

愛 知 県 立 大 学
令和 8 年度 学校推薦型選抜

外国語学部 全学科
適性検査〔英語（筆記）〕

【受験上の注意】

- 1 用紙は、すべて試験開始の合図があるまで開かないこと。
- 2 試験開始後、ただちに次のことについて、よく確かめること。
ア. 乱丁・落丁のある場合は、試験開始後速やかに手を挙げ、監督者に知らせること。
イ. 問題用紙は、全部で 9 ページである。
ウ. 解答用紙は、全部で 3 枚である。
- 3 解答用紙の氏名欄・受験番号欄は必ず記入すること。
- 4 解答は、所定の欄内にはっきりと記入し、欄外には記入しないこと。
- 5 問題用紙の余白は、メモ又は下書に利用してよい。
- 6 問題用紙は、持ち帰ること。

- I. 次の英文を読み、設問に答えなさい。記号で解答する問題は、それぞれ選択肢“**A**”, “**B**”, “**C**”, “**D**”から最も適切なものを一つ選び、解答用紙の所定の位置に記入すること。日本語で解答する問題も解答用紙の所定の位置に記入すること。

Take a thought walk

The weather might be cooling down but going for a walk can be a simple way to settle your thoughts when your mind is feeling stuck

WORDS: Jade Beecroft

ILLUSTRATION: Alissa Thaler

Have you ever considered when you get your best ideas? Or what you're doing when the solution to a problem pops into your head? It might be sitting at your desk in school, or working at a computer, but it could also be doing something unconnected such as taking a shower or washing the dishes. ⁽¹⁾The best ideas can land when you least expect them – but there are things you can do to help them along, and that's where walking comes in.

Even a short stroll can help settle your mind if you're stressed, clarify your thinking if you have a problem to solve or give your creativity a boost. In fact, some of the world's most successful people, including Apple founder Steve Jobs, actor Arnold Schwarzenegger and inventor Albert Einstein have all talked about their fondness for taking a walk to stimulate their minds. Here's why you should put your best foot forward.

STRESS LESS

If you're feeling anxious or worried, walking can be a great antidote. Michelle, now 21, from London, is an NSPCC-lived-experience advocate, and says she discovered walking as a teenager, when she was going through a tough period of exam stress. 'My mum loves walking, so it was her who first suggested I go out for a walk,' she remembers. 'Within about 10 minutes it made me feel so much better.'

Michelle had been putting huge pressure on herself to do well in her exams to get into her first choice university, but with her anxiety levels rising, she ended up in a trusted teacher's room in tears before her politics A-Level paper. 'I remember my chest feeling really tight,' she says. 'The thought of sitting in an exam hall with so many other people was making me really anxious.' With reassurance from her teacher, Michelle did sit her exam, and daily walks helped lower her stress levels.

CLEARING YOUR MIND

The beauty of walking is that as your stress levels fall, it makes room in your mind for other thoughts. Now at university, Michelle says a daily walk is a 'non-negotiable' part of her self-care, helping her to clarify her thoughts and find perspective. 'When my mind is ⁽²⁾cluttered and busy, I can't think clearly,' she says. 'I like to walk without any music or podcasts – I just try to be with myself and my thoughts.'

Gillian Mills, from Belfast, works for Childline, and says that when young people call the confidential, 24-hour service in crisis, going out for a walk can be one of the suggestions they discuss. 'If you take a walk to clear your

head, problems may not seem so big,' she says. 'If you think of a balloon, getting bigger and bigger as it fills with air and pressure builds, walking and taking some deep breaths of fresh air can have the opposite effect, exhaling and letting that balloon deflate.'

She adds that studies have shown that just 15 minutes walking outdoors can help lower anxiety and allow you to think more clearly.

STEPPING STONE TO CREATIVITY

Walking is great because it holds some of your attention – but not all. You can shake off any worries, pay attention to your surroundings and let your mind wander in new directions. ⁽³⁾This kind of mental state has been linked to new ideas and insights. Whether you're revising for an exam, feeling stuck on a school project or working through a friendship problem, going for a walk could help.

