

Read the following passage carefully. It consists of a teacher's explanation of the 10,000-Hour Rule and three students' opinions about it. Then answer the three questions that follow.

Teacher:

“Before we begin today's writing task, let me briefly explain what is commonly known as the 10,000-Hour Rule. This idea was popularized by researchers who analyzed the habits of top performers in areas such as music, sports, academic research, and other highly specialized fields. Their studies showed that people who achieve exceptional mastery do not depend on talent alone; rather, they usually accumulate about ten thousand hours of focused, structured, and sustained practice. Even if one practices eight hours every single day, it still takes more than three years to reach that amount. The number itself is not magical, but it highlights how enormous the required investment is for anyone who aims to reach the highest level.”

A central claim of this idea is the following: ⁽¹⁾Genuine expertise is shaped not primarily by the number of hours a person accumulates, but by the quality of the effort invested—by sustained concentration, deliberate discipline, and a long-term commitment to purposeful improvement. In this view, talent may offer an initial advantage, but the true depth of mastery depends on how intentionally and consistently a person approaches practice.

However, some researchers offer a different interpretation. They argue that the rule's value lies not in detailed discussions of motivation but in the vast time it symbolizes. ⁽²⁾These researchers maintain that the “10,000 hours” figure represents the sheer scale of time and energy required for extraordinary achievement; the exact figure is not meant to be scientific, but to illustrate how immense the investment must be before excellence becomes possible. From this view, the rule is helpful not because it explains

the psychology of practice, but because it highlights the overwhelming quantity of effort that exceptional success typically demands.

To explore these ideas further, let's listen to three opinions from your classmates."

Student A :

I believe the 10,000-Hour Rule plays a valuable role because it teaches students how much effort mastery actually requires. Many young people become discouraged when improvement does not come quickly, but this rule reminds us that discipline and patience are essential for long-term growth.

Student B :

I think the rule can be helpful, but only as a flexible guideline. Ten thousand hours is a strong symbol of dedication, yet taking the number literally may overwhelm students. What matters more is consistent, high-quality practice rather than reaching a strict total of hours.

Student C :

I disagree with the rule because it oversimplifies the path to mastery. People differ in learning styles, responsibilities, and available opportunities. For some, investing that amount of time is unrealistic. Excellence should allow multiple paths, not a single fixed target.

Q1. Translate Underlined Passage (1) into Japanese.

Q2. Translate Underlined Passage (2) into Japanese.

Q3. Write your opinion (100 words).

Choose the view you agree with most (Student A, B, or C). If you do not fully agree with any of them, you may present your own view. Explain your reasoning clearly.