5	6	7	8	9
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- (4) 受験番号は右詰めで記入し、余白が生じる場合でも受験番号の前に「0」を記入しないこと。

	万	千	百	十	一
(例) 3825番⇒		3	8	2	5

6. 解答はすべて所定の解答欄に記入すること。所定欄以外に何かを記入した解答用紙は採点の対象外となる場合がある。
7. 試験終了の指示が出たら、すぐに解答をやめ、筆記用具を置き解答用紙を裏返しにすること。
8. いかなる場合でも、解答用紙は必ず提出すること。

次の会話文を読み、下記の設問に答えよ。

Lili and Julia are college freshmen. They are moving into a university residence.

Lili: Hi, you must be Julia, right? I'm Lili, your roommate.

Julia: Hello! So good to meet you, finally.

Lili: (1) I was really looking forward to seeing you in person. I suggest we go up to check out the room first and make sure that everything works.

Julia: Good idea.

(Entering their room a few minutes later)

Lili: Looks good! I like the view and it is actually larger than I expected. Listen, I think this may be a good opportunity to go over some rules and our daily routines. (2)

Julia: Not at all. I agree it's important. What's your schedule going to be during the semester?

Lili: Well, even though I'm not a morning person, I have registered for a bunch of really early classes. I hope that will force me to start the day at a reasonable hour and manage my time better.

Julia: Actually, that will work out quite nicely. I tend to keep an early schedule too. Though obviously before the exam session I can see myself staying up late.

Lili: (3) You're going to have a pretty tough schedule, I think. But if it gets really late, there is a common study room upstairs, open 24 hours. In fact, I will probably pull a few all-nighters myself. By the way, do you expect to have people over quite a bit?

Julia: I don't know anyone in town yet, so I hope to make friends and bring them here once in a while, especially on weekends. Nothing too loud, mind you. I'll check with you first to make sure that it does not interfere with your plans.

Lili: (4) A lot of my friends are thinking about visiting Montreal. Most of the time they'll check into a hotel but do you mind if occasionally they stay here?

Julia: Hmm... . This place is a bit small. Where are they going to sleep?

Lili: Ah, I haven't thought of it yet but probably I'll spread a couple of sleeping bags on the floor. At any rate, it's not going to be often at all.

Julia: Well, listen. We'll cross that bridge when we come to it. No point worrying about it now. Is there anything else?

Lili: (5) It seems we are not going to have any major issues. Let's help your dad bring everything up to the room.

(Original text)

設問 1. 空所(1)~(5)を埋めるのもっとも適当なものを(a)~(j)からそれぞれ一つ選び、マーク解答用紙の所定欄にマークせよ。ただし、各選択肢は一度しか使えない。

- (a) All the best.
- (b) I'd appreciate it.
- (c) I hope you don't mind.
- (d) Just a few more points.
- (e) Likewise.
- (f) So did I.
- (g) That's understandable.
- (h) We covered the basics.
- (i) Would that be OK?
- (j) You must be kidding me!

設問2. 下線部(イ)～(ホ)の意味にもっとも近いものを(a)～(d)からそれぞれ一つ選び、マーク解答用紙の所定欄にマークせよ。

- (イ) (a) to analyze systematically (b) to comply with
(c) to discuss briefly (d) to set aside
- (ロ) (a) that will be a good arrangement (b) that will be enthusiastically received
(c) that will present a major challenge (d) that will require an urgent solution
- (ハ) (a) to get a lot of calls (b) to go out frequently
(c) to receive many guests (d) to travel regularly
- (ニ) (a) We'll have to reconsider our lifestyles.
(b) We'll need to do some shopping across the street.
(c) We'll talk about it again at the appropriate time.
(d) We'll work on this problem from now on.
- (ホ) (a) our conversation is not really useful
(b) our lifestyles are pretty compatible
(c) we'll become close friends
(d) we'll have to discuss our differences a bit more

次の英文を読み、下記の設問に答えよ。

When someone sets out to improve their health, they usually take a familiar path: starting a healthy diet, adopting a new workout routine, getting better sleep, drinking more water. Each of these behaviors is important, of course, but they all (イ) physical health—and a growing body of research suggests that social health is just as, if not more, important to overall well-being.

One recent study published in the journal *PLOS ONE*, for example, found that the strength of a person's social circle—as measured by inbound and outbound cell phone activity—was a better predictor of self-reported stress, happiness and well-being levels than fitness data on physical activity, heart rate and sleep. That finding suggests that [あ], says Nitesh Chawla, one of the co-authors of the study.

Chawla says, “My lifestyle, my enjoyment, my social network, all of those are strong indicators of my well-being.”

