

英語中級

— Lecture 6 —

- ▶ 冒険をする
 - さいしょから
 - ▶ つづきから
 - やめる

Koji Miwa

11/07/2017

Agenda

- Please circulate
 - Attendance sheet
 - Some unique papers
- Building better sentences (Homework review)
- Unit 3: Types of paragraphs
- Unit 4: Moving from paragraph to essay
- Homework
- 言語実験調査（終了5分～）

Please circulate

- An attendance sheet.
- I remind you that we are going with an honor system



Please circulate

- Some *unique* papers

Did you do your homework?

- 「幸せはお金で買える、研究」の記事で紹介されている学術論文を探し、APA スタイルで in-line citation と reference を作成してください。
 - In-line citation は The authors (year) reported のように好きな一文をつくってください。
 - Reference は、読者がその論文を見つけることができるように著者、出版年、論文名、ジャーナル名を含む論文に関する情報を全て APA スタイルで提示してください。

Did you do your homework?

PNAS-2017-Whillans-8523-7.pdf

Create | 1 / 5 | 153% | Tools | Comment | Share

Buying time promotes happiness

Ashley V. Whillans^{a,1}, Elizabeth W. Dunn^b, Paul Smeets^c, Rene Bekkers^d, and Michael I. Norton^a

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Edited by Susan T. Fiske, Princeton University, Princeton, NJ, and approved June 13, 2017 (received for review April 19, 2017)

Around the world, increases in wealth have produced an unintended consequence: a rising sense of time scarcity. We provide evidence that using money to buy time can provide a buffer against this time famine, thereby promoting happiness. Using large, diverse samples from the United States, Canada, Denmark, and The Netherlands ($n = 6,271$), we show that individuals who spend money on time-saving services report greater life satisfaction. A field experiment provides causal evidence that working adults report greater happiness after spending money on a time-saving purchase than on a material purchase. Together, these results suggest that using money to buy time can protect people from the detrimental effects of time pressure on life satisfaction.

time | money | happiness | well-being

sample of working Americans living in the United States ($n = 1,260$), adults in Denmark ($n = 467$), and Canada ($n = 326$), and both a nationally representative sample ($n = 1,232$) and a sample of millionaires ($n = 818$) in The Netherlands. See Table 1 for sample demographics. In all samples, respondents completed two questions about whether—and how much—money they spent each month to increase their free time by paying someone else to complete unenjoyable daily tasks. In addition, respondents rated their satisfaction with life (SWL) and reported their annual household income, the number of hours they work each week, age, marital status, and the number of children living at home (*SI Appendix*). In the Canadian and Dutch surveys ($n = 2,376$), respondents also completed a measure of time stress (4), allowing us to test the prediction that buying time mitigates the negative effects of time stress on life satisfaction.

