

はじめに

この実用英語講座準1級クラス (Practical English Course, Grade Pre-1) は、準1級レベルの英語力を身に付けたい人を対象にした文部科学省認定の社会通信教育プログラムです。準1級で求められる英語力は、「社会性の高い分野の文章が理解でき、自分の意見を述べたり、説明したりすることができる力、日常生活の話題や社会性のある話題についてまとまりのある文章が書ける力」です。2級レベルからさらに上を目指し、このような力を付けるためには、「読む」「書く」「聞く」「話す」の4技能の全てにおいて、はるかに高いスキルに加え、高度な語彙力と正確な文法運用力が必須のものとなります。

英語力は日々のたゆまぬ地道な努力で少しずつ伸びていくものですが、意欲を持って集中して取り組むことにより、短期間で目覚ましい進歩を遂げることもあります。12週間、使える時間を全てこの講座の学習に充てて努力をすれば、3カ月後には大きな自信と成果が待っていることでしょう。

この講座は英検の対策講座ではありませんので、一次試験や二次試験対策の練習は含まれていません。しかし、この3冊を丁寧に学習し終えれば、準1級レベルの英語力はもちろん、より幅広く骨太の英語力を身に付けることもできるでしょう。もし難しいと感じるなら、時間をかけて繰り返し学習してください。受講者の皆さんの熱意あふれる挑戦に期待しています。

To follow, without halt, one aim: There's the secret of success.

— Anna Pavlova

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山岡憲史

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BOOK 1 学習計画表

学習計画表は自由にお使いください。
無理なく、自分なりのスケジュールを
立てましょう。

WEEK	学習終了目標	終了日
1	月 日	月 日
2	月 日	月 日
3	月 日	月 日
4	月 日	月 日

Free Schedule

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.

WEEK 1

いよいよ1週目が始まります。
新しいテキストで心も新たに、
学習が楽しみですね！

Targets for WEEK 1

- ① 「男女の脳の違い」について知識を得ながら
語彙や表現を学習する
(DAY 1～ DAY 3 Listening / Speaking /
Reading)
- ② プライベートメールの返信①
(DAY 4 Writing)
- ③ 海外旅行に出掛けた際に耳にする英語を
聞きながら知識を深める
(DAY 5 Real Life & Review)

DAY 1 の解答・解説は別冊「解答・解説」の p. 2 ~ 3

Step 1 Before Listening

Think about the following questions.

- Q.1 Do you think there are any differences between male brains and female brains?
- Q.2 What do you think women are better at doing than men?
- Q.3 Do you think the larger the brain is, the more intelligent its owner is?

Step 2 Listen to the Dialogue



Listen to the dialogue taking notes, then answer each true or false question below.

- Q.1 The woman thinks brain structure may be basically the same between men and women. (T/F)
- Q.2 Men are generally good at performing single tasks. (T/F)
- Q.3 Social factors can affect how men and women use their brains. (T/F)
- Q.4 Better relationships would be established if male and female brains functioned the same way. (T/F)

Notes

Step 3 Listen to the Dialogue



Listen to the dialogue taking notes again, then answer each question below.

- Q.1 What made the man think men and women may have different brain structures?
-

- Q.2 What are women generally good at doing?
-

- Q.3 According to the man's remark, what is the essential difference between men and women?
-

- Q.4 What will be the key to building a good relationship?
-

Step 4 Read the Dialogue



Read silently while you listen.

- M : I believe men think and behave differently than women. I'm afraid they don't have the same brain structure.
- W : Oh, you too? Honestly, there are some fundamental differences between our brains. In fact, it is often said that men tend to concentrate on one thing, whereas women can do two or more things at the same time. These assertions support your opinion.
- M : Yeah, but why do these differences exist?
- W : To tell the truth, generally, women have a thicker corpus callosum, which links the two hemispheres of the brain. What I mean is that we women use the brain in a more balanced way than men do.
- M : Oh, I see. I believe social factors have some impact on these differences, but essentially, they are due to the fact that men and women have different types of brain structures, aren't they?
- W : Exactly. If we can understand more precisely these differences between male brains and female brains, we'll be able to build better relationships with each other.
- M : That's true.

