

2024 年度 聖路加国際大学 看護学部 第3年次学士編入学者選抜

英 語

受験番号

氏名

問題は次のページから始まります。

I To complete each item, choose the best word or phrase from the four choices. Then, mark your answer on the answer sheet.

- (1) Lack of sleep is associated with accidents — one fifth of all motor vehicle crashes were related to () driving — and adverse health outcomes, such as heart disease and obesity.
1 drowsy 2 mandatory 3 proficient 4 synthetic
- (2) Acute outbreaks of () diseases have dominated recent discussions about global health.
1 desperate 2 infectious 3 tedious 4 viable
- (3) This research should () our understanding of the nature of economic development.
1 enhance 2 humiliate 3 inherit 4 sterilize
- (4) The more times words are () from memory, the more likely they are to be learned.
1 condemned 2 immersed 3 retrieved 4 thrust
- (5) Some psychologists believe it is very important to understand physiological processes; others rarely, (), consider physiology.
1 if ever 2 and yet 3 below par 4 even less
- (6) Temperatures will shoot up to highs in the 40 to 45 degree range, but may () if it rains.
1 pass 2 fall 3 stand 4 clear
- (7) Individuals differ in their () activity and therefore in their ability to metabolize caffeine.
1 enzyme 2 fragment 3 gravity 4 thesis
- (8) Do the studies to date completely () the possibility that the vaccine could affect fertility?
1 break out 2 carry out 3 rule out 4 work out

- (9) The climate is a nonlinear system, where changes in one variable can () another, leading to unstable feedback loops.
1 demand 2 replace 3 hazard 4 affect
- (10) In the long run, cholera prevention is a question of () and sanitation, especially in densely populated areas.
1 efficacy 2 hygiene 3 menace 4 specimen
- (11) A: What did you think about the novel you've been talking about?
B: Actually, much of the book was very dull. That (), I have to admit that the ending was extremely clever.
1 says 2 saying 3 to say 4 said
- (12) A: Where are intramuscular injections to be administered?
B: They are typically given in the upper arm, thigh, hip, or buttocks. Patients who frequently need to inject () should choose a different area of their body each time.
1 they 2 themselves 3 themselves 4 their

II *Read the passage and then choose the best answer for each question from the four choices. Then, mark your answer on the answer sheet.*

Seaweed is way more than just a slimy plant that feels gross to swim through. It can truly do it all. It's one of the most abundant plants on the planet, a dietary staple for millions around the world, soaks up carbon, could be used to replace plastics, and is even a more eco-friendly cow feed.

[Text Omitted.]

"Our study found that expanding seaweed farming could help reduce demand for terrestrial crops and reduce global agricultural greenhouse gas (GHG) emissions by up to 2.6 billion tonnes of CO₂-equivalent per year," Scott Spillias, a PhD candidate from the University of Queensland in Australia (UQ) and co-author of the study, said in a statement. "Seaweed has great commercial and environmental potential as a nutritious food and a building block for commercial products including animal feed, plastics, fibers, diesel and ethanol."

[Text Omitted.]

"In one scenario where we substituted 10 percent of human diets globally with seaweed products, the development of 110 million hectares of land for farming could be prevented," said Spillias. "We also identified millions of available hectares of ocean within global exclusive economic zones, where farming could be developed."

[Text Omitted.]

Some of the main concerns with expanding seaweed farming include the ropes and other gear used in aquaculture that potentially lead to entanglement of some marine mammals, the risk of certain species turning invasive, and ensuring that enough sunlight continues to reach below the surface.

[Text Omitted.]

"Our study points out what could be done to address some of the mounting problems of global sustainability facing us," said co-author Eve McDonald-Madden, a research fellow at UQ's School of Earth and Environmental Sciences, in a statement. "But it can't be implemented without exercising extreme caution."

【出典】 Baisas, L. (2023, January 26). Why seaweed farming could be the next big thing in sustainability. *Popular Science*. Retrieved from

<https://www.popsci.com/environment/seaweed-farming-food-climate/>

NOTES

*aquaculture 水産養殖

*entanglement (縄、紐などの) 絡まり

(13) How can seaweed farming address global sustainability issues?

- 1 It will lower the prices of diesel and ethanol.
- 2 It will help reduce the amount of CO₂ and other emissions.
- 3 It will decrease the demand for beef consumption.
- 4 It will increase the diversity of plants on the planet.

(14) What is NOT mentioned as a concern in the development of seaweed farming?

- 1 A lot of new equipment needs to be developed.
- 2 It could end up disrupting the marine ecosystem.
- 3 It may stop sunlight from reaching deeper areas of the ocean.
- 4 There is a chance that some marine mammal species will be harmed.

