

# RIPPLE ENGLISH

## ACTIVE LEARNING PROGRAM

Workbook for:

“The Power of Story Art”

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に、**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 Power of Story Art

1. When was the last time you enjoyed the world of a narrative? Whether it is a novel, a movie, or a drama, being emotionally touched by a story is a pleasant experience. We all know from experience that tears for a real-life sorrow is painful but a sob for a fictional story is somehow comfortable. Just as exercising is good for our physical health, being moved in the safe environment of fiction is good for keeping your mind fresh and responsive.
  2. Yet there is a lot more about story art. Essentially, humans are storytelling animals. For good or bad, our thoughts and behaviors are often shaped by powerful stories. Also, narratives provide us with a variety of templates to understand the world, as well as opportunities to develop our empathy and moral sense. Kobayashi Ichizo, a leading entrepreneur in 20th-century Japan, seemed to know this particularly well. He established a film company and the Takarazuka Revue because he believed that a healthy democracy requires giving the public access to high-quality stories. As early as around the age of two, humans begin creating and understanding narratives through pretend play, and even adults relate to their favorite fictional characters. This might be our built-in impulse as storytelling animals. Why are narratives so **central** to human beings?
- (1) According to paragraph 1, which of the following is true?
    - A. Emotional reactions to fiction are harmful and should be avoided.
    - B. Crying over fictional stories causes the same pain as real-life sorrow.
    - C. Engaging with fictional narratives can have a positive effect on mental well-being.
    - D. Only real-life experiences can help maintain emotional health.
  - (2) The word “central” in the passage is closest in meaning to
    - A. crucial
    - B. middle
    - C. nuclear
    - D. powerful
  - (3) According to paragraph 2, why are narratives considered central to human beings?
    - A. They help people escape from reality and avoid responsibility.
    - B. They serve purely as entertainment with little influence on behavior.
    - C. They are taught only through formal education and adult experience.
    - D. They shape our thinking, foster empathy, and help us understand the world.

3. Reading stories enhances our cognitive capacity. The key to understanding this benefit is what psychologists call a schema. A schema is a psychological framework or cognitive structure, shaped by past experiences, that helps individuals interpret and make sense of new experiences. In other words, it is a mental template for understanding things. Let's take the example of a famous fairy tale *The Emperor's New Clothes* by Hans Christian Andersen. This story gives us a schema of a leader who fails to see the truth because no one around him offers honest criticism. Anyone who knows the story can recognize similar situations in real life by applying the same template of the emperor. By turning a complex situation into a familiar pattern, you reduce cognitive load and show quick understanding.
4. Of course, shaping new experiences to fit the mold of a story entails certain risks. However, it is indisputable that our understanding is highly dependent on predictions based on existing schemas, which is precisely the reason why we should acquire a variety of schemas from different stories. For example, *Princess Mononoke* by Studio Ghibli teaches us to avoid simple dualistic views of the world. In the film, Ashitaka tries to understand both sides of the conflict with “eyes unclouded by hate” — San and the forest gods on one side, and Eboshi and the people of Irontown on the other — and seeks a way for the forest and humans to live in peace. Ashitaka gives us a schema showing that the world is far more complex than a simple good-versus-evil dualism can grasp, and he **embodies** an attitude of trying to understand each side fairly. Thus, exposure to well-crafted stories expands your mental schemas, making them more diverse, flexible, and realistic.

(4) According to paragraph 3, how does reading stories like *The Emperor's New Clothes* improve our thinking?

- A. It helps us memorize historical facts more easily.
- B. It teaches us how to avoid reading too much into situations.
- C. It encourages us to ignore past experiences and focus only on facts.
- D. It provides mental frameworks to understand real-life situations more efficiently.

(5) The word “embody” in the passage is closest in meaning to

- A. teach
- B. personify
- C. adopt
- D. refuse

(6) According to paragraph 4, which of the following is true?

- A. Stories like *Princess Mononoke* reinforce a simple view of good versus evil.
- B. Relying on existing schemas prevents us from understanding new situations.
- C. Exposure to diverse narratives helps develop more balanced and flexible ways of thinking.
- D. It is dangerous to use fictional stories as a way to understand the real world.

