

I 次の1－20について、空所を埋めるのに最も適切な語句をそれぞれA－Dから選び、その記号を解答欄に記入しなさい。

1. I am () with the result of the examination.
A. satisfy B. to satisfy C. satisfying D. satisfied
2. Rose likes him not because he is good-looking () because he is generous.
A. only B. and C. but D. much
3. Could you () me which way to go to the railway station?
A. talk B. ask C. speak D. tell
4. He will be in China for a () days on business.
A. short B. some C. few D. little
5. The parking lot was full and there was no () for our car.
A. room B. time C. land D. way
6. Five years have passed () Jimmy became a teacher.
A. before B. after C. since D. while
7. X: How () do you play tennis?
Y: About once every two weeks.
A. many B. long C. far D. often

8. We wanted to drink ().
A. cold something B. a cold something
C. a something cold D. something cold
9. She does not watch TV () movies.
A. nor B. under C. ever D. without
10. He () have joined the party because he was overseas on business.
A. won't B. can C. couldn't D. shall
11. () don't you give up drinking alcohol?
A. Which B. How C. Why D. What
12. I talked with the person () organized the popular drama.
A. who B. when C. which D. where
13. () kind of music do you want to listen to?
A. Whose B. Whom C. What D. When
14. I have a lot of work () by tomorrow.
A. finished B. to finish C. to finished D. finishes
15. (), the concert was canceled due to the unexpected storm.
A. Perfectly B. Sadly C. Casually D. Widely

16. She was marked absent from class today because she had a doctor's ().
A. responsibility B. ownership C. appointment D. management
17. The temperature fell below freezing, () the rain into snow overnight.
A. warming B. writing C. calling D. turning
18. I'm busy with homework (), but I'll be free to talk to you later.
A. at the moment B. in the future C. in the way D. off the point
19. Regular exercise has become a healthy () that she enjoys every morning before work.
A. permission B. drama C. habit D. market
20. After months of physical therapy, she was finally able to () her injury and return to her favorite sports.
A. agree with B. come across C. look into D. recover from

II 次の英文を読んで、空所21－30を埋めるのに最も適切な語句をそれぞれA－Cから選び、その記号を解答欄に記入しなさい。

The Buy Nothing Movement

Social media, magazines and shop windows bombard^{ie1} people daily with things to buy, and consumers^{ie2} are buying more clothes and shoes (21) ever before. Online shopping means it is easy for customers to buy without thinking, while major brands offer (22) cheap clothes that they can be treated like disposable^{ie3} items – (23) two or three times and then thrown away.

People might not realize they are part of the disposable clothing problem because they donate^{ie4} their unwanted clothes to charities. But charity shops can't sell all those unwanted clothes. 'Fast fashion' goes (24) of fashion as quickly as it came in; people don't want to buy it second-hand. (25) quantities end up being thrown away, and a lot of clothes (26) charities can't sell are sent abroad, (27) even more economic and environmental problems.

(28), a different trend is starting up in opposition to consumerism^{ie5} – the 'buy nothing' trend. The idea originated in Canada in the early 1990s and then moved to the US. Throughout the year, Buy Nothing groups organize the exchange and repair of items they already own. Some YouTube stars now (29) their viewers not to buy anything at all for periods as long as a year.

If everyone followed a similar plan, the results (30) impressive. But even if you can't manage a full year without going shopping, you can participate in the anti-consumerist movement by refusing to buy things you don't need.

(Adapted from <https://learnenglish.britishcouncil.org/skills/reading/b2-reading/buy-nothing-movement>)

注 ¹ bombard (大量の情報など)で攻撃する(比喩的に)

² consumers 消費者 ³ disposable 使い捨ての

⁴ donate 寄付する ⁵ consumerism 消費主義

21. A. that B. than C. as
22. A. very B. so C. such
23. A. wearing B. wore C. worn
24. A. out B. instead C. full
25. A. High B. Huge C. Many
26. A. as B. what C. that
27. A. causes B. causing C. caused
28. A. However B. Although C. Otherwise
29. A. encourage B. enable C. enrich
30. A. would be B. would have been C. will be

Ⅲ 次の英文を読み、設問 31 - 35 に答えなさい。31 - 35 の答えはそれぞれ A - D の中から最も適切なものを選び、その記号を解答欄に記入しなさい。

Why is it so difficult to stick to resolutions?

Why is it so hard to keep New Year promises we make to ourselves? Whether it's starting something new or giving up something old, like a habit or addiction, sticking to it takes a lot of effort and staying focused. Many people find it tough to keep their promises because they say they don't have enough time, the right things to help, or the energy to keep going once they start. Research shows that only about 16% of people actually keep their promises all year long. Most people give up within one to six weeks after they start, and they often try the same promises year after year. There are lots of reasons why most New Year promises don't last. So, what can we do about it? Let's take a closer look at why this happens. (Paragraph 1)

Many people don't achieve their goals because they're not clear about why they want ^①them. Knowing your "why" is what gives you the energy to take action and reach your goals. It's like having a strong reason behind what you do. Do you know why you want to make these promises? What makes you excited to reach your goals? Think about how it makes you feel inside. When your reason for doing something is strong, excuses don't get in the way. You move from thinking you can't do it to believing you can grow and succeed. (Paragraph 2)

To keep your New Year promises, it's important to be aware, take responsibility, stay committed, and focus all your energy and thoughts on your goals. Imagine yourself in the future, achieving what you want. Picture it vividly, feel how good it will be, and think about it every day.

