

※問題用紙 3枚
 ※解答用紙 1枚

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(注意) 答えはすべて解答用紙に書きなさい。

Part 1 Read the passage and answer the questions according to what it says. Write the letter of the correct answer on the answer sheet. (30 points)

Although awards and honors recognize achievement, they do not serve to inform the receivers of when they are at their best physically, emotionally, and intellectually. How can you realize your highest potential? One way that you can realize your highest potential is to picture something that you did in the past that was successful and self-empowering, and get a mental picture of how you were at that time. You should replay the time and event in your mind. How did you feel? What were you doing right? What mistakes were you avoiding? What led to your success? Once you have gotten the mental picture of your best self, you have a standard that you can work with, and something that you can focus on so that you can realize your highest potential. Try to relate the task that you need to do with a task or tasks that you successfully executed in the past. Envision yourself executing the task that you need to do with the same skill, enthusiasm, and expertise. Expect success, and picture yourself celebrating the successful completion of the task that you need to do.

Many people believe that the chance for success only comes once in life, and if they miss that one opportunity, it will never come again. However, this could not be further from the truth. Opportunities for academic, financial, and professional success come often. When you feel that they are not coming often enough, you can create your own opportunities with just a little extra effort. Some people feel they have to wait till they are able to strike the perfect balance before they can seize opportunities, and because of this they fail to realize that opportunities often come when conditions appear to be the most unfavorable.

Picturing your best self is actually not as difficult as it sounds. When you think about what makes you feel good about yourself (communicating effectively, expressing your opinions clearly, setting goals that are realistic and achievable, developing relationships, working cooperatively, achieving financial independence through wise investments, etc.), you can easily create a mental picture of your best self. The first step to realizing your highest potential is to go over in your mind what the characteristics of your best self from the past looked like. It may be helpful to write down the characteristics. If these characteristics are present when you perform a task, success can be expected. But don't circumstances change? They change. But when you have a clear picture of what your highest potential feels and looks like, you can more effectively determine what specific goals will help you realize your highest potential and lead to repeated successful performances.

When you are confronted with a problem and feel overwhelmed or stuck, ask yourself what worked before when you were confronted with a similar problem. Chances are, you have been in similar situations before that ended up working out. Some of the actions that proved worthwhile in solving previous problems when in those situations may be applicable when solving the problem currently confronting you. Evaluate and analyze your accomplishments. Think carefully about what actions and attitudes led to those accomplishments.

Professional athletes spend hours and hours every day physically practicing in preparation for athletic events. But that is not the only practicing they are doing. They are also mentally rehearsing their expected performances. Mentally rehearsing also prepares them for athletic events, and gives them the best opportunity to perform successfully. You do not have to be an athlete to use this technique. You will find that visualizing successful performances will give you the best opportunity to perform successfully. People who prior to giving speeches visualized themselves speaking calmly and authoritatively have reported that they felt more in control and more relaxed during their speeches. On the other hand, people who prior to giving speeches visualized themselves stumbling through their speeches have reported that they felt less in control and more nervous during their speeches. It is possible for you to realize your highest potential. Boost your inner confidence by developing your ability to highlight what is positive about your accomplishments. Negative thinking makes people have doubts about their capabilities. Combat self-doubt by reflecting on your many accomplishments. Each day brings new opportunities for you to realize your highest potential. Seize the opportunities and realize your highest potential.

1. What have people said about creating an image in the mind?
 - a. This technique is limited to athletes.
 - b. Humans have very little control over their thoughts.
 - c. It is not possible to form an image in the mind.
 - d. This technique produces favorable results most of the time.
 - e. It affects the outcomes of endeavors.

2. How can people experience more success in their lives?
 - a. They can set goals for themselves that are beyond their reach.
 - b. They can avoid challenges.
 - c. They can reflect on their previous successes.
 - d. They can have a pessimistic attitude.
 - e. They can try to lose confidence when difficulties arise.