Researchers at Stanford University in the US found a clear link between walking and creative thinking – participants in a Walking Study increased their brainstorming by 60% during their walks and shortly afterwards. Walking increases what the experts call 'divergent thinking' – which is when the mind explores many possible solutions.

Scientists also found that walking indoors can have the same effect. Michelle sometimes uses a treadmill, but says her most enjoyable and creative walks happen outdoors, where she can smile and say hello to passers-by, and 'feel the wind blowing on my face'.

She adds: 'Out on a walk, that's when new ideas come, or I can solidify existing ideas and put my thoughts in order. Walking gives me more confidence too, which makes me feel that my ideas are good ones.' Afterwards, Michelle likes to spend time journaling. 'I can better articulate how I feel after I've been out for a walk,' she smiles.

Childline is a free, confidential listening service open to anyone under 19 in the UK. Call 24-hours: 0800 1111 or visit [childline.org.uk](https://www.childline.org.uk)

MAKE YOUR WALK COUNT

Tune out

Walking with a podcast or music can be a great diversion, but if you really want to think creatively it's best to leave your headphones at home. Avoid looking at your phone too.

Tune in

Listen to the birds, smile or say hello to other walkers, pat dogs – with their owner's permission – and simply be with your thoughts.

Take a seat

If you pass a park bench or grassy hill, why not sit a while and watch the world go by. Notice the view and pay attention to your breath.

Be safe

Think about where you're walking. Avoid going out alone after dark, and carry a fully charged phone in your pocket or bag in case of emergency.

Walk in company

Ask a parent or guardian to go out with you, join your family dog walk or suggest walking with a friend instead of hanging out indoors.

Source: Beecroft, J. (2025). *Take a thought walk*. TEEN Breathe magazine

<https://www.teenbreathe.co.uk/take-a-thought-walk/>

Notes

NSPCC: 全英児童虐待防止委員会

deflate: しぼむ

treadmill: ランニングマシン

1. According to the text, why is walking helpful when stressed?
 - A. Because it keeps the brain active.
 - B. Because it improves fitness quickly.
 - C. Because it clears your thoughts.
 - D. Because it helps with sleeping.
2. According to the text, what helped Michelle feel calmer before exams?
 - A. sleeping more
 - B. her mother's advice
 - C. a school trip
 - D. a change in schedule
3. According to the text, what stressed Michelle before her A-Level paper?
 - A. the difficulty of the test
 - B. the strictness of the teacher
 - C. being in a noisy room
 - D. being with many others
4. In the text, what does the underlined word (2) "cluttered" mean?
 - A. calm and focused
 - B. busy and unclear
 - C. open and friendly
 - D. bright and quiet

5. In the text, what does the balloon image show?
- A. How stress can vary.
 - B. Why exams are hard.
 - C. How ideas travel.
 - D. Why walking is fun.
6. According to the text, why does walking support creative thinking?
- A. Because it stops thinking.
 - B. Because it calms emotions.
 - C. Because it opens new ideas.
 - D. Because it helps with memory.
7. According to the Stanford University's study, how did walking affect participants' thinking?
- A. It helped them recall information more clearly.
 - B. It supported emotional balance during tasks.
 - C. It increased the number of ideas they generated.
 - D. It made them focus on a single solution.
8. According to the text, how can we make our walk more creative?
- A. by listening to podcasts
 - B. by using a phone app
 - C. by paying attention to yourself
 - D. by wearing headphones
9. 下線部(1)を日本語に訳しなさい。
10. 下線部(3)を本文の内容に即して日本語で説明しなさい。

II. 次の英文を読み、設問に答えなさい。記号で解答する問題は、それぞれ選択肢“**A**”, “**B**”, “**C**”, “**D**”から最も適切なものを一つ選び、解答用紙の所定の位置に記入すること。日本語で解答する問題も解答用紙の所定の位置に記入すること。

MLK’s ‘beloved community’ has inspired social justice work for decades – what did he mean?

