

2026年度

英 語

注 意

1. 監督者の合図があるまでは問題冊子と解答用紙を開かないでください。
2. 別紙の解答用紙は、マーク用解答用紙(1)と記述用解答用紙(2)とに分かれています。指定された解答欄をまちがえないように注意してください。
3. 解答用紙(1)は直接コンピューターにかけますので、折りまげたり、よごしたりしないでください。また、枠で囲まれた部分以外には記入しないでください。
4. 解答用紙(1)にマークするときは該当する○にはっきりとマークしてください。

マークのしかた (良い例) ●

(悪い例) ○ ⊗ ⊙ ⊖

(万年筆、ボールペンなどは使用してはいけません)

5. 解答用紙(1)に誤ってマークした場合には、消しゴムで跡が残らないようにていねいに消し、消しかすをきれいに払ってください。
6. 試験開始後、解答用紙(1)には、氏名、受験番号を記入し、さらにその受験番号をマークしてください。なお、受験番号を記入するときには解答用紙(1)の〔**受験番号記入上の注意**〕をよく読んで、まちがいのないようにしてください。
解答用紙(2)には、氏名、受験番号を記入してください。
7. 試験問題はこの冊子の1～8ページに記載されています。
問題冊子の余白部分は、メモとして利用して構いません。
各問題はほぼ同じ配点になっています。それを念頭に時間配分してください。
8. 試験終了後、この問題冊子は持ち帰ってください。

- 1** 次の文章を読み、設問(a)～(e)にもっとも適切なものを1～4の中から1つ選びなさい。

Active listening means giving someone your full attention in a conversation and trying to understand their view. Even though this might sound simple, it is harder to do than you might imagine. When someone is talking to you, it is easy to get distracted by your own feelings and your own reaction to their words, or to start planning your response in your head. On the other hand, you might find that you get angry or start to judge people if you disagree with what they are saying. This can lead to misunderstandings. Trying to be an active listener can build trust and understanding in relationships. It can also help resolve conflicts.

Active listening is a skill that can help you in many situations in life. For example, if a family member or friend shares a problem with you, through active listening you can make them feel understood. You can show them that you care and that you are interested in learning more about how they feel. This can strengthen your relationship by creating a feeling of trust and safety. Supportive relationships can last a lifetime.

Another time that active listening can be useful is during a disagreement. It is easy to become angry or interrupt the other person to defend your opinion. However, if you try to take a step back and listen carefully to their ideas first, you might find that you understand their perspectives. If you start off by actively listening to them, it is more likely that they will treat you with the same respect. This means that you might be able to resolve the problem together.

There are various ways to practice active listening. One approach is to keep an open mind. It helps to treat a conversation as a chance to learn something or get to know people better, rather than a way to make your own opinion heard. It also helps you to avoid judging the other person too quickly.

Second, it is important to focus fully during conversations. You might want to avoid multi-tasking, such as using your phone or reading a newspaper while listening. Not only is this often considered impolite, but it is also very distracting and can stop you from listening to the other person. Third, you can use open-ended questions to encourage answers that are longer than just a “yes” or “no.” This allows people to respond more freely and honestly. Lastly, body language also plays a role. Nodding and making eye contact can help the speaker feel heard and respected. These small actions help build trust and allow for deeper communication.

Active listening skills can be beneficial in many different situations. Trying your best to listen with an open mind, avoid distractions, and fully understand the other person can help to strengthen your relationships. If you try out some of the tips above, you might find that people trust you with more information, and you have the skills to resolve conflicts more efficiently.

Adapted from: Ogden, R. (2020, November 13). What is active listening and how is it a helpful skill? *R:ED*. Retrieved from <https://rightforeducation.org/2020/11/13/what-is-active-listening-and-how-is-it-a-helpful-skill/>

- (a) What is the main topic of the passage?
- 1 . How active listening can improve relationships.
 - 2 . How active listening is used in professional settings.
 - 3 . How people are distracted from active listening during conversations.
 - 4 . How people listen actively without being aware of it.

- (b) What is one reason why active listening can be challenging?
1. It requires you to talk a lot during conversations.
 2. People give you the same respect you give them.
 3. People may get distracted by thinking about their own reactions.
 4. You must agree with the other person's opinion to listen actively.
- (c) According to the passage, in which situation can active listening be helpful?
1. When giving a presentation to a large audience.
 2. When making a quick decision on your own.
 3. When seeking to avoid uncomfortable conversations.
 4. When someone talks to you about a difficult situation.
- (d) According to the passage, what is one benefit of active listening during a disagreement?
1. It allows you to ignore the other person's opinion.
 2. It encourages you to understand the other person.
 3. It helps you prove your point more strongly.
 4. It quickly ends a conflict without further discussion.
- (e) Which of the following is NOT an example of practicing active listening?
1. Asking open-ended questions to encourage a detailed response.
 2. Focusing fully on the speaker without distractions.
 3. Planning your response while the other person talks.
 4. Showing interest through nodding and maintaining eye contact.

