

令和8（2026）年度 第1学年入学・第2学年4月編入学選抜検査

Spring Entrance Examination 2026 for 1st and 2nd Grade Applicants

外国語作文（英語）

Foreign Language Essay (English)

令和8（2026）年2月3日（火）実施

Tuesday, February 3, 2026

Attention

- 1 Keep your test booklet closed until you are instructed to open this booklet.
- 2 Remain silent during test time.
- 3 You will be given 45 minutes to complete the Foreign Language Essay.
- 4 Write your name and registration number on the test booklet, and write your registration number on your answer sheet.
- 5 There is a separate answer sheet. The essay should be written within the space provided on the answer sheet **in English**.
- 6 You may freely use the blank space in the booklet. Any marks in this booklet will not be scored.
- 7 No questions concerning the test content will be answered.
- 8 Both your test booklet and your answer sheet will be collected after the test.

受検番号

Registration number

氏名

Name

東京学芸大学附属国際中等教育学校

TOKYO GAKUGEI UNIVERSITY INTERNATIONAL SECONDARY SCHOOL

Read the passage below and write an essay answering the following question.

In the modern marketplace of self-improvement, apps promise to enrich our lives in countless ways: Duolingo offers the chance to master a new language; Wordle supposedly sharpens our minds; TikTok, Snapchat, and Instagram are said to nurture community. There are even self-improvement apps aimed at promoting health.

Strava has become more than just a training tool; it's a social platform for athletes, especially cyclists and runners. Athletes have always been interested in tracking their performance since even before the days of smartphones. Sharing achievements used to involve bragging during coffee breaks or group workouts. Now, there's an expectation of immediate validation through "kudos"* on the app, which tends to confuse the personal connection of sharing experiences with the pursuit of mere numbers.

The app's appeal lies in tapping into basic human desires: the need for approval, the thrill of competition, and the sense of belonging. Receiving peer feedback provides a feeling of recognition, triggering the release of dopamine, a chemical associated with pleasure. However, this can lead to a cycle where more and more validation is needed to achieve the same level of satisfaction, potentially driving users to ride harder or longer. Some may exaggerate their accomplishments...or even cheat using surrogacy services.

In one country, some teenagers are making money by running for other people. These "Strava jockeys," often teenagers, get paid to record running achievements on the Strava app for users seeking online attention. They find customers through social media, charging different rates based on the running pace, and track their runs by logging into clients' Strava accounts. This trend of selling running data raises concerns. Strava's guidelines prohibit sharing accounts, emphasizing the importance of honesty and genuine effort.

Ultimately, Strava is a tool that reflects both the positive and negative aspects of human nature. It provides a platform for connecting with other athletes and fostering a sense of community. However, it's crucial to maintain a balanced perspective and remember the original reasons for training: the joy of the experience and the simple pleasure of being outdoors. While striving for personal bests and seeking validation can be motivating, they should not overshadow the fundamental enjoyment of the sport.

*kudos = praise, admiration, and fame received for an achievement

Modified from: *Runner's World*, August 15, 2024;
and *Skoda: We Love Cycling*, January 31, 2025

QUESTION

Are self-improvement apps helping people improve? State your opinion with reasons, explaining possible risks and benefits. Be sure to include your own or others' experience not mentioned in the passage.

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外国語作文（英語） 解答用紙 / Foreign Language Essay (English) Answer Sheet

This section is a large rectangular area with a solid black border, intended for writing the answer. It contains 20 horizontal dotted lines spaced evenly down the page, providing a guide for the student's handwriting.

【採点基準】

A 理解と解釈

問題文・資料・設問を的確に理解し、それに対応した答えになっている。

B 論理

論理展開が理にかなっている。

意見の発展に、想像力や洞察力がみられる。

C 構成

文や段落のつながりや流れを効果的に展開し、論点が絞られている。

D 言語

正確な語法、豊かな語彙を、課題に適した表現方法で使用している。