(15) Which of the following is true about seaweed?

- 1 Seaweed is a staple food for ten percent of the world's population.
- 2 The commercial use of seaweed in the construction industry is quite promising.
- 3 Seaweed farming would reduce the need for new agricultural land expansion.
- 4 Seaweed farming is one of the most straightforward solutions to the world's environmental issues.

III Read the passage and then choose the best answer for each question from the four choices. Then, mark your answer on the answer sheet.

For most American workers who commute, the trip to and from the office takes nearly one full hour a day — 26 minutes each way on average, with 7.7% of workers spending two hours or more on the road.

Many people think of commuting as a chore and a waste of time. However, during the remote work surge resulting from the COVID-19 pandemic, several journalists curiously noted that people were — could it be? — missing their commutes. One woman told *The Washington Post* that even though she was working from home, she regularly sat in her car in the driveway at the end of the workday in an attempt to carve out some personal time and mark the transition from work to nonwork roles.

As management scholars who study the interface between people’s work and personal lives, we sought to understand what it was that people missed when their commutes suddenly disappeared.

In our recently published *conceptual study, we argue that commutes are a source of “liminal space” — a time free of both home and work roles that provides an opportunity to recover from work and mentally switch gears to home.

[Text omitted.]

We reviewed research on commuting, role transitions and work recovery to develop a model of a typical American worker’s commute liminal space. We focused our research on two cognitive processes: psychological detachment from the work role — mentally disengaging from the demands of work — and psychological recovery from work — rebuilding stores of mental energy used up during work.

Based on our review, we developed a model which shows that the liminal space created in the commute created opportunities for detachment and recovery.

However, we also found that day-to-day variations may affect whether this liminal space is accessible for detachment and recovery. For instance, train commuters must devote attention to selecting their route, monitoring arrivals or departures and ensuring they get off at the right stop, whereas car commuters must devote consistent attention to driving.

We found that, on the one hand, more attention to the act of commuting means less attention that could otherwise be put toward relaxing recovery activities like listening to music and

podcasts. On the other hand, longer commutes might give people more time to detach and recover.

In an unpublished follow-up study we conducted ourselves, we examined a week of commutes of 80 university employees to test our conceptual model. The employees completed morning and evening surveys asking about the characteristics of their commutes, whether they “shut off” from work and relaxed during the commute and whether they felt emotionally exhausted when they got home.

[Text omitted.]

We found that on days with longer-than-average commutes, people reported higher levels of psychological detachment from work and were more relaxed during the commute. However, on days when commutes were more stressful than usual, they reported less psychological detachment from work and less relaxation during the commute.

Our findings suggest that remote workers may benefit from creating their own form of commute to provide liminal space for recovery and transition — such as a 15-minute walk to mark the beginning and end of the workday.

[Text omitted.]

To help enhance work detachment and relaxation during the commute, commuters could try to avoid *ruminating about the workday and instead focus on personally fulfilling uses of the commute time, such as listening to music or podcasts, or calling a friend. Other forms of commuting such as public transit or carpooling may also provide opportunities to socialize.

[Text omitted.]

【出典】 Piszczek, M., & McAlpine, K. (2023, February 2). A journey from work to home is about more than just getting there — the psychological benefits of commuting that remote work doesn't provide. *The Conversation*. <https://theconversation.com/a-journey-from-work-to-home-is-about-more-than-just-getting-there-the-psychological-benefits-of-commuting-that-remote-work-doesnt-provide-195799>

NOTES

- | | |
|-------------------|--------|
| *conceptual study | 概念研究 |
| *ruminate | 思いを巡らす |

- (16) What is true about the majority of American workers?
- 1 It takes them about half an hour to get to the office.
 - 2 They prefer working at the office rather than at home.
 - 3 They spend about 26 minutes on average commuting per day.
 - 4 Those who commute for over two hours prefer to work from home.
- (17) What the authors tried to find out about commuting was _____.
- 1 why so many workers often chose to sit in their car during the COVID-19 pandemic
 - 2 whether train commuters could devote more attention to work than car commuters
 - 3 what people missed when working at home rather than the office
 - 4 at what point people started to feel the necessity to mark the transition from work to nonwork roles
- (18) What were the two cognitive processes the authors focused on?
- 1 Disengaging from liminal space and rebuilding physical energy while working.
 - 2 Detaching the work role from commute and reducing mental demands from work.
 - 3 Building an effective commute liminal space and recovering from work fatigue.
 - 4 Taking a mental break from work demands and restoring mental energy used during work.
- (19) What did the authors discover about longer-than-average commutes?
- 1 Psychological detachment from work remained constant.
 - 2 It was easier for workers to relax during the commute.
 - 3 More workers began devising their own commutes for liminal space.
 - 4 Commuters experienced substantially higher stress compared to a regular commute.
- (20) What are commuters advised to do to maximize the positive effects of their commute time?
- 1 Socialize more while working from home.
 - 2 Psychologically prepare for work while commuting.
 - 3 Try to avoid using public transportation.
 - 4 Spend the time doing activities that they find personally satisfying.