5. Here is an important life lesson for you: if you want someone to do something, it is far more effective to make them want to act than to force them. How much did this lesson impress you? The focus here is not on the lesson's validity, but on your reaction to it. Actually, this is a moral suggested in *The North Wind and the Sun* from Aesop's Fables. In a competition to make a passing traveler remove his cloak, the North Wind fails however hard he blows, while the Sun easily wins as the traveler willingly takes off his clothing due to the heat. You might not have connected with the lesson at first, but didn't it make more sense once it was presented as a narrative? Didactic and abstract teachings are likely to pass you by, but when the same message is delivered implicitly in a narrative with a concrete image, you will find it far more acceptable. We learn best and most from stories.
6. Stories originated as a means for preserving and passing information about everything from the origin of the world and moral lessons to practical advice. Human societies of every form have myths and fables that carry important teachings. This is perhaps because groups with stories could preserve and pass on crucial information more effectively, and therefore outcompeted those without narratives.
7. Of course, our preference for stories sometimes backfires. The fact that we learn most from stories means, conversely, that we are vulnerable to narrative persuasion. In fact, powerful storytelling has fueled some of the most brutal acts of collective violence in history, including the Crusades, the witch hunts, the Holocaust, and the Rwandan Genocide. Narratives cut both ways. It is evident that Homo sapiens is susceptible to narratives, for good or bad. To make the world a better place, how should we deal with our preference for stories?

(7) According to paragraph 5, why are stories more effective than abstract lessons in teaching moral values?

- A. They rely on repetition and memorization rather than understanding.
- B. They present morals indirectly through concrete and relatable images.
- C. They use complex language that makes ideas sound more convincing.
- D. They avoid emotional involvement, allowing for objective thinking.

(8) According to paragraph 6, why have stories existed in all forms of human society?

- A. Because they are primarily used for entertainment and escape from reality.
- B. Because they help preserve and transmit important knowledge across generations.
- C. Because writing systems were developed before spoken communication.
- D. Because myths and fables are required in all religious practices.

(9) According to paragraph 7, which of the following is true?

- A. Our susceptibility to stories has played a role in both compassion and collective violence.
- B. Narratives have only been used to inspire kindness and unity throughout history.
- C. Storytelling has no real impact on people's beliefs or actions.
- D. The best way to improve society is to avoid all stories altogether.

8. Former US President Barack Obama said that the most important things he had learned about being a citizen had come from novels. Engaging with stories fosters the ability to care about others' circumstances and to respond with understanding and empathy. This is equally or possibly more important than practical skills and cognitive abilities as humans form societies and live together. However, this ability is not innate. As an ancient Chinese philosopher Xunzi said, people are not inherently good, and one's goodness is the fruit of his or her learning and efforts. We need to actively acquire this ability and stories serve as good training.
9. Neuroscientists have found that when we read a piece of fiction closely, we activate regions of the brain that correspond to what the characters are both feeling and doing. For example, *Grave of the Fireflies* lets its readers simulate what it means to be a citizen in wartime. War is wrong, not because God or the Constitution forbids it, but because it brings immense suffering to people and the world. But we cannot make sense of it in the truest sense if we lack the empathy to imagine the real pain during war.
10. Also, we form emotional bonds with fictional characters much like we do so with actual people, and these bonds have a similar influence on our thoughts and behavior. For example, if you're white and you make a black friend, studies show that your prejudice toward black people will likely diminish. The same thing happens if you make fictional black friends with the likable characters in movies like *Black Panther*. Most encouragingly, these effects seem to be more robust and long-lasting than standard approaches to prejudice reduction, such as diversity training, which hasn't been shown to be as effective.
11. Thus, stories develop our empathy and compassion to people with different backgrounds and values. Human society in the 21st century is facing various threats that could never be solved by a single nation alone, such as the environmental issues, conflicts between nations, global pandemics, disruptive technologies, and economic crises. To solve these problems as "citizens of the world," we need the ability to transcend local loyalties and imagine sympathetically the difficulties of another person. Even within the same local community or organization, people with various values and backgrounds live alongside one another. As long as humans gather and form society, the ability to imagine and sympathize with others' situations will always be the most important skill.
- (10) According to paragraph 8, why are stories important for developing good citizenship?
- A. They teach legal systems and political theories more effectively than textbooks.
  - B. They improve memory and reading speed, which are essential for voters.
  - C. They help cultivate empathy and understanding, which are essential for living in society.
  - D. They discourage people from relying on emotional responses in social settings.
- (11) According to paragraph 9, how does reading fiction like *Grave of the Fireflies* help us understand the impact of war?
- A. It teaches the political causes of war through historical facts.
  - B. It activates brain regions that help us emotionally and physically relate to characters' experiences.
  - C. It avoids emotional bias by focusing on objective analysis.
  - D. It emphasizes religious reasons why war is morally wrong.
- (12) According to paragraph 10, which of the following is true?
- A. Forming emotional bonds with fictional characters has little effect on real-world attitudes.
  - B. Diversity training has been proven to be more effective than exposure to fictional characters.
  - C. Watching movies like *Black Panther* has no measurable impact on viewers' social attitudes.
  - D. Emotional connections with fictional characters can reduce prejudice in similar ways to real-life friendships.
- (13) According to paragraph 11, which of the following is NOT true?
- A. Empathy helps people deal with complex global challenges that go beyond national borders.
  - B. People in local communities usually share the same values and backgrounds.
  - C. The ability to sympathize with others is essential for functioning human societies.
  - D. Global issues like pandemics and environmental problems require cooperation beyond a single nation.

