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A message from the counselor for international students No.11

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The emotional excitement which influences our sense of time

Do you know how one second is measured?

Now, one second is measured by a cesium atomic clock. The pendulum of a cesium clock is microwave and its 9,192,631,770 cycles are defined as one second.

Time is given to all of us on earth equally. For everyone 1 hour is equal. 1 hour can feel long or short depending on the situation. When we are reluctant to do certain tasks, 1hour can feel like 4 or 5 hours. When we have to endure something boring we can feel physically uneasy and irritable. When we enjoy talking with our friends, watching our favorite movies, playing games or reading our favorite books, time goes by quickly, 1hour can feel like 5 or 10 minutes and we wish we had more time.

What influences our sense of time?

Time feels shorter, when we are engaged in tasks which we have an interest and curiosity in. This kind of interest and curiosity seems to give us emotional excitement. If we could maintain this kind of excitement when we have to do chores, our sense of time might change.

In this issue, I'd like to introduce you to two methods to utilize your emotional excitement.

The first method is, as I've already introduced in the previous message, visualizing the achievement of goals, the completion of tasks is a certain way to experience this kind of emotional excitement. With this excitement, you do reluctant tasks, such as writing an essay, passing final exam etc., which you don't have any interest in.

The second method is visualizing future rewards. You can prepare short-term gratification, such as a long bath, a delicious meal, a glass of wine etc., and long-term gratification, such as events that have been planned for months, for example, a holiday, going to a concert, visiting your hometown, etc.. Visualizing future excitement can often actually help you to focus.

In this issue, I've examined emotional excitement which influences our sense of time and ways of utilizing the emotional excitement while doing chores.

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

*Previous messages are available on the ISC's website.