

2017年度

特別選抜Ⅲ グローバル共生志向型(自己推薦入試)

適 性 検 査

第1問 アメリカ人学生と留学生間の意識の違いについて、本文、グラフを参考にして、解答用紙(1)に300字以内の日本語で記述しなさい。

Why the separation?

Some American students in our survey acknowledged they don't do as much as they could to get to know international students.

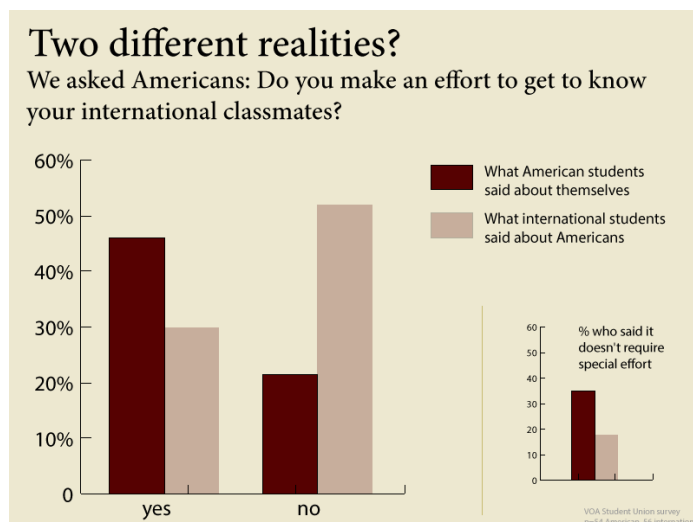
“When I was a student I didn't make an effort to get to know international students because they weren't in my classes or in any of the organizations I was in,” said a graduate from the University of California, Berkeley.

Randy from the University of Kansas explained, “I am a natural introvert, which may have made communication between myself and other international students even more difficult.”

And several international students said that they feel more comfortable hanging out with other international students than with Americans.

“Most of the international students in my social environment are from Asian countries and thus they are brought up in a similar culture to me and I find it easier to communicate with them,” said one international student at Oberlin College, adding that “we are used to live our lives in a more similar way compared to Americans.”

But here's something interesting – for the most part, each group told us *they* are the ones trying to make friends, and it's the other group that's not doing enough.



80% of the Americans in our survey said either that they make an effort to get to know international students or that making friends with international students doesn't require any special effort.

Fewer than half of their international classmates agreed.

“When they’re in their own country and there’s a minority outsider who they’ll have to put particular effort into getting to know, I think most of them just don’t bother,” said one international student at Oberlin College.

Tara from the University of Southern California said her American classmates have “no interest to know how [international] students struggle to live here.”

Americans, on the other hand, complained that international students keep to themselves and make it hard to reach out.

“At my school, international students stick together,” said Laura at the University of Central Oklahoma. “There’s always a group of two or more in my classes and they rarely try to talk to us, so we sort of just leave them alone. It’s like they don’t want to make friends with us.”

Kristin from Southern Illinois University said that “getting to know international students can be difficult – while international students are in the same classes as American students, the international students have a tendency to group together.”

“As someone who has studied abroad, I understand this tendency,” she added, “but it can still make breaking into their group of friends slightly daunting.”

(Why Aren’t Americans and International Students Becoming Friends? By Jessica Stahl – Posts (449). Posted Tuesday, June 19th, 2012. Voice of America, Student Union.)

第2問 次の英文を読み、睡眠の効果をまとめて、あなたの意見を解答用紙(2)に英語で書きなさい(字数は問いません)。

The Benefits of Sleep

Many people know that getting enough sleep is important and that sleep makes you feel better, but the benefits of sleep, especially for young people, may not be as well known. Understanding why sleep is important and then getting enough sleep could help you to become a better student.

One essential function of sleep is that it improves our ability to learn and remember. While we are awake, the acquisition of new knowledge and learning takes place. During sleep, however, it is believed that the neural connections that allow our memory to develop are strengthened and it is during this process called consolidation that allows for learning to continue. Furthermore, the recall of learned knowledge is also an important part of learning, and a lack of sleep interferes with the ability of the brain to retrieve information when necessary. In other words, memory is affected by sleep, so in order to improve your ability to learn and remember, it is essential to get a good night's sleep.

Although the exact reasons are still being researched, another essential function of sleep is that it stimulates creativity. It is believed that during one of the important stages of sleep called rapid eye movement sleep (REM), associations between unrelated ideas are made which somehow enhances the ability to think creatively. One study found that during sleep, certain parts of the brain are quite active, but then suddenly become very relaxed. It is believed that it is during this moment of brain relaxation that new ideas can develop, and upon waking in the morning, fresh and creative ideas are possible. One possible consequence of this is that studying for a test or completing a homework assignment right after waking up is better than trying to do the same thing late at night before going to sleep.

Another essential function of sleep is the effect that it has on one's ability to pay attention and to focus. Research has found that a lack of sleep affects children and adults differently regarding attention span. Not surprisingly, adults, when facing a lack of sleep, become drowsy and have problems focusing their attention on work tasks. On the other hand, children tend to become hyperactive and cannot settle down, thus causing a lack of attention and a lack of focus. In fact, it is believed that for some children who may be affected with ADHD (Attention deficit hyperactivity disorder), the cause could be a lack of sleep. Therefore, getting enough shut-eye helps you to focus and thus become a better student.

In conclusion, the importance of sleep, especially for young people is not a mystery. Sleep helps with learning, memory, creativity, and also aids in the ability to focus and concentrate. In order to become a better student, it is a good idea to consider the reasons why you are not getting enough sleep. How much time do you spend playing video games or watching television? How often do you use your smart phone to check your SNS applications? Reducing your time spent on these activities could allow you to get more sleep and learn more. Doesn't that sound like a great idea?