12. What kind of life is beautiful? What kind of person do you want to be every day? What brings you happiness and fulfillment? It can be quite dangerous to just pursue social and financial success without ever reflecting on these questions. In Japan, a new religious group called Aum Shinrikyo rose to prominence in the late 20th century. This cult carried out a series of brutal terrorist attacks that profoundly shocked Japanese citizens. Especially, the 1995 Tokyo subway sarin attack was an unprecedented act of terrorism in that chemical weapons were used indiscriminately in a metropolis in peacetime.
13. There are several interesting facts about this group. First, it was extremely hierarchical. The cult offered a clear and linear path of progression, claiming that those who engaged in the practices promoted by the founder could swiftly advance and achieve enlightenment. Another characteristic was that most of the leading members were top elites who graduated from the most prestigious universities, and their common trait was a rare engagement with literature. This fact implies the significance of engaging with stories.
14. Literary works can be seen as explorations of what is true, good, and beautiful through the medium of narrative. In other words, literature has long considered questions like what is a beautiful life and how we can live a fulfilling life. For example, anyone who reads Victor Hugo's *Les Misérables* faces a difficult moral choice: the happiness and safety of a loved one, or truth, justice, and integrity. Many readers simulate their own choice in Jean Valjean's situation. Similarly, anyone who reads a biography of Martin Luther King Jr. will be moved by the beauty of choosing the hardest path for the ideal of ending discrimination.
15. In stories, we encounter different lives and values. By reflecting on which characters resonate with you and which lives touch your heart, you can shape your own values and ethics. What does it mean to live a beautiful life? On what standard should I make decisions when I face a conflict? If you don't have the opportunities to contemplate such criteria, you would have no choice but to just climb a ladder of achieving quotas, raises, and promotions, by often neglecting the common good. It is through stories that one can find the strength to live each day with depth, fulfillment, and a sense of beauty.

- (14) According to paragraph 12, what warning does the example of Aum Shinrikyo provide?
- A. That chemical weapons should be strictly regulated by international law.
  - B. That religious groups should not be allowed to gather in cities.
  - C. That blindly pursuing success without self-reflection can lead to dangerous consequences.
  - D. That terrorism in Japan is mostly a result of foreign influence.
- (15) According to paragraph 13, which of the following is true?
- A. The group discouraged reading and showed no interest in stories.
  - B. The cult attracted mostly uneducated individuals from rural areas.
  - C. Members were not allowed to advance within the group regardless of their efforts.
  - D. The group was highly hierarchical and promoted a path toward enlightenment.
- (16) According to paragraph 14, how does literature help readers explore moral and philosophical questions?
- A. By presenting complex situations that allow readers to simulate ethical choices.
  - B. By teaching readers the historical context of famous laws and policies.
  - C. By focusing only on fictional worlds, avoiding real-life concerns.
  - D. By promoting entertainment over personal growth or reflection.
- (17) According to paragraph 15, what is one important benefit of engaging with stories?
- A. They help people earn promotions and achieve financial success.
  - B. They provide clear instructions for resolving all real-life conflicts.
  - C. They offer a space to reflect on values and develop personal ethics.
  - D. They teach readers how to avoid emotional decisions in life.

Answers

- (1) C
- (2) A
- (3) D
- (4) D
- (5) B
- (6) C
- (7) B
- (8) B
- (9) A
- (10) C
- (11) B
- (12) D
- (13) B
- (14) C
- (15) D
- (16) A
- (17) C

(1) 1段落の内容に合致するのは？

- A. Emotional reactions to fiction are harmful and should be avoided. (フィクションに対する感情的な反応は有害であり、避けるべき)
- B. Crying over fictional stories causes the same pain as real-life sorrow. (フィクションの物語で泣くことは、現実の悲しみと同じ痛みを引き起こす)
- C. **Engaging with fictional narratives can have a positive effect on mental well-being.** (フィクションの物語に没頭することは、精神的な健康に良い影響を与える可能性がある)
- D. Only real-life experiences can help maintain emotional health. (現実の経験だけが、感情的な健康を維持するのに役立つ)