Published: January 16, 2025 6.55pm GMT

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Since 1983, when President Ronald Reagan signed Martin Luther King Jr. Day into law, many Americans have observed the federal holiday to commemorate the life and legacy of the civil rights leader, Baptist minister and theologian.

MLK Day volunteers typically perform community service that continues King’s fight to end racial discrimination and economic injustice – to build the ⁽¹⁾“beloved community,” as he often said.

King does not fully explain the phrase’s meaning in his published writings, speeches and sermons. Scholars Rufus Burrow Jr. and Lewis V. Baldwin, however, argue that the beloved community is King’s principal ethical goal, guiding the struggle against what he called the “three evils of American society”: racism, economic exploitation and militarism.

As a Baptist minister and theologian myself, I believe it is important to understand the origins of the concept of the beloved community, how King understood it and how he worked to make it a reality.

Older origins

Although King popularized the beloved community, the phrase has roots in the thought of 19th-century American religious philosopher Josiah Royce.

In 1913, toward the end of his long career, Royce published “The Problem of Christianity.” The book compiles lectures on the Christian religion, including the idea of the church and its mission, and coined the term beloved community. Based on his readings of the biblical gospels, as well as the writings of the apostle Paul, Royce argued that the beloved community was one where individuals are transformed by God’s love.

In turn, members express that love as loyalty toward each other – for example, the devoted love a member of the church would have toward the church as a whole.

While Royce often identified the beloved community with the church, he extends the concept beyond the walls of Christianity. In any type of community, Royce argued, from clans to nations, there are individuals who express love and devotion not only to their own community, but who foster a sense of the community that includes all humankind.

According to Royce, the ideal or beloved community is a “universal community” – one to which all human beings belong or will eventually belong at the end of time.

‘Beloved’ diversity

Twentieth-century pastor, philosopher, mystic, theologian and civil rights leader Howard Thurman retrieved Royce’s idea of the beloved community and applied it to his life and work, most notably in his 1971 book “The Search for Common Ground.”

Thurman first used the term in an unpublished and undated article: Desegregation, Integration, and the Beloved Community. Here, he argued that the beloved community cannot be achieved by sheer will or commanded by force. Rather, it begins with transformation in each person’s “human spirit.” The seeds of the beloved community extend outward into society as each person assumes the responsibility of bringing it to pass.

Thurman envisioned the beloved community as one that exemplifies ⁽²⁾harmony – harmony enriched by members’ diversity. It is a community wherein people from all racial, national, religious and ethnic backgrounds are respected, and where their human dignity is affirmed. Thurman was convinced that beloved community was achievable because of the dedication he saw from activists during the struggle for racial integration.

During his lifetime, Thurman sought to build this beloved community through his activism for racial justice. For example, he co-founded the Church for the Fellowship of All Peoples, an interracial and interfaith community in San Francisco, which he co-pastored from 1943 to 1953.

Thurman’s writings and activism deeply influenced King. Burrow argued that it is not entirely clear when and where King first learned the concept of beloved community. Yet King emphasized its importance in much of his writing and political action.

Love and action

In simplest terms, King defined the beloved community as a community ⁽³⁾transformed by love. Like Royce, he drew his understanding of love from the Bible’s New Testament. In the original Greek, the Gospels use the word ⁽⁴⁾“agape,” which suggests God’s self-giving, unconditional love for humanity – and, by extension, human beings’ self-giving, unconditional love for each other.

According to Baldwin, however, King’s understanding of the beloved community is better understood against the backdrop of the Black church tradition. Raised in the Ebenezer Baptist Church of Atlanta, King learned lessons on the meaning of love from his parents, Rev. Martin Luther King Sr. – Ebenezer’s pastor, who was also a leader in the local chapter of the National Association for the Advancement of Colored People – and Alberta Christine Williams King.

