

第6問 (配点 12)

In English class, your teacher has asked you to prepare presentation notes for the following story.

Making a Fresh Start

“Ken, you look so happy! I can tell that you are truly enjoying the lessons now,” my yoga instructor said. “Thank you,” I replied with a big smile, thinking it took me a year to get to this point.



I remember the day I signed up for yoga classes. I was on my way home from work and a sign in a window caught my eye. It said, “Get refreshed! Join our yoga lesson!” Somehow the message appealed to me, so I went in for a trial lesson. Later, I found myself at the counter of the yoga studio signing up for classes.

At first, I enjoyed the classes but I struggled to master some of the techniques and poses. I worked hard to improve my yoga skills by constantly watching others. I thought to myself, “Wow, look at that woman. She’s so flexible.” Then I thought, “The instructor’s movements and poses are always so graceful. Why can’t I do the same?” From the corner of my eye, I noticed another student that appeared shaky and unstable. He seemed to lack confidence—a little like me. His movements were pretty awkward. “I’m doing better than he is. What a relief!”



Before starting yoga lessons, my Monday mornings always began with a big sigh, “Ahhh, another week begins.” I had been working for the same company for three years after graduating from university, and I was so happy to get my dream job. I still found the work stimulating and challenging. However, the busier I got, the more stressed I felt. I often found myself

thinking, “Am I doing better or worse than my colleagues?” or “Can I become the leader of the upcoming project?” It was around this time that I saw the yoga sign.



A few months after joining the yoga studio, I was still tired and stressed. I didn’t really “get refreshed.” One weekend, as usual, I was in class and saw the same awkward guy. As I watched him, I noticed that his yoga technique had not improved but something was different. Though his movements were still not great, he seemed more confident and energetic. I was drawn to the change in him.

After the lesson, I introduced myself to him and we chatted for a while. I discovered that Hiro had been doing yoga for a year. I said, “All the students are so good. I’m always embarrassed when I compare myself to them.” Hiro said, “Really? Through yoga classes, I’ve learned not to pay attention to others and just focus on doing my poses as best I can.” I was surprised to learn how differently we thought even though we had been taking the same yoga classes.

The following Monday I was called into my boss’s office. “Sorry, Ken, but I have to inform you that you weren’t selected to be the leader of the new project.” I was crushed. I had believed that I was the best candidate for the position and would be chosen. My boss continued, “I know you’ve been trying really hard, but you might be overly concerned with what others think about you. Why don’t you just focus on yourself and your work first? Then you will be able to truly care about your projects and colleagues.” I was hit with a realization. I began to understand what Hiro had meant.



Several months have passed. I continue to go to yoga classes focusing on self-improvement, which has positively affected my feelings about my work. I sometimes run into Hiro and we have lunch together. I have devoted myself to the new project and aim to be a reliable team player. Although I have the same routine, I now see things in a different light, and I feel refreshed!

Title of the story: Making a Fresh Start

Personality of the main character

Ken

-

Events in the story from Ken's point of view

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Factors that contributed to Ken's change in perspective about his job

-
-

What Ken learned through this entire experience

- He learned .

問 1 Choose the best option for .

- ① delightful but careless
- ② earnest but self-conscious
- ③ generous and delightful
- ④ self-conscious and careless

問 2 Choose **four** out of the five options (①~⑤) and put them in the order they happened to Ken.

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- ① He approached the awkward man and learned his name.
- ② He attended yoga lessons but did not feel better.
- ③ He was not appointed to lead the new project.
- ④ His boss transferred him to a new division.
- ⑤ His dream job was becoming stressful and exhausting.

問 3 Choose the best options for

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. (The order does not matter.)

- ① His acceptance of valuable advice from his boss
- ② His conscious effort to get praised by his classmates
- ③ His decision to be better than Hiro in yoga class
- ④ His gradual improvement of his yoga technique
- ⑤ His observation of and subsequent conversation with Hiro

問 4 Choose the best option for

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- ① how to get refreshed by focusing on balancing his work and lifestyle
- ② how to improve his yoga poses and get promoted in his department
- ③ to be concerned with how he is perceived and improve his quality of life
- ④ to stop comparing himself to others and concentrate on his abilities