A photograph of two young women smiling and looking at a book cover. The woman on the left has blonde hair and is wearing a maroon and white striped sweater. The woman on the right has dark curly hair and is wearing a dark blue sweater with yellow and green trim. They are both holding blue pens and looking at a book cover that is tilted. The book cover has a yellow background with the title 'my English, my Self' in red and green. The authors' names are listed below the title.

**my English,  
my Self**

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SANSHUSHA

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チェック!!



好評  
発売中

# TOEIC — 15日間完成 — 直前ポイント30 シリーズ

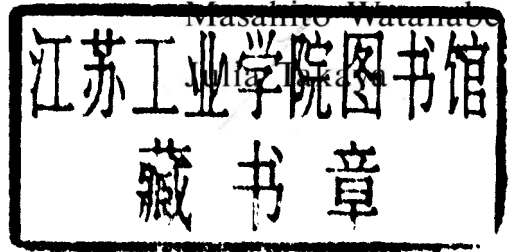
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通勤・通学中の時間も有効活用、ハンディなB6判!  
「黒板」や「メモ」を使い、わかりやすく丁寧に解説!  
TOEICに必ず出るポイントだけをまとめた、実戦型必勝マニュアル!

TOEICがわかる、スコアが上がる。

# My English, My Self

Hisae Niki



**教科書準拠  
カセットテープ発売**

本書には native speaker 吹き込みによるカセットテープがございます。  
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「国際化」が叫ばれる中であって、旅行やビジネスを問わず英語を使う機会が年ごとに増えています。今や、英語は **foreign language** (外国語) ではなく **international language** (国際語) です。「英語は話すのも書くのも苦手」などといって逃げる訳にはいきません。

コミュニケーションは、相手の言うことを耳で聴いて理解し、自分の言いたいことを正確に相手に伝える、いわば「言葉のキャッチボール」をして初めて成り立ちます。単文の和文英訳をしていたのではその場の状況に間に合わないでしょう。平易な英語で、自分のこと、身近な話題について「話し、書く」ことが発信型の英語力をつける第一歩なのです。

本書の題材は、皆さんが会えるコミュニケーション場面を想定して選んだものです。ウォーミングアップ、聴く、話す、書くという流れを順に追っていくうちに、英文の表現力が着実に身につくように工夫してあります。

各レッスンの構成は5段階になっています。

- ① **Work on Your Own** は設問を読んで、自分でやってみる準備段階です。
- ② **Let's Listen!** では自然な英文を耳で聴いて、状況にあった表現をインプットします。英語的な発想になれて下さい。
- ③ **Useful Expressions** では使用頻度の高い表現に注目して、英文構成力を身につけます。
- ④ **Let's Speak! Pronunciation** は話すための準備練習です。モデルの英語を聴いたあとで、必ず声に出して言ってみましょう。**Speaking Task** はペアを組んで会話をします。設問をヒントに発展した会話になるよう、積極的に取り組んで下さい。ペアの相手は、1ヵ月に1度は変えるなどの工夫をしましょう。
- ⑤ **Let's Write!** はレッスンの総仕上げです。書いた後、ペアの相手、あるいは別のクラスメートに読んでもらおうとよいでしょう。**Optional Writing** では、想像力を駆使して自由に自己表現して下さい。

言葉は「楽しみながら学ぶ」というのが著者の信条です。皆さんが、主体的に活動しながら英語力を身につけ、世界に向けて、メッセージを発信して下さいを期待します。



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# Lesson 1

## *Me, Myself and I*

### Work on Your Own

Write your name and put checks (✓) in the appropriate boxes of the following items. Then, based on the data obtained, introduce yourself to your partner.

My name is \_\_\_\_\_.

- I'm a (      )-year student at this university.  
 first    second    third    fourth
- I'm majoring in (      ).  
 economics    English    international relations    \_\_\_\_\_
- My favorite subject is (      ).  
 psychology    math    physical education    \_\_\_\_\_
- I'm from (      ).  
 Tokyo    Osaka    Urayasu, Chiba    \_\_\_\_\_
- I'm living (      ) now.  
 with my family    with my roommate    alone    \_\_\_\_\_
- There are (      ) people in my family.  
 three    four    five    \_\_\_\_\_
- I went to a/an (      ) high school.  
 public    private    coeducational    all boys'  
 all girls'    I took "Daiken."
- I belonged to (      ) in high school.  
 the soccer club    the English conversation club  
 the music club    \_\_\_\_\_
- I sometimes miss (      ).  
 my family    my high school friends    my pet    \_\_\_\_\_
- When I graduate from this university, I'd like to (      ).  
 be a teacher    work for a trading company  
 be a flight attendant    \_\_\_\_\_

**Let's Listen!**

Listen to the passage and circle the correct answer for each question.

