

第8問 (配点 17)

You are going to write an essay on whether students should be allowed to drink water in class. You will follow the steps below:

Step 1: Read several sources about drinking water in class.

Step 2: Take a position on drinking water in class.

Step 3: Create an outline of your essay using additional sources.

▶[Step 1] Read several sources

Helen (School nurse)

In long classes, it's necessary for students to remember to drink water. Drinking enough water helps prevent health problems like feeling sick or suffering from bad headaches. Also, because of global warming, heat-related illnesses like heatstroke are happening more often all over the world. This shows how important it is to always stay hydrated, even when we're indoors. Making sure students drink enough water not only helps keep them healthy but also builds motivation for students to learn because learning is more efficient when they feel physically comfortable.

John (Educator)

Some teachers may feel that having items other than learning materials and stationery on desks, such as water bottles and plastic bottles, is poor manners and makes them uncomfortable. During class time, students should concentrate on learning and avoid placing items on their desks that are unrelated to the lesson. In fact, no one puts a water bottle on their desk during tests. Similarly, during class, items that aren't needed for study shouldn't be placed on desks. Additionally, students should be required to maintain a modest and well-mannered attitude toward their teachers. It would then likely be understood that drinking water in front of a teacher isn't considered appropriate.

Ken (College student)

While hydration is necessary for students, drinking water in class can sometimes pose issues. The noise of opening water bottles or drinking may distract other students, making it difficult for them to concentrate on the lesson. This can interfere with each student's ability to fully grasp the material being taught. Therefore, it's essential to ensure that the class remains quiet and focused to promote effective learning for all students. Teachers can encourage students to drink water before and after class time or during designated break times. By promoting a quiet and focused atmosphere, teachers can create a learning environment where students can engage with the lesson content more effectively.

Maria (Junior high school teacher)

Allowing students to drink water during class could indeed affect student behavior. If the atmosphere becomes too relaxed, there's a risk that students may engage in improper behavior, such as talking to each other or doing unrelated activities instead of focusing on the lesson. These disruptions can interfere with the learning process for everyone in the class. In a school environment, it's necessary to establish strict rules to maintain focus on learning and ensure appropriate behavior. By doing this, teachers can create a structured learning environment that encourages positive behavior among students. Banning students from drinking water in class may be one such rule that helps keep the desired level of focus and discipline.

Olga (Biology professor)

Drinking water is crucial for students' brains to function well, and it reduces health risks associated with dehydration. The brain is composed of approximately 75% water, and when students maintain adequate hydration, their brains can operate more efficiently. Water plays a key role in facilitating the transmission of signals between brain cells, which improves such cognitive processes as concentration and memory storage. Furthermore, students may struggle to pay attention in class when they're forced to think about how thirsty they are. Therefore, ensuring proper hydration is essential for students to make the most of their learning potential and academic performance.

問 1 Which of the following best expresses Olga's opinion? 39

- ① Dehydration improves students' memory and focus greatly.
- ② Proper hydration boosts students' learning and concentration.
- ③ Students should avoid drinking water while learning.
- ④ Water makes students distracted during their classes.

問 2 Both Commentators Ken and Maria mention 40 .

- ① the concern for maintaining a focused learning setting
- ② the necessity of hydration in class from a health point of view
- ③ the possibility that students' academic performance would improve
- ④ the risk of students being in poor mental condition due to a lack of water

► [Step 2] Take a position

問 3 Now that you have read several comments, you have taken a position on drinking water in class, and have written it out as below. Choose the best option to complete —. (You must have all of — correct to get points.)

POSITION : Students should be allowed to drink water in class.

- and opinions support this the most.
- The main argument of the two people is that .

Options for and (the order does not matter):

- ① Helen's
- ② John's
- ③ Ken's
- ④ Maria's
- ⑤ Olga's

Option for :

- ① Drinking water in class has become more common worldwide
- ② Proper hydration supports students' physical and mental well-being
- ③ Students should be allowed to act on their own
- ④ Water makes us less sleepy and encourages us to study harder

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

Outline of your essay:

Drinking water in class should be allowed

Introduction

Despite some potential disadvantages, schools should not prohibit students from drinking water in class.

Body

Reason 1 : [From Step 2]

Reason 2 : [Based on Source A] 44

Reason 3 : [Based on Source B] 45

Conclusion

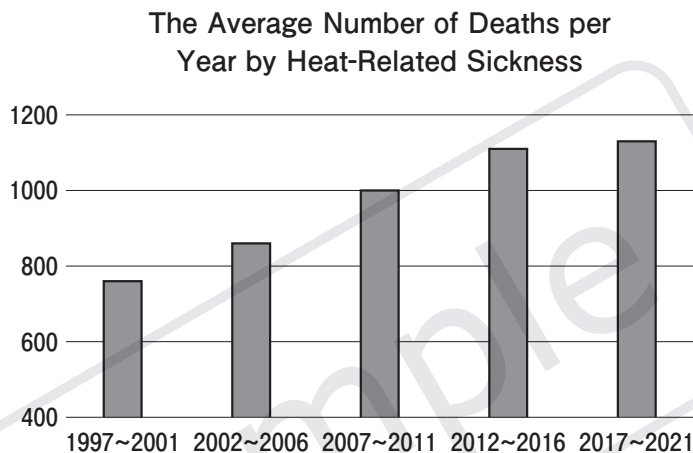
Students should be allowed to drink water in class.

Source A

In 2021, Japan's Ministry of Education, Culture, Sports, Science and Technology issued a statement on appropriate school rules, stating, "It is important to teach students to think about school rules on their own so that they can follow them independently. Teachers also need to be careful not to unintentionally make their students obey these rules." However, is it possible for teachers to educate their students to independently follow a rule prohibiting them from drinking water in class? In the end, teachers would likely have to force their students to obey such a rule, which would lead to them accepting it without question. The mindset of accepting rules without question might stick with them even when they become adults, making it difficult for them to speak up or handle discomfort at work or home. This could result in increased stress and reduced productivity across the country. Therefore, banning water in class as a school rule could seriously harm students' futures and society as a whole.

Source B

Here's the data in Japan. Because of global warming, the average temperature of the world has been rising, and heat-related deaths are becoming more common. In fact, in Japan, more and more people are dying from heatstroke. To prevent this, it's important to drink water frequently. Students can avoid heatstroke by drinking water often, even in class if necessary.



問 4 Based on Source A, which of the following is the most appropriate for Reason 2? 44

- ① Banning students from drinking water in class can make them less tolerant of things that they don't like.
- ② Banning students from drinking water in class would not help them develop the ability to think and act on their own.
- ③ Letting students drink water in class may have a negative impact on students' future success.
- ④ Letting students drink water in class will make them relaxed and free from stress at school.

問 5 For Reason 3, you have decided to write, “Drinking water often should be encouraged more strongly than before.” Based on Source B, which option best supports this statement? 45

- ① Frequent hydration has little to do with whether students suffer from heat-related sickness if they are not outside.
- ② Japan has seen a greater increase in deaths by heatstroke than any other nation.
- ③ The average number of deaths between 2017 and 2021 was larger than double that of the years between 1997 and 2001.
- ④ The number of people who died of heatstroke has shown upward trends over the last two decades.