

読む速度で英検対応力チェック！

高校卒業レベルとされている英検®2級。突破のカギは1次試験、なかでも問題の大半を占める長文読解になります。あなたが内容を正確に理解しながら読める読書速度はどれくらいでしょうか。下の文を読んで自分の立ち位置を掴みましょう！

英検® 2級 Ver.

People generally view stress as a negative aspect to everyday life. It prevents a person's ability to enjoy daily activities and adds extra pressure to home life and work environments. However, researchers are discovering that although stress can be bad for one's health, people have more control over it than they think. There is one particular researcher who is a leading figure for this new view. She is Kelly McGonigal, a health psychologist at Stanford University. She has been studying stress and anxiety for over 10 years but has only recently been trying to re-educate people about how stress can affect the body and mind in a positive manner.

109 words (速読英語 英検®対策コース 2級より)

【Question 1】 Researchers have discovered that...

1. stress and excitement are completely different.
2. people should take medication for stress.
3. stress causes irreversible damage to the body.
4. people can change their response to stress.

Your answer: _____

【Question 2】 What is Kelly McGonigal's job?

1. a physicist
2. a health psychologist
3. a physical education teacher
4. a university student

Your answer: _____

CHECK ✓

45秒以内で読めた

すばらしいスピード【約150wpm】
音声変換しないでかたまりで読んでいる状態です。

75秒以内で読めた

ふつうのスピード【約90wpm】
音声化してつまずかず読んでいる状態です。

55秒以内で読めた

いいスピード【約120wpm】
リズム良く音声化しながら読んでいる状態です。

110秒以上で読めた

めざせスピードアップ【約60wpm】
単語ごとに意味を確認しながら読んでいる状態です。