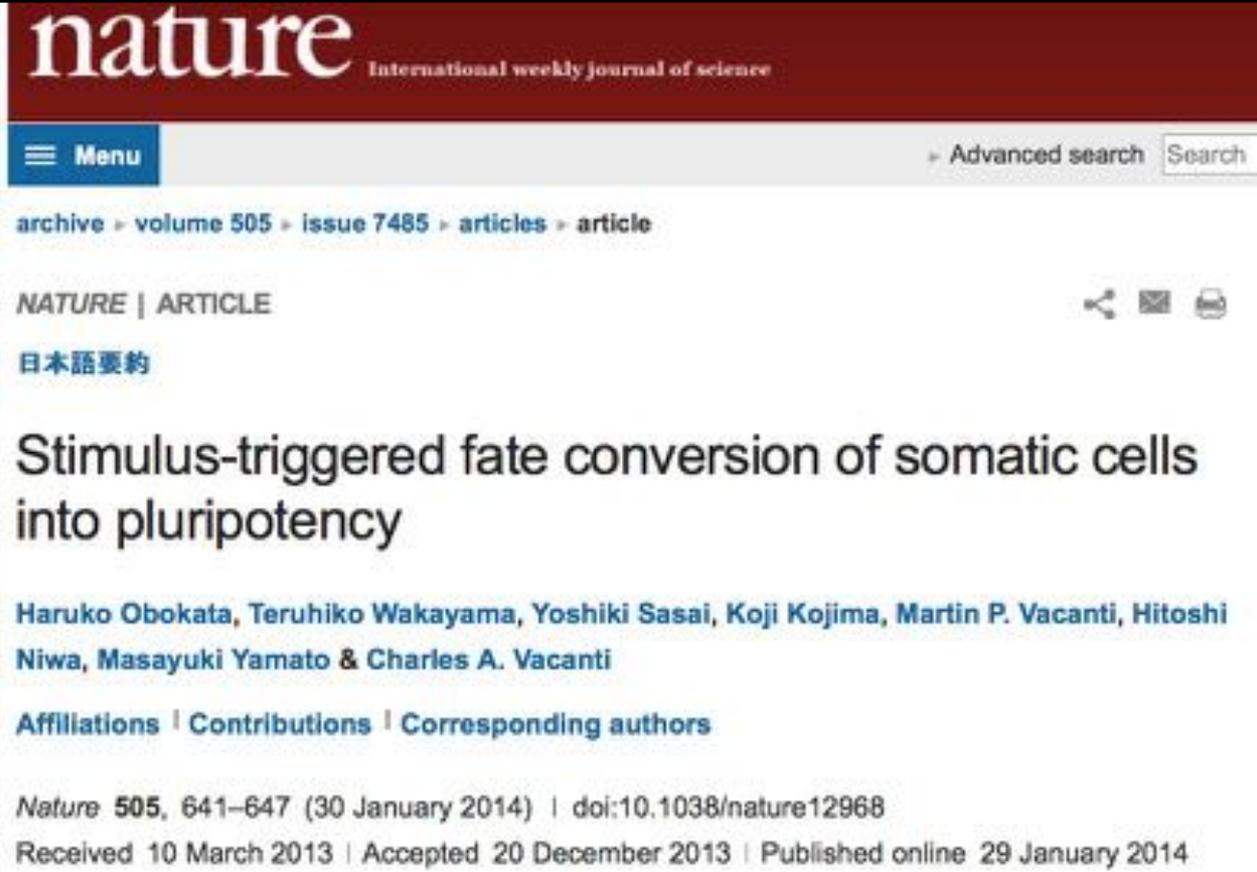
Check for updates

PNAS PNAS

6

References (参考文献リスト)

- Recall



The image shows a screenshot of a web page from the journal Nature. The page features a dark red header with the 'nature' logo and the tagline 'International weekly journal of science'. Below the header is a navigation bar with a 'Menu' button and an 'Advanced search' field. The main content area displays the article title 'Stimulus-triggered fate conversion of somatic cells into pluripotency' by Haruko Obokata, Teruhiko Wakayama, Yoshiki Sasai, Koji Kojima, Martin P. Vacanti, Hitoshi Niwa, Masayuki Yamato & Charles A. Vacanti. The page also includes a '日本語要約' (Japanese summary) link, a list of authors, and publication details: 'Nature 505, 641–647 (30 January 2014) | doi:10.1038/nature12968' and 'Received 10 March 2013 | Accepted 20 December 2013 | Published online 29 January 2014'.

nature International weekly journal of science

Menu Advanced search Search

archive > volume 505 > issue 7485 > articles > article

NATURE | ARTICLE

日本語要約

Stimulus-triggered fate conversion of somatic cells into pluripotency

Haruko Obokata, Teruhiko Wakayama, Yoshiki Sasai, Koji Kojima, Martin P. Vacanti, Hitoshi Niwa, Masayuki Yamato & Charles A. Vacanti

Affiliations | Contributions | Corresponding authors

Nature 505, 641–647 (30 January 2014) | doi:10.1038/nature12968
Received 10 March 2013 | Accepted 20 December 2013 | Published online 29 January 2014

References (参考文献リスト)

- **Article (論文のタイトル)**: Stimulus-triggered fate conversion of somatic cells into pluripotency
- **Authors (著者名)**: Haruko Obokata , Teruhiko Wakayama , Yoshiki Sasai , Koji Kojima , Martin P. Vacanti , Hitoshi Niwa , Masayuki Yamato & Charles A. Vacanti
→ Obokata, H. et al. (6人以上の場合は第一著者以外の著者を et al. で省略します)
- **Year published (出版年)**: 2014
- **Source (情報源)**: Nature, Volume 505, Issue 7485, page 641-647.

