

総合型選抜（課題探究型）

国際文化学科では「社会で生きる総合的な英語力」の育成を目指し、実践的な英語教育を展開しています。今回の入試では「幸福とは何か」というテーマで英語ネイティブ教員の指導のもと、グループワークや討論に取り組みます。討論の後、レポートを作成します。以下の事前課題を完成させ、令和7年9月10日（水）～9月17日（水）の出願期間中に他の出願書類と一緒に大学に提出してください。なお、事前課題は提出前に各自で複写し、令和7年9月27日（土）に実施される一次選考試験に複写を持参してください。

■事前学習課題詳細

①テーマ 「幸福とは何か」

②作成方法

Step 1 資料1を熟読し、アナログ式に英文注釈を作成する方法を理解する。

Step 2 問題文を読み、アナログアワー・ノート*に手書きで①注釈を付ける。

Step 3 参考例にならい、アナログアワー・ノートに手書きで②マインドマップと
③質問文を作成する。

Step 4 上記①、②、③の全てを提出する。

*アナログアワー・ノートはルーズリーフや印刷用紙でも構いません。

次ページ以降を参考にして作成してください。

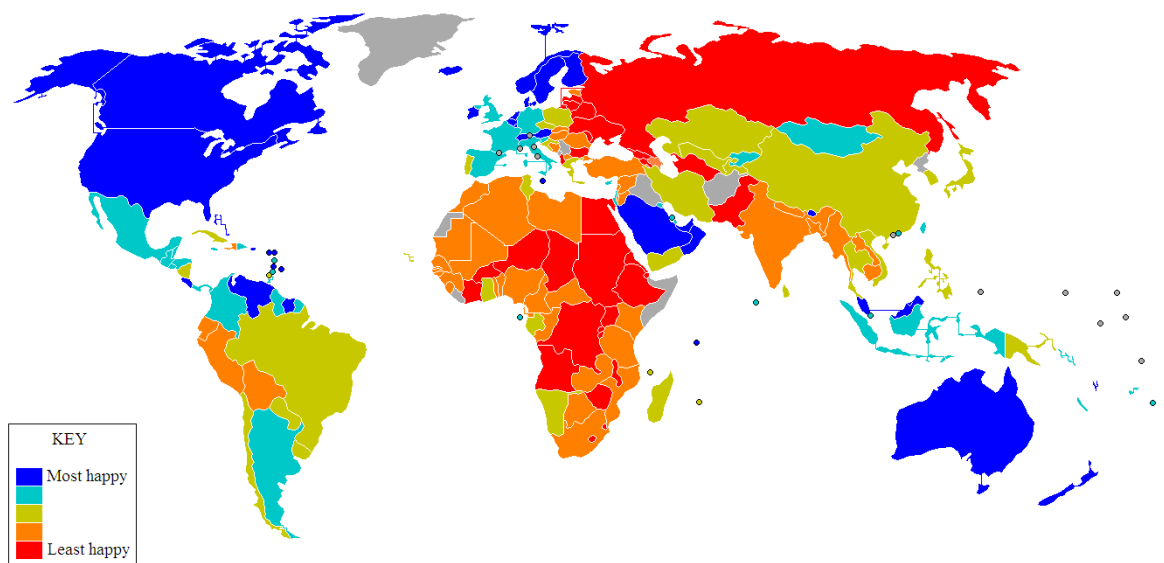
The World Map of Happiness

Many researchers want to understand what makes people happy. One question these researchers ask is this: which countries in the world are the happiest?

Adrian White, who is a researcher at a university in England, started a major project to create a map of the world that shows how happy the people in each country are. Mr. White collected information from 178 nations, and 80,000 people. He found several factors that connect to happiness. These include the size of the country, how good the country's health system is, how rich the country is, and how easy it is to get an education.

Generally, people in smaller countries are more satisfied with their lives than people in larger countries. Similarly, the benefits of good health, education, and having enough money have a major impact on how people feel.

The world map of happiness shows satisfaction at the national level, and looks like this:



What do you think? Are people in your home country happy and satisfied with life? Do you think this research is useful?

Here are the ten happiest countries:

1	Denmark
2	Switzerland
3	Austria
4	Iceland
5	The Bahamas
6	Finland
7	Sweden
8	Bhutan
9	Brunei
10	Canada

Here are some quite famous countries:

23	USA
26	Australia
35	Germany
41	UK
50	Italy
62	France
167	Russia

Here are some countries in Asia:

17	Malaysia
52	Singapore
64	Indonesia
82	China
90	Japan
125	India

Analogue Hour

The purpose of analogue hour is to develop your ability to study deeply, creatively, and without the benefits of digital support.