Step 5 Role Play

CD1-03

Play the man's part.

Step 8 Vocabulary & Phrases

CD1-02

Listen to the dialogue again and find the English words and phrases which match the Japanese in the column on the right.

①		構造
②		根本的な
③		…に集中する
④		…だが一方
⑤		主張
⑥		…を支持する
⑦		実を言うと
⑧		…をつなぐ
⑨		(脳) 半球
⑩		本質的には
⑪		…が原因で
⑫		正確に

参考 CD1-04

Step 7 Summary of the Dialogue

Write a summary of the dialogue using the information and key phrases you wrote down in Steps 2 and 3. Your summary should begin with the following phrase, and should be more than 60 words, not including the given phrase.

In this dialogue, the man and the woman are talking about _____

Step 8 Parallel Reading

CD1-02

Read the dialogue on page 7 aloud while you listen.

Further Practice Shadowing

CD1-02

Listen to the dialogue again, and repeat what you are listening to without looking at the textbook.

DAY 2 の解答・解説は別冊「解答・解説」の p. 3 ~ 5

Step 1 Review of the Previous Day

1. Listen to the dialogue from the previous day.
2. Go back to page 7, Step 4 and play the man's part again.

CD1-02

CD1-03

Reading for Comprehension

Step 2 Read the Passage

Read the passage and choose the best answer from among the four choices for questions 1 to 3.

所要時間 10分

Differences between the Male and Female Brain

It has been well-known for a long time that there are some differences between the male and female brain. On average, men have larger brains than women, but this does not mean that men are superior to women in terms of intelligence. Despite the fact that a lot of studies on our brain had already been done, the kind of neural circuitry* that exists in the brain and how it affects the capacity to process information had remained undiscovered.

However, a research group has uncovered information necessary to answer these questions. The findings, written by Ragini Verma and her colleagues at the University of Pennsylvania, were recently published in the Proceedings of the National Academy of Sciences (PNAS)*. They analyzed the scan data of 949 subjects (428 men and 521 women) aged eight to twenty-two using the Diffusion Tensor Imaging (DTI) method*, and succeeded in visualizing how neural circuitry ran in the subjects' brains. The results indicated that men and women have different structures and wiring in the brain and so they use their brains differently.

According to the study, male brains had more connections between the front and back regions within each hemisphere. This means that male brains are designed to facilitate the links between perception and coordinated actions. To put it another way, men are likely to be good at concentrating on a single task at a time, such as reading maps. Female brains, on the other hand, had stronger links between the right hemisphere and the left hemisphere. Based on this fact, it is safe to say that women

are generally better at multitasking and remembering things. Interestingly, these differences between males and females are seldom seen before thirteen, but after that they begin to become more conspicuous. It is true that some differences definitely exist in the male and female brain, but we must not jump to the conclusion that the study by Ragini's research group has cleared up all the mysteries regarding our brain because it is crucial to take a variety of factors, such as biological, social and cultural influences, into consideration.

Getting a grasp of the differences between the male and female brain will also provide us with opportunities to consider how to diagnose and treat brain disorders better. For example, men are more likely to be diagnosed with diseases, such as autism*, schizophrenia* and dyslexia*. In the case of women, in contrast, depression* and chronic anxiety* are often seen. If we can understand the similarities and differences between the male and female brain, it will be of great help in finding out why some medicine works differently on men and women.

