

## 2025年度一般選抜 B 試験問題

# 英語

### 【注意事項】

1. この問題冊子には答案用紙が挟み込まれています。試験開始の合図があるまで問題冊子を開いてはいけません。
2. 試験開始後、問題冊子と答案用紙の受験番号欄に受験番号を記入しなさい。
3. 問題冊子には**計 4 問**の問題が**英 1～英 7 ページ**に記載されています。落丁、乱丁および印刷不鮮明な箇所があれば、手をあげて監督者に知らせなさい。
4. 答案には、必ず鉛筆（黒、「HB」「B」程度）またはシャープペンシル（黒、「HB」「B」程度）を使用しなさい。
5. 解答は指定された場所に記入しなさい。ただし、解答に関係のないことを書いた場合は無効にすることがあります。
6. 問題冊子の余白は下書きに利用しても構いません。
7. 問題冊子および答案用紙はどのページも切り離してはいけません。
8. 問題冊子を持ち帰ってはいけません。

一般選抜 B 受験番号	
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〔問 1〕 次の英文を読んで、設問に答えなさい。

There's a physiological reason you feel tense when looking at your phone or computer. Screen apnea is what happens when you breathe irregularly—or forget to breathe altogether—while on a screen. Linda Stone, the tech consultant who ( ① ) the term, explains: “If you’re opening an email or responding to a text, you might inhale, and then if another text comes in or you see a ( ② ) of emails, you don’t necessarily get that full exhale. Then, you ( ③ ) up in this cumulative, continuous cycle of shallow breathing and breath holding.”

It also doesn’t help that most of us slump forward while sitting at a screen. The issue here, besides the number it does on our spines, is that our chests become concave, making it impossible to ( ④ ) a full breath, adds Stone.

Even more perturbing, this cycle of short, anticipatory breaths (*what horrors will blow up my inbox today?*) and shallow-to-no exhales actually makes us feel more afraid. When our breathing is ( ⑤ ), the part of the body that controls our reaction to stress, the vagus nerve, glitches, and “we perceive threat even when it isn’t ( ⑥ ).”

One way to break this habit is to practice breathing exercises. Stone also suggests setting reminders to ( ⑦ ) off your screens every 40 minutes to an hour—“not as a ( ⑧ ) for finishing something but to help you get more done,” she says. Even standing up to stretch your arms and legs ( ⑨ ) a reset. “Our bodies are all rhythm: Our heart has a rhythm, and our gait has a rhythm. When you’re sitting in front of any screen and your breath is start, stop, you’re disengaging your body from its natural healthy rhythms,” Stone says. So, seriously, ( ⑩ ) out that big sigh you’ve been holding.

出典: Cassie Hurwitz, “Screen Apnea: Reading this on your phone? Don’t hold your breath—no, really, don’t.” <https://www.oprahdaily.com/life/health/a45486448/what-is-screen-apnea/> June 10, 2024. (改変あり)

(1) 下線部を和訳しなさい。

(2) 英文の意味が通るように、空所( ① )～( ⑩ )に入る最もふさわしいものを(ア)～(コ)から 1 つ選び、記号で答えなさい。同じものを 2 度使うことはない。

- |           |           |            |                 |           |
|-----------|-----------|------------|-----------------|-----------|
| (ア) bunch | (イ) catch | (ウ) coined | (エ) compromised | (オ) end   |
| (カ) get   | (キ) let   | (ク) offers | (ケ) reward      | (コ) there |

〔問 2〕 次の英文を読んで、設問に答えなさい。

The idea that night owls who don't go to bed until the early hours struggle to get anything done during the day may have to be revised. It turns out that staying up late could be good for our brain power as research suggests that people who identify as night owls could be sharper than those who go to bed early.

Researchers led by academics at Imperial College London studied data from the UK Biobank study on more than 26,000 people who had completed intelligence, reasoning, reaction time and memory tests. They then examined how participants' sleep duration, quality, and chronotype (which determines what time of day we feel most alert and productive) affected brain performance.<sup>(1)</sup> They found that those who stay up late and those classed as "intermediate" had "superior cognitive function", while morning larks had the lowest scores.

Going to bed late is strongly associated with creative types. Artists, authors and musicians known to be night owls include Henri de Toulouse-Lautrec, James Joyce, Kanye West and Lady Gaga. But while politicians such as Margaret Thatcher, Winston Churchill and Barack Obama famously seemed to thrive on little sleep, the study found that sleep duration is important for brain function, with those getting between seven and nine hours of shut-eye each night performing best in cognitive tests.

Dr Raha West, lead author and clinical research fellow at the department of surgery and cancer at Imperial College London, said: "While understanding and working with your natural sleep tendencies is essential, it's equally important to remember to get just enough sleep, not too long or too short."<sup>(2)</sup> This is crucial for keeping your brain healthy and functioning at its best."

