

LIVING ENGLISH!



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TWO PRE-DEPARTURE SESSIONS:

- **Session 1: Living English!
Today**
- **Session 2: “Ready, Set Go!”
June 8, Saturday**

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- From Hawaii, Yonsei
- Lived in Japan 25 years
- Former associate professor at Osaka Gakuin University and faculty instructor at the University of Alaska Fairbanks
- Studied at Doshisha University & University of Hawaii Manoa
- Former Director of the International Center at OGU
- Presently, Vice President at JSAF

WARM UP

Name, home university

What overseas university will you be attending?

Why did you select that university?
(location, curriculum, cost, weather, sports or interest, etc.)

Why are you going on study abroad?

TODAY'S SESSION:

- Why is English so important?
- Effective Communication Skills
- Differences in the classroom
- Culture Shock!



ENGLISH???

Why is English so important?

Why do many Japanese students struggle with English?

”
JUST BECAUSE YOU'RE
STRUGGLING DOESN'T
MEAN YOU'RE FAILING.
EVERY GREAT SUCCESS
REQUIRES SOME TYPE OF
struggle

THE “ENGLISH WALL”

- For entrance exams, not communicative.
- Some Japanese have a complex from studying 6 years + university but they still cannot speak English well
- Kampeki shugi (完璧主義)
- Japanese tend to be more reserved and risk-averse



ENGLISH IS ONLY THE TOOL!

- But you still need it!
- No need for perfect English, communication is the goal!
- After study abroad, what will you do with your English?



Serving Pink Lemonade

HOW WILL YOU APPLY YOUR ENGLISH TO THE FUTURE?

- Job possibilities in Japan?
- English teacher?
- Live and Work overseas?
- Graduate school abroad?
- Immigrate?
- Marry a foreigner? (Joke!)

WHAT ARE GOOD COMMUNICATION SKILLS?



GOOD COMMUNICATION SKILLS

- Smile
- Eye-contact
- Show sincere interest in the other person
- Actively listen
- “Aizuchi”



ENGLISH + GOOD COMMUNICATION SKILLS =

- Make friends from all over the world
- Get a good Job
- Be popular
- Work and Live Overseas
- Future Success



FROM NOW UNTIL YOU DEPART...

What is your **concrete** plan to study English daily?

TAKE **ACTION!**

HOW TO IMPROVE YOUR ENGLISH BEFORE YOU GO

- Watch, listen, read, and write as much English as you can daily before your study abroad
- YouTube, Podcast, NHK News 7 & 9 pm in English, Weekly English newspapers, watch movies in English, etc.
- While you are commuting to school or part-time work, use the time productively

***From today, please study English as much as you can before you leave!**

STUDY ABROAD IS MUCH BIGGER THAN ONLY ENGLISH!



WHY STUDY ABROAD?

- ✿ Learn to speak and write English fluently
- ✿ Make new friends from all over the world
- ✿ Attain a high IELTS/TOEIC/TOEFL score for job employment
- ✿ Good for your resume, job search
- ✿ Experience things you have never done before

GLOBAL SUCCESS SKILLS (SOFT SKILLS)

- Critical thinking
- Assertiveness
- Active communication
- Flexibility

What will be the biggest challenges for you on study abroad?



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DISCUSS IN PAIRS

- List three things that you are worried or feel anxious about and why?
- How do you plan to overcome these challenges?

STUDY ABROAD WILL BE LIFE CHANGING, BUT...

- You will have to very work hard
- You will have to study 2-3 times harder than you do now
- “The Struggle” will be difficult and overwhelming at times
- It is priceless!



LEAVE YOUR COMFORT ZONE!

- Make friends with the local students
- Leave the comfort of the English classes and your ESL classmates
- Don't always stay with Japanese people
- Join clubs, activities, parties, etc.
- Get involved and challenge yourself

**HAVE YOU EVER HAD
CULTURE SHOCK?**



WHAT IS CULTURE SHOCK?

