

# 英 語 (リーディング)

各大問の英文や図表を読み、解答番号  ~  にあてはまるものとして最も適当な選択肢を選びなさい。

## 第1問 (配点 6)

You are thinking of joining a fitness club which just opened near your house. You visit its website.

### Lexus Fitness

**Lexus Fitness** offers flexible plans, affordable rates, and brand new equipment. Our simple goal is to provide a modern, welcoming environment specifically designed to help you achieve all of your health and fitness goals. You can't help but be motivated to elevate your workout to new levels.

All new members will receive a special towel with the **Lexus Fitness** logo on it. In addition, if you enroll by the end of April, you will have a chance to win our original gym bag in a lottery. Plus, as a special promotion, if you become a platinum member by the end of April, you will be given our original T-shirt! Please don't miss this wonderful opportunity to join our club and achieve your goals.

Please choose from the membership options below.

When you can use the facility and what is included (✓)	Membership Options		
	Daytime (\$60/month)	Gold (\$80/month)	Platinum (\$100/month)
Monday to Friday, 9:00 AM ~ 5:00 PM	✓		✓
Monday to Friday, 5:00 PM ~		✓	✓
Saturday and Sunday (All day)	✓	✓	✓
Free Parking	✓	✓	✓
Group exercise class		✓	✓
Pool & Spa		✓	✓
Free Rental of Bathing Suit			✓
Free Rental of Gym Shoes			✓
Personal Training Program			✓

- ☆ We charge \$50 as an enrollment fee.
- ☆ Join before April 20, and you won't need to pay the membership fees for April!
- ☆ Membership fees are to be paid at the beginning of each month.

Whether you are a Daytime, Gold, or Platinum member, you will love being a member of the Lexus Fitness club. For more information, or to join, click [here](#).

問1 Every new member will receive .

- ① a fitness bag and a towel
- ② a set of essential gym items
- ③ a towel and a T-shirt
- ④ at least one practical gift

問2 You will be able to  if you become a Gold member.

- ① join group exercise classes on Tuesday mornings
- ② rent gym footwear for free
- ③ swim in the pool on Saturday mornings
- ④ take one-on-one lessons on Sundays

問3 If you become a Daytime member on April 15, you will have paid  in total by the end of December.

- ① \$480
- ② \$530
- ③ \$540
- ④ \$590

## 第2問 (配点 12)

You need to decide on a hotel before going to Miyakojima, Okinawa for your holidays, so you are reading the information on one hotel and a guest's comment about it.

## The Imgya

**Location:**

Located on Miyakojima, the Imgya is a twenty-minute drive from Miyako airport and is located on a beautiful private beach. Hirara Bridge and Karimata Shrine are notable nearby landmarks, and some of the area's popular attractions include Shimoji American Village and Shigira Botanical Garden. With scuba diving, snorkeling and waterskiing nearby, you'll be able to have plenty of adventures in the water.

**Hotel description:**

Spend the day enjoying the wonderful beach and then return to dine at one of the Imgya's 5 restaurants. All 180 soundproofed rooms feature free Wi-Fi and room service. For a bit of entertainment, LCD TVs come with satellite channels, and guests can also enjoy conveniences like fridges and coffee makers.

**Hotel amenities:**

- |                                 |                       |
|---------------------------------|-----------------------|
| - Free airport shuttle          | - 18-hole golf course |
| - Gift shop / General store     | - Internet            |
| - Laundry facilities            | - Elevator            |
| - Parking (JPY 1,000 per night) | - Spa services        |
| - Seasonal outdoor pool         | - Tennis courts       |
| - 24-hour front desk            |                       |

**Room amenities:**

- |                  |                               |
|------------------|-------------------------------|
| - Hairdryer      | - Separate bathtub and shower |
| - Towels         | - Free bottled water          |
| - Phone-chargers |                               |

**Prices (breakfast included):**

- Standard Double/Twin, Garden View JPY 15,000 for 1 night
- Standard Double/Twin, Ocean View JPY 21,000 for 1 night
- Superior Double/Twin, Ocean View JPY 33,000 for 1 night
- Deluxe Double/Twin, Ocean View JPY 42,000 for 1 night

**Guest reviews (129 reviewers)**

★★★★★ (Average 4.8)

**Cynthia from the UK**

If you are coming to Miyakojima this is the best place to stay. The beach is gorgeous white sand and the ocean is an amazing blue. The hotel rooms are very clean and comfortable. The pool and beach have lifeguards and are good for children. A breakfast buffet was included, and it was good, with a lot of options. The only drawback was the humidity on the island.