参考 CD1-05

*neural circuitry 「神経回路」

*the Proceedings of the National Academy of Sciences (PNAS) 「米国科学アカデミー紀要」

*the Diffusion Tensor Imaging (DTI) method 「拡散テンソル画像 (法)」

*autism 「自閉症」

*schizophrenia 「統合失調症」

*dyslexia 「失読症」

*depression 「うつ病」

*chronic anxiety 「慢性不安」

- Q.1 According to the passage, it is appropriate to say that
1. women generally have much bigger brains than men.
 2. brain size has nothing to do with how intelligent we are.
 3. men with large brains are usually wiser than women.
 4. much had been revealed about the neural circuitry before Ragini's group published their research outcomes.
- Q.2 The results of the study by Ragini Verma tell us that
1. it is very natural that men often get lost even when reading maps.
 2. multitasking is something both men and women can do in spite of the different structures in their brains.
 3. women have extremely strong links between the front and back regions in the right hemisphere.
 4. the connections between the part of brains differ in men and women.
- Q.3 What does the author think about diseases and medicine?
1. One of the diseases men often suffer from is not depression but dyslexia.
 2. It is typical of women to feel uneasy just for short periods of time.
 3. The effects of drugs will not be improved by clearing up the mysteries of our brains.
 4. Women have a much greater possibility of suffering from the loss of reading ability than men.

Q.1	Q.2	Q.3

Step 3 Vocabulary & Phrases

Fill in the blanks in Japanese.

①	on average	
②	be superior to ...	
③	in terms of ...	
④	intelligence	
⑤	despite	
⑥	finding(s)	
⑦	uncover	
⑧	analyze	
⑨	subject	
⑩	visualize	
⑪	indicate	
⑫	facilitate	
⑬	perception	
⑭	coordinated action	
⑮	to put it another way	
⑯	conspicuous	
⑰	definitely	
⑱	crucial	
⑲	diagnose	

参考 CD1-06

DAY 3 の解答・解説は別冊「解答・解説」の p. 5 ~ 6

Step 1 Review of the Previous Day

Read the passage on pages 10-11 silently.

Expand Your Knowledge

Step 2 Focus: Grammar & Construction & Meanings

Understand grammars, sentence constructions and the meanings of words.

1. the fact
- that**
- a lot of studies on our brain had already been done, ... (ℓ. 3~)

このthatは同格の働きをしています。〈名詞+that節〉で「…という〈名詞〉」の意味を表します。ここでは、the factとa lot of ... been doneがイコール関係にあります。

2. ... the kind of neural circuitry
- that**
- exists in the brain and how it affects the capacity to process information had remained undiscovered. (ℓ. 4~)

このthatは主格の関係代名詞です。that exists in the brainが先行詞neural circuitryを後置修飾しています。主語はA and Bの形で2つあり、Aにはthe kind ... the brainが、Bにはhow it ... process informationが入っています。述語動詞はhad remained, undiscoveredは補語です。

3. ...
- it is crucial to take**
- a variety of factors, such as biological, social and cultural influences,
- into consideration**
- . (ℓ. 26~)

このitは形式主語で、真主語はto不定詞です。crucialは「重大な」、take A into considerationは「Aを考慮する」の意味です。

このページの記号の意味

vi: 自動詞 vt: 他動詞 adj: 形容詞
adv: 副詞 n: 名詞

Step 3 Vocabulary Buildup

Remember the derivatives of verbs.

派生関係で覚える affect affected affective affectionate affectively affection

- vt.** • ... how it **affects** the capacity to process information had remained undiscovered. (ℓ. 5~)
- adj.** • This typhoon caused great damage over a wide range of areas, and our city was one of the **affected** areas.
• This movie was so **affective** that I could not hold back my tears.
• Ted is **affectionate** to everybody.
- adv.** • It would be better to convey your message more **affectively** to make your speech more impressive.
- n.** • Nami has received **affection** from her parents for a long time.

派生関係で覚える consider considerate considerable considerably consideration

- vi.** • You should **consider** well before reaching a decision.
- vt.** • Getting a grasp of the differences between the male and female brain will also provide us with opportunities to **consider** how to diagnose and treat brain disorders better. (ℓ. 28~)
- adj.** • It was **considerate** of you to help the old lady carry that heavy bag.
• We spent a **considerable** amount of time verifying our hypothesis.
- adv.** • Mr. Brown contributed **considerably** to the development of our company.
- n.** • ... it is crucial to take a variety of factors, such as biological, social and cultural influences, into **consideration**. (ℓ. 26~)

派生関係で覚える indicate indicative indication indicator

- vt.** • The results **indicated** that men and women have different structures and wiring in the brain and so they use their brains differently. (ℓ. 13~)
- adj.** • The result is **indicative** of how interested young people are in politics.
- n.** • Coughing is a typical **indication** of a common cold.
• Economic **indicators** are one of the most important barometers for assessing economic trends.