Prof Daping Ma, the co-leader of the study who is also from Imperial's department of surgery and cancer, added: "We found that sleep duration has a direct effect on brain function, and we believe that proactively managing sleep patterns is really important for boosting, and safeguarding, the way our brains work. We'd ideally like to see policy interventions to help sleep patterns improve in the general population."

But some experts urged caution in interpreting the findings. Jacqui Hanley, head of research funding at Alzheimer's Research UK, said: "Without a detailed picture <sup>(3)</sup> ( ) ( ) ( \* ) ( ) in the brain, we don't know if being a 'morning' or 'evening' person affects memory and thinking, or if a decline in cognition is causing changes to sleeping patterns."

Jessica Chelekis, a senior lecturer in sustainability global value chains and sleep expert at Brunel University London, said <sup>(4)</sup> there were "important limitations" to the study as the research did not account for education attainment, or include the time of day the cognitive tests were conducted in the results. The main value of the study was challenging stereotypes around sleep, she added.

出典: Anna Bawden, "Night owls' cognitive function 'superior' to early risers, study suggests." *The Guardian*, 11 July 2024.

(1) 下線部(1)が指す内容を日本語で説明しなさい。

(2) 下線部(2)にある This が指す内容を明らかにして下線部全体を和訳しなさい。

(3) 下線部(3)に入るように語群にある語句を最も適当な順に並べ替えて、意味の通る英文を完成させなさい。ただし、( \* )に入るもののみ、記号で答えなさい。

語群： (ア) going      (イ) is      (ウ) of      (エ) on      (オ) what

(4) 下線部(4)を和訳しなさい。

〔問 3〕 次の英文を読んで、設問に答えなさい。

Regular exercise results in ample physical and mental health benefits. People who struggle with stress, anxiety or depression can benefit from exercise as it helps regulate the emotional state. Group fitness helps motivate people to work harder ( 1 ) lifting your overall mood. “When a person is feeling depressed, one of the first treatments we recommend is behavioral activation, which means we get them up and participating in their environment in a meaningful way. We do this by focusing on <sup>(2)</sup> two main categories of activity that we try to get them engaged in,” said Allie Townsend, assistant professor in the Menninger Department of Psychiatry and Behavioral Sciences.

The two categories of activity include activities of mastery and activities of pleasure. When someone feels depressed, they might isolate themselves and have little motivation for activity. According to Townsend, practicing activities of mastery entails developing skills that foster a sense of accomplishment, such as household chores, practicing an instrument or taking a course on a career-based skill. Activities of pleasure include doing things for the sake of enjoying the activity itself, like exercise. Exercise releases endorphins to elevate your mood, and exercising with a group brings an added benefit of social connectedness that makes you feel good.

Group fitness and exercise classes allow for social accountability where people tend to push themselves more than they probably would ( 1 ) exercising alone. The quantity and intensity level tends to be higher in a group fitness setting over a solo workout. If you take a class with an instructor, you are likely to push yourself harder. Townsend said: “A lot of people can relate to ( 3 ) intimidating and overwhelming it can be to go to the gym where you’re surrounded by regular gym goers who have exercised there for years. A big benefit of group fitness with an instructor is that you don’t need to think about ( 3 ) to do it—you just show up and are guided every step of the way.”

If you are new to fitness, try something that aligns with your interests. If you enjoy dancing, take a Zumba class. If you like to walk and talk, join a walking club. “Society <sup>(4)</sup> at large will put pressure on the right and wrong ways to work out, but there is no such thing. It’s just about finding something that feels good to you rather than a punishment—that’s not the goal of group fitness. <sup>(5)</sup> Try out different activities until you find something that you enjoy and benefits you,” Townsend said.

出典: Homa Warren, “Benefits of exercise classes and groups.” Baylor College of Medicine,  
February 13, 2024. (改変あり)

(1) 空所( 1 )に共通して入る最もふさわしいものを1つ選び、記号で答えなさい。

(ア) alike      (イ) likely      (ウ) since      (エ) while

(2) 下線部(2)について本文中にある具体例を挙げながら日本語で説明しなさい。

(3) 空所( 3 )に共通して入る最もふさわしいものを1つ選び、記号で答えなさい。

(ア) how      (イ) some      (ウ) that      (エ) why

(4) 下線部(4)と意味が最も近いものを1つ選び、記号で答えなさい。

(ア) even if      (イ) for good      (ウ) in general      (エ) so far

(5) 下線部(5)を和訳しなさい。

〔問4〕 次の英文を読んで、設問に答えなさい。

Language is complex and ever-evolving. It comes with slang, idioms, and jargon—all of which are culturally-specific and may be interpreted in various ways by various people. Accurately representing our thoughts, feelings, and ideas through words is a challenge that every one of us, in every industry, faces. But for those just entering the workforce, <sup>(1)</sup> this challenge is even greater. As remote “work from anywhere” opportunities grow, more and more people will be interacting on global teams. Forging relationships and clearly communicating with people from diverse backgrounds, located in diverse areas of the world, is going to require a more <sup>(2)</sup> intentional effort.