References (参考文献リスト)

Obokata, H. et al. (2014). Stimulus-triggered fate conversion of somatic cells into pluripotency. *Nature*, 505(7485), 641-647.

著者が6人以上の場合、In-line citation でも、Reference list でも、常に et al. を使って省略できます。

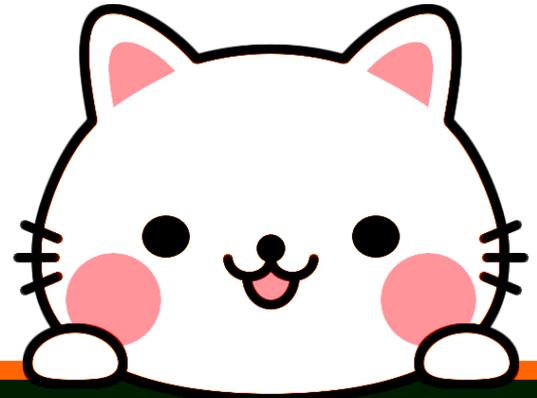
Did you do your homework?

- Answer to Q2: Reference にリストする方法
(<http://www.citationmachine.net/> により作成しました)

Whillans, A. V., Dunn, E. W., Smeets, P., Bekkers, R., & Norton, M. I. (2017). Buying time promotes happiness. *Proceedings of the National Academy of Sciences*, 114(32), 8523-8527.
doi:10.1073/pnas.1706541114

Building better sentences

- Present your answer to Q1.
 - In-line citation の練習として
The authors (year) reported...
のように一文をつくってください。
 - Then, please paraphrase and
make more sentences
expressing the same idea.



勇気ある知識人を目指
す方は、アイデアを黒
板に書いてください。

Building better sentences

Around the world, increases in wealth have produced an unintended consequence: a rising sense of time scarcity. We provide evidence that using money to buy time can provide a buffer against this time famine, thereby promoting happiness. Using large, diverse samples from the United States, Canada, Denmark, and The Netherlands ($n = 6,271$), we show that individuals who spend money on time-saving services report greater life satisfaction. A field experiment provides causal evidence that working adults report greater happiness after spending money on a time-saving purchase than on a material purchase. Together, these results suggest that using money to buy time can protect people from the detrimental effects of time pressure on life satisfaction.

APA Style: You Need 2 Things!

- **In-line citation**

文中で文献を参照したことを明記する

- **Reference list**

参考文献リストに、論文中で言及した文献を明記する

APA Style: You Need 2 Things!

- A proper citation helps the reader (and you).

PERSPECTIVE

Would You Be Happier If You Were Richer? A Focusing Illusion

Daniel Kahneman,¹ Alan B. Krueger,^{1,2*} David Schkade,³ Norbert Schwarz,⁴ Arthur A. Stone⁵

The belief that high income is associated with good mood is widespread but mostly illusory. People with above-average income are relatively satisfied with their lives but are barely happier than others in moment-to-moment experience, tend to be more tense, and do not spend more time in particularly enjoyable activities. Moreover, the effect of income on life satisfaction seems to be transient. We argue that people exaggerate the contribution of income to happiness because they focus, in part, on conventional achievements when evaluating their life or the lives of others.

Most people believe that they would be happier if they were richer, but survey evidence on subjective well-being is largely inconsistent with that belief. Subjective well-being is most commonly measured by asking people, "All things considered, how satisfied are you with your life as a whole these days?" or "Taken all together, would you say that you are very happy, pretty happy, or not too happy?" Such questions elicit a global evaluation of one's life. An alternative method asks people to report their feelings in real time, which yields a measure of experienced affect or happiness. Surveys in many countries conducted over decades indicate that, on average, reported global judgments of life satisfaction or happiness have not changed much over the last four decades, in spite of large increases in real income per capita. Although reported life satisfaction and household income are positively correlated in a cross-section of countries,

Standard survey questions on life satisfaction by which subjective well-being is measured may induce a form of focusing illusion, by drawing people's attention to their relative standing in the distribution of material well-being and other circumstances. More importantly, the focusing illusion may be a source of error in significant decisions that people make (4).