^②Be [ア. and enjoy イ. kind ウ. changes エ. the journey of オ. to カ. making キ. yourself]. Remember, both winners and those who don't reach their goals start with the same dreams. ^③It's how you work on those dreams every day that makes the difference. (Paragraph 3)

(Adapted from <https://economictimes.indiatimes.com/news/how-to/six-reasons-why-your-new-year-resolutions-dont-work/articleshow/88658576.cms?from=mdr>)

31. 第1パラグラフによれば、

- A. 6割の人々は、そもそも「新年の誓い」を立てていない。
B. 1年を通して「新年の誓い」を守っている人は16%である。
C. 「新年の誓い」を守ることは、多くのエネルギーを必要とし、非現実的である。
D. 上記(A、B、C)の全てが当てはまる。

32. 第2パラグラフによれば、

- A. 目標を達成するためには、目標の理由を明確にするべきだ。
B. 夢は必ずかなうものだ。
C. 困難な目標を立てたならば、やる気が出る。
D. 上記(A、B、C)の全てが当てはまる。

33. 下線部1) "them" が指すものとして、最も適切なものを以下から選びなさい。

- A. reasons B. goals C. people D. time

34. 下線部2)が「自分に優しくし、変化を起こす旅を楽しもう」という意味になるようにカッコ内の単語を並び替えたとき、(X)と(Y)にくる語句の組み合わせとして正しいものを選びなさい。

Be [ア. and enjoy イ. kind ウ. changes エ. the journey of オ. to カ. making キ. yourself].

(X) () () (Y) () () ()

- A. イ・ア B. イ・オ C. キ・ア D. キ・カ

35. 下線部3)の大意として最も適切なものを以下から選びなさい。

- A. The goal is accomplished by dreaming for the future.
B. There are many reasons why most New Year resolutions don't endure.
C. What matters is the effort you put into pursuing the dreams each day.
D. Most people are motivated to achieve their goals when they are happy.

- IV 次の英文を読み、設問 36 - 40 に答えなさい。36 - 39 の答えはそれぞれ A - D の中から最も適切なものを選び、その記号を解答欄に記入しなさい。40 の答えは解答用紙の所定の欄に記述しなさい。

Sleep Styles in the Animal Kingdom

A study published in November in the journal *Science* found that chinstrap penguins^{注1} have one of the most unusual sleep styles in the animal kingdom. Instead of one long stretch of sleep, the penguins take thousands of naps^{注2} every day. Each is only a few seconds long. That means a penguin's nap ^②lasts only as long as the time it took you to read this sentence. (Paragraph 1)

King George Island is about 120 kilometers off the coast of Antarctica^{注3}. Each November, many penguins gather on King George Island to breed. The male birds use stones to build nests. The females lay eggs in the nests. For the next several weeks, the parents take turns protecting the nest and heading out to sea to hunt for fish. (Paragraph 2)

In 2019, French scientist Paul-Antoine Libourel visited the island to research the way chinstrap penguins sleep. Libourel and his team wanted to learn how the adult penguins sleep in such intense conditions. "The animals have to protect their eggs, but they also have to sleep," he explained. "So the question is, 'How do they sleep when they are facing such a big challenge?'" (Paragraph 3)

Libourel's team fitted 14 penguins with devices to track their brain activity for about 11 days. That way, the researchers could see when the birds were sleeping and when they were awake. What the scientists found was surprising: the penguins took up to 10,000 tiny naps every day. Each nap lasted four seconds, on average. However, the naps added up to more than 11 hours of sleep each day. The scientists think that by sleeping in such short cycles, the penguins are able to keep watch for predators. Humans and other animals sometimes nod off to sleep for just few seconds, but this only happens occasionally. Scientists were surprised to find that chinstrap penguins could spend so much time in this sleepy state. (Paragraph 4)

Chinstrap penguins aren't the only animals with unusual sleep styles. Bottlenose dolphins^{注4} shut down one side of the brain when they sleep. The other side stays awake to watch for predators^{注5}. African elephants [ア. sleep イ. mammal ウ. than エ. less オ. any カ. other]. They rest for only two hours each day, mainly at night. Otters^{注6} hold hands while sleeping, sometimes even in large groups, so they don't float away from one another while they sleep. (Paragraph 5)

(Adapted from <https://www.timeforkids.com/g56/power-nappers-g5/?rl=en-910>)

注 1 chinstrap penguins ヒゲペンギン (ペンギンの一種)

2 naps 昼寝、短時間の睡眠

3 Antarctica 南極 4 bottlenose dolphins ハンドウイルカ

5 predators 捕食動物 6 otters ラッコ

36. 下線部1) "Each" のあとに省略されているものを選びなさい。

A. day B. penguin C. asleep D. nap

37. 下線部(2)と意味が最も近いものを選びなさい。

A. is very short.
B. is longer than the time it takes to write this paragraph.
C. should be a few hours.
D. cannot last for more than a second.

38. 第2パラグラフによれば、

A. オスのヒゲペンギンがエサとなる魚をつかまえる。
B. ヒゲペンギンは繁殖のために島に集まる。
C. ヒゲペンギンのオスとメスが協力して、巣作りをする。
D. 上記 (A、B、C) のすべてが当てはまる。

39. 下線部3)が「アフリカ象は他のどのほ乳類よりも睡眠が短い」という意味になるようにカッコ内の単語を並べ替えたとき、(X) と (Y) に来る語句の組み合わせとして正しいものを選びなさい。

African elephants [ア. sleep イ. mammal ウ. than エ. less オ. any カ. other].

() () (X) () (Y) ()

A. エ・イ B. エ・オ C. ウ・カ D. ウ・イ

40. 第4パラグラフによると、ヒゲペンギンはどのようにして睡眠をとっているのか、日本語 100 字以内で要約しなさい。