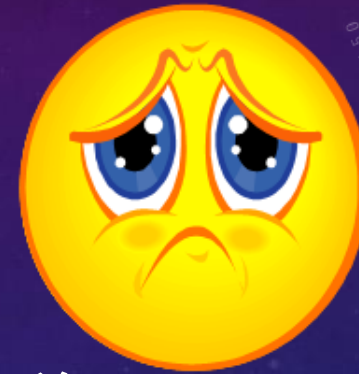
カルチャーショックって何？

- Feeling anxiety, irritation, frustration, negativity for a prolonged period of time while living in a foreign culture/environment
- 自分の行動・考え方・文化、とは異なった文化に接したときや慣れ親しもうとしたときに起こる、精神的な衝撃・不安・ストレス



WHY DOES THIS HAPPEN?

なぜ起こるの？



- Expectations vs. reality 期待と事実の差
- Living by different rules/standards in a different setting 基準・環境・規則・基本の違い
- Loneliness, feeling homesick, uncertainty 淋しさ、ホームシック、不安
- Loss of status & control over life 母国での身分と外国での身分の違い
- Emotional & physical exhaustion 精神的・身体的な疲れ

- 不安
- 自信不足
- だるい

SYMPTOMS

症状だと・・・

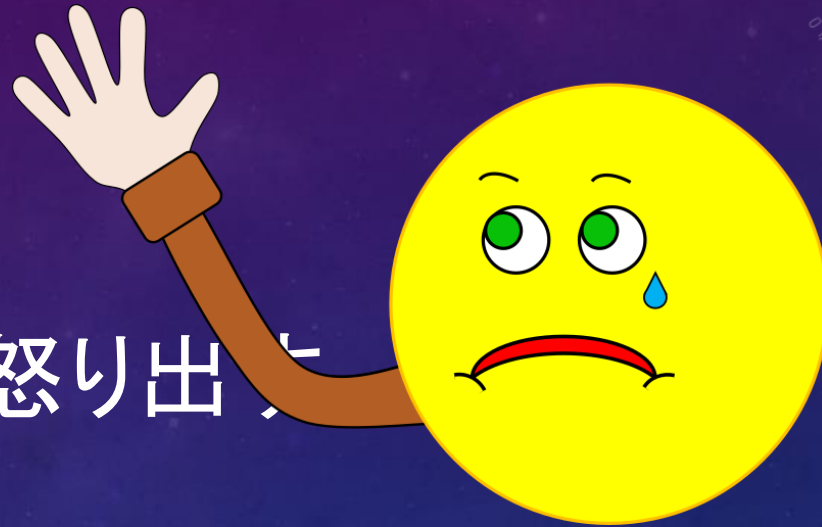
- パニック
- やる気ない

- すぐイライラして、怒り出す

- 絶望

- ホームシック・家族・出身地に会いたい・戻りたい

- 引きこもり(いやなことから逃げている)



1st Stage: *The Honeymoon*



You arrive in the country and everything is new,
exciting, and amazing!
You are in LOVE!



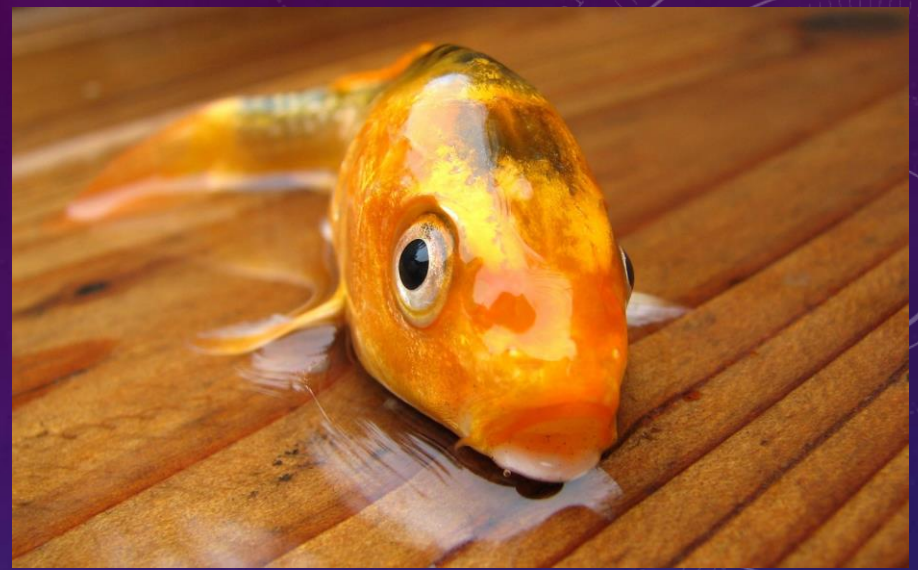
In this stage, you are **curious** about the new culture.