問1 The hotel is located .

- ① far away from a golf course
- ② in front of a famous entertainment park
- ③ near a famous bridge
- ④ within walking distance of the airport

問2 To stay in a room with a sea view for three nights, you will pay

.

- ① at least 63,000 yen
- ② at most 99,000 yen
- ③ less than 42,000 yen
- ④ only 30,000 yen

問3 One opinion expressed about the hotel is that .

- ① food and souvenirs are readily available to the guests
- ② it is safe for children to play on the beach
- ③ most of the guests are satisfied with the stay
- ④ the guests can go scuba diving in the nearby sea

問4 What is one of the attractions of the hotel? .

- ① Free Wi-Fi in all areas
- ② Several restaurants to choose from
- ③ The indoor tennis courts
- ④ The public beach in front

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英語 (リーディング) の試験問題は次に続く。

## 第3問 (配点 9)

You found the following article in a magazine for those who are hoping to study abroad.

## Gap in Communication

Tim Leach

Let me tell you my experience of miscommunication resulting from the gap in conversational styles between Japanese and English.

As a high school student, I went to Japan as part of a cultural exchange program. I had been learning Japanese for two years then, so I thought it was time for me to have a real conversation with Japanese people. When I was introduced to the class, I was warmly welcomed. At first I had a little trouble understanding what they said, but soon I got used to it.

One day, when I was in a group-discussion, I found a strange thing. While I was expressing my opinion, one of the group members nodded and said "Hai," which is supposed to mean "Yes" in Japanese. So I thought he agreed with my opinion. However, when I finished speaking, he started to disagree with what I had just said. I was slightly confused. Just a while ago he said "Hai" and nodded, and now he disagreed with my opinion.

After the class, I talked about it to the teacher, who teaches English and has a good understanding of cultures in English-speaking countries. She told me that Japanese people sometimes use "Hai" as a sign that they understand what you are saying. This is called "aizuchi" in Japanese, and it is often accompanied by nodding. This means that even when Japanese people say "Hai" and nod, it doesn't always mean that they agree with what you say. I understood, but at the same time I thought this could lead to a serious misunderstanding.

So, here is a suggestion. Why don't we collect accounts of this kind of experience, in which you felt that the gap in communication styles might have caused a negative result? Please write an e-mail to the editor about your experiences. Our contact address is given on the last page of this magazine. We are going to make a list of your experiences in this section of next month's issue.

問1 Put the following events (① ~ ④) into the order in which they happened.  →  →  →

- ① Tim considered one classmate's reactions to his opinion inconsistent.
- ② Tim felt he could generally follow what his classmates were saying.
- ③ Tim had a discussion with his teacher about what had happened.
- ④ Tim stated an opinion of his during the class.

問2 From this article, you learn that when listening to foreigners, Japanese people might .

- ① give a wrong impression of what they actually think
- ② nod when they do not understand
- ③ not state their opinion clearly
- ④ say "Hai" instead of saying "Yes"

問3 You have decided to send an account of your experiences to the editor. What should you do first?

- ① Find out the website address.
- ② Give a suggestion to the editor.
- ③ Look at the last page of the magazine.
- ④ Make a list of your experiences.

第4問 (配点 12)

You are writing an English essay on a health issue you are interested in. This is your current draft. You are making changes to it based on your teacher's comments.