- 2 次の対話文を読み、設問(a)～(e)にもっとも適切なものを1～4の中から1つ選びなさい。

Two friends talking.

Rachel: I'm almost finished shopping for tonight's party. How about you?

Jane: Almost. Just let me pick up some potato chips and let's go to the checkout.

Rachel: Oh, cool! Look at these reusable shopping bags on display here at the checkout. It says these bags are made from ocean plastic. Isn't that a great idea, finding a use for all that plastic that is floating in the ocean?

Jane: Umm... Rachel, be careful. That may just be greenwashing.

Rachel: Greenwashing? What is that?

Jane: Greenwashing is when a company exaggerates how good their product is for the environment. For example, sometimes a company will say that a bag or package is made from ocean plastic, but it really only contains a small amount. Or worse, none at all.

Rachel: That's awful. You think I shouldn't buy the ocean plastic bag then?

Jane: Not exactly. I mean, you should always read labels carefully. Some companies really do use ocean plastics to make their products and packaging, which is great. But others just say they do to make their products look better.

Rachel: That makes sense. I'll check the label. Oh, look at the small print! This one says it's made of 50 percent ocean plastic. Is that good or bad?

Jane: That's for you to decide. In the meantime, I have an extra reusable shopping bag you can borrow.

Rachel: Thanks!

- (a) What is the main topic of the conversation?
- 1 . The food to buy for a party.
 - 2 . The importance of plastic bags.
 - 3 . The issue of greenwashing.
 - 4 . The problem of microplastics.
- (b) Jane tells Rachel to be careful because _____.
- 1 . products made from ocean plastics are unsafe
 - 2 . she will have to pay for a bag if she forgets her reusable one
 - 3 . the bag may not be made of ocean plastics
 - 4 . there are microplastics in the potato chips
- (c) What can you infer about Rachel?
- 1 . She cares about the environment.
 - 2 . She does not like potato chips.
 - 3 . She likes to save money on shopping bags.
 - 4 . She only wants a bag made completely of ocean plastics.
- (d) Where do you think this conversation might have taken place?
- 1 . At a college party.
 - 2 . At a grocery store.
 - 3 . In an environmental science class.
 - 4 . On a beach.
- (e) What does Jane mean when she says, “That’s for you to decide”?
- 1 . Rachel can choose to go to the party or learn about ocean plastics.
 - 2 . Rachel can choose to ignore the product label.
 - 3 . Rachel can choose whether 50 percent recycled is a good thing or not.
 - 4 . Rachel can choose whether to buy the potato chips for the party or not.

- 3 緑地の効果について以下の文章はどのように説明しているか、150~180字の日本語でまとめなさい。解答には(1)Hajat氏の見解、(2)Hajat氏の見解から人々が推測すること、(3)2022年の研究結果、の3点を必ず含めること。

The benefits of green space for mental and brain health are numerous. Living near and spending time in green space is associated with a lower risk of dementia* later in life. According to Anjum Hajat, a researcher at the University of Washington, access to green space “is important because it provides people with an easy, low-cost option to improve their health. Spending time in nature may have other benefits, too, like increasing physical activity or increasing time spent with friends and family; both of these things have many health benefits.”

Based on this research, most people might be ready to give up city life. They might presume that more green space is better, and that living with nothing but trees for miles around will lead to the lowest possible chance of dementia. It turns out this is not so simple.

A 2022 research study led by Federico Zagnoli of the University of Modena revealed that more green space is not always better. The researchers found a U-shaped association between exposure to green space and dementia risk — low levels of green space were associated with a higher likelihood of developing dementia, and medium levels were linked to a lower risk. But the highest level of green space exposure didn't reduce dementia risk relative to the medium level — and in some cases even increased it! In other words, too little green space has a harmful effect, but so might too much of it.

Adapted from: Schubert, T. (2025, March 31). Time spent in nature is good for your brain, but an excess can negate these benefits. *Scientific American*. Retrieved from <https://www.scientificamerican.com/article/time-spent-in-nature-is-good->

for-your-brain-but-an-excess-can-negate-these/

〔注〕 dementia 認知症

- 4** 次のテーマで100～150語程度のエッセーを，具体例を挙げながら英語で書きなさい。

What are the benefits of having international students in Japanese high schools?