

RIPPLE ENGLISH

ACTIVE LEARNING PROGRAM

Workbook for:
“The Science of Willpower”

問題は解きっぱなしにしないで！

英語資格試験の学習は、**解いた後の復習をしなければほとんど効果はありません。**

答え合わせをしておしまいせず、**テキストの音読練習やリスニング、多読学習などのインプット学習を何度も反復して記憶に定着させましょう。**ホームページからダウンロードできる音読練習用のテキストをぜひご活用ください。

また、数日置いてから再度解き直すのも効果的です。答えを記憶してしまっているかもしれませんが、**回答の根拠をなぞりながら繰り返し解くことで有効な復習になります！**



The Science of Willpower

1. “I’m going to get up early tomorrow and study English.” Being hopeful, you set your alarm for 6 a.m. The next morning, however, you found yourself being a completely different person, wanting to stay in bed for as long as possible. Have you ever experienced anything like this? If you have, you are not alone. Even though we have only one brain, we have a variety of minds in ourselves. Depending on which mind is active, we behave quite differently and often end up breaking a promise that we made with ourselves. However, understanding the science of willpower will give you greater strength to pursue what matters to you.
2. Many of us think that our conscious mind is a kind of the CEO of our lives and has total control over our behaviors. However, the mind actually consists of a lot of different players that sometimes collaborate yet sometimes fight for control. **Our rational mind is never the CEO, but merely one of the board members.** When the alarm rings at the time you decided last night, those players have an argument. Some of them want to keep the promise and **push** you to wake up, while others convince you to get more sleep. “We ate too much last night. Let us slowly digest.” “The immune system is not yet fully recovered. We should still be asleep.” “We need a lot more sleep to rest our brain.” Eventually, your rational self is outnumbered and the majority vote is to “get more sleep.” Then, you hit the snooze button and go back to sleep. Your rational and conscious self is just one among many other factors that have an influence on your decisions. You never have an absolute control over your behaviors. The good news is that, paradoxically, realizing you’re not the CEO can be the first step towards getting some real power.

- (1) According to paragraph 1, we often end up breaking a promise with ourselves because
 - A. human beings are inherently lazy.
 - B. what motivates us varies from time to time.
 - C. other people often disturb us.
 - D. our motivation does not last long.
- (2) Which of the following text best expresses the essential information in the highlighted sentence?

**Our rational mind is never the CEO,
but merely one of the board members.**

 - A. Our rational self is completely helpless.
 - B. Our conscious mind is much more powerful than we usually expect.
 - C. Comparing our psychology to business organizations doesn’t make sense.
 - D. Our rational self is just one element that influences our decisions.
- (3) The word “push” in the passage is closest in meaning to
 - A. urge
 - B. press
 - C. prepare
 - D. poke

3. Our future selves should be just as busy and lazy as we are today. However, psychologists have shown that we often overestimate the amount of free time and energy that we have in the future. Instead of idealizing our future selves and expecting them to do what our present selves cannot do, we need to study our tempted selves and find a way to **outwit** them. If you want to wake up early and study English, make it more difficult for your future self to slack off. For example, you can put your alarm clock across the room so you'll have to get out of bed to turn it off.
4. Another strategy is to lower the bar. Studies from neuroscience have shown that we won't feel motivated unless we start acting. Motivation will occur when you tentatively start something. In order to get started, it's smart to make your objectives ridiculously small. Setting your goal to study English for just 1 minute a day even if you want to study more, will help motivate you to start studying. As long as you get started, in most cases, you will end up studying for much longer than a minute.
5. When you have a willpower failure, do you go hard on yourself and blame your laziness? Or be nice to yourself and forgive your setback? If you think that the key to greater willpower is being harder on yourself, you are not alone. However, you are wrong. Self-criticism actually results in one having less motivation and worse self-control. For example, a study at Carleton University in Canada tracked the procrastination of students over an entire semester. Lots of students put off studying for the first exam, but not every student made it a habit. Students who were harder on themselves for procrastinating on their first exam were more likely to procrastinate again on the final exam than students who forgave themselves.