Keeping Our Eyes Healthy	Comments
<p>Around the world, screen time for all age groups is on the rise. We use our PCs, tablets, and phones to learn, work, and play. However, research shows that looking at screens too long does damage to our eyesight. Thus, we need to learn how to keep our eyes healthy. Here, I will give three easy ways to do so.</p>	
<p>Firstly, rest your eyes regularly. Doctors suggest that for every 20 minutes of screen time, we take at least a 20-second break. And during these breaks, we should look at something in the distance.  <sup>(1)</sup> <math>\wedge</math> We can “stretch” our eyes and help them recover from looking at something close for too long.</p>	<p><i>(1) You need a connecting expression.</i></p>
<p>Secondly, do some eye exercises. There are many exercises for resting and strengthening our eyes. For instance, the “eye roll” can be done by slowly moving one’s eyes in circles. This <sup>(2)</sup> <u>helps the eyes a lot.</u></p>	<p><i>(2) This isn’t specific enough. Rewrite.</i></p>
<p>Lastly, use eye products to keep your eyes moist. For example, eye drops can treat dry eye, which can be caused by looking at screens for too long. <sup>(3)</sup> <math>\wedge</math> Therefore, eye drops can help a lot.</p>	<p><i>(3) Are you missing something here? Add another sentence.</i></p>

As you can see, keeping our eyes healthy can be easy. <sup>(4)</sup> Resting our eyes and doing simple eye exercises are two things anybody can do anywhere and anytime. Additionally, using moisturizing eye drops to reduce dry eye symptoms is another great option. If these become daily habits, we will be able to maintain healthy eyes more easily.

*(4) The underlined part doesn’t summarize your idea enough. Add more detail.*

**Overall Comment:**

Use the comments above to make some improvements. Looking forward to the final draft! (Maybe I should stop asking students to use tablets in class! 😊)

問1 Based on comment (1), which is the best expression to add? 14

- ① for example
- ② in this way
- ③ nonetheless
- ④ otherwise

問2 Based on comment (2), which is the best way to fix this sentence? 15

- ① enables us to look at screens for as long as we want to
- ② helps our brain function better
- ③ is most effective if done before we look at screens
- ④ refreshes the eyes and makes their muscles stronger

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英語 (リーディング) の試験問題は次に続く。

問3 Based on comment (3), which is the best sentence to add? 16

- ① Keeping eyes moist is an effective way to protect your eyes.
- ② Too much screen time is one of the main causes of eye damage.
- ③ Using eye drops before using a device is best.
- ④ You should choose the right kind of eye drops for your eyes.

問4 Based on comment (4), which replacement below is best? 17

- ① Getting regular rest especially at night
- ② Having your eyes examined regularly
- ③ Spending 20 seconds away from your electronic device
- ④ Taking a short break frequently to look at something farther away

## 第5問 (配点 16)

You are interested in studying abroad and have done some research about it. Based on the following article and the results of a questionnaire given to 100 people who have studied abroad, you make a handout for a group discussion.

## U.S. Students Who Studied Abroad in 2021/22

In the 2021/22 academic year, the number of U.S. students studying abroad rebounded to more than half of its pre-pandemic level, with 188,753 students — a 1297 percent increase from 14,549 students in the 2020/21 academic year — pursuing opportunities abroad for academic credit. Europe was the dominant study-abroad destination, with 73.1 percent of students studying in this region. This was the highest proportion of students studying in Europe in more than thirty years. The top ten destinations for U.S. students studying abroad in rank order were: Italy, the United Kingdom, Spain, France, Germany, Ireland, Costa Rica, Greece, Denmark and South Korea.

The Netherlands had the highest growth rate among the top destinations in 2021/22, increasing by 75793 percent. Other countries with large increases in the number of U.S. students studying abroad included Austria, Ireland, the Czech Republic, Germany, South Africa, and the United Kingdom.