1. a) A first-year student.  
b) A second-year student.  
c) A third-year student.
2. a) Economics.  
b) Mathematics.  
c) Politics.
3. a) Her family.  
b) Her sister.  
c) Her roommate.
4. a) 13 minutes.  
b) 23 minutes.  
c) 30 minutes.
5. a) San Francisco.  
b) Washington.  
c) Trenton.
6. a) North High School.  
b) East High School.  
c) West High School.
7. a) A brother and a sister.  
b) Two brothers and a sister.  
c) A brother and two sisters.
8. a) Japanese and American Relations.  
b) International Relations.  
c) National Relations.
9. a) Spanish.  
b) Chinese.  
c) Japanese.
10. a) She wants to work for the United Nations.  
b) She wants to work for a Japanese trading company.  
c) She wants to work for a non-governmental organization.



## Useful Expressions

- 1) I'm a first-year student at Joto University.  
I'm majoring in economics.
- 2) I was born in Urayasu, Chiba.  
I was born on March 5, 1978.
- 3) I graduated from West High School.  
I belonged to the tennis club.

## ///Exercises///

A. Rewrite each sentence, changing small letters to capital letters and putting commas and periods wherever necessary.

1. my name is masaki yano
2. i was born in aomori on february 23 1980
3. my uncle graduated from the university of florida in june 1975
4. we went to meiji shrine on new year's day
5. we walked in hibiya park and shopped on the ginza last thursday

B. Write the questions for the underlined answers.

1. a: \_\_\_\_\_ ?  
b: My name is Ken Sato.
2. a: \_\_\_\_\_ ?  
b: I live in Yokohama.
3. a: \_\_\_\_\_ ?  
b: I graduated from Minami High School.
4. a: \_\_\_\_\_ ?  
b: There are four people in my family.
5. a: \_\_\_\_\_ ?  
b: I am a student at Joto University.
6. a: \_\_\_\_\_ ?  
b: Madonna is my favorite singer.

## Let's Speak!

### ///Pronunciation///

Listen and repeat these words and expressions.

1. a sophomore    2. economics    3. psychology
4. international relations    5. a trading company
6. What university do you go to ?
7. What year are you in at the university ?
8. What are you majoring in ?
9. How do you come to school ?
10. How long does it take to get to school ?
11. Where are you from ?
12. How many people are there in your family ?
13. What do you like to do on weekends ?
14. What would you like to do in the future ?

### ///Vocabulary///

- ◆ 学年    1年: a freshman/a first-year student  
          2年: a sophomore    3年: a junior    4年: a senior
- ◆ 専攻    ~を専攻する: major in~    経済学: economics    法学: law  
          経営学: business administration    心理学: psychology  
          社会学: sociology    医学: medicine    化学: chemistry  
          物理学: physics    国際関係: international relations    中国語: Chinese
- ◆ 職業    商社(銀行)に勤める: work for a trading company/bank  
          教師(翻訳家)になる: become a teacher/translator  
          公務員になる: work for the government/become a government worker

## ///Speaking Task///

Interview your partner and find out some facts. Fill in the profile below. While you are asking the questions, your partner should close his/her textbook. After you have finished, exchange roles with him/her.

### A PROFILE

NAME: \_\_\_\_\_ NICKNAME (if any) \_\_\_\_\_

WHERE HE/SHE LIVES: \_\_\_\_\_

NAME OF UNIVERSITY: \_\_\_\_\_

YEAR: \_\_\_\_\_

MAJOR: \_\_\_\_\_

MEANS OF TRANSPORTATION:

- He/She walks to school.  
 He/She comes to school by...  
 bike  bus  train  \_\_\_\_\_

COMMUTING TIME: \_\_\_\_\_

(e.g. 15 minutes, half an hour, an hour, an hour and a half)

HOMETOWN: \_\_\_\_\_

NUMBER OF PEOPLE IN FAMILY: \_\_\_\_\_

- father  mother  brother(s)  sister(s)  \_\_\_\_\_

FAVORITE PASTIME: \_\_\_\_\_

(e.g. watching TV, playing tennis)

INTEREST(S): \_\_\_\_\_

(e.g. computer programming)

FUTURE CAREER: \_\_\_\_\_

(e.g. working for a trading company)

ANY OTHER INFORMATION: \_\_\_\_\_

Speak freely.

---

---

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**Let's Write!**

**Writing Task**

Fill in the blanks to write about your partner based on the information you have obtained. Change the pronouns appropriately. Write the paragraphs in your notebook, and then show them to your partner. Indent the first word of each paragraph.