The idea is for you to spend 60 minutes working with paper and pens / pencils only, and not using any online resources, dictionaries, or listening to music, or using your phone for any reason.

At first, this is an uncomfortable experience for many people, but the long-term impact has many benefits. In addition, this challenge will make you better able to deal with professional situations such as job hunting and internships.

Plan:

1. At the day and time you chose, prepare whatever pens and pencils you like to use.
使いやすい筆記具を準備して、勉強する日時を決める。
(1日1時間、携帯やパソコン、ipad、ipodなどのデジタル機器は使わない)。
2. Read and annotate the print.
資料1の2ページ目の10種の注解方法を利用して、問題文を注解する。英文注釈参考例のプリントも参考にする。
3. In your "analogue hour" book, make a mind map of *The World Map of Happiness*. Use your annotations to help you.
その注解を見ながら、アナログアワー・ノート*に *The World Map of Happiness* のマインドマップを書く。
4. Using the annotations and the mind map, create some discussion questions for other class members. Write them in your analogue hour book.
その注解とマインドマップを使って、一次試験当日、他の学生と議論するための質問を5問～10問、作成する。質問はアナログアワー・ノートに書く。

*アナログアワー・ノートはルーズリーフや印刷紙でも構いません。

Bring your book and annotated print to class next week. There will be a group discussion based around the topic and the questions you made.

10 types of annotation

10 種の注解方法

1. underlining 大事な箇所に下線をひく
2. highlighting 大事な箇所をマーカーなどで際立たせる
3. translating 翻訳する
4. ask a question 質問を考える
5. put a comment (agree, disagree, ~reminds me of ____, ~seems similar to____)
 賛成、反対、「～を思い出す」、「～に似ている」など各自の意見をいれる
6. paraphrase 言い換える
7. summarize 内容をまとめる
8. make notes to check later (names, words you don't know well, events, things that
 look useful) 知らない名前、出来事、有効な情報など、後で調べる
 ことをノートに取る
9. draw a diagram / make a table 図や表をつくる
10. draw a line, connecting pieces of text 関連のある部分を線でつなぐ

(In English, to “annotate” something has a wide range of meanings compared to Japanese “注解する”)

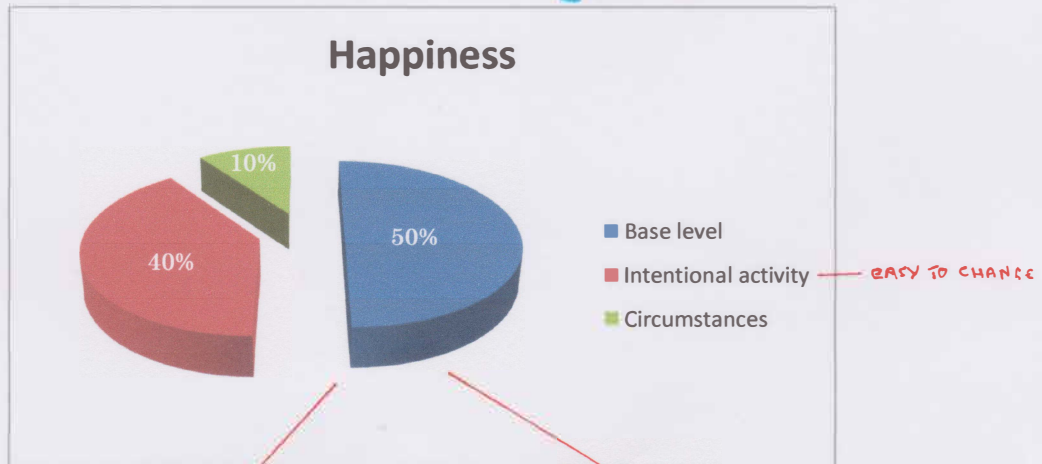
Where does happiness come from?

Q1

There are two major questions for people who study happiness. The first question is "where does happiness come from?" The second question is "can we change how happy we are?" Q2

The researcher who has done the most to answer these questions is probably Sonja Lyubomirsky. What she has found is that there are three factors that have an impact on how satisfied we are with our lives.

1. BL 50%.
2. IA 40%.
3. C 10%.



First, there is our natural level of happiness, sometimes called a *base level*, which is something we inherit from our parents when we are born. About 50% of our happiness is genetic (先天性), and this base level is very difficult to change. The second factor that affects an individual's happiness is their current situation, or *circumstances*. This includes things such as your health, your age, which country you live in, and whether you have enough money. It surprises many people that circumstances are only 10% of happiness. This number seems too low, they say.