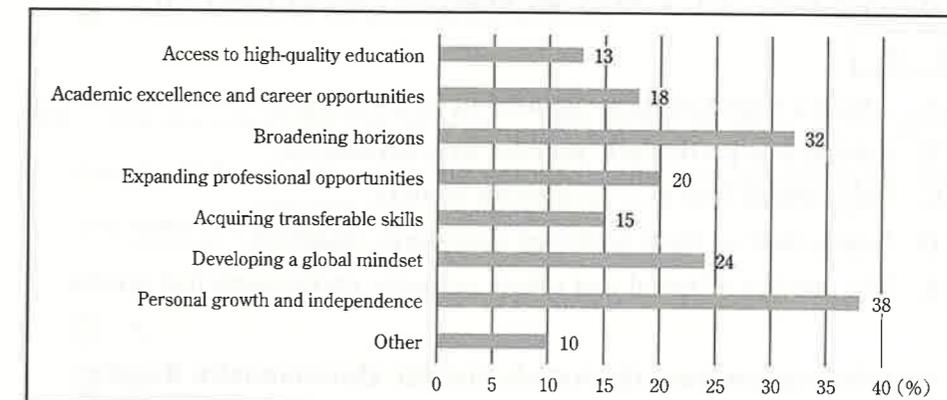
Summer term remained the most popular time to study abroad, with nearly half (49 percent) of students going abroad during the summer of 2021/22. This reflects a growing interest in short-term programs among students, with 64.8 percent of students studying abroad for 8 weeks or less or joining summer term programs. 32.7 percent of students studied abroad for a full semester, up from 4.4 percent in 2020/21, and less than 3 percent of students studied abroad for a full academic or calendar year.

Students majoring in STEM fields — which include agriculture, engineering, health, mathematics, computer science, and physical or life sciences — represented the largest proportion of students studying abroad at 25.6 percent. Business and management, at 20.8 percent, and social sciences, at 17.6 percent, were the other popular majors represented among students studying abroad in this time period. The diversity of students studying abroad has increased. The proportion identifying as racial and ethnic minorities had increased from 17 percent in 2005/06 to 31.4 percent in 2021/22. The number

of students studying abroad who reported having a disability had also increased from 2.6 percent in 2006/07 to 10.5 percent in 2021/22.

## Results of the Questionnaire Given to 100 People

Q1: Choose reasons that made you want to study abroad in the location you chose.



Q2: What did you learn from studying abroad?

Main comments:

- Student 1 (S1): I was able to broaden my academic horizons by having the opportunity to experience aspects of my major field of study that I would not have had the chance to experience in my own country.
- S2: I learned to let go of many things, but specifically of my expectations of perfection and of my own high opinion of myself.
- S3: Studying abroad itself can feel a bit like a risk — going off to somewhere new and confusing, and often being surrounded by a language you don't speak. But many people around me actively supported me. That made me realize the importance of helping people in need.
- S4: Studying abroad helped me develop self-awareness. I came to feel a strong sense of identity with my own country and appreciate the beauty of my own country's culture.
- S5: Living abroad in a foreign country with unfamiliar cultural norms was difficult, but I learned how to be independent by confronting and overcoming difficulties on my own.
- S6: Exposure to people from various cultures and backgrounds has made it easy for me to look at things from various viewpoints.

Your discussion handout:

**Status of U.S. Students Studying Abroad in 2021/22****■ The Number of U.S. Students Studying Abroad**

- 188,753 students during the 2021/22 academic year
- Change in number:

**■ Detailed Data on U.S. Students Studying Abroad (2021/22)**

- A. About a fourth of them majored in STEM fields.
- B. Europe was particularly popular as a destination.
- C. Italy ranked first as a destination country.
- D. Nearly half of them preferred short-term programs.
- E. The number of racial and ethnic minority participants had grown.

**■ An Observation from the Article and the Questionnaire Results**

- Many students who want to study abroad may be aiming to live on their own and  rather than achieve academic success.

**■ What I Learned from the Questionnaire**

- It seems that coping with difficulties on their own and learning about the customs of their destination countries gave many students confidence in themselves and their abilities, as noted in 's comments.
- Almost a quarter of the students who responded to the questionnaire expected that studying abroad would lead to the development of , as 's comment suggests.
- It can be said that gaining new knowledge in one's major field of study, as S1's comment shows, is one of the main attractions of studying abroad.

問1 Choose the best option for .

- ① It dropped to less than half of what it was before the pandemic.
- ② It had begun increasing after a significant decline due to the pandemic.
- ③ It had steadily increased in spite of the pandemic.
- ④ It recovered to its pre-pandemic level.