Step 4 Paraphrase

Fill in the blanks to make the two sentences similar in meaning.

Q.1 On average, men have larger brains than women, but this does not mean that men are superior to women in terms of intelligence.

The average _____ of female brains is _____ than that of male brains, which has _____ to do with _____ smart they are.

Q.2 The results indicated that men and women have different structures and wiring in the brain and so they use their brains differently.

_____ to the results, there are _____ and wiring differences between men's brains and women's brains, which is why their ways of using their brains are not the _____.

Q.3 According to the study, male brains had more connections between the front and back regions within each hemisphere.

The findings on male brains _____ that the _____ parts of each hemisphere were more closely linked _____ the back parts.

Q.4 Female brains, on the other hand, had stronger links between the right hemisphere and the left hemisphere.

Meanwhile, _____ hemispheres of women's brains were more _____ connected.

Q.5 Getting a grasp of the differences between the male and female brain will also provide us with opportunities to consider how to diagnose and treat brain disorders better.

If we can _____ the differences between male brains and female brains, we will also be able to improve the _____ and _____ of brain disorders.

Step 5 Summary of the Passage

Write a summary of the passage in more than 100 words.

Blank writing area for the summary of the passage, consisting of multiple horizontal lines.

E-mail Writing – Private E-mail ①

Step 1 Read the E-mail

友人から届いたメールに対する返信メールを作成します。送信者からの質問に対し、何を提案し、なぜそのような提案をするのかなど、返信メールのコツを学びましょう。それでは、次のメールを読みましょう。

Subject: Long time no see!

Dear Keisuke,

I hope things are going well with you.

I'll visit Tokyo next month on business with my co-workers. This will be the first time they have visited Japan. So, I'd like them to take advantage of this opportunity to enjoy Japan on the weekend. Since I left Japan a decade ago, I'm not sure now what's new there. I'm wondering if you can recommend any sightseeing spots for us. I hope you can come with us. We'll stay there for a week, starting June 4.

I'm looking forward to your reply.

Best regards,
Emma

◆ 内容確認

次の空所に適語を入れ、上の受信メールの内容をまとめましょう。

- This e-mail was sent by _____ to _____.
- Emma will visit Japan with her _____.
- Emma hasn't visited Japan for _____ years.
- Emma asked Keisuke to tell her which places to _____ in Japan.
- Emma will stay from June _____ to _____.

Step 2 Outline

返信メールの骨子は次の左部ようになります。骨子に沿って、ケイスケは右部の内容を含む返信メールをエマに送ろうとしています。



✉ 返信内容

- エマが日本に来ると知ってうれしい。
- エマに鎌倉散策を提案したい。
理由1: 東京からさほど遠くなく、たった1日で多くの場所を巡ることができる。
理由2: 鎌倉は歴史的な町で、神社仏閣がたくさんあり、日本の良さを感じられる。
- 最近オープンした和食レストランで、エマたちと一緒にランチを食べたい。
- エマの意見を聞かせてほしい。

Information for Better E-mail Writing

- 簡潔な英文を書きましょう！
1文は短くし、関係詞などの複雑な文法はあまり使わないようにしましょう。
- 主語や目的語を明確にしましょう！
日本語では主語や目的語が明らかな場合は省略することができますが、英語では「誰が」や「誰に」をはっきりと書きましょう。

次に、返信メールを書くときに役立つ表現を見てみましょう。知らない語句は辞書で調べましょう。

Step 3 Useful Expressions

1. 序文 (あいさつ)

- I'm very happy because you'll visit Japan next month.
- The news that you'll come to Japan next month made me happy.
- You'll visit Japan for the first time in ten years.
- I can't believe it's been ten years since you last came to Japan.

