

Do You Know How To Improve Yourself?

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So, do you think you know yourself? Do you think you know how to improve yourself?

This is me when I was in the first grade of KOSEN. I liked watching YouTube and was good at doing Japanese archery. However, I was a little weak at carrying on conversations with my friends.

At that time, I participated in a KOSEN English recitation competition. I was impressed with the dinner party the day before it. It was my first time to talk with students from another KOSEN. The conversation was unexpectedly exciting. I found it was easier to talk to people I met for the first time. I wondered why. Maybe we didn't know each other well, so I was able to have a natural conversation without being disturbed by prejudice. At the same time, I realized I usually talk while paying attention to how people see me.

You may know the word "*Hitomishiri*" in Japanese. In my case, I'm not "*Hitomishiri*" when I talk with people who I meet for the first time, but I'm not good at communicating after that. In contrast to "*Hitomishiri*", such a person is said to be "*Nidomishiri*".

There is such data. Of the 100 people in my school, 29 % were "*Nidomishiri*", and 36 % feel easier to communicate on SNS than face-to-face. Don't you think the percentage is large? There are as many SNS as face-to-face. KOSEN students in particular, do not have the opportunity to interact with students from other schools unless they go outside. I'm worried this situation will reduce direct person-to-person communications and narrow their horizons.

So, since the recitation competition, I have participated in many extracurricular activities such as short-term study abroad in Thailand and science experiment teaching and so on. I was able to interact with students from another KOSEN. By participating in extracurricular activities many times, I feel my "*Nidomishiri*" became better than before. It is important to speak, but I've also become conscious of actively listening to others.

By placing yourself in various environments, you can improve yourself. It sounds hard but it's not. So, I have summarized how to do it. Step 1, find information about extracurricular activities. Find out what you are interested in and what is easy for you to participate in. Don't be afraid to try something new. Step 2, apply for it. It's good to participate alone, because you can see how you will change in an environment where no one knows you. Step 3, repeat step1 and step2, and participate more. Every time you participate, you will meet new people from another KOSEN. Since we are all KOSEN students, there are many common topics, and it will be easy to talk. You will be inspired by listening to various conversations just like I was.

In this presentation, my aim is to convey that the number one way to become less shy and improve yourself is to go off campus and follow my 3steps. As simple as that. My

Sezaki Haruka - 2
(Kumamoto, Yatsushiro)

horizons have expanded by meeting and interacting with students outside of my KOSEN. By communicating with various people, you will be able to learn things about yourself that you didn't know before. It will help you to develop, which means you can improve yourself. It's so logical and effective. I say again. By participating in extracurricular activities, you can improve yourself. Got it? Let's try it. Thank you.