

2023（令和5）年度 神奈川県立保健福祉大学
学校推薦型選抜、特別選抜（社会人、帰国生徒）、編入学

入学者選抜

小論文試験
問題用紙

- 試験時間は90分です。
- 指示があるまでは中を見てはいけません。
- 解答はすべて解答用紙に記入してください。

問題 次の英文を読み、以下の設問に答えなさい。

(前略) Is it possible to fundamentally change your personality? The answer is no, according to Philip Corr, professor of psychology at City, University of London. “Feeling and behaving are influenced by genetics and neurophysiology (注1), so would be next to impossible to change in the longer run,” Corr told *Newsweek**. “Of course, an introvert may take a suppressant (注2) such as alcohol and become temporarily extroverted. We could ①encourage the introvert to be more extroverted in behavior but as this would go against their preferred psychological grain (注3), they would not find this easy or comfortable.” Changing these “ingrained (注4) patterns” would be “be very difficult, to say the least,” according to Corr.

That said, it is possible for people to recognize what kind of personality they have and address potential issues—this is what psychotherapy (注5) is for. A person who is “high on the factor of neuroticism (注6),” for example, could train themselves to use coping mechanisms that would allow them “not to attend (1) readily to negative events in the world,” he said.

Below, communication experts explain how you can train yourself to appear more bubbly (注7). (中略)

Be Authentic, Rather Than Trying To Be Someone Else

Matt Matheson, a speaking coach based in Brighton, southern England, pointed out that people perceived as bubbly don't have some secret set of skills—they're simply comfortable being themselves in group settings. He told *Newsweek*: “There's an assumption that being confident, or bubbly, or having this certain thing is actually the way you should be. Actually, I don't believe that that's what makes an engaging speaker, or that it's necessarily better than having an introverted personality. In my experience, it's when people realize that's not the aim that they're able to unlock themselves.”

The task is not “how can you be like that person? It's, how can you just be yourself and be comfortable and authentic?” he added. To do ②this, Matheson suggested using “emotion as a channel.” If you find yourself in a conversation stuck for something to say, simply ask yourself: how do I feel about this? “That will unlock something that's authentic,” said Matheson. “In essence, people shouldn't feel like they have to be someone else.”

Work on Rapport (注8)

“Rapport is a massive one,” Matheson said. People considered bubbly are comfortable when engaged in a tête-à-tête (注9). If you don't feel this way, you should explore how you perceive yourself in relation (2) others, he suggested. This may involve unpacking (注10) your ideas about social status and power hierarchies. If you're grappling (注11) with these issues, “grab a piece of paper and a pen and just write down the answer to the question: how would I speak to this person if I had a very strong relationship?” Matheson said. “Think about it. Because thinking actually leads to a change in behavior.”

Aim To Be Dynamic

(中略) Laurie Brown began her career as an actor. She is now a speech and presentation trainer, based in Michigan. “I believe it is very possible to present yourself as a bubbly personality,” Brown said. “If I want to be perceived in a certain way, I'm going to use some nonverbal tools to help people subconsciously (注12) see me in that way.”

Brown likes to break down the ways people experience others into three areas: visual, vocal and verbal. Bubbly people, she said, exhibit some of these behaviors:

- Using positive words and phrases
- Speaking with enthusiasm
- Making enthusiastic gestures and moving their head during conversations
- Using a range of pitches, tones and rhythms while speaking
- Ending sentences with an upward pitch
- Using open body language, such as strong eye contact, to indicate approachability (注13).

Adopting these habits won't change your personality, she pointed out. (3), there may be value in practicing them. “Part of my job is to help people build new muscle memory. As you start practicing things, they become muscle memory. Without question, you can develop skills,” she said. “‘Fake it till you make it’ sounds pejorative (注14). I would argue with the ‘fake it’ part. Can we call it, ‘practice till you make it’?”

Ask Questions and Be Curious

People looking to become more engaging conversationalists (注15) should simply be curious, Brown advised. Many people find social situations (4) because there's an “everybody's looking at me” feeling. This is often accompanied by self-consciousness, followed by self-doubt. ③ One way to deal with this is to make the conversation less about you and more about the person you're talking to, she explained. “When we are curious, when we're really listening to that other person—so we're not thinking about ourselves and judging ourselves—we're really engaged in the conversation. We're asking relevant open questions because we really are interested,” Brown said. “The other person is going to feel really seen. And what happens is they perceive you as a great conversationalist, even though all you've done is ask questions.”

Just Breathe

Do some abdominal (注16) breathing before any stressful situation. This means breathing deeply, with a longer exhalation (注17) than inhalation (注18), two or three times. It can help lower heart rate and blood pressure, according to Brown. (後略)

出典：Alistair Gardiner, “Wish You Were More Bubbly? Try These Tips To Unlock Your Confidence”

Newsweek <<https://www.newsweek.com/bubbly-personality-extrovert-confidence-social-skills-1701833>>

(2022年5月21日掲載、最終アクセス2022年8月24日、一部改変)

- | | | |
|------------------------------|-------------------------|--------------------------------|
| (注1) neurophysiology：神経生理学 | (注2) suppressant：抑制するもの | (注3) grain：気質 |
| (注4) ingrained：生まれついた | (注5) psychotherapy：精神療法 | (注6) neuroticism：神経症的傾向 |
| (注7) bubbly：陽気な | (注8) rapport：信頼関係 | (注9) tête-à-tête：内緒話 |
| (注10) unpack：解く | (注11) grapple：取り組む | (注12) subconsciously：無意識に |
| (注13) approachability：とつきやすさ | (注14) pejorative：軽蔑的な | (注15) conversationalist：話し上手な人 |
| (注16) abdominal：腹部の | (注17) exhalation：息を吐くこと | (注18) inhalation：息を吸い込むこと |

*アメリカ合衆国の週刊誌

問1 本文中の (1) ~ (4) に入る最も適切なものを選び、記号で答えなさい。

- | | | | | |
|-------|----------------|-----------|-----------------|-------------|
| (1) | ア at all | イ but | ウ only | エ so |
| (2) | ア for | イ of | ウ on | エ to |
| (3) | ア For instance | イ However | ウ In addition | エ Therefore |
| (4) | ア boring | イ trivial | ウ uncomfortable | エ worthless |

問2 本文の内容と一致しているものはどれか。次の (ア) ~ (カ) から 2つ 選び、記号で答えなさい。

- (ア) 自分の性格の特徴を認識することにより、性格を変えることができる。
- (イ) 陽気な人は、陽気になるための秘密のスキルを持っている。
- (ウ) 自信に満ち溢れていることは、魅力的な話し手の条件の1つである。
- (エ) 会話に行き詰まったら、会話内容について自分はどのように感じるか考えてみるとよい。
- (オ) 私たちは、相手や相手との会話に興味があるからこそ、適切な質問をする。
- (カ) ストレスがかかった後には、2~3回深い呼吸を行うとよい。

問3 下線部①の“encourage ~ to”を用いて、次の日本語を英訳しなさい。

「彼女は、そのコンテストに応募するように、彼女の友人を熱心に励ました。」

問4 下線部②の this は何を示すか、日本語 40 文字以内で説明しなさい。

問5 下線部③を和訳しなさい。

問6 本文には、陽気な印象を与える方法が5つ提示されている。この中から、あなたが他者と良好な関係を構築する時に重視することを1つ選び、それについてのあなたの考えを日本語 650 文字以上 800 文字以内で述べなさい (字数は厳守すること)。