Chawla's theory is supported by plenty of (ロ) research. Studies have shown that social support—whether it comes from friends, family members or a spouse—is strongly associated with better mental and physical health. A robust social life, these studies suggest, can lower stress levels; improve mood; encourage positive health behaviors; improve illness recovery rates; and aid virtually everything in between. Research has even shown that a social component can boost the effects of already-healthy behaviors, such as exercise. ⁽¹⁾

Social isolation, meanwhile, is linked to higher rates of chronic diseases and mental health conditions. ⁽²⁾ The detrimental health effects of loneliness have been compared to smoking 15 cigarettes a day. It's a significant problem, especially since loneliness is emerging as a public health epidemic in the U.S. According to recent surveys, almost half of Americans, including large numbers of the country's youngest and oldest adults, are lonely.

A recent study conducted by health insurer Cigna set out to determine what's causing those high rates of loneliness. Unsurprisingly, it found that social media, when used so much that it limits face-to-face communication, was tied to greater loneliness, while having meaningful in-person interactions and being in a committed relationship were associated with less loneliness. Gender and income didn't seem to have a strong effect, but loneliness tended to decrease with age, perhaps because of the wisdom and perspective afforded by years of life lived, says Dr. Stuart Lustig, one of the report's authors.

Lustig says the report underscores⁽³⁾ the importance of making time for family and friends, especially since loneliness was inversely related to self-reported health and well-being. Reviving a passive social life may be best and most easily done by finding partners for enjoyable (ハ) like exercising, volunteering, or sharing a meal, he says.

Lustig stresses that social media should be used carefully and strategically, and not as a replacement for interpersonal relationships. Instead, he says, we should use technology “to seek out meaningful connections and people that you are going to be able to keep in your social sphere.” That advice is particularly important for young people, he says, for whom heavy social media use is common.

Finally, Lustig claims that even small social changes can have a large impact. Striking up post-meeting conversations with co-workers, or even engaging in brief interactions with strangers, can make your social life feel more rewarding.

“There’s an opportunity to grow those kinds of quick exchanges into conversations and into more meaningful friendships over time,” Lustig says. “People should take those opportunities wherever they possibly can, because all of us, by nature, are programmed from birth to connect” – and because doing so (ニ).

(Adapted from *Time*, June 25, 2019)

設問 1. 次の1.～4.について、本文の内容にもっとも合うものを(a)～(d)からそれぞれ一つ選び、マーク解答用紙の所定欄にマークせよ。

1. The key message of this article is that
 - (a) our physical health is directly related to the quality of our social life; therefore, we should invest time into cultivating personal relationships.
 - (b) the intensity of one’s social activities can tell us more about the person’s overall health and should be used instead of conventional medical data.
 - (c) the use of social media has a very strong impact on one’s level of loneliness, so it is vital to minimize its use.
 - (d) we should take every opportunity to interact with family and friends, and not waste time on short-time communication with people we do not know.
2. The study of the effect of our social life on health is particularly relevant today because
 - (a) an active social life can reinforce the effects of physical exercise.
 - (b) a significant minority of American adults suffer from loneliness.
 - (c) people have many physical problems in today’s society.
 - (d) we can measure its impact more accurately today than ever before.
3. According to a study mentioned in this article,
 - (a) being married and older made loneliness less likely.
 - (b) generally, men suffered from loneliness much less than women.
 - (c) older people were less lonely because they already had built strong social networks.
 - (d) use of social media and a low salary promoted a sense of loneliness.
4. What is Dr. Lustig’s opinion about social media?
 - (a) Social media can serve to supplement face-to-face relationships by helping us find potential friends.
 - (b) The greatest value of social media is its ability to connect young people who suffer from loneliness.
 - (c) We should not be afraid to rely on social media to get to know as many people as possible.
 - (d) Young people need to learn how to use social media effectively in order to maximize its usefulness.

設問 2. 下線部(1)~(3)の意味にもっとも近いものを(a)~(d)からそれぞれ一つ選び、マーク解答用紙の所定欄にマークせよ。

- (1) (a) decrease (b) enhance (c) minimize (d) surpass
(2) (a) heart-related (b) infectious (c) long-term (d) serious
(3) (a) emphasizes (b) examines (c) underestimates (d) yields

設問 3. 空所(イ)~(ニ)を埋めるのもっとも適当なものを(a)~(d)からそれぞれ一つ選び、マーク解答用紙の所定欄にマークせよ。

- (イ) (a) add to (b) focus on (c) go against (d) rely on
(ロ) (a) prior (b) subjective (c) superficial (d) unrelated
(ハ) (a) activities (b) attractions
(c) developments (d) performances
(ニ) (a) may allow you to overcome smoking problems
(b) may be beneficial for your health
(c) may negatively impact your lifestyle
(d) may reduce your dependence on social media

