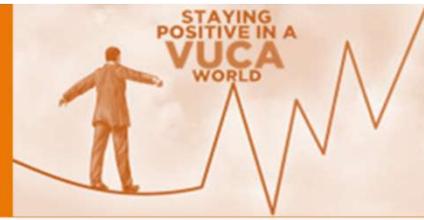


# Sophia Dormitory 2020 Autumn Semester Altruist Leadership Development Training Program



## Target of Training Program

The VUCA\* era, makes it extremely difficult to predict the future, that your past experiences and thoughts may not be useful. To be successful in this era, it is essential to gain the skills of outstanding insights and imaginations for highly uncertain future, creating the uniquely value-added problem solving solutions, performing own unique values and yet co-working with others under such diverse environment.

This educational program enables to realize Sophia motto “Men and Women for Others, with Others” and develops people with altruistic leadership. The program is designed with repetitive sessions of basic program (seminars group works etc.) and practical PBL (Problem-Based Learning) program which includes industry-academia collaboration to enhance residents to have clear visions and skills to discover problems in this unpredictable society condition.

\*VUCA is an acronym and stands for “Volatility”, “Uncertainty”, “Complexity”, and “Ambiguity”. This word means “unpredictable situation” consists various elements.

## Contents of Training Program

### Basic Program

In autumn semester Basic Program, the following seminars and group works are planned. Every time you can enjoy various discussions/workshops and can learn skill/knowledge which is significantly useful for PBL Program.

#### Team Building [JP/EN]

This program is to help aiming the goal as a team while proactively showing the member’s diverse individuality and abilities.

#### Communication [JP]

**Relation & Listening**  
You will learn the key to build relationship and technique for active listening as very basic but yet most important skill of communication.

#### Type analysis & Speak

You will understand the communication type and deepen your understanding of yourself and others. You will also master how to perform “conveying” communications instead of just “speaking” or “talking”.

#### Problem Solving [JP]

##### Problem Finding Techniques

The problem-solving process is divided into “problem finding” and “problem solving.” You will learn the techniques to find problems in a logical and appropriate approach.

##### Problem Solving Techniques

You will learn zero-based thinking to think out of the box without your own assumptions and learn hypothetical thinking to come out with the conclusion which leads you to take actions for solving problems.

#### Be Creative ! [JP/EN]

It is significant to pop out of your legacy methods of thinking and expand your thoughts. You will learn and experience the innovative thinking method which is being utilized during this rapidly changing world to help you gain creative minds.

### PBL Program

PBL stands for “Problem-Based Learning” which aims to develop your ability to discover and solve problems proactively by yourself through below points, rather than passive learning such as just memorizing specific knowledges.



- Learn about vision of your future career and growth by engaging with the organizations and people and seeing their realities.
- Learn from success and failure experiences of proactive activities and exercising leadership.
- Learn about concrete thinking and solving methods against problems and obstacles and understand your own strength and weakness.

#### SDGs Game [JP/EN]

SDGs is the game for experiential understanding of “Why SDGs game is necessary in our world” and “What kind of changes and possibilities could be brought by it”.

#### PBL Discovering Problems [JP/EN]

Set your theme based on SDGs17 goals, discover the familiar issues and practice the process of problem solving through group work.

- ①Orientation (group work)
- ②Midterm Presentation (group work)
- ③Final Presentation

About 3 months program including fieldworks in group.

**Sunday  
October 11**  
13:00-14:40

①Orientation  
**Sunday  
October 18**  
13:00-14:40

②Midterm Presentation  
**Sunday  
November 15**  
13:00-14:40

③Final Presentation  
**Sunday  
December 6**  
13:00-14:40

**Start Sequentially  
from October**

#### PBL Industry-Academia Collaboration [JP/EN]

PBL is implemented together with companies as an opportunity for residents to demonstrate and experience “altruist leadership” in a real world .

**On Sun 4<sup>th</sup> October  
13:00~14:30 Orientation**

We will share what we learned and experienced in the altruistic leadership development program and what we have done in PBL via online round-table talk with the program facilitator and participants in the spring semester at Arrupe International Residence. For those who cannot participate on the day, we will upload a video.