

令和 7(2025)年度

名桜大学大学院 国際文化研究科
国際地域文化専攻(博士後期課程)
入学試験問題(10月試験)

■社会人特別選抜

外国語科目(英語)

試験日:令和6年10月13日(日)

注意事項

- (1)試験開始の合図があるまで、この問題冊子を開いてはいけない。
- (2)解答時間は90分である。
- (3)受験番号と氏名を解答用紙の所定の欄に記入すること。
- (4)解答はすべて解答用紙の所定の欄に記入すること。
- (5)解答終了後、解答用紙のみ回収するので、問題冊子と下書き用紙は持ち帰ること。

英語

次の英語を日本語に直しなさい。

According to psychologists, personality is your characteristic way of thinking, feeling and behaving.

Are you a person who tends to think about situations in your life more pessimistically, or are you a glass-half-full kind of person?

Do you tend to get angry when someone cuts you off in traffic, or are you more likely to give them the benefit of the doubt – maybe they're rushing to the hospital?

Do you wait until the last minute to complete tasks, or do you plan ahead?

You can think of personality as a collection of labels that summarize your responses to questions like these. Depending on your answers, you might be labeled as optimistic, empathetic or dependable.

What personality is not: People often feel protective about their personality – you may view it as the core of who you are. According to scientific definitions, however, personality is not your likes, dislikes or preferences. It's not your sense of humor. It's not your values or what you think is important in life.

Can personality change? Remember, personality is a person's characteristic way of thinking, feeling and behaving. And while it might sound hard to change personality, people change how they think, feel and behave all the time.

Suppose you're not super dependable. If you start to think "being on time shows others that I respect them," begin to feel pride when you arrive to brunch before your friends, and engage in new behaviors that increase your timeliness – such as getting up with an alarm, setting appointment reminders and so on – you are embodying the characteristics of a reliable person. If you maintain these changes to your thinking, emotions and behaviors over time – voila! – you are reliable. Personality: changed.

Data confirms this idea. In general, personality changes across a person's life span. As people age, they tend to experience fewer negative emotions and more positive ones, are more conscientious, place greater emphasis on positive relationships and are less judgmental of others.

There is variability here, though. Some people change a lot and some people hold pretty steady. Moreover, studies, including my own, that test whether personality interventions change traits over time find that people can speed up the process of

personality change by making intentional tweaks to their thinking and behavior. These tweaks can lead to meaningful change in less than 20 weeks, instead of 20 years.

The good news is that these cognitive-behavioral techniques are relatively simple, and you don't need to visit a therapist if that's not something you're into.

The first component involves changing your thinking patterns – this is the cognitive piece. You need to become aware of your thoughts to determine whether they're keeping you stuck acting in line with a particular trait. For example, if you find yourself thinking “people are only looking out for themselves,” you are likely to act defensively around others.

The behavioral component involves becoming aware of your current action tendencies and testing out new responses. If you are defensive around other people, they will probably respond negatively to you. When they withdraw or snap at you, for example, it then confirms your belief that you can't trust others. By contrast, if you try behaving more openly – perhaps sharing with a co-worker that you're struggling with a task – you have the opportunity to see whether that changes the way others act toward you.

(出典: Yahoo.US, September 25, <https://www.yahoo.com/news/lifestyle/change-personality-psychology-research-says-122820554.html>)

Can you change your personality? by Shannon Sauer-Zavala. Originally Published on The Conversation, Sep 25, 2024.