設問 4. 本文のタイトルとしてもっとも適当なものを(a)~(d)から一つ選び、マーク解答用紙の所定欄にマークせよ。

- (a) Loneliness: A New Health Epidemic Sweeping the United States
(b) The Secret of Keeping in Shape, Both Physically and Mentally
(c) When Traditional Ways of Staying Healthy Are No Longer Enough
(d) Why Spending Time With Friends Is One of the Best Things You Can Do for Your Health

設問 5. 空所【あ】を埋めるために、[]の中の語を適切に並べ替えて、記述解答用紙の所定欄に書け。ただし、最初と最後の語は与えられている。

[amount / data / doesn't / endless / of / tell / the / whole]

||| 次の英文を読み、下記の設問に答えよ。

※この問題は、著作権の関係により掲載ができません。

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(Adapted from *The Economist*, February 2-8, 2019)

設問 1. 次の1. ~4. について、本文の内容にもっとも合うものを(a)~(d)からそれぞれ一つ選び、マーク解答用紙の所定欄にマークせよ。

1. The writer of this article assumes that
 - (a) a majority of business professionals are FOMOS.
 - (b) most of the readers will identify with JOMOS rather than with FOMOS.
 - (c) we all know dogs and cats do not get along very well.
 - (d) we have a pretty good idea if we are FOMOS or JOMOS.
2. Which of the following is NOT discussed in this article?
 - (a) attitudes of the two groups towards office innovation, including new machines, computer applications, etc.
 - (b) respective reactions of the two groups towards opportunities to establish new professional contacts
 - (c) the way FOMOS and JOMOS approach work-related trips to overseas destinations
 - (d) the way the two groups interact with their respective colleagues within a company
3. According to this article, which of the following statements is true?
 - (a) FOMOS and JOMOS both refuse to accept responsibility.
 - (b) FOMOS are more important for a company than JOMOS.
 - (c) FOMOS are more likely than JOMOS to work overtime.
 - (d) FOMOS are more likely to stay longer in one company than JOMOS.
4. The conclusion we can draw based on this article is that
 - (a) businesses should hire more FOMOS than JOMOS in order to be successful.
 - (b) companies are required to have an equal number of JOMOS and FOMOS on staff.
 - (c) FOMOS perform most of the work while JOMOS are relied upon only occasionally.
 - (d) JOMOS are important for an organization because they end up doing most of the routine work.

Deaths (イ) as total activity increased, before levelling off. People who did light intensity activity for about five hours a day, or moderate to vigorous activity for 24 minutes a day had the most health benefits.

There were approximately five times as many deaths among the 25 per cent of least active people compared with the 25 per cent most active.

Researchers looked separately at sedentary behaviour and found sitting still for nine and a half hours or more was linked to a higher risk of early death. The most sedentary people, who spent an average of nearly ten hours a day sitting, were at a 163 per cent higher risk of dying before they might have been expected to during the period of the study than the least sedentary, who sat for an average of seven and a half hours.

Ulf Ekelund, of the Norwegian School of Sport Sciences in Oslo, who led the research, said: "Our findings provide clear scientific evidence that higher levels of total physical activity, (□) intensity, and less sedentary time are associated with lower risk of premature mortality in middle-aged and older people."

Researchers from Germany and New Zealand said that the study was an important addition to existing knowledge but could not explain whether the distribution of activity across the day or week was relevant.

They added: "The clinical message seems straightforward: every step counts and even light activity is (ハ)."

Commenting on the research, Jess Kuehne, of the Centre for Ageing Better, said: "If we want to be healthy and (ニ) when we grow older, we need to do much more in our forties and fifties. As well as aerobic exercise like taking brisk walks, cycling or swimming, we also need to be boosting the strength in our muscles and bones and improving our balance. It's not just about adding years to our life, it's about adding life to our years and increasing the time that we stay fit, healthy and free from long-term health conditions or disability."

(Adapted from *The Times*, August 22, 2019)

注 sedentary=requiring a sitting posture

設問 1. 空所【あ】を埋めるのもっとも適当なものを(a)~(d)から一つ選び、マーク解答用紙の所定欄にマークせよ。

- (a) Lower rates of early death are reported among middle-aged adults who exercise at least five days a week.
- (b) Sitting still for nine and a half hours a day raises the risk of early death, a study has found.
- (c) The results of recent research suggest that moderate exercise is more beneficial for health than light or vigorous physical activities.
- (d) Young people do not exercise enough and spend almost 10 hours a day sitting, concludes a recent scientific report.