(2) 文中の“central”と意味が最も近いのは

- A. **crucial** (重要な)
- B. middle (真ん中の)
- C. nuclear (核の)
- D. powerful (強力な)

(3) 2段落によれば、なぜ物語は人間にとって重要なものと考えられるのか？

- A. They help people escape from reality and avoid responsibility. (物語は人々が現実から逃避し、責任を回避するのに役立つ)
- B. They serve purely as entertainment with little influence on behavior. (物語は行動にほとんど影響を与えず、純粋に娯楽として役立つ)
- C. They are taught only through formal education and adult experience. (物語は正式な教育と成人としての経験を通してのみ教えられる)
- D. **They shape our thinking, foster empathy, and help us understand the world.** (物語は私たちの思考を形作り、共感を育み、世界を理解するのに役立つ)

(4) 3段落によると、『裸の王様』のような物語を読むことは、どのように思考力を向上させるのか？

- A. It helps us memorize historical facts more easily. (歴史的事実をより簡単に暗記するのに役立つ)
- B. It teaches us how to avoid reading too much into situations. (状況を過度に解釈しないようにする方法を教えてくれる)
- C. It encourages us to ignore past experiences and focus only on facts. (過去の経験を無視し、事実だけに焦点を当てるように促す)
- D. **It provides mental frameworks to understand real-life situations more efficiently.** (現実の状況をより効率的に理解するための精神的な枠組みを提供している)

(5) 文中の“embody”と意味が最も近いのは

- A. teach (教える)
- B. **personify** (体現する)
- C. adopt (採用する)
- D. refuse (拒む)

(6) 4段落の内容に合致するのは

- A. Stories like Princess Mononoke reinforce a simple view of good versus evil. (もののけ姫のような物語は、善と悪という単純な見方を強める)
- B. Relying on existing schemas prevents us from understanding new situations. (既存の枠組みに頼ると、新しい状況を理解するのが難しくなる)
- C. **Exposure to diverse narratives helps develop more balanced and flexible ways of thinking.** (多様な物語に触れることは、よりバランスのとれた柔軟な思考力を養うのに役立つ)
- D. It is dangerous to use fictional stories as a way to understand the real world. (現実世界を理解する手段として架空の物語を使うのは危険だ)

(7) 5段落によれば、道徳的価値観を教えるのに、物語はなぜ抽象的な授業よりも効果的か？

- A. They rely on repetition and memorization rather than understanding. (物語は理解よりも反復と暗記に頼る)
- B. **They present morals indirectly through concrete and relatable images.** (物語は具体的で共感できるイメージを通して間接的に道徳を提示する)
- C. They use complex language that makes ideas sound more convincing. (物語は複雑な言葉を使って、考えをより説得力のあるものにする)
- D. They avoid emotional involvement, allowing for objective thinking. (物語は感情的な関与を避け、客観的な思考を可能にする)

(8) 6段落によれば、物語はなぜあらゆる形態の人間社会に存在してきたのか？

- A. Because they are primarily used for entertainment and escape from reality. (物語は主に娯楽や現実逃避のために使われているため)
- B. **Because they help preserve and transmit important knowledge across generations.** (物語は重要な知識を世代を超えて保存し、伝えるのに役立つため)
- C. Because writing systems were developed before spoken communication. (文字体系は音声コミュニケーションよりも先に発達したため)

D. Because myths and fables are required in all religious practices. (神話や寓話はあらゆる宗教的慣習に必要だから)

(9) 7段落の内容に合致するのは？

**A. Our susceptibility to stories has played a role in both compassion and collective violence.** (物語に対する私たちの感受性は、思いやりと集団暴力の両方に影響を与えてきた)

B. Narratives have only been used to inspire kindness and unity throughout history. (歴史を通して、物語は優しさと団結を促すためにのみ使われてきた)

C. Storytelling has no real impact on people's beliefs or actions. (物語は人々の信念や行動に実質的な影響を与えない)

D. The best way to improve society is to avoid all stories altogether. (社会を改善する最善の方法は、あらゆる物語を完全に避けること)

(10) 8段落によれば、物語は良き市民性を育む上でなぜ重要か？

A. They teach legal systems and political theories more effectively than textbooks. (物語は教科書よりも効果的に法制度や政治理論を教える)

B. They improve memory and reading speed, which are essential for voters. (物語は記憶力と読書速度を向上させます。これらは有権者にとって不可欠だ)

**C. They help cultivate empathy and understanding, which are essential for living in society.** (物語は共感と理解を育み、これらは社会生活に不可欠だ)

