

Unit 1

Half-Empty or Half-Full?

● 水は半分もある？半分しかない？ ●

幸せ、不幸せは自分次第。幸せをめぐる「考え方」に注目してみましょう。



1 Warm Up

- (1) Is the glass above half-full or half-empty?
- (2) What makes you happy?
- (3) Do you think positive thinking makes you healthy?

2 Vocabulary



この課のニュースに出てくる重要単語の意味を選んでみよう。発音も確認してみよう。



- | | | | | | |
|-------------|-----|-----------------|-----|----------|----------|
| 1. optimist | () | 5. pursuit | () | a. ポイント | e. 楽しい |
| 2. pleasant | () | 6. constitution | () | b. 物の見方 | f. 悲観主義者 |
| 3. key | () | 7. mindset | () | c. 追求 | g. 憲法 |
| 4. stroke | () | 8. pessimist | () | d. 楽観主義者 | h. 脳卒中 |

Notes この課のニュースに出てくるやや難解な語（句）です。予め参考確認しておこう。

Roll Call: 出席確認（番組内の短い高校紹介コーナー）／ **Declaration of Independence:** 独立宣言／ **unalienable right:** 奪われてはいけない権利／ **to some extent:** ある程度／ **DNA chromosome:** DNA 染色体／ **cellular age:** 細胞年齢／ **and it turns out:** つまりは／ **telomere:** テロメア（染色体末端部位）／ **cardiovascular:** 心循環系の／ **fare well:** 味方する

3 Vocabulary Exercise

2 で確認した Vocabulary を使って、必要があれば変化形にした上で空欄を埋めてみよう。



- (1) She's such an _____. She always looks for the positive.
- (2) He has a strong _____, so he doesn't panic easily.
- (3) Don't be such a _____! Everything is going to be alright!
- (4) The _____ of the United States is the world's shortest, with 4,400 words.
- (5) The police were in _____ of the man who stole the car.
- (6) The _____ to success in most things is to keep practicing.
- (7) She thinks aspirin is the best medicine to take to prevent a _____.
- (8) He is very cheerful, so it is _____ to be with him.

4 Topic Paragraph

ニュースの出だしの部分を確認し、下の [正誤] 問題に答えてみよう。



AZUZ: All right, besides getting on Roll Call, what would make you happy? A new phone, money, an A in this class? There's nothing about happiness in the U.S. Constitution, but there is in the Declaration of Independence ... that one of our certain unalienable rights is the pursuit of happiness. It seems, to some extent, how happy and positive we are starts with our mindset.

True / False Questions

- (1) Azuz thinks that getting on Roll Call will make you happy. [True / False]
- (2) Both the Declaration of Independence and the U.S. Constitution talk about happiness. [True / False]
- (3) Our mindset decides completely how happy we are. [True / False]

Try this!

1 リピーティング! 2 オーバーラッピング! 3 シャドーイング!

5 Memo

ノートなどに聞こえた単語やフレーズを書きながらニュースを聞いてみよう。

6 Transcript Completion

CD や DVD を聴いて空所に適切な語を入れてみよう。



AZUZ: All right, besides getting on Roll Call, what would make you happy? A new phone, money, an A in this class? There's nothing about happiness in the U.S. Constitution, but there is in the Declaration of Independence ... that one of our certain unalienable rights is the pursuit of happiness. It seems, to some extent, how happy and positive we are starts with our mindset. 5



UNIDENTIFIED MALE: Happiness isn't just a pleasant thing you feel. (1) _____ proves it's much deeper than that. Feeling happy actually helps you live a longer, (2) _____ life. But how? For a large part, our happiness is tied to our social connections. In fact, 10 if you don't have at least one (3) _____ friend, you are less likely to be happy. Each of us has these things called telomeres. Those are (4) _____ caps on our DNA chromosomes, that measure our cellular age. And it turns out, they also measure how many friends we have. No friends (5) _____ shorter telomeres. 15 So by simply being social, you can actually slow down your (6) _____ age, living longer and happier.



Time for a pop quiz. Is this glass half-empty or half-full? If you said half-full, you are on your way to feeling happier and healthier. A Harvard study found that optimists are (7) _____ 20 percent less likely to have heart disease or a heart attack or a stroke. Keeping an overall optimistic (8) _____ actually offers protection against cardiovascular disease.



Science doesn't fare as well for pessimists. They not only have (9) _____ levels of happiness compared to optimists, but research 25 shows that people with (10) _____ thoughts are three times as likely to develop health problems as they age. So, what do you do if you are not a naturally happy person? Well, (11) _____ say the key is to act as though you are an optimist, even if you are not.

7 Comprehension Questions

次の英文がニュースの内容に合っていれば T(True)、合っていなければ F(False) に丸印を付けよう。また、その根拠とした部分に下線を引いておこう。

CD Track 6

- [T / F] (1) Feeling happy will help you live longer.
[T / F] (2) Having a close friend makes us happier.
[T / F] (3) Our biological age will slow down if we have friends.

CD Track 7

- [T / F] (4) Optimists have more chance of good health and happiness.
[T / F] (5) If you say the glass is half-full, your chance of a heart attack increases.
[T / F] (6) Optimists have less chance of having cardiovascular disease.

CD Track 8

- [T / F] (7) Optimists are often less happy than pessimists.
[T / F] (8) Pessimists will have about three times fewer health problems.
[T / F] (9) Pessimists who act like optimists will be healthier.

8 Summary

次の文章はニュースの要約です。空所に適切な語を入れてみよう。



Although the U.S. (1.) does not talk about happiness, the (2.) of happiness is mentioned in the Declaration of Independence. Happiness is not only about feeling (3.), but it also helps you to live longer. (4.), people with a positive (5.), have a smaller chance of having a (6.) or other physical problem. The (7.) to a more healthy life for (8.) is to act positively, even if you don't feel like it.

Try this, too!

ニュースの内容について、以下の質問をクラスメイトと話しあってみよう。

To be an optimist, what should we do and how should we act? What kind of ways of thinking would be effective? Make a list of ways that you could be more positive in your life.