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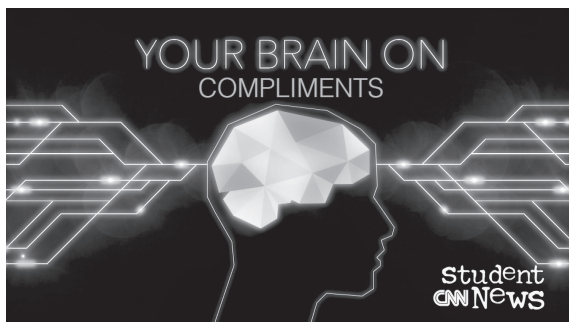
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Unit 1

Sleep and Compliments

● 睡眠とほめることの効果 ●

ある研究によると睡眠とほめることには密接な関係があると判明。学習への効果は期待できるのでしょうか？



1 Warm Up

- (1) How many hours do you sleep at night?
- (2) What kind of nice things do you say to people?
- (3) Do you think sleep affects learning?

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. significantly () | 5. efficiently () | a. 評価する | e. 素晴らしい |
| 2. process () | 6. complicated () | b. はるかに | f. 賞賛 |
| 3. compliment () | 7. fascinating () | c. 処理する | g. 効果的に |
| 4. praise () | 8. evaluate () | d. 複雑な | h. ほめ言葉 |

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。

play a role in ~ : ~に影響を及ぼす / **info = information** / **memory bank:** 記憶装置 / **throw ~ into the mix:** ~を新たに加える / **kick into a whole new gear:** 効果が今まで以上に高まる / **consist of:** ~から構成される / **authors:** 著者たち / **reward:** 報酬（を与える）、見返り / **striatum:** 線条体 / **strange as it sounds:** 変に聞こえるかもしれませんが / **catalyst:** 触媒 / **consolidation:** 定着 / **memory boost:** 記憶力を高めること / **flattery will get you everywhere:** お世辞を言うとおあなたはどこへでも行ってくれる

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) My mom gave me a _____ about my cooking.
- (2) I don't have enough time, so I must work more _____.
- (3) The singer received a lot of _____ from her fans.
- (4) The presentations will be _____ by your classmates.
- (5) Women's rights have not _____ improved.
- (6) We got lost because the directions were too _____.
- (7) The office is still _____ your job application.
- (8) That tourist spot has _____ views of Mt. Fuji.

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: Scientists say sleep plays a role in how well we learn and remember. It's not just about getting enough sleep to process new information. It's also that during sleep, our minds somehow take the new info, that we already learned during the day, and put it in a memory bank. Now, if you throw a compliment into the mix, a study found that learning kicks into a whole new gear.

True / False Questions

- (1) Sleep is important for learning. [True / False]
- (2) Even when we sleep, our minds are helping us learn. [True / False]
- (3) Compliments seem to slow down the speed of learning. [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: Scientists say sleep plays a role in how well we learn and remember. It's not just about getting enough sleep to process new information. It's also that during sleep, our minds somehow take the new info, that we already learned during the day, and put it in a memory bank. Now, if you throw a compliment into the mix, a study found 5 that learning kicks into a whole new gear.



DR. SANJAY GUPTA, CNN CHIEF MEDICAL CORRESPONDENT: You know, giving compliments isn't just a good way to get someone's (1) _____. It's an easy way to make someone feel good. Even make yourself feel good. But in your brain, 10 it's (2) _____ a lot more complicated than that.



In fact, I want to tell you about this fascinating study that came out of (3) _____. People were asked to learn and perform a task and then were separated into (4) _____ groups. The first group included an evaluator who would compliment participants 15 individually. The second group consisted of individuals who'd watch another participant receive a compliment. The third group was then asked to evaluate their own (5) _____. Now when the people were asked to repeat the exercise the next day, the group that received direct compliments from an evaluator performed 20 significantly better than the people in the other (6) _____ groups.



What the authors concluded was that, to the brain, receiving a compliment did as much a social reward as being rewarded (7) _____. In fact, the same area of the brain, the striatum, 25 is activated when a person is rewarded with the compliment or (8) _____. Now, strange as it sounds, researchers think compliments serve as a catalyst for better skill consolidation during (9) _____. Praise, they say, provides a memory boost for the brain to more efficiently learn while sleeping. It's like 30 (10) _____ wife always tells me, flattery will get you everywhere.



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) Giving compliments isn't a good way to get attention.
[T / F] (2) People feel good when they receive a compliment.
[T / F] (3) When we receive a compliment, a lot of things happen in our brains.

CD Track 7

- [T / F] (4) People in the study from Japan had to compliment each other.
[T / F] (5) All of the members of the groups received compliments.
[T / F] (6) People in the first group seemed to learn better.

CD Track 8

- [T / F] (7) Compliments are as good a social reward as money.
[T / F] (8) Receiving money and receiving compliments activate the same part of the brain.
[T / F] (9) According to the text, praise helps people to sleep better.

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。



The results of a Japanese study are (1. _____). Participants were asked to perform a task and then (2. _____) the following day. The ability to repeat the task successfully was (3. _____) higher in those who had received (4. _____). We knew that people receiving (5. _____) feel good, but it appears to be more (6. _____) than that. It seems that it can also help people to (7. _____) information more (8. _____) as they sleep.

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。

Compliments can help us to learn. What other methods can we use to learn better? Share your experience with your classmates.