問2 You are checking the handout. You notice an error in the detailed data on U.S. students studying abroad. Which of the following should you remove? 

- ① A
- ② B
- ③ C
- ④ D
- ⑤ E

問3 Choose the best option for .

- ① acquire useful and practical skills
- ② become proficient in a foreign language
- ③ expand their knowledge and experience
- ④ study abroad for more than a year

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英語 (リーディング) の試験問題は次に続く。

問4 Choose the best option for .

- ① S1
- ② S2
- ③ S3
- ④ S4
- ⑤ S5
- ⑥ S6

問5 Choose the best options for  and .

- ① a national identity
- ② an international way of thinking
- ③ independence
- ④ self-awareness

- ① S1
- ② S2
- ③ S3
- ④ S4
- ⑤ S5
- ⑥ S6

## 第6問 (配点 12)

Using an international news report, you are going to take part in an English oral presentation contest. Read the following news story from the United States to make notes for your talk.

Anais Bordier and Samantha Futerman have the same laugh and the same freckled cheeks. They wear their hair the same way. The pair tease and poke each other like they've grown up together, but they didn't. Neither Samantha nor Anais knew she had an identical twin sister. The twins met for the first time in London in May 2013. When the twins came face to face in the living room of the Airbnb apartment, all they could do was stare. At first, they felt a little awkward, as they were on a first date, but their discomfort quickly disappeared; they even took a nap together that first day.

Anais, a French student who grew up in Paris, was studying fashion design in London. On a Saturday in December 2012, while she was on a bus, a friend of hers sent her a screen shot of a YouTube video featuring Samantha. Anais automatically thought, "Oh, who posted a video of me on YouTube?" But later she found out that it was not her but an American actress. Samantha, a Los Angeles-based actress who had appeared in the 2005 movie *Memoirs of a Geisha*, was born in South Korea, like Anais — and was born on the same day, November 19, 1987. They were both adopted soon after birth — Anais by a couple in Paris and Samantha by a New Jersey family with three boys. She decided to contact Samantha via Facebook, sending her a friend request and a message.

On February 21, 2013, Samantha went to a friend's apartment to have her nails done for the opening day of her new film. While her friend was painting her nails, she fiddled with her cellphone and saw a request on Facebook from a young woman named Anais. She studied the woman's photo and thought it was an old picture of hers. She tapped the image and saw its profile; they shared a birthdate and similar activities. Samantha at first didn't know what

to make of Anais's friend request and message. It took her a few days to respond, but eventually she accepted the friend request.

Several days after they connected on Facebook, Samantha and Anais talked for the first time, using Skype. For them, it was like going on a blind date, and they didn't know what to ask first. They talked about how it all happened, and what their friends were saying. They compared their noses, their teeth, their ears, and their hands. They talked about their current boyfriend status. They talked until they were just staring at each other. They were supposed to chat for 90 minutes but ended up talking for three hours.

Later they took a DNA test, which proved what they already knew — that they were, in fact, twins. They discovered similarities, beyond their long hair and the spray of freckles across their noses. Both hate bell peppers and cooked carrots, prefer Coke to Pepsi, and enjoy Korean barbecue and Halloween. They share a love of the same color nail polish and the need to nap when stressed and sleep 10 hours a day. However, their differences are notable, too: Samantha is more outgoing, which is a result, she believes, of growing up with two older brothers. On the other hand, Anais, an only child, is much moodier, struggling with her adoption and with feelings of abandonment.

They have tried to contact their Korean birth mother but she has not been interested in connecting with them. "If one day she wants to contact us, then we're here, and we're willing, and we're ready," Samantha says. Though they still live halfway around the world from each other, Anais, who is now a handbag designer in Paris, and Samantha in Los Angeles send text messages multiple times every day. Anais says Samantha always wakes her up in the morning via text. She gets messages like, "Wake up, you're late." They may have been torn apart as babies, but they say they are now forever bonded.

Your notes:

**Twins Reunited in a Modern Way**

Central High School  
English Oral Presentation Contest

Who's Who?

- Anais:
  - Samantha:
- }

Storyline of the Twin's Encounter

They were born as twins.