- (4) According to paragraph 3, which of the following is true?
 - A. Our future selves can often do something we cannot do today.
 - B. We should have a break today so that you can be more energized tomorrow.
 - C. We tend to underestimate the future obstacles to our willpower challenges.
 - D. We usually have more time to work hard tomorrow than today.
- (5) The word "outwit" in the passage is closest in meaning to
 - A. cooperate
 - B. threat
 - C. persuade
 - D. deceive
- (6) According to paragraph 4, Setting your goal to study for only 1 minutes a day is smart because
 - A. you can deceive your lazy and tempted self into getting started.
 - B. one minute is better than doing nothing.
 - C. one minute a day is enough to improve your English.
 - D. studying for a minute everyday is more effective than for 30 minutes a week.
- (7) According to paragraph 5, which of the following is true?
 - A. Students who were strict to themselves had better self-control.
 - B. Some students were procrastinators innately.
 - C. Blaming your failure leads to further indulgence.
 - D. Students who quit procrastination became kinder to themselves.

6. These findings may sound **counterintuitive**. Many people believe that being nice to yourself when you have a setback will only lead to further indulgence. However, self-criticism and the resulting shame or guilt occupies your mind, preventing you to accept reality and reflect on how the failure happened. Everyone makes mistakes and experiences setbacks. How we handle these setbacks matters more than the fact that they happened. When you oversleep and cannot study English in the morning, you would rather tell yourself, “Well, it happens to everyone. It is just that my tempted self was stronger than my rational self today. How can I improve tomorrow?”
7. Nobody can acquire good habits without a single willpower failure just by learning this lesson. Anyone can experience a setback. But just knowing that you may fail in your challenge turns out to be an important source of willpower. **Constructive pessimism** is quite helpful for long-term success. Studies show that people who are most optimistic about their ability to keep the habit give up sooner and are most likely to fail. When we have optimistic predictions about our future selves, we tend not to do it today because we think we will make up for today’s behavior tomorrow. For example, people on a diet who intend to exercise tomorrow are more likely to eat something unhealthy today. Similarly, when you expect your tomorrow self to get up early to study English, you will probably skip the habit today. However, “tomorrow” is going to be “today” 24 hours later. If you slack off today, you will do it again tomorrow. We should not rely on such a thing as our own willpower. Instead of being confident in our future selves, we need to realistically predict how we can possibly fail and do whatever we can to prevent it. When we do fail in our willpower challenges, we should examine the situation to figure out the cause. How did I give in to the temptation? How did I excuse myself? Every failure becomes an opportunity to learn more about and improve ourselves.

- (8) The word “counterintuitive” in the passage is closest in meaning to
- A. having opposite effects
 - B. contrary to common-sense expectation
 - C. lacking adequate evidence
 - D. intuitively persuasive
- (9) According to paragraph 7, what does “constructive pessimism” mean?
- A. Underestimating our future willpower in order to show greater willpower today.
 - B. A psychological discipline to stay modest and humble.
 - C. Expecting less from ourselves in order not to be disappointed at ourselves.
 - D. Rational optimism to boost our self-confidence.
- (10) Within the whole passage, all of the following were mentioned, EXCEPT
- A. We should allow our past willpower failures.
 - B. We have to abandon the illusion that our rational selves have supremacy over our behaviors.
 - C. Thinking about going to gym tomorrow will help you avoid eating something unhealthy today.
 - D. Any willpower failures can be an opportunity to increase our self-awareness.

- (1) B
- (2) D
- (3) A
- (4) C
- (5) D
- (6) A
- (7) C
- (8) B
- (9) A
- (10) C

(1) 1 段落によると、我々がしばしば自分自身との約束を破ってしまう理由は

- A. human beings are inherently lazy. (ヒトは先天的に怠惰だから)
- B. what motivates us varies from time to time. (何に動機を感じるかはそのときどきで変わるから)
- C. other people often disturb us. (他の人にしばしば阻害されるから)
- D. our motivation does not last long. (我々の動機は長続きしないから)

「脳は1つでも異なる心が存在し、どの心がアクティブかによって振る舞いが変わる」という本文内容を言い換えているBが正解。

(2) ハイライトされた文章の要旨をもっとも適切に伝えているのは？

Our rational mind is never the CEO, but merely one of the board members.

