

相模女子大学2026年度 総合型選抜

基礎学力方式問題

(外国語 (英語) 試験問題)

学芸学部：国際コミュニケーション学科・子ども教育学科・
メディア情報学科・生活デザイン学科
人間社会学部：社会マネジメント学科・人間心理学科・
地域クリエーション学科
栄養科学部：健康栄養学科

2025年10月11日(土) 10時00分～10時50分

I 次の各文の（ ）に入る最も適切な語（句）を、下のア～エの中からそれぞれ1つ
選び、記号で答えなさい。

1. I thought my mother's idea was dull, but my younger brother found it ().

- ア. interest
- イ. interests
- ウ. interested
- エ. interesting

2. You () be too careful when you travel abroad alone.

- ア. must
- イ. cannot
- ウ. used to
- エ. will not

3. Please look at the figure () at the bottom of this page.

- ア. showing
- イ. have shown
- ウ. show
- エ. shown

4. The number of students in that college is () that of ours.

- ア. as three times large as
- イ. as large as three times
- ウ. three times large as
- エ. three times as large as

5. It goes without () that we must respect each other's human rights.

- ア say
- イ saying
- ウ to say
- エ said

6. Her sons, both () study overseas, come home at least once a year.
- ア. whom
 - イ. whose
 - ウ. of whom
 - エ. of whose
7. If I () her at that time, she wouldn't have made such a foolish mistake.
- ア. warned
 - イ. would warn
 - ウ. had warned
 - エ. have warned
8. Quite a few companies in the food industry began () due to the economic downturn.
- ア. close down
 - イ. to close down
 - ウ. being closed down
 - エ. to have closed down
9. Five miles () too far for young children to walk on their own."
- ア. sounds
 - イ. sound
 - ウ. is sounded
 - エ. are sounded
10. The meeting () already for 30 minutes when I arrived.
- ア. had been over
 - イ. has been over
 - ウ. will be over
 - エ. is over

II 以下のブログ記事を読み、各設問に答えなさい。

Social Media Without Burnout: A Simple Digital Detox

By Amelia Jones (From Australia - a university student)

Date: October 2, 2025

Note: This post is my personal view from daily life. This is not medical advice.

Do you feel tired after using social media? Many university students do. Classes, part-time jobs, and group chats can all be tiring. Today I'd like to share a simple plan that can help. It has small steps anyone can follow!

Quick self-check (Check any that are true for you)

- You look at your phone for a long time before you sleep.
- You are tired of replying to messages on social media.
- Your study time is often interrupted because of notification alerts.



If you checked any one of these, the following plan may help!

Easy rules

1. **Choose a no-phone time.** For example, do not use your phone the hour before you go to bed to help you sleep better.
2. **Change your notification alerts.** Keep family and school alerts on. Turn off all other alerts or only check them at set times during the day.
3. **Choose carefully who you follow.** If a certain person makes you feel tired or negative, make sure to hide their posts or stop following their account.

Quick start

- **Today:** Change your notification alerts. Also, post the following message to share with your friends, "I check social media in the evening only. If it is **urgent**, please call or send a text message."
- **Tomorrow:** Choose a small number of fixed times to check social media throughout the day (for example, 8:00–9:00am and 7:30–8:30pm, etc.).
- **This week:** Charge your phone away from your bed. Instead of your phone, use an alarm clock.



Reader comments (2)

Kazu: October 4, 2025, 7:30pm

I decided to charge my phone in the hallway last night. I could sleep better. Amelia's rules are clear. However, it's hard for me to follow the no-phone time rule...

♡5

Jalen: October 5, 2025, 7:30pm

I turned off my notification alerts when I studied at the library today. It worked well and I could focus on studying. But later I forgot about my decision and looked at social media again. I will check social media only from 7pm to 8pm. I feel a little calmer.

♡2

1. Why did Amelia Jones write this post?

- ア To introduce the benefits of using social media.
- イ To share a plan to use social media less.
- ウ To sell new social media apps.
- エ To share study tips for exams.

2. Which one is in the *Quick self-check*?

- ア You often lose your phone in the morning.
- イ You often pause your studies because of notification alerts.
- ウ You are happy to reply to your friends' messages.
- エ Your phone battery dies every day.

3. Which statement about the blog and its comments is NOT true?

- ア Amelia is a university student.
- イ The blog includes an original self-check.
- ウ Two readers left comments.
- エ Readers of the blog left negative comments about Amelia.

4. What does the word "urgent" in the *Quick Start* mean?

- ア Important and needs quick action.
- イ Happens every evening.
- ウ Polite and friendly.
- エ Not important.

5. When will Jalen check social media?

- ア In the evening only.
- イ In the morning only.
- ウ Every hour in class.
- エ He never uses social media.

Ⅲ 以下は、日本に来たばかりの留学生と日本人クラスメートとの会話です。
空所【1】～【5】の位置にくる文をA.～E.から1つずつ選び、記号で答えなさい。

Ryota: Good morning, Emily. Did you feel that earthquake last night?

Emily: Morning, Ryota. Yeah, I was so scared! I jumped out of bed in shock and couldn't sleep well the rest of the night.

Ryota: 【 1 】 I checked to see how strong the earthquake was on TV, and then went straight back to bed. Fortunately, it wasn't very big.

Emily: 【 2 】

Ryota: Not really. I'm afraid of earthquakes, too. But we live in this country, so we have to be ready for them.

Emily: 【 3 】

Ryota: It's hard to say. Pretty often. 【 4 】

Emily: Wow. You are really ready. What else do you do?

Ryota: Well, I try not to put tall and heavy things in my bedroom. I also keep a flashlight and comfortable shoes near my bed.

Emily: Oh, do you? Well, then I should do something about the big bookshelf in my bedroom!

Ryota: 【 5 】 We have a saying: "Be prepared and you won't worry."

Emily: That makes sense. Thanks for telling me about this.

- A. How often do earthquakes happen in Japan?
- B. That's why you look so tired.
- C. You seem to be used to earthquakes.
- D. Yes, it's better to be safe.
- E. So, I always keep water and food for emergencies.