→ They were adopted by different families.

→  →  →  →

The Twins' Shared Characteristics

They have the same:

- freckles.
- hair style.
- way of laughing.
- tastes in color.
- 
- 

The Twins Now

The twins today:

- 
- feel connected to each other.
- send multiple messages to each other.

問1 Which is the best combination for  ?

- | <u>Anais</u>                            | <u>Samantha</u>                       |
|---|---------------------------------------|
| ① a French designer of Korean descent   | an American actress of Korean descent |
| ② a Korean actress of American descent  | a Korean designer of French descent   |
| ③ a Korean designer of French descent   | a Korean actress of American descent  |
| ④ an American actress of Korean descent | a French designer of Korean descent   |

問2 Choose **four** out of the five options (① ~ ⑤) and rearrange them in the order they happened.  →  →  →

- ① Anais saw Samantha on YouTube.
- ② Samantha sent a friend request to Anais.
- ③ They became "friends" on Facebook.
- ④ They met in person for the first time.
- ⑤ They talked on Skype.

問3 Choose the best two options for  and . (The order does not matter.)

- ① food preferences
- ② home environment
- ③ personality
- ④ professions
- ⑤ sleep pattern

問4 Choose the best option for .

- ① are in touch with their biological mother
- ② call each other every morning
- ③ frequently visit each other
- ④ live far away from each other

## 第7問 (配点 16)

You are studying the effects of light on the environment. You are going to read the following passage from an Internet site to learn more about it.

Most of us are familiar with air, water, and land pollution, but did you know that light can also be a pollutant? Inappropriate or excessive use of artificial light — known as light pollution — can have serious environmental consequences on humans, wildlife, and our climate.

One kind of light pollution is sky glow, which is the brightening of the night sky, mostly over urban areas, due to the electric lights of cars, streetlamps, offices, factories, and outdoor advertising, turning night into day for people who work and play long after sunset. According to a 2016 survey, 80 percent of the world's population lives under sky glow. In the United States and Europe 99 percent of the public can't experience a natural night sky! There are three other kinds of light pollution: clutter, light trespass, and glare. Clutter is bright, confusing, and excessive groupings of light sources. Light trespass is when light extends into an area where it is not wanted or needed. Glare is excessive brightness that can cause visual discomfort.

Light pollution is a side effect of industrial civilization. The fact is that much of the outdoor lighting used at night is inefficient, overly bright, poorly targeted, improperly shielded, and, in many cases, completely unnecessary. This light, and the electricity used to create it, is being wasted by being spilled into the sky rather than focused on the actual objects and areas that people want illuminated.

With much of the Earth's population living under light-polluted skies, over-lighting is an international concern. If you live in an urban or suburban area, all you have to do to see this type of pollution is go outside at night and look up at the sky. For three billion years, life on Earth existed in a

rhythm of light and dark that was created solely by the illumination of the sun, moon and stars. Now, artificial lights have power over the darkness, and our cities glow at night, disrupting the natural day-night pattern and shifting the delicate balance of our environment. The negative effects of the loss of this natural resource might seem invisible. But a growing body of evidence links the brightening night sky directly to negative impacts including increased energy consumption, disruption of the ecosystem and wildlife, the harming of human health, and adverse effects regarding crime and safety. Light pollution affects every citizen. Fortunately, concern about light pollution is rising dramatically. A growing number of scientists, environmental groups and civic leaders are taking action to restore the natural night. Each of us can adopt practical solutions to combat light pollution locally, nationally and internationally.

The good news is that light pollution, unlike many other forms of pollution, is reversible, and each one of us can make a difference! Just being aware that light pollution is a problem is not enough: the need is for action. You can start by minimizing the light from your own home at night. So spread the word to your family and friends and tell them to pass it on. Many people either don't know or don't understand a lot about light pollution and the negative impacts of artificial light at night. By being an ambassador and explaining the issues to others, you will help bring awareness of this growing problem and inspire more people to take the necessary steps to protect our natural night sky.

問1 You learn that light pollution has been caused by 32.