However, the reason for this is that people adapt quickly to new situations. For example, people who win a lot of money get used to it very quickly. There are two major points about finding happiness through changing our circumstances: first, many people believe they will be happier when they get something they want, such as a new car, or a different job. However, this is not true; because we get used to situations quickly, this happiness does not last for long. The second point is that - similar to trying to change base level happiness - it is difficult to create major changes in happiness that comes from our current circumstances.

But what about the third factor, which Dr. Lyubomirsky calls "intentional activity"? Intentional activity means something we do that needs both effort and planning. Intentional activities can be things like exercising regularly, trying to be kind to other people, or working towards important individual goals. Another major kind of intentional activity is working on our thinking, for example trying to find a positive way to see a situation.

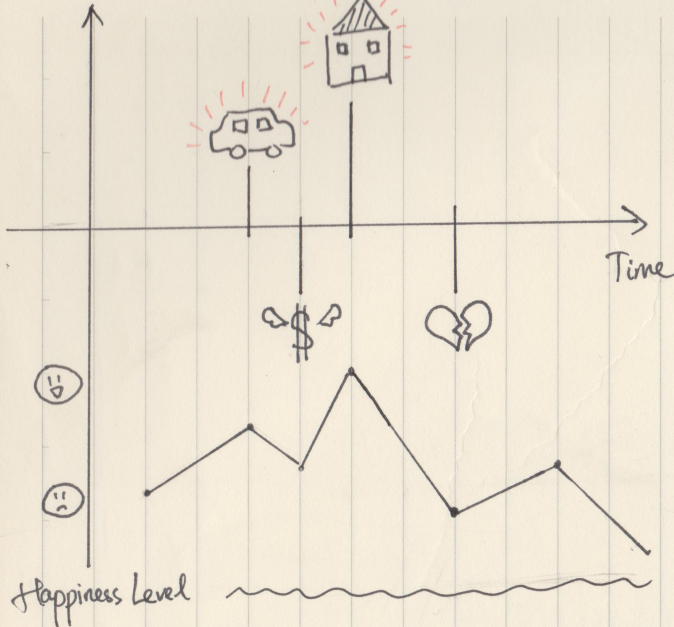
} have to try!

Intentional activities are very different from circumstances because we can choose them, because the change in our happiness last much longer, and because they make up 40% of our happiness. In other words, if we want a more satisfying life, this area is the best one to focus on. *conclusion!*

3 benefits of IA.

Many people believe that the impact of Dr. Lyubomirsky's research is to help us to understand where happiness comes from, and where we need to focus if we want to get the most benefit.

マインドマップ参考事例1



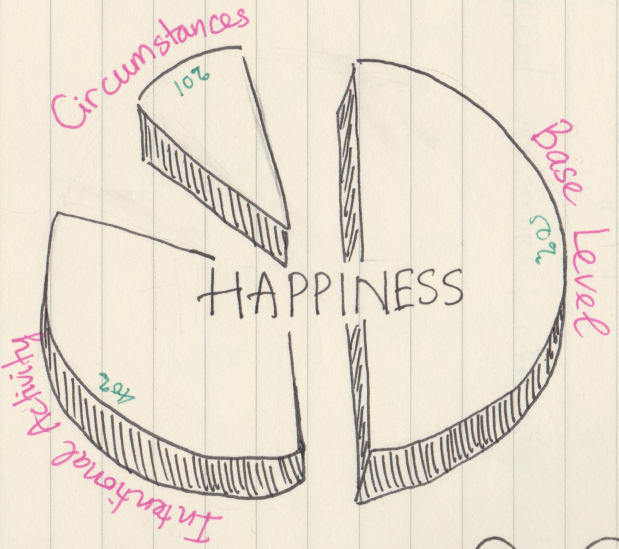
Major changes in Happiness?

