

For Teachers: Please have the students read the sentences one at a time and correct their pronunciation of each sentence then have them repeat after you. Wait until after they read the sentence (use the number in place of the missing word) to have the students choose the correct answer to fill in the blank. When the students finish the article, move on to the further questions.

日本語訳なしタイプ B もございます。スクロールダウンするとございますので好きな方をご利用下さい。

2[B] – A New Look at Optimism



Version3 G1 12-1

心理学者 (しんりがくしゃ)

逆説 (ぎゃくせつ)

1. Psychologists have long noted a seeming paradox in people's attitudes towards the future.

回答者 (かいとうしゃ)

2. In surveys, large majorities of respondents say they expect things to get worse, citing rising crime, a worsening economy and growing social problems.

3. A 2007 poll, for example, found that 70 percent of respondents believed families in general are less successful now than they were in their parents' day.

前途 (ぜんと)

4. When it comes to their own prospects, this outlook (29).

5. Seventy-six percent of the same respondents reported feeling satisfied with the future facing themselves and their families.

~にかかわらず

社会経済的 (しゃかいけいぎ) な

6. Regardless of race, religion, or socioeconomic background, people are

断固 (だんこ) として

steadfastly optimistic about their individual futures, even when the statistics point in another direction.

7. Despite the large percentage of marriages that end in divorce, for example, people still believe their own marriage will be successful.

*Choose the correct answer to fill in the blank from these choices.

8. (29) 1 seems more justified 2 tends to melt away

わずかに

誇張 (こちょう) された

9. 3 is expressed more subtly 4 becomes exaggerated

Further Questions&A

*Ask student to answer the question on their own at first. If the student can't answer correctly, have him look at the last page and read the "example answer" for the question. Have the student try to memorize the answer, if it's too long or difficult, you should divide the sentence into 2 or 3 parts to make it easier to remember. Once they have memorized the answer, the teacher should ask the question one last time so that the student can practice answering. Also if you find any mistakes, please mark the page and let me know ASAP.

10. 1) What did the poll taken in 2007 find? 2007年に行われた世論調査で何が分かりましたか。

11. It found that 70 percent of respondents believed families in general are less successful now than they were in their parents' day.

12. 2) What did the respondents say about their future?

13. 回答者たちは、自分の将来について何と答えましたか。

14. Seventy-six percent of the same respondents reported feeling satisfied with the future facing themselves.

15. 3) What do people believe about marriage? 人が結婚について信じていることはなんですか。

16. Despite the large percentage of marriages that end in divorce, people still believe their own marriage will be successful.

一緒 (いっしょ) に

17. Optimism may have developed alongside the evolution of human consciousness as a coping mechanism.

対処 (たいしょ) メカニズム

18. Consciousness provides humans with the ability to imagine and plan for the future.

19. However, it also burdens us with (30).

合理的 (ごうりてき) な

20. Pessimism may seem like the rational response to this, but Tali Sharot, author of *The Optimism Bias*, suggests a slightly irrational optimism may have evolved instead.

不合理 (ふごうり) な

21. According to Sharot, the knowledge that one will inevitably cease to exist “had to emerge side by side with the persistent ability to picture a bright future.”

必 (かならず) やめる

*Choose the correct answer to fill in the blank from these choices.

22. (30) 1 a need to focus on the present 2 a constant feeling of failure
23. 3 an awareness of our mortality 4 a desire to know the truth

Further Questions&A



24. 4) What does consciousness provide humans with? 意識は人類に何をもちましたか。

25. *Consciousness provides* humans with the ability to imagine and plan for *the future*.

26. 5) What does Tali Sharot believe was inevitable?

27. Tali Sharot が必然的だと考えていることは何ですか。

28. *The knowledge that one will inevitably cease to exist had to emerge side by side with the persistent ability to picture a bright future.*

29. Research suggests being optimistic may enable a person to (31).

神経科学者 (しんけいかがくしゃ)

30. In an experiment by neuroscientist Sara Bengtsson at Karolinska Institute in Sweden, students were told they could expect to perform well in a series of cognitive tasks generally did better than the students who were given more discouraging predictions.

認知 (にんち) の

31. While this supports the view that positive encouragement can have a powerful effect on performance, scans of the participants' brains as they performed the tasks revealed further clues to the evolutionary advantage of optimism.

進化上 (しんかじょう) の

32. Compared to the students with negative expectations, those expecting positive results showed greater activity in the area of the brain controlling the act of self-reflection.

内省 (ないせい)

33. According to Bengtsson, this indicates that imagining a good result stimulates the brain to learn from experience when things fail to go as planned.

*Choose the correct answer to fill in the blank from these choices.

34. (31) 1 make accurate predictions 2 ignore their mistakes
35. 3 cooperate more with others 4 deal with unfavorable outcomes

Further Questions&A



36. 6) What happened in the experiment when students were told they were expected to do well? 実験で生徒が、うまくやれる事を期待していると言われた時、どんな事が起こりましたか。

Students who were told they could expect to perform well in a series of cognitive tasks generally did better than the students who were given more discouraging predictions.

37. 7) What happened in the brains of those expecting positive results?

38. 良い結果を期待している人の脳ではどんなことが起こりましたか。

Compared to the students with negative expectations, those expecting positive results showed greater activity in the area of the brain controlling the act of self-reflection.

- 39.8) What does Bengtsson say this indicates? ベングトソンは、これは何を示していると言っていますか。
According to Bengtsson, this indicates that imagining a good result stimulate the brain to learn from experience when things fail to go as planned.

Review Questions



40. 1) What did the poll taken in 2007 find?
It found that 70 percent of respondents believed families in general are less successful now than they were in their parents' day.
41. 2) What did the respondents say about their future?
Seventy-six percent of the same respondents reported feeling satisfied with the future facing themselves.
42. 3) What do people believe about marriage?
Despite the large percentage of marriages that end in divorce, people still believe their own marriage will be successful.
43. 4) What does consciousness provide humans with?
Consciousness provides humans with the ability to imagine and plan for the future.
44. 5) What does Tali Sharot believe was inevitable?
The knowledge that one will inevitably cease to exist had to emerge side by side with the persistent ability to picture a bright future.
45. 6) What happened in the experiment when students were told they were expected to do well?
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47. 8) What does Bengtsson say this indicates?
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解答: (29) 2 (30) 3 (31) 4

Type B 日本語訳なし

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