- ① destruction of natural light sources by humans
- ② economic depression in industrialized countries
- ③ increasing awareness of the dangers of darkness
- ④ the use of unnecessary light in the wrong places

問2 You are summarizing the information you have just studied. How should the table be finished? 33

The kind of light pollution	Brief description
(A)	Brightness above inhabited areas
(B)	Brightness making it hard to see
(C)	Light gathered from various light sources
(D)	Light falling where it is not intended

- ① (A) clutter (B) glare  
(C) light trespass (D) sky glow
- ② (A) clutter (B) light trespass  
(C) sky glow (D) glare
- ③ (A) light trespass (B) glare  
(C) clutter (D) sky glow
- ④ (A) sky glow (B) clutter  
(C) light trespass (D) glare
- ⑤ (A) sky glow (B) glare  
(C) clutter (D) light trespass

問3 Which of the following should you not include for the negative effects of light pollution? 34

- ① hazard to human life and limb
- ② ineffective use of electricity
- ③ interference in the natural environment
- ④ the development of civilization
- ⑤ the weakening of security in society

問4 According to the article you read, which of the following are true? (Choose two options. The order does not matter.) 35 · 36

- ① It is possible to get rid of light pollution.
- ② Life on Earth followed the rhythm of light and dark for a very long time.
- ③ People should know more about other kinds of pollution apart from light pollution.
- ④ The bad influences of light pollution are easy to understand.
- ⑤ We have no control over the amount of light on Earth.

問5 To describe the author's position, which of the following is most appropriate? 37

- ① The author argues that reducing light pollution requires public awareness and action.
- ② The author believes that humans should be reminded of the beauty of natural light.
- ③ The author states that the effort of governments rather than individuals is needed to stop light pollution.
- ④ The author talks about the need to create products emitting less light.

## 第8問 (配点 17)

You are preparing to write an essay on whether or not morning practice for clubs should be allowed. You will follow the steps below.

- Step 1 : Read and understand various viewpoints about club activities.  
 Step 2 : Take a position on the issue of morning practice for clubs.  
 Step 3 : Use additional sources to create an outline for your essay.

## [Step 1] Read various sources

**Author A (High school principal)**

Athletic clubs play a big role in the physical and social development of students. However, many schools have a limited number of facilities for their clubs. For example, my school has a single gym for the basketball, volleyball, and badminton clubs to share. This means less practice time for each club unless we allow the scheduling of morning practices. By taking turns holding such practices, each club can increase the amount of their weekly activity, and gain extra time for practice. This helps them grow as teams and become more competitive.

**Author B (School counselor)**

High school is a stressful time for students for many reasons. One of the common reasons students come to me is to talk about clubs, especially sports clubs. Many students feel pressure to be at every practice, even if it is an early morning one. Although starting your day early is not a bad idea, for teenagers, it can be physically and mentally stressful. From time to time, I even have parents contacting me to express the same thing. Getting enough sleep is important, and with so many responsibilities these days, both students and their parents need their morning sleep.

**Author C (High school student)**

At my school, it is pretty easy to tell which students have club practice in the morning. They are the ones who come to class one minute before the bell and change as class is starting. It is definitely a distraction. And those same students are either too excited or too tired from practice to concentrate in class. I really have a hard time understanding why the school allows early morning practice. But maybe that is just me, and I guess there are also other views out there to consider.

**Author D (Baseball club advisor)**

Although not for everybody, school sports can be a great way for teenagers to gain confidence and build friendships during high school. Through regular training, students will see their physical skills and mental toughness grow. However, they will generally need between eight to 10 hours of weekly practice for this. If after-school and weekend practices are not enough, clubs can meet before school. Some students may complain about the early morning start, but as the positives outweigh the negatives, schools should allow these practices.

**Author E (Parent)**

My son enjoys the basketball club, and I can see that he has become more responsible through belonging to it. For example, he has learned how to create a weekly schedule and keep to it. But honestly, the club schedule does cause problems. Planning family outings is tougher, especially with club activities on weekends. And getting up earlier than usual to see him off so he can make it to practice on time has been challenging. I wish schools would think of the burden on parents more.

問1 Both Authors B and E mention that 38.