Age
Health
Country
Money

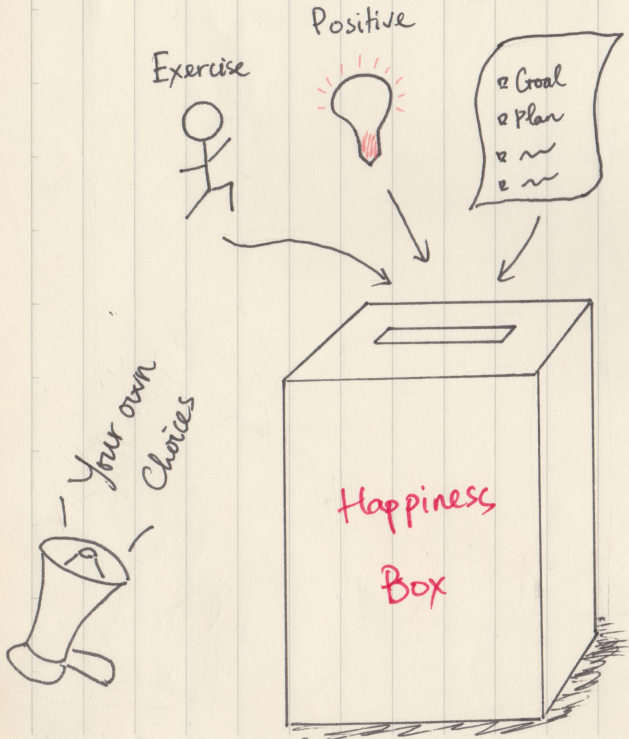
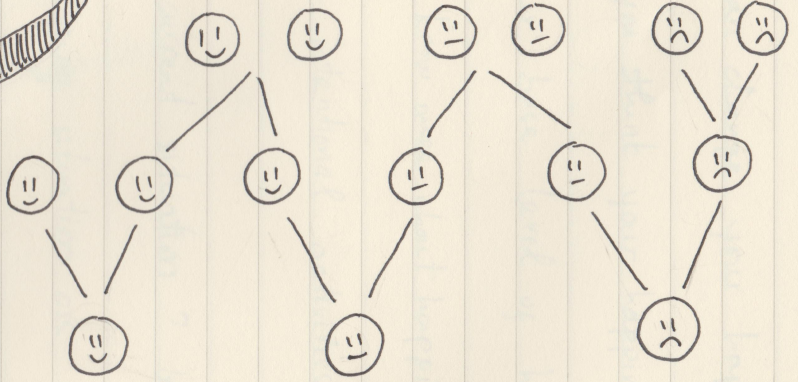
99.5%
~~NO~~

Can we change?