D. They discourage people from relying on emotional responses in social settings. (物語は社会的な場面において人々が感情的な反応に頼ることを抑制する)

(11) 9段落によると、『火垂るの墓』のようなフィクションを読むことは、戦争の影響を理解する上でどのように役立つか？

A. It teaches the political causes of war through historical facts. (歴史的事実を通して戦争の政治的原因を教えてください)

**B. It activates brain regions that help us emotionally and physically relate to characters' experiences.** (登場人物の経験に感情的および身体的に共感するのに役立つ脳領域を活性化してくれる)

C. It avoids emotional bias by focusing on objective analysis. (客観的な分析に焦点を当てることで、感情的なバイアスを避けている)

D. It emphasizes religious reasons why war is morally wrong. (戦争が道徳的に間違っている宗教的な理由を強調している)

(12) 10段落の内容に合致するのは？

A. Forming emotional bonds with fictional characters has little effect on real-world attitudes. (架空のキャラクターとの感情的な絆を築くことは、現実世界の態度にほとんど影響を与えない)

B. Diversity training has been proven to be more effective than exposure to fictional characters. (多様性研修は、架空のキャラクターに触れるよりも効果的であることが証明されている)

C. Watching movies like Black Panther has no measurable impact on viewers' social attitudes. (『ブラックパンサー』のような映画を観ても、視聴者の社会的な態度に目に見える影響はない)

**D. Emotional connections with fictional characters can reduce prejudice in similar ways to real-life friendships.** (架空のキャラクターとの感情的なつながりは、現実の友情と同様に偏見を軽減することができる)

(13) 11段落の内容と合致しないのは？

A. Empathy helps people deal with complex global challenges that go beyond national borders. (共感、国境を越えた複雑な地球規模の課題に対処するのに役立つ)

**B. People in local communities usually share the same values and backgrounds.** (地域社会の人々は通常、同じ価値観と背景を共有している)

C. The ability to sympathize with others is essential for functioning human societies. (他者に共感する能力は、人間社会が機能するために不可欠だ)

D. Global issues like pandemics and environmental problems require cooperation beyond a single nation. (パンデミックや環境問題のような地球規模の課題は、一国を超えた協力を必要とする)

(14) 12段落によれば、オウム真理教の例はどのような警告を与えているか？

A. That chemical weapons should be strictly regulated by international law. (化学兵器は国際法によって厳しく規制されるべきである)

B. That religious groups should not be allowed to gather in cities. (宗教団体が都市に集まることを許可すべきではない)

**C. That blindly pursuing success without self-reflection can lead to dangerous consequences.** (内省なしに盲目的に成功を追い求めることは危険な結果につながる可能性がある)

D. That terrorism in Japan is mostly a result of foreign influence. (日本におけるテロリズムは、主に外国の影響によるものである)

(15) 13段落の内容に合致するのは？

A. The group discouraged reading and showed no interest in stories. (そのグループは読書を奨励せず、物語にも興味を示さなかった)

B. The cult attracted mostly uneducated individuals from rural areas. (そのカルトは主に地方出身の教育を受けていない人々を集めていた)

C. Members were not allowed to advance within the group regardless of their efforts. (メンバーは努力に関わらず、グループ内で昇進することを許されなかった)

**D. The group was highly hierarchical and promoted a path toward enlightenment.** (そのグループは非常に階層制で、悟りへの道を推進していた)

(16) 14段落によれば、文学は読者が道徳的・哲学的な問いを探究する上でどのように役立つか？

**A. By presenting complex situations that allow readers to simulate ethical choices.** (読者が倫理的な選択をシミュレーションできる複雑な状況を提示することによって)

B. By teaching readers the historical context of famous laws and policies. (有名な法律や政策の歴史的背景を読者に教えることによって)

C. By focusing only on fictional worlds, avoiding real-life concerns. (現実の問題を避け、架空の世界のみに焦点を当てることによって)



D. By promoting entertainment over personal growth or reflection. (個人の成長や内省よりも娯楽を優先することによって)

(17)15段落によると、物語に親しむことの重要な利点は何か？

A. They help people earn promotions and achieve financial success. (昇進や経済的な成功を手助けする)

B. They provide clear instructions for resolving all real-life conflicts. (現実世界のあらゆる葛藤を解決するための明確な指示を与える)

**C. They offer a space to reflect on values and develop personal ethics.** (価値観を振り返り、個人の倫理観を育む場を提供する)

D. They teach readers how to avoid emotional decisions in life. (人生において感情的な決断を避ける方法を読者に教える)