- ① even if waking up early for practice is hard, parents should support their children
- ② getting to club practice in the morning can help students become more responsible
- ③ morning practices can be difficult for the parents of students in sports clubs
- ④ teenagers have an especially hard time making it to morning practices

問2 Author C implies that .

- ① classes should start later so that students belonging to clubs can arrive on time
- ② school policies on morning practice should be determined by considering various opinions
- ③ some students may be able to concentrate better after exercising in the morning
- ④ students who have morning practices tend to be healthier than students who don't

[Step 2] Take a position

問3 Now that you have read the various viewpoints, you have taken a position on the issue of morning practice for clubs. You have made some notes below. Choose the best options to complete  —  .  
(You must have all of  —  correct to get points.)

Your position: Schools should continue to allow morning practice for athletic clubs.

- Authors  and  support your position.
- The main argument of the two authors: .

Options for  and  (The order does not matter.)

- ① A
- ② B
- ③ C
- ④ D
- ⑤ E

Options for

- ① allowing clubs to practice before school means all clubs can get equal practice time
- ② morning exercise is better for physical development than exercising in the afternoon
- ③ morning practices greatly help clubmates develop closer friendships with each other
- ④ scheduling practice in the morning makes up for a lack of practice time

[Step 3] Create an outline using Sources A and B

Outline of your essay:

**Holding morning practices is good for students**

**Introduction**  
There are challenges with morning practices but schools should allow them to continue as they are needed and have many benefits for students.

**Body**  
Reason 1: [From Step 2]  
Reason 2: [Based on Source A] .....   
Reason 3: [Based on Source B] .....

**Conclusion**  
Athletic clubs should be allowed to hold morning practices at their schools.

**Source A**

Early morning starts are difficult for teenagers. Scientific studies have shown that the primary reason behind this is the natural sleep cycle for a typical teenager, which starts at around 11 p.m. and ends between 8 a.m. and 9 a.m. Based on this finding, experts have recommended later school start times, an idea that has proved impractical. Thus, we should consider the positives of an early start. For instance, starting the day early allows the brain to “wake up” in time for school, which is linked to better academic performance. Additionally, early starts are connected to improved mental health. Research shows that those who start their day early have lower risks of mental disorders such as anxiety or depression. This is possibly because sunlight is thought of as “a natural mood booster” that plays a role in one’s levels of happiness and motivation. Therefore, for teenagers, early school starts may be in their best interest.

**Source B**

A survey conducted in Japan provides data on the busy after-school schedules of high school students. The survey gathered data from over 2,000 students in the 10th through 12th grades. The table below shows the percentage of students who agree with the following statements.

High School Student Opinions on After-school Schedules	
I feel too busy after school on weekdays.	71%
I have to go to cram school 3 or more times on weekdays.	47%
I cannot spend enough time with family after school on weekdays.	43%
I am able to go to bed at a reasonable time on weekdays.	24%

問4 Based on Source A, which of the following is the most appropriate for Reason 2? 43

- ① Students who struggle mentally can recover from their disorders if they start school before 8 a.m.
- ② Teenagers should develop the habit of rising early so that they have little difficulty getting up early upon entering adulthood.
- ③ Waking up early is biologically difficult for teenagers, but doing so provides academic and mental health benefits.
- ④ We can expect teenagers to be able to start school early because studies have shown that sleeping in is simply their preference.

問5 For Reason 3, you have decided to write, “High school students may be able to have more flexible after-school schedules if they make the most of morning practice.” Based on Source B, which option best supports this statement? 44

- ① Although over 60% of the students have cram school two or fewer times on weekdays, about three-quarters feel they can’t go to sleep at a proper time. Perhaps many students spend too much time doing club activities after school.
- ② Just under seven in ten students feel too busy after school. Moreover, only about one in four report getting enough sleep. Fewer after-school activities could help these students.
- ③ Over four in ten students say they lack family time on school days. So reducing after-school club activities and doing more morning practice instead may help increase the amount of family time available to them.
- ④ Over 70% of students report being busy after school, and just over half have after-school lessons three or more times a week. They may not realize how much time is actually required for studying.