

第4問 (配点 12)

In English class, you are writing an essay on a topic related to memory. This is your most recent draft. You are now working on improvements based on comments from your teacher.

What should we do to remember?	Comments
<p>We forget many things every day; the name of a restaurant we pass by every day, what we had for dinner two days ago, the things we learned in classes, and so on.</p> <p>⁽¹⁾^ You may have wondered why you never forget the names of many characters in your favorite anime or the short tunes in TV commercials you heard when you were a little child. In this essay, I'd like to introduce ⁽²⁾<u>what kind of people have good memories and what they do every day to keep them.</u></p> <p>Some memories are quickly forgotten and others remain for a long period of time. Researchers say that our brains store the memories we often use, but they erase the ones which we don't use much and then organize the information. While we can all remember some of the things even though we don't try to remember, we forget most of the things over time. Forgetting is often viewed negatively. However, if we cannot forget, it means that the brain is not functioning well. As a result, it can even lead to mental disorders.</p> <p>The brain's function of maintaining short-term memory is called working memory, which is used when we study and try to remember things. It temporarily keeps what we have learned in the brain and organizes it. Surprisingly and sadly, the capacity of working memory is much smaller than we expect and it's impossible to train it. However, short-term memory can be fixed and changed into long-term memory by repeated stimulation.</p> <p>According to researchers, we can make what we learn</p>	<p>(1) Add an appropriate connecting word or phrase.</p> <p>(2) The underlined part isn't your main argument. Rewrite it.</p>

stay in our brains longer by active learning. Not only by listening, reading, or watching, but by actively discussing, experiencing, or teaching others, we can effectively remember what we have learned. It is also important to take the time to review over and over again to make it long-term memory. By sending what you want to remember to the brain many times, the brain considers it important information to remember. Also, enough sleep and exercise, a well-balanced diet, and a life with little stress are all necessary for good memories. ⁽³⁾^

To sum up, we need to manage ways to remember because we are all forgetful. If you feel that you are having trouble with your memory while studying, you may want to ⁽⁴⁾improve both your physical and mental health.

(3) Add a sentence to support the previous sentence.

(4) The underlined part doesn't describe your essay content well. Change it.

Overall Comments:

Your essay writing skills are steadily improving. Keep up the good work. I wish I had known the tips you introduce in this essay when I was in high school.

問 1 Based on Comment (1), which is the best word or phrase to add?

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- ① Similarly
- ② Indeed
- ③ In other words
- ④ On the other hand

問 2 Based on Comment (2), which is the best phrase to replace the underlined part? 15

- ① how our brains work and what we should do to improve our memories
- ② what the brain can and cannot do and why it functions in that way
- ③ why it is difficult to remember and how we forget things
- ④ whether we can remember things quickly and the things we need to know about our brains

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

- ① Some data indicates that it's possible for the brain to keep growing as we age.
- ② If you ruin your health, it will be difficult to continue to study for long hours.
- ③ Research shows that a healthy lifestyle leads to good memory.
- ④ A study reveals that studying with friends is effective for our memories.

問 4 Based on Comment (4), which is the best phrase to replace the underlined part? 17

- ① stop worrying about forgetting and try to remember things as much as you can
- ② fix the way you study and live your daily life healthy
- ③ find someone you can ask for advice about good memories
- ④ train your working memory as well as your body

(下書き用紙)

英語(リーディング)の試験問題は次に続く。