One of the distinctions in King’s thought is that he believed the beloved community could be achieved through nonviolent direct action, such as sit-ins, marches and boycotts. In part, he was inspired by Thurman, who had embraced the nonviolence at the heart of Mahatma Gandhi’s resistance against the British in India. For King, nonviolence was the only viable means for achieving the United States of America’s redemption from the sin of racial segregation and white supremacy.

For King, therefore, the beloved community was not merely a utopian vision of the future. He envisioned it as an obtainable ethical goal that all human beings must work collectively toward achieving.

(5) “Only a refusal to hate or kill can put an end to the chain of violence in the world and lead us toward a community where men can live together without fear.” King wrote in 1966. “Our goal is to create a beloved community and this will require a qualitative change in our souls as well as a quantitative change in our lives.”

Searching for the beloved community today

King’s idea of the beloved community has not only influenced people affiliated with the Christian tradition but also people from other faiths and none.

For instance, scholars Elizabeth A. Johnson, bell hooks and Joy James have reflected upon the meaning of the beloved community amid ongoing challenges such as global climate change, sexism, racism and other forms of structural violence.

People around the world continue to draw insight and inspiration from King’s thought, especially from his insistence that love is “the most (6)durable power” to change the world for the better. Questions remain about whether his beloved community can be realized, or how. But I believe it is important to understand King’s ethical concept and its continuing influence on movements that seek an end to injustice.

Source: Evans, J. O. (2025, January 16,). *MLK’s ‘beloved community’ has inspired social justice work for decades – what did he mean?* THE CONVERSATION <https://theconversation.com/mlks-beloved-community-has-inspired-social-justice-work-for-decades-what-did-he-mean-246733>

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Notes

Baptist: 洗礼派の

compile: 集める

apostle: 使徒

pastor: 牧師

desegregation: 人種隔離の撤廃

redemption: 贖（しよく）罪

affiliated with: 〜に属する

bell hooks: ベル・フックス（アメリカの批評家のペンネーム）

1. What is the main purpose of the text?
 - A. to describe King’s church leadership
 - B. to explain how King’s idea still matters
 - C. to compare King with other leaders
 - D. to discuss racism in American schools
2. According to the text, who first introduced the underlined expression (1) “beloved community”?
 - A. Ronald Reagan
 - B. Martin Luther King Jr.
 - C. Josiah Royce
 - D. Howard Thurman

3. Why does the text mention Thurman?
- A. Because he was King's teacher.
 - B. Because he developed Royce's idea.
 - C. Because he worked with Reagan.
 - D. Because he created a church law.
4. What does the underlined expression (3) "transformed by love" suggest in the text?
- A. People act differently when they care.
 - B. People should love quietly.
 - C. Love often leads to sadness.
 - D. Love is stronger than religion.
5. What did King mean by the underlined word (4) "agape" in the text?
- A. respect for your family
 - B. love based on history
 - C. kindness to close friends
 - D. love without expecting anything
6. According to the text, why did King believe nonviolence was necessary?
- A. Because it helped win wars.
 - B. Because it gave power to the police.
 - C. Because it was the only way to stop hate.
 - D. Because it followed U.S. history.
7. According to the text, how is Royce's beloved community different from a regular group?
- A. It is based on shared jobs.
 - B. It is meant for a single country.
 - C. It includes all people eventually.
 - D. It needs special training.
8. What does the underlined word (6) "durable" mean in the text?
- A. new and strong
 - B. fast and strong
 - C. lasting and strong
 - D. costly and strong
9. 下線部(2)の"harmony"とは具体的にはどのような性質を持つと考えられるか。本文の内容に即して日本語で説明しなさい。
10. 下線部(5)を日本語に訳しなさい。

III. Write a short essay in English on your answer sheet on the following topic:

When preparing for an important exam, what do you do to relax and think clearly?

Write 120-150 words and include the following three points in your essay:

Explain how these activities help you during the exam period.

Describe when and how you do these activities.

Suggest how these activities help you relax and think clearly.

Your score for this essay will be based on:

- Length and content that includes all the three points above
- Correct use of grammar
- Use of appropriate vocabulary
- Good organization of the essay