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小論文

受験番号 _____ 氏名 _____

問題は次のページから始まります。

下記の図は、令和元年に実施された国民栄養調査の結果の一部である。

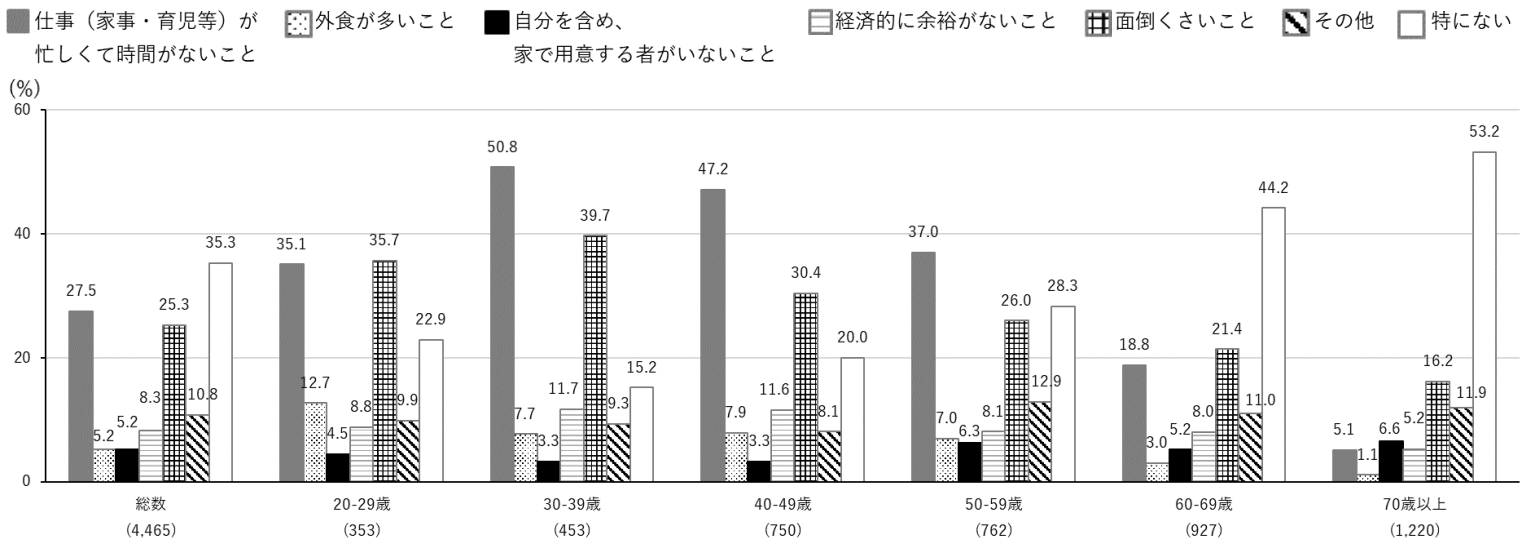
問 1.

図を見て、年齢階級間の比較から読み取れることを2つ、箇条書きで記しなさい。

問 2.

図をふまえて考えられる日本人の食習慣に関する課題とその背景を指摘し、人々が健康な食習慣を身につけるために、地域社会、個人ができることについてあなたの考えを500字以上、600字以内で述べなさい。

図 健康な食習慣の妨げとなる点：あなたの健康な食習慣の妨げとなっていることは何ですか。
(20歳以上、男女計、年齢階級別)



※複数回答のため、内訳合計が100%にならない。図中の()は解析対象者数。

出典：令和元年 国民健康・栄養調査の結果の概要（厚生労働省）p.7 より引用、一部改変

<https://www.mhlw.go.jp/content/10900000/000687163.pdf>

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小論文(解答用紙)

受験番号 _____ 氏名 _____

問1.

2024 年度 聖路加国際大学 第 3 年次学士編入学試験
出典一覧

【英語】

II.

Why seaweed farming could be the next big thing in sustainability by Laura Baisas from Popular science Jan.26, 2023. Copyrighted 2023. Recurrent Ventures, Inc.

III.

A journey from work to home is about more than just getting there – the psychological benefits of commuting that remote work doesn't provide by Matthew Piszczek, Kristie McAlpine. Originally published on The Conversation, Feb.2, 2023.

【小論文】

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