Things that are different are “cool” and you’re very **excited** to be there!

2nd Stage: The Crisis



**This stage is where CULTURE
SHOCK begins!**



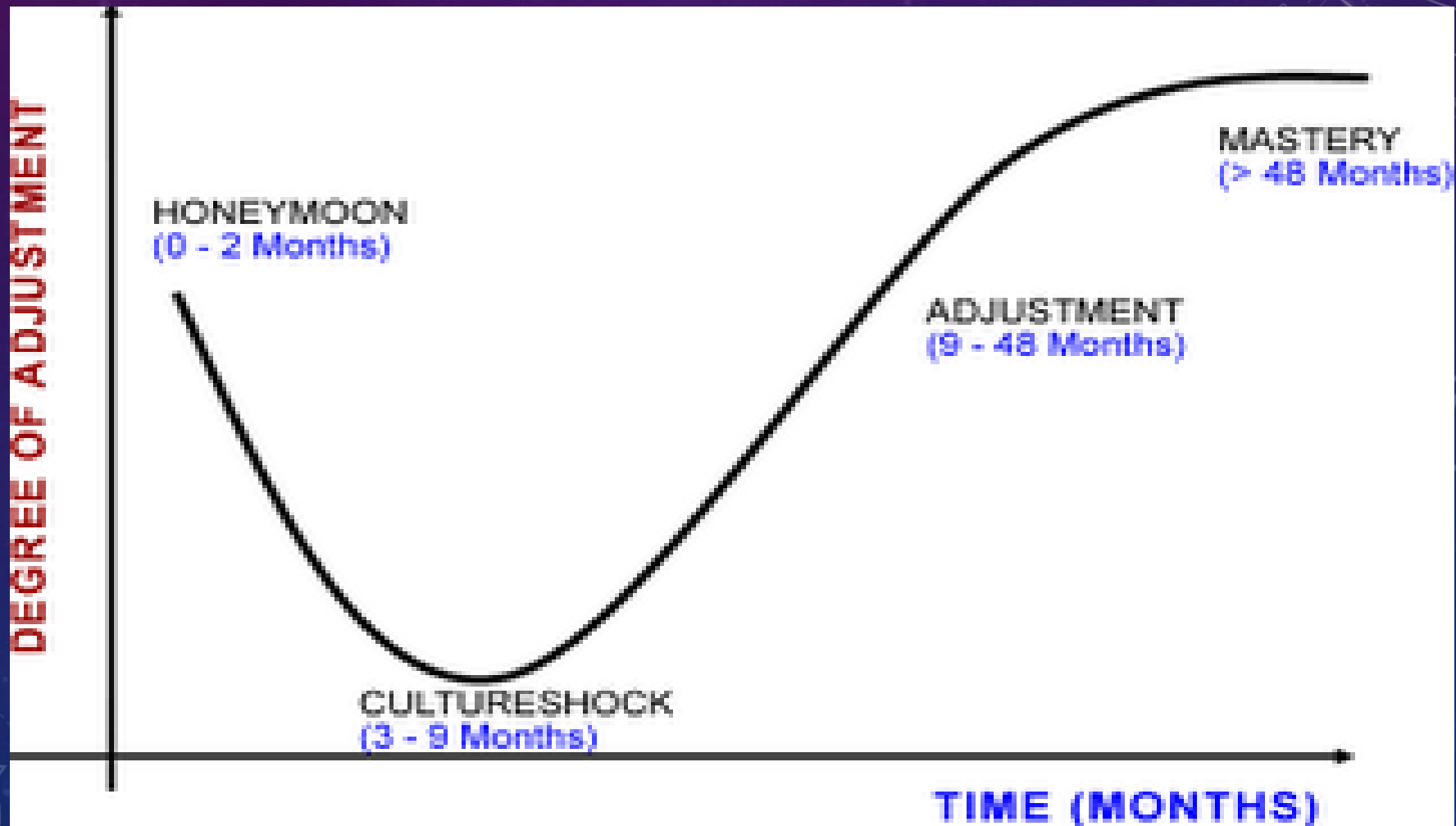
In this stage, you start to notice things that you **do not like** about the new culture.

