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A message from the counselor for international students no.5

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Learning from the reason why foreign sumo wrestlers' Japanese has improved

Many foreign sumo wrestlers are active in Japan's Sumo Association at present. It's surprising that they speak fluent Japanese. They spend their days at their sumo master's stable and practice sumo with Japanese wrestlers from morning till night. If they didn't understand Japanese, they would have difficulties in not only their daily life but also the practice of their main profession. That's why they desperately try to master Japanese. Their quick improvement of Japanese shows us we can achieve our goals when we are in an environment that can help increase our motivation.

In this issue, I'd like to focus on three strategies that can increase your motivation.

The first one is, to make your goals known to your friends. Also, letting them know of a deadline you have set yourself. Announcing this to people can create an environment that helps increase your motivation. For example, if you announce, "I'm going to pass the Japanese Language Proficiency Test (JLPT) Level N1 this winter.", you will become less hesitant about the test, and you can concentrate on studying for it. It's said, our brain reacts to what we verbalize, and makes us take the action according to our words. Whenever you meet someone and declare, "I'll pass . . . the JLPT.", you become motivated to take the necessary action to pass the test.

The second one is involving a person whom you trust, and who supervises you and reporting your progress to them on a regular basis. This can create an environment that helps increase your motivation. There was a student whose days had passed without doing any preparation for her thesis, because when she returned home from her part-time job, she felt exhausted, lacked motivation and delayed doing the work. She decided to do the thesis for at least five minutes a day and to send the progress by e-mail to her sister in her home country before she went to bed. Her sister was so strict, there was a condition the promise to send work daily must be kept. The promise with her sister became an important factor in accomplishing the draft of the thesis.

The third one is, to find someone with the same goals and to organize a group, or find a group with the same goals and join them. Joining a certain group at a certain time every week can be a useful environment to help increase your motivation. You know well about the effectiveness of working in a group, for example, studying with your friends to obtain a qualification.

Staying motivated on your own is tough. It will be a great help to be in an environment that can help increase your motivation to achieve your goals.

*I'm located in the Center for Health Services on Mondays from 10:00~17:00.

*To make an appointment, please contact the Center for Health Services. ☎:045-339-3153