3. When do people feel that they can't rely on the abilities that they possess?
 - a. When they are expecting success.
 - b. When they let negative thoughts influence them.
 - c. When they realize their highest potential.
 - d. When they are highlighting what is positive about their accomplishments.
 - e. When they visualize themselves cheering enthusiastically.

Part 2 Read the passage and answer the questions according to what it says. Write the letter of the correct answer on the answer sheet. (30 points)

Why should Japanese people try to acquire English skills in Japan? One of the most important benefits of learning English in Japan is that the learner can learn and develop regard and respect for other human beings, and for the way that those people live their lives. Many of the customs of people from English-speaking countries are very different from those of the Japanese. A Japanese person may feel that some of the foreign customs are strange. Learning English can help Japanese people make sense of the customs of people from English-speaking countries. Another benefit of learning English in Japan is that it will give them greater insight into the events that are shaping the world, and will transform their worldview. Acquiring English skills will give Japanese people access to vast amounts of knowledge in a variety of fields. It will allow the people with English skills to explore and experience foreign art, music, literature, and customs.

Learning English in Japan can also prepare people for future careers or enhance people's skills in their current careers. Having a good command of English can mean the difference between standing in an unemployment line and being employed. Many companies in Japan are thinking about job applicants' scores on various English tests that are offered in Japan when making decisions to hire or not to hire individuals. Having excellent English skills is a valuable asset and can open doors to employment that might remain shut to individuals who don't have those skills. The English skills of Japanese people who can communicate well in English are very sought-after by employers nowadays.

The teaching profession is one excellent option open to Japanese people who have superb English skills. Many Japanese people who have acquired superb English skills have found employment in elementary schools, junior high schools, high schools, universities, and cram schools in Japan. Increasingly, foreigners living in Japan are realizing that being able to communicate in Japanese can make life much easier in Japan, and can increase their options for employment. Many foreigners are enrolled in Japanese language classes, and the demand for Japanese language teachers who speak English is growing.

Career opportunities in the tourism industry abound for Japanese people who have a good command of English. There are positions for tour guides, tour coordinators, and travel agents. Japanese airlines are always looking for flight attendants who have excellent English skills. Being able to communicate well in English often proves advantageous for individuals applying for airport staff positions.

English continues to be used extensively in the media and entertainment industry in Japan. When competing for attractive journalism, television, and broadcasting jobs in Japan, having English skills gives candidates certain advantages over other candidates who don't have English skills. Music from countries where English is the native language continues to have a significant influence on Japanese music.

There are many important international companies in Japan. They are investing a great amount of time, money, and effort in recruiting employees who have superior English skills. International companies employ English-speaking lawyers who can give them advice about complex trade regulations, taxation issues, and doing business in Japan and overseas. The skills of English-speaking lawyers are invaluable to the international companies in Japan. These are just a few of the many reasons why Japanese people should try to acquire English skills in Japan.

1. When are many companies in Japan taking the results of English tests into consideration?
 - a. When comparing foreigners' customs.
 - b. When checking the length of unemployment lines.
 - c. When planning to purchase foreign masterpieces.
 - d. When assessing people's employability.
 - e. When giving candidates commands.

2. How will Japanese people benefit from acquiring English skills in Japan?
 - a. Their perspective of the world will change.
 - b. They will own the most profitable businesses in Japan.
 - c. Their companies will never get into financial difficulties.
 - d. It will decrease their options for employment.
 - e. It will ensure that they understand that English-speaking countries are superior to Japan.

3. What do the international companies in Japan think about the skills of the English-speaking legal experts who work for them?
 - a. They think their skills are overrated.
 - b. They think their skills are extremely valuable.
 - c. They think their skills are unimpressive.
 - d. They think their skills are worthless.
 - e. They think their skills are insignificant.

Part 3 Write an essay explaining what you think English teachers can do in their classes to help Japanese students learn more. Write more than 200 words on the answer sheet. (40 points)