You begin to **judge** the new culture and **criticize** it.

You may be **frustrated** because you do not know how things work in this culture.

You might feel **lonely, sad, or anxious** due to problems communicating.

This chart shows the “ups and downs” of adjusting to the new culture.



—> ACCEPTANCE AND INTEGRATION

- Move out of isolation
- You become more comfortable with:
 - Language
 - Local Customs
- You may even appreciate and prefer some things in the host country to things at home.



You can navigate or function well within your culture AND the new



You feel comfortable in the new culture and feel like you are a part of it.

You do not struggle as much and daily life is not so difficult!

DON'T PANIC



WHAT CAN YOU DO?

どうすればいい？

- Eat well/exercise (make the time!) 時間を決めてきち
っと食事と運動しよう
- Journal (write how you feel) 毎日の気持ちを日記に
つけよう
- Talk with your roommate, other participants, staff,
counselor, (just get it out) ルームメート、他の参加者、
スタッフに気持ちをぶつけて
- Revisit goals (remind yourself of why you came) 初心
の気持ちを思い出そう
- Stay busy, stay positive, count your blessings 忙しくし
ていよう

CLASSROOM TEACHING STYLES

- How do Japanese university teachers teach?
- How do non-Japanese university teachers teach?
- How do the Japanese students learn, study and behave in class?

WESTERN STYLE CLASSROOMS

- Diverse
 - Students from other countries
- Serious but can be interesting/fun
- No cell phones, no talking with friends, no eating, no sleeping

ENGLISH CLASSROOMS ABROAD

- Student participation is very important
 - Active and assertive: raise your hand, ask questions, give comments
 - Everyone needs to participate
 - Serious but engaging
 - Come to class prepared

STUDENTS EXPECTED BEHAVIOR IN THE CLASS

- Serious
- All students pay close attention
- Take notes
- Actively listen
- No cell phones, no eating, no sleeping, no talking to friends, no doing homework for the next class.

DIFFERENCES IN THE CLASSROOM

- Professor-student relationship
- Office Hours
- Grades (GPA: Grade point Average)

DORMITORY ROOMMATES AND HOME STAY FAMILIES

- Cultural differences
- Personal differences



HOW TO BE SUCCESSFUL

- #1 Good communication skills
- Be flexible and openminded
- Do not be afraid to talk about the problem
- Discuss things right away

DORMITORY ROOMMATES

- Not all roommates will “hang out” with you
- Respect each other’s space and privacy
- Effectively communicate
- Read the situation
- Discuss any problems directly but nicely
- Consult a Resident Administrator (RA)



HOMESTAY

- Get involved with the family, the children and the pets
- Do not stay in your room all the time
- Mutual respect of space and privacy
- Read the situation
- Discuss problems directly with host parents

***Every host family is different, do not compare with other student's homestay**

ROOMMATES

- You want your roommate to be more quiet at night.
- Your roommate has some body odor and you want your roommate to take a shower more.
- You don't understand/agree with something your roommate said or did.
- You are hurt by something your roommate said or did.
- Your roommate often brings her boyfriend/girlfriend to the room at night. It is very awkward...

HOST FAMILIES

- The portion of food they serve you is not enough and you would like to have more
- The children are cute but they continue to come into your room when you are studying and they are becoming a bit troublesome
- The family takes showers in the morning and you want to take a shower in the night
- The breakfast is very plain, milk and cereal, you would like to have something else

THE JOURNEY IS JUST BEGINNING!



AFTER YOU RETURN:

THE SHIP FOR WORLD YOUTH LEADERS PROGRAM (SWY)

120 JAPANESE, 120 OVERSEAS YOUNG PEOPLE FROM 10 COUNTRIES



THANK YOU FOR ATTENDING TODAY!