Though English is often referred to as the *lingua franca* (or common language) of the international workforce—spoken by nearly 1.75 billion people—it’s not always straightforward. Like most languages, it has several variants, depending on geography, community, and culture. In the United States, for instance, people use idioms (“off the cuff”) and sports references (“homerun”) when chatting on the job. In India, you’ll often hear English phrases that are literal translations from Hindi (“do one thing”), and in Australia, slang and abbreviations are commonplace (“Did you watch footy on the telly?”). These expressions, which are easily understood domestically, <sup>(3)</sup> ( ) ( \* ) ( ) ( ) ( ) across cultures, and can lead to breakdowns in communication on multinational teams. But there may be a solution: a variant of the English language called “Global English,” which has actually been linked to a company’s ability to innovate globally.

Global English is a type of English focused on clarity (with a limited number of idioms and cultural references). Simply put, it’s a style of written and spoken English that’s been optimized for clearer and accurate communication on global teams. A Global English approach is similar to using what is termed “plain language,” or jargon-free language. For example, ( 4 ) saying “we need their *buy in*,” you could say “we need their *support*.” However, Global English goes one step further than plain language by including cultural nuances, such as etiquette.

As faculty at New York University and language and communications specialists ( 5 ) the United Nations Headquarters, we train students and professionals to communicate more effectively across intercultural environments, which includes using Global English to successfully manage a project, send an important email, or negotiate inter-culturally. We have learned that, through Global English, we can arrive ( 5 ) both greater human understanding and innovation.

Based on our experience, there are some linguistic strategies to optimize your English and connect more clearly with your global teammates, colleagues, or clients once you enter the workforce. These will not only help you accomplish your goals, but importantly, they will create more inclusive environments by allowing you to connect with others no matter where you, or they, are located.

出典: Dan Bullock and Raúl Sánchez, “What’s the Best Way to Communicate on a Global Team?” *Harvard Business Review*, March 22, 2021. (改変あり)

(1) 下線部(1)が指す内容を日本語で説明しなさい。

(2) 下線部(2)と意味が最も近いものを1つ選び、記号で答えなさい。

(ア) conscious    (イ) entire    (ウ) rational    (エ) serious

(3) 下線部(3)に入るように語群にある語句を最もふさわしい順に並べ替えて、意味の通る英文を完成させなさい。ただし、( \* )に入るもののみ、記号で答えなさい。

語群: (ア) are    (イ) exclusive    (ウ) resonate    (エ) to    (オ) too

(4) 空所( 4 )に入る最もふさわしいものを1つ選び、記号で答えなさい。

(ア) as well as    (イ) even with    (ウ) instead of    (エ) relevant to

(5) 空所( 5 )に共通して入る最もふさわしいものを1つ選び、記号で答えなさい。

(ア) at    (イ) from    (ウ) in    (エ) on

(6) 次の問いに対して英文で答えなさい。所定の解答欄の範囲内に収めること。

Read the last paragraph. What do you think are some good ways to communicate effectively in an intercultural environment? Write one paragraph with at least two examples for support.



受 験 番 号

2025年度一般選抜B

英語答案用紙(1)

- 【注意】
1. 受験番号を受験番号欄に記入しなさい。
  2. 答案用紙を切り離してはいけません。
  3. 解答を指定された場所に記入しなさい。

〔問1〕

(1) \_\_\_\_\_

\_\_\_\_\_

(2)

①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩

(この線から下には、何も記入してはならない)

1
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2025年度一般選抜B  
英語答案用紙(2)

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〔問 2〕

(1) .....

(2) .....

(3) [            ]

(4) .....

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(この線から下には、何も記入してはならない)

2025年度一般選抜B  
英語答案用紙(3)

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[問 3]

(1) [            ]

(2) .....

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.....

.....

(3) [            ]

(4) [            ]

(5) .....

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2025年度一般選抜B  
英語答案用紙(4)

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[問 4]

(1) .....

(2) [                      ]

(3) [                      ]

(4) [                      ]

(5) [                      ]

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(この線から下には、何も記入してはならない)

4(1-5)

2025年度一般選抜B  
英語答案用紙(5)

〔問 4〕 (6)

(この線から下には、何も記入してはならない)

4(1-5)	4(6)	4

1	2	3	4	計