\_\_\_\_\_ is my classmate. He is a \_\_\_\_\_-year student at \_\_\_\_\_ University, majoring in \_\_\_\_\_. He now lives in \_\_\_\_\_. He walks to school./He comes to school by \_\_\_\_\_. It takes about \_\_\_\_\_ minutes/hours for him to get here.

He was born in \_\_\_\_\_. There are \_\_\_\_\_ people in his family: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and him.

His favorite pastime is \_\_\_\_\_,  
Write about his hobbies and interests.

---

---

---

---

He is enjoying his school life very much.

**Optional Writing**

Write about yourself, including your family, hobbies and what you would like to do after graduation from the university. After you have finished, show it to your partner.

# Lesson 2

## Either You Like It, or You Don't

### Work on Your Own

Read through the following sentences and put checks (✓) in the boxes you choose. Then, explain your choices to your partner.

- I like  
 I sort of like  
 I don't really like  
 I hate

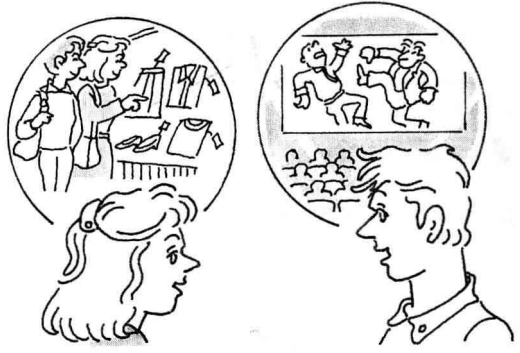
1.  cats
2.  my hometown
3.  listening to pop music
4.  singing to karaoke
5.  being alone
6.  talking with friends
7.  the smell of perfume
8.  the smell of garlic
9.  getting up early
10.  studying English
11.  watching sumo matches on TV
12.  watching quiz shows on TV
13.  eating spicy food
14.  eating natto
15.  betting on the horses
16.  sitting in a cafe
17.  playing pachinko
18.  commuting by train
19.  men with long hair
20.  women wearing heavy makeup
21.  video games
22.  using the computer
23.  speaking in front of a big audience
24.  reading comics



**Let's Listen!**

Anne and Dick are talking about their hobbies and pastimes. Listen to their dialogue and circle the correct answer for each question.

1. a) To her friend's house.  
b) To the town hall.  
c) Downtown.
2. a) Yes, he does.  
b) No, he doesn't.  
c) He sort of likes it.
3. a) Twice a week.  
b) Twice a month.  
c) Twice a year.
4. a) Action movies.  
b) Science fiction movies.  
c) Horror movies.
5. a) A comedy.  
b) A horror movie.  
c) A tragedy.
6. a) Action movies.  
b) Comedies.  
c) Tragedies.
7. a) Harrison Ford.  
b) Dustin Hoffman.  
c) Meryl Streep.
8. On Channel a) 3.  
b) 13.  
c) 30.



## Useful Expressions

- 1) I like dogs./ I like wine.
- 2) I like walking in the country./ I like to walk in the country.
- 3) My favorite anchor person is Kume Hiroshi.

## ///Exercises///

A. Fill in the blanks with the appropriate article (a, an, the). Put an × in the blanks which do not need an article.

My favorite actress is Audrey Hepburn. I especially like her performance as 1. \_\_\_\_\_ charming princess in the film *Roman Holiday*. 2. \_\_\_\_\_ runaway princess spends 3. \_\_\_\_\_ carefree day seeing the sights of 4. \_\_\_\_\_ Rome and falling in love with 5. \_\_\_\_\_ American newsman. I watched 6. \_\_\_\_\_ movie five times.

I think she is more than 7. \_\_\_\_\_ film star. In 8. \_\_\_\_\_ last years of her life, while fighting against 9. \_\_\_\_\_ cancer, she worked for UNICEF, helping 10. \_\_\_\_\_ starving children of Africa. I really admire her.

B. Complete the sentences. Use a 'to'-infinitive ('to'+verb) or a gerund (verb+ing). Sometimes both forms are correct.

(e.g.) I've always wanted (to see) your brother. <see>

My father likes (playing/to play) golf. <play>

1. I'm planning ( ) international trade. <study>
2. James gave up ( ) because of his doctor's advice. <smoke>
3. I wanted ( ) from the party. <escape>
4. When I have free time, I like ( ) cakes and cookies. <bake>
5. My sister enjoys ( ) and ( ) on the beach. <swim/lie>
6. I'd like ( ) for a bank after I graduate. <work>
7. I can't afford ( ) a sports car. <buy>
8. We are looking forward to ( ) from you soon. <hear>
9. You can't expect ( ) a foreign language in a week. <learn>
10. I'm happy ( ) you around Yokohama. <show>