

A message from the counselor for international students

## A practical guide to achieve your goals <sup>(1)</sup>

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### Method 2 of a two part series

#### Finding and utilizing what has worked and external resources

You need concrete goals to achieve your purpose. In this issue, I'll focus on procedures. Taking an example of writing a graduation thesis, I'd like to show you an action plan.

You might be at a loss where to start first, when you think about writing a thesis of 20000 words. A thesis consists of chapters and sections. The idea of preparing several term papers and organizing them will give you a sense of accomplishment.

→When your goal is too big, break it up into several parts and start when you are ready.

Most of you have taken class credits by submitting term papers. Remember how you prepared and wrote those which you've got a good grade. Find what has worked.

→Find what has worked for you in a similar situation in the past.

Detailed description of what worked is as follows:

- The subject was offered by a professor, and what's more, I had an interest in that subject.
- Useful reference and data was available at the faculty office.
- I knew what to write about through discussion with friends.

The subject of interest, reference and data are ready, and when you have clearly defined your thesis, you can start. Take action.

→Make a detailed description of what has worked before and try to replicate the process.

Those who know what to do, but can't take the first step, please seek advice or assistance from someone around you, your friends, seniors, professors or advisors at the library.

The important thing is, to write one line first. You don't need to start from the first chapter. You can start any place when you're ready. Writing one line leads you to one section, one section becomes a step to one complete chapter, and finally a thesis.

→Utilize external resources and take the first step.

**This method can be applied not only for writing a thesis but also achieving any kind of goal.**

(1) In the June 2012, English version, I apologize that I used the word, goal as a synonym for purpose. The English title should have been, "A practical guide to achieve your purpose". I'd like to correct it.

\*I can be found in rooms 105 or 102 at ISC on Mondays from 9:30~16:30.

From October, I'll be located in the Health Service Center, located on the 1<sup>st</sup> floor of the newly built Students Center.

\*To make an appointment, please feel free to contact me at: email: [ikuta102@ynu.ac.jp](mailto:ikuta102@ynu.ac.jp).