2. 本文 (提案①)

- Why don't you visit Kamakura?
- What do you say to going to Kamakura?
- I recommend you to walk around Kamakura.

3. 本文 (理由)

- Kamakura is near Tokyo and has a lot of places that can be visited in a single day.
- Kamakura has a long history, and you can visit a lot of shrines and temples there.
- Kamakura will give you a good impression of Japan.

4. 追記事項 (提案②)

- I'd like to eat lunch with you at a recently opened Japanese restaurant.
- I wonder if you can go eat lunch with me at a Japanese restaurant that has just been opened.

5. 結文 (願望)

- Tell me your frank opinion of my suggestion.
- I'm looking forward to hearing from you.

6. その他の有用表現例

(接続詞)

- さらに [加えて] : additionally, in addition, besides, furthermore, moreover, on top of that [this]
- …なので (理由) : since [as / because / for] + 主語 + 動詞
※for節は必ず主節の後に置かれる。
- …だが (譲歩) : (al)though + 主語 + 動詞
- …だが (対照) : while [whereas] + 主語 + 動詞
- さもないと : or (else), otherwise

Step 4 Let's Write

ケースケになったつもりでエマへの返信メールを作成しましょう。Step 3を参照し、Step 2の返信内容が含まれるよう英文を完成させましょう。

Dear Emma,

Thank you for your e-mail.

Sincerely yours,
Keisuke

Step 5 Challenge/ Let's Write

友人の子どもがあなたの住んでいる街の学校に留学することになり、本人が困ったときに助けてやってほしいとのメールを受け取りました。ここまでで学んだ表現を参照し、次の点を含めて自由に状況を設定し、100~150語程度で快諾したという内容の返信メールを作りましょう。

- 子どもに最後に会ったのはその子が小学校に上がる前だった
- 住居が決まるまでうちに下宿しても構わない
- 来日の際、迎えに行く

Real Life Listening

Step 1 Listen to the Item

CD1-07

Listen to the announcement made by an airplane captain during a flight and answer the following questions. While listening, you can use the space below for notes.

1. Choose the best time when this announcement took place.
 (A) During parking. (B) During takeoff. (C) During cruising. (D) During landing.



2. Check the box next to the items that the pilot mentioned in the announcement.
- ① Airline name. ② Dinner menu. ③ Meal service.
 - ④ Airspeed. ⑤ Entertainment. ⑥ Name of Paris airport.
 - ⑦ Captain's name. ⑧ Flight altitude. ⑨ Number of passengers.
 - ⑩ Current time in Paris. ⑪ Flight number. ⑫ Views of Paris.
 - ⑬ Current weather. ⑭ French news updates. ⑮ Weather in Paris.

3. When you travel by airplane, do you usually listen to the pilot's announcement?
 Yes, I do. The reason is that ...

No, I don't. The reason is that ...

Step 2 Confirm the Story

CD1-07

1. Listen to the announcement again. Then read the questions below and choose the best answer by circling the corresponding letter.

- Q.1 What is the flight number?
 (A) 550. (B) 007.
 (C) 18. (D) 1045.
- Q.2 The pilot believes the flight will arrive _____.
 (A) on time (B) at 10:45
 (C) in 30 minutes (D) late
- Q.3 The usual distance from sea level at which an airplane flies is called the _____.
 (A) takeoff speed (B) landing altitude
 (C) cruising altitude (D) cruising speed
- Q.4 What will the crew be serving?
 (A) A light meal and drinks. (B) A full-course meal.
 (C) A brochure. (D) Promotional gifts.
- Q.5 How is the weather in Paris?
 (A) Clear skies. (B) Wind from the north.
 (C) Temperatures over 18°C. (D) Some clouds in the sky.