Genetic

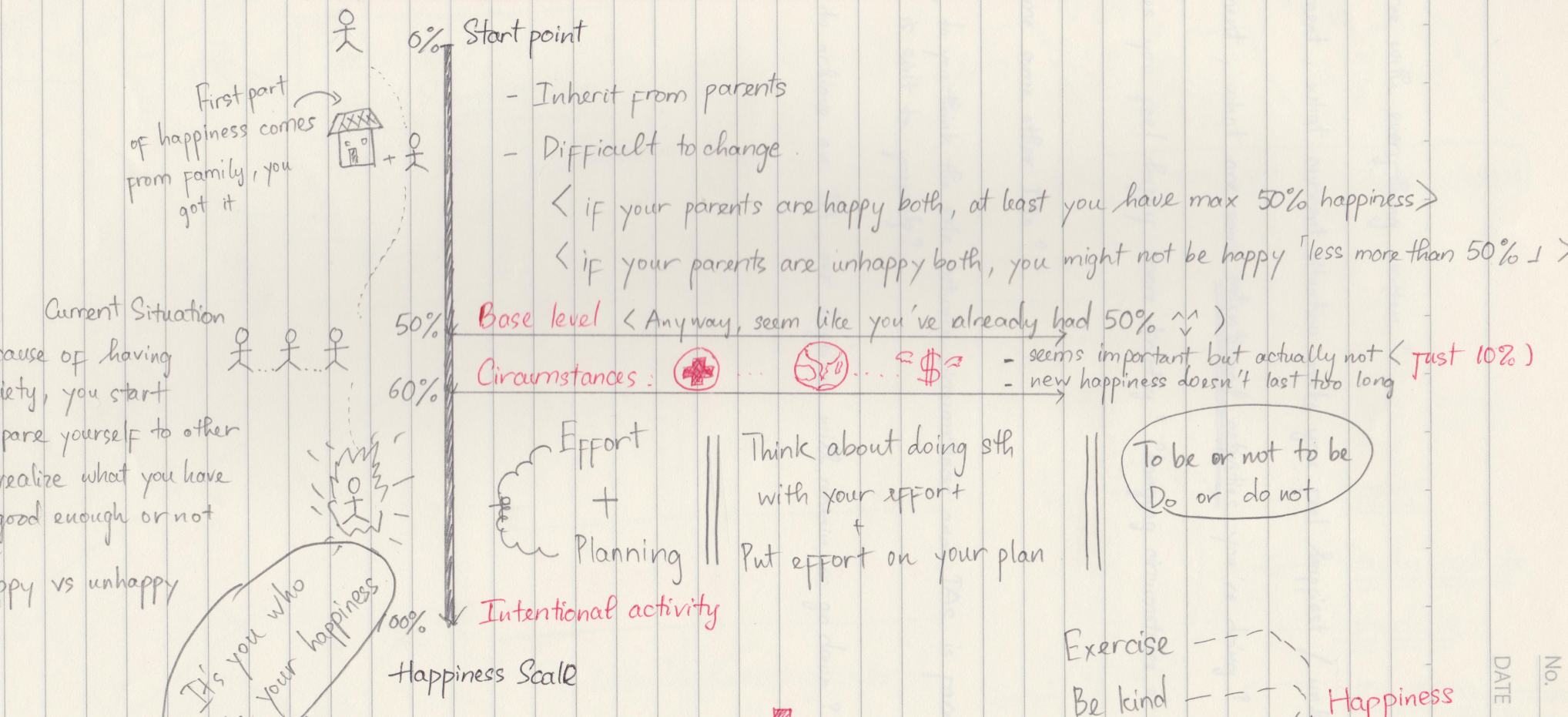


FOCUS



! The box can't be open from inside or outside

Where does happiness come from?



Student questions based on “Where does happiness come from?”

質問文の参考例がやや見にくいため、こちらに書き出しています。質問を作る時の参考にしてください。

Student As questions

- Q1: What activity that you think can change your happiness?
- Q2: From this research, where do you think your happiness come from most?
- Q3: How high do you think your base level of happiness is?
- Q4: Does this research helps you know mor about happiness?
- Q5: Can you give me some examples of intentional activities (besides than what is written)?
- Q6: Do you want to change your current situation? Why and why not?
- Q7: What can affect you more: changing situation or intentional activities?

Student B's questions

- Q1: Do you agree with everything written?
- Q2: At the moment, what current situation make you feel happiest / unhappiest?
- Q3: At the moment, what are some intentional activities you are doing?
- Q4: What makes you feel happy more directly? Changing circumstances of finishing on IA?
- Q5: Can you name some other IAs?
- Q6: Personally, do you think the rate between circumstances and IAs is fare? What rate is suit to yourself?
- Q7: If we fail to achieve an IA, our happiness will remain or go down?

Q3

1. What activity that you think can change your happiness?
2. From this research, where do you think your happiness come from most?
3. How high do you think your base level of happiness is?
4. Does this research helps you know more about happiness?
5. Can you give some examples of intentional activities (beside than what had given)?
6. Do you want to change your current situation? Why? and why not?
7. What can effect you more; changing situation or intentional activities?

1. Do you agree with everything written?
2. At the moment, what current situation make you feel happiest / unhappiest?
3. At the moment, what are some intentional activities you're doing?
4. What makes you feel happy more directly? Changing circumstance or finishing on IA?
5. Can you name some other IAs?
6. Personally, do you think the rate between circumstances and IAs is fair?
What rate is suit to yourself?
7. If we fail to achieve an IA, our happiness will remain or go down?

Question:

Do you think happiness is connected to how many friends a person has?

There are many reasons why I am very sure that how many friends you have affects your level of happiness. First of all, if you have very few friends, and one of them moves to another city, you may lose touch with them, and certainly you will not be able to see them so often. Therefore, a small number of friends is not as good as a larger number of friends.

More positively, different types of friends have different hobbies and interests. For example, some of your friends may enjoy the same music as you do, while other friends want to watch your favorite sport together. In this way, more friends mean more chances to enjoy a feeling of happiness.

Finally, a higher number of friends means you have more connections. For instance, some of your friends might be good at giving advice, other friends might be better at cheering you up when you feel sad, and other friends might have the same goals as you, and they can help you to reach these goals in the future. In this way, there is a direct link between how many connections – or friends – you have, and how happy you are.

So, in my opinion, there are number of very good reasons that connect one's happiness to the number of friends one has.

Question:

Do you think happiness is connected to how many friends a person has?

I disagree with the idea that happiness and number of friends is connected. Let me explain why. We spend most of our time studying or at home with our families. When we study, we cannot talk to our friends, so it doesn't matter how many we have. At home, the relationship between us and our other family members is more important than anything else. Therefore, for places we spend a lot of time, the number of friends is not particularly important.

But of course, everyone does spend some time with their friends, and that must affect how happy they are. In my case, I care more about the quality of the relationships than the number. If I can have deep and meaningful conversations with just one friend every day, I am very satisfied. The quality of the time we spend together is more important than how many people we talk to each day.

Finally, although some people seem to have lots of friends, and seem happy with this situation, I wonder how deep the friendship is. For example, will they support you when you have a tough time, or will they just hang out with people whose lives are easier? My personal preference is for friends I can trust to stick by me whatever is happening in my life. Quality is more important than quantity, in my opinion.

As such, I believe that happiness is much more connected to the nature of our friends than the number that we have.