設問 2. 空所(i)~(iv)を埋めるのもっとも適当な数字の組み合わせを(a)~(d)から一つ選び、マーク解答用紙の所定欄にマークせよ。

- | | | | | | | | | |
|-----|-----|--------|------|----|-------|----|------|--------|
| (a) | (i) | 2,149 | (ii) | 62 | (iii) | 40 | (iv) | 36,400 |
| (b) | (i) | 36,400 | (ii) | 40 | (iii) | 62 | (iv) | 2,149 |
| (c) | (i) | 36,400 | (ii) | 62 | (iii) | 40 | (iv) | 2,149 |
| (d) | (i) | 2,149 | (ii) | 40 | (iii) | 62 | (iv) | 36,400 |

設問 3. 空所(イ)~(ニ)を埋めるのにもっとも適当なものを(a)~(d)からそれぞれ一つ選び、マーク解答用紙の所定欄にマークせよ。

- | | | | | |
|-----|------------------------|--------------------------|-----------------|-----------------|
| (イ) | (a) fell steeply | (b) increased moderately | | |
| | (c) remained unchanged | (d) soared dramatically | | |
| (ロ) | (a) according to | (b) based on | | |
| | (c) due to | (d) regardless of | | |
| (ハ) | (a) beneficial | (b) diagnostic | (c) extensive | (d) harmful |
| (ニ) | (a) affluent | (b) cheerful | (c) independent | (d) responsible |

設問 4. 下線部(A)を〔 〕の中の語を並べ替えて英語に直し、記述解答用紙の所定欄に書け。ただし、いくつかの語は与えられている。

[broken / by / if / remained / risk / sitting / standing / walking / was]

V 次の英文を読み、下記の設問に答えよ。

※この問題は、著作権の関係により掲載ができません。

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(Adapted from economist.com, August 22, 2019)

設問 1. 次の1.～5.について、本文の内容に合うものはマーク解答用紙のTの欄に、合わないものはFの欄にマークせよ。

1. There used to be restrictions on the number of students British universities could admit.
2. The main motivation for universities to increase the intake of students is to diversify their student population.
3. Improvements in secondary-level education in England have had a positive effect on enrollments in large London universities.
4. A way to boost a university's appeal to students is to offer financial incentives in the form of scholarships.
5. A majority of British universities have lived up to their students' expectations.

設問 2. 空所(1)～(4)を埋めるのもっとも適切なものを(a)～(d)からそれぞれ一つ選び、マーク解答用紙の所定欄にマークせよ。

- | | | | | |
|-----|------------------|-------------------|---------------|-----------------|
| (1) | (a) clever | (b) forced | (c) free | (d) reluctant |
| (2) | (a) higher up in | (b) lower down in | (c) on top of | (d) way outside |
| (3) | (a) declared | (b) denied | (c) prompted | (d) requested |
| (4) | (a) accelerate | (b) exceed | (c) match | (d) triple |

設問 3. 下線部(1)～(3)の意味にもっとも近いものを(a)～(d)からそれぞれ一つ選び、マーク解答用紙の所定欄にマークせよ。

- | | | |
|-----|-----------------------------|----------------------------|
| (1) | (a) considered inferior | (b) rated highly |
| | (c) respected a great deal | (d) viewed as equals |
| (2) | (a) has already risen | (b) has not risen |
| | (c) is about to rise | (d) is unlikely to rise |
| (3) | (a) an inappropriate burden | (b) a necessary cost |
| | (c) an unreasonable expense | (d) a welcome contribution |

設問 4. 次の1.~2.について、本文の内容にもっとも合うものを(a)~(d)からそれぞれ一つ選び、マーク解答用紙の所定欄にマークせよ。

1. Which of the following strategies is NOT mentioned in this article as a way to attract students at British universities?
 - (a) Universities attempt to be more responsive to students' needs.
 - (b) Universities get rid of unpopular academic programs.
 - (c) Universities lower their admission requirements.
 - (d) Universities recruit professors from rival institutions.
2. Students in the UK preparing their university applications
 - (a) appreciate the fact there is a growing number of universities in rural areas.
 - (b) are pleased that university fees have been cut.
 - (c) are very concerned about the expense of higher education.
 - (d) have a better chance to gain admission to many top-level universities.

設問 5. 下線部(A)を8語以内で英語に直し、記述解答用紙の所定欄に書け。ただし、最初の語は与えられている。

[以下余白]

受験番号	万	千	百	十	一
氏名					

(注意) ・所定欄以外に受験番号・氏名を記入してはならない。
 記入した解答用紙は採点の対象外となる場合がある。
 ・受験番号・氏名は左右の両欄に記入すること。
 ・解答はすべてHBの黒鉛筆またはHBのシャープペンシルで所定の解答欄に記入すること。

英語

記述解答用紙

受験番号	万	千	百	十	一
氏名					

(注意) ・所定欄以外に受験番号・氏名を記入してはならない。
 記入した解答用紙は採点の対象外となる場合がある。

英語

(この欄には解答を書かないこと)

II

設問 5.

the				
				story

IV

設問 4.

The			even	
			up	
	and			

V

設問 5.

This			

II

5.

IV

4.

V

5.