2. Match the following international symbols to their meanings in English.

(A)	(B)	(C)	① Public telephone. _____
(D)	(E)	(F)	② Gifts and sundries. _____
(G)	(H)	(I)	③ Public restrooms. _____
			④ Currency exchange. _____
			⑤ Fire extinguisher. _____
			⑥ Waste disposal. _____
			⑦ Ground transportation. _____
			⑧ No smoking. _____
			⑨ Immigration control. _____

Step 3 Vocabulary & Phrases

CD1-07

Listen to the announcement again and write the English words and phrases which match the Japanese in the column on the right.

①		巡航高度
②		時速550マイルの対気速度
③		現在の
④		軽い逆風
⑤		予定通りに
⑥		最高気温
⑦		摂氏18℃
⑧		予報
⑨		切れる
⑩		接近する
⑪		客室乗務員
⑫		通り過ぎる
⑬		間もなく
⑭		飲み物
⑮		機内の
⑯		最新情報
⑰		目的地
⑱		…の残り

参考 CD1-08

Did You Know? Read an interesting bit of trivia below.

Did you know there is no single official global standard language for communication between airplane pilots and air traffic controllers (ATCs)? Communication between pilots and ATCs is very important as it helps direct the airplane along its route. According to the International Civil Aviation Organization, which sets standards for international air travel, operations are done in English or the language of the ground station. However, in the real world, pilots and ATCs may use the native language spoken in the area. If requested by any party, English must be used.

Step 4 Script Reading

CD1-07

Read aloud along with the model voice.

English	Japanese
<p>Good morning ladies and gentlemen, this is Captain Benjamin Baskerville speaking. I'd like to welcome you on board Nirvana Airlines Flight 007. We have just entered into a cruising altitude of 38,000 feet with an airspeed of 550 miles per hour. The current time is 10:45 a.m.</p> <p>The skies look good, with a slight headwind from the north. We expect to land at Paris-Charles de Gaulle Airport on schedule. In Paris, the weather is cool and cloudy, with a maximum temperature of 18 degrees Celsius forecast for the time of arrival. If we're lucky and the clouds part, we might be able to have some great views of the city as we approach.</p> <p>The cabin crew will be passing by shortly to serve a light meal and beverage. In-flight entertainment in English and French will begin in about 30 minutes. I'll provide another update just before reaching our destination. Until then, relax and enjoy the rest of the flight.</p>	<p>皆さま、おはようございます。こちらは機長のベンジャミン・バスカービルです。ニルヴァーナ航空007便へのご搭乗、ありがとうございます。当機は現在、高度38,000フィート（約11,600メートル）に達し、時速550マイル（時速約880キロ）で巡航しております。現在の時刻は午前10時45分でございます。</p> <p>北からの逆風を少し受けておりますが、天気は快晴です。パリ＝シャルル・ド・ゴール空港へは、予定時刻通りに着陸の見込みです。パリ到着時の天候は、曇りで涼しく、最高気温は摂氏18℃と予報されております。もし、運良く雲が切れれば、パリに近づくにつれて街の素晴らしい景色が見られるでしょう。</p> <p>間もなく客室乗務員が皆さまに、軽食とお飲み物をお配りするために伺います。英語とフランス語の機内エンターテインメントが約30分後より始まります。目的地に到着する少し前に、また最新情報をお伝えいたします。それまで、どうぞゆっくりと空の旅をお楽しみください。</p>

Review of WEEK 1

Step 1 Day 1

Listen to the dialogue again.



Step 2 Day 2

Read the passage on pages 10-11 again.

Step 3 Day 3

Read Vocabulary Buildup in Step 3 on page 15 again.

Step 4 Day 4

Read Useful Expressions in Step 3 on page 20 again.

WEEK 2

今週はサッカーを通し、
アメリカとイギリスの
文化の違いなどに触れてみましょう。

Targets for WEEK 2

- ① 「アメリカで上昇しつつあるサッカー人気」をテーマに、語彙や表現を学習する
(DAY 1 ~ DAY 3 Listening / Speaking / Reading)
- ② プライベートメールの返信②
(DAY 4 Writing)
- ③ 広告から情報を得る
(DAY 5. Real Life & Review)