A. Our rational self is completely helpless. (理性的な自己は完全に無力だ)

B. Our conscious mind is much more powerful than we usually expect. (意識的な自己は我々が想定するよりずっと強力だ)

C. Comparing our psychology to business organizations doesn't make sense. (我々の心理な特徴をビジネス組織と比較して論じるのは理にかなっていない)

D. Our rational self is just one element that influences our decisions. (理性的な自己は意思決定に影響を及ぼす要素の1つでしかない)

Aがややこしいが、完全に無力であるとまでは言っていない。役員会のメンバーの一人であるということは、いくばくかの影響力はあることを示唆している。

(3) 文中の“push”と意味が最も近いのは

- A. urge (促す、説得する)
- B. press (押す)
- C. prepare (準備する)
- D. poke (つつく)

(4) 3 段落の内容に合致するのは

A. Our future selves can often do something we cannot do today. (未来の自分自身は、今日の自分ができなかったことができることが多い)

B. We should have a break today so that you can be more energized tomorrow. (明日の自分が元気になるように今日は休みを取ったほうがよい)

C. We tend to underestimate the future obstacles to our willpower challenges. (私たちは未来の自分が直面する障害を過小に見積もる傾向がある)

D. We usually have more time to work hard tomorrow than today. (今日の自分より明日の自分の方ががんばるための時間をより多く持っている)

(5) 文中の“outwit”と意味が最も近いのは

- A. cooperate (協力する)

B. threaten (脅す)

C. persuade (説得する)

D. deceive (だます)

outwitが「知恵で出し抜いてだます」という意味なのでDが正解。

(6) 4 段落によると、勉強の目標を毎日1分だけに設定するのは、次の理由から賢明だ。

A. you can deceive your lazy and tempted self into getting started. (勉強を始めさせるために怠惰な自分を騙すことができるから)

B. one minute is better than doing nothing. (何もしないより1分だけやるほうがマシだから)

C. one minute a day is enough to improve your English. (英語力を向上させるには一日1分で十分だから)

D. studying for a minute everyday is more effective than for 30 minutes a week. (週1回30分勉強するより毎日1分勉強するほうが有効だから)

Bも真理だが、4段落の論旨ではない。

(7) 5 段落の内容に合致するのは

A. Students who were strict to themselves had better self-control. (自分自身に厳しい学生は自己制御が上手だった)

B. Some students were procrastinators innately. (中には先天的に先延ばし癖のある学生もいた)

C. Blaming your failure leads to further indulgence. (失敗を責めることはさらなる墮落につながる)

D. Students who quit procrastination became kinder to themselves. (先延ばし癖をやめることができた学生は自分に対して優しくなることができた)

Dがややこしいが、因果関係が逆。

(8) 文中の“counterintuitive (直観に反する)”に意味が最も近いのは

A. having opposite effects (逆の効果がある)

B. contrary to common-sense expectation (一般的な期待、常識には反する)

C. lacking adequate evidence (十分な根拠を欠いている)

D. intuitively persuasive (直感的に説得力がある)

(9) 7 段落によると、“constructive pessimism (建設的な悲観主義)”が意味するのは？

A. Underestimating our future willpower in order to show greater willpower today. (今日の自分が意志力をより発揮するために未来の自分の意志力を低く見積もること)

B. A psychological discipline to stay modest and humble. (謙虚で控えていられるための精神的なけじめ、修養)

C. Expecting less from ourselves in order not to be disappointed at ourselves. (自分自身に失望しないために、自分自身に期待しないこと)

D. Rational optimism to boost our self-confidence. (自信を増すための合理的な楽観主義)

(10) 全パッセージの中で言ってなかった内容は次のうち

A. We should allow our past willpower failures. (過去の意志力の失敗は許すべきである)

B. We have to abandon the illusion that our rational selves have supremacy over our behaviors. (理性的な自己が自分の行動の全権を握っているという幻想は手放さなければならない)

C. Thinking about going to gym tomorrow will help you avoid eating something unhealthy today. (明日ジムで運動しようと考えることで、今日不健康なものを食べるのを避けることができる) ←7段落の内容と逆

D. Any willpower failures can be an opportunity to increase our self-awareness. (意志力の失敗は自己についての理解を深める機会になる)