Evidence for the focusing illusion comes from diverse lines of research. For example, Strack and colleagues (5) reported an experiment in which students were asked: (i) "How happy are you with your life in general?" and (ii) "How many dates did you have last month?" The correlation between the answers to these

questions was -0.012 (not statistically different from 0) when they were asked in the preceding order, but the correlation rose to 0.66 when the order was reversed with another sample of students. The dating question evidently caused that aspect of life to become salient and its importance to be exaggerated when the respondents encountered the more general question about their happiness. Similar focusing effects were observed when attention was first called to respondents' marriage (6) or health (7). One conclusion from this research is that people do not know how happy or satisfied they are with their life in the way they know their height or telephone number. The answers to global life satisfaction questions are constructed only when asked (8), and are, therefore, susceptible to the focusing of attention on different aspects of life.

To test the focusing illusion regarding income, we asked a sample of working women to estimate the percentage of time that they had spent in a bad mood in the preceding day. Respondents were also asked to predict the percentage of time that people with pairs of various life circumstances (Table 1), such as high- and low-income, typically spend in a bad mood. Predictions were compared with the actual reports of mood provided by respondents who met the relevant circumstances. The predictions were biased in two respects. First, the prevalence of bad mood was

Table 1. The focusing illusion: Exaggerating the effect of various circumstances on well-being. The question posed was "Now we would like to know overall how you felt and what your mood was like yesterday. Thinking only about yesterday, what percentage of the time were you: in a bad mood _____%, a little low or irritable _____%, in a mildly pleasant mood _____%, in a very good

Unit 3: Types of Paragraphs

Types of paragraphs

- There are 7 types of paragraphs
 - **Descriptive**
 - **Comparison**
 - **Cause-Effect**
 - **Classification**
 - **Process**
 - **Definition**
 - **Opinion**

Types of paragraphs

- In my entire life, I have never witnessed an environmental disaster like the disappearing South Aral Sea, in Central Asia.
- No matter how much school administrators focus on keeping students in school, there are always reasons for students to drop out.

Types of paragraphs

- In my entire life, I have never witnessed an environmental disaster like the disappearing South Aral Sea, in Central Asia.

(T.S. for a **descriptive** paragraph, p. 67)

- No matter how much school administrators focus on keeping students in school, there are always reasons for students to drop out.

(T.S. for a **cause-effect** paragraph, p 78)

Types of paragraphs

- In the world of track and field, there are three different types of runners: sprinters, middle-distance runners, and distance runners.
- The qualities of a good writer mirror the qualities of a good ballerina.

Types of paragraphs

- In the world of track and field, there are three different types of runners: sprinters, middle-distance runners, and distance runners.

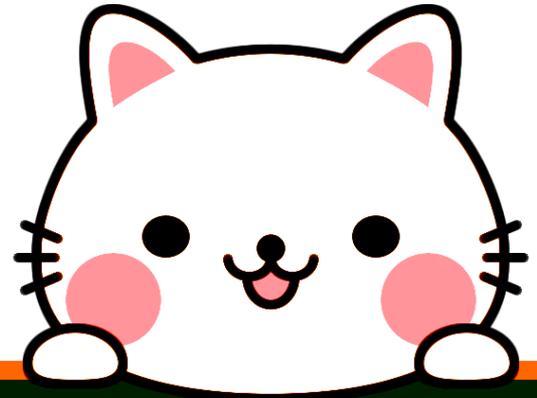
(T.S. for a **classification** paragraph, p. 82)

- The qualities of a good writer mirror the qualities of a good ballerina.

(T.S. for a **comparison** paragraph, p. 71)

Types of paragraphs

- Please come up with a topic sentence for
 - Descriptive paragraph
 - Cause-effect paragraph
 - Classification paragraph
 - Comparison paragraph



勇気ある知識人を目指
す方は、アイデアを黒
板に書いてください。

Unit 4: Moving from paragraph to essay

What is a Paragraph? (and an essay?)

Gigantic paragraph
(This is not recommended
in academic writing)

Paragraph



Essay



Essay structure



Title

Introduction

- Hook

- Thesis statement

Body

Concluding

From paragraph to essay

- Please study how a paragraph can be expanded to an essay.
- Paragraph 21 (Textbook p. 93)
- Essay 1 (Textbook p. 94)