

準 1 級 「要約」 問題 4

- Instructions: Read the article below and summarize it in your own words as far as possible in English.
- Suggested length 60-70 words.
- Write your summary in the space provided on your answer sheet. Any writing outside the space will not be graded.

When it comes to an individual's personality there are countless words to describe what that person is like. You can refer to the way they treat other people, the pace at which they lead their life or their outlook on life itself. When it comes to a person's perspective on things, two words that are often used to describe people are 'optimist' and 'pessimist'.

According to studies, being an optimist tends to provide you with a variety of health benefits. For instance, an optimist will generally have lower blood pressure, be less likely to suffer from heart disease and be less at risk from post-surgery complications. However, some experts have argued that perhaps optimism is just the sign of good health as opposed to the cause.

This theory was tested extensively on aging people with severe illnesses. Optimistic patients, who took part in the study, took a very different attitude towards the disease than their pessimistic counterparts. They were more likely to comply with their doctor's instructions and also be more proactive about leading a healthy life. This proved that having a positive outlook on life really does give health advantages.

解答欄
