

Pre-enrollment Course “Learning How to Learn” (Spring 2024) Final Assignments

1. “Learning Goal” Assignment

Think of a goal you would like to aim at while at university and design your learning to achieve that goal.

- Building upon what you learned in "Learning How to Learn," envision your future and set a learning goal for your undergraduate studies at Sophia.
- Is there anything particular you would like to accomplish? Any subject you are interested in, languages or skills you want to acquire, or an issue you want to explore? Be imaginative but also think about the necessary steps and experience to achieve your goal.

Follow the procedures on pp.2-4 to submit your “Learning Goal” and at least three “Steps” toward that goal.

Your “Learning Goal” must be written in 1,000 letters (including spaces) or less.

2. Essay Assignment

Topic: After learning about Sophia’s Educational Philosophy, how did you perceive the meaning of the phrase “For Others, With Others” as its expression?

Length: Approximately 200 words (maximum 1,000 letters)

Submission Period (for both assignments)

From April 1 to 8, 2024 (*Due on April 8 at 23:59pm)

Note

The final assignments require you to reflect on “Learning How to Learn” and think about your own learning experiences during and after your time at Sophia, as well as how you relate yourself with “others.” Please refrain from using generative AI tools and instead, express your original thoughts in your own words.

The essay assignment will serve as the material for discussion in the compulsory course “Studies in Christian Humanism: For Others, With Others.”

How to Submit the Assignments

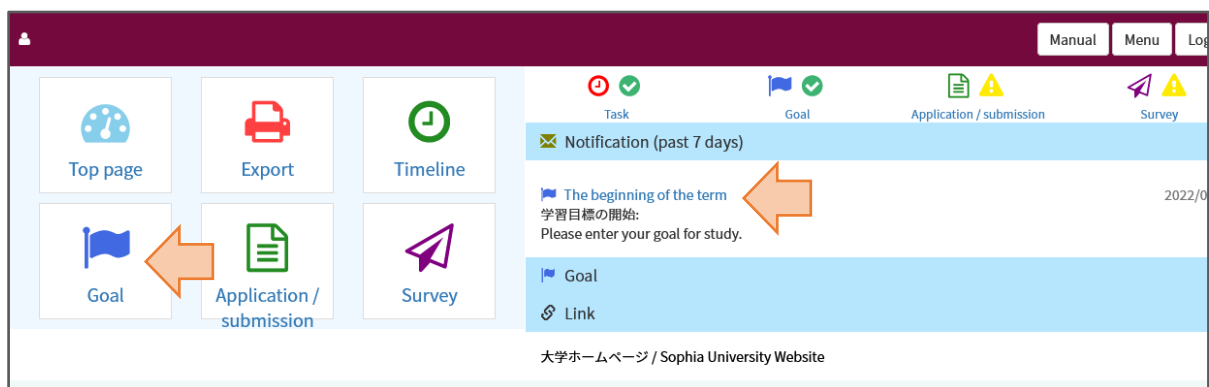
1. Prepare your learning goal and essay using a word processing software, such as Microsoft Word.

Note: keep the text document for the essay assignment even after the submission since it will be used in the compulsory course “Studies in Christian Humanism: For Others, With Others.”

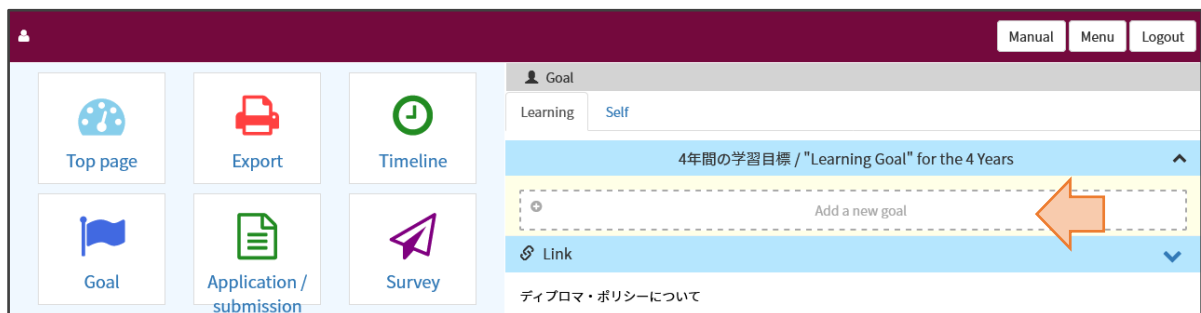
2. Log in to “Self Learning Portfolio System.” Access information will be distributed to each student at the Entrance Ceremony with your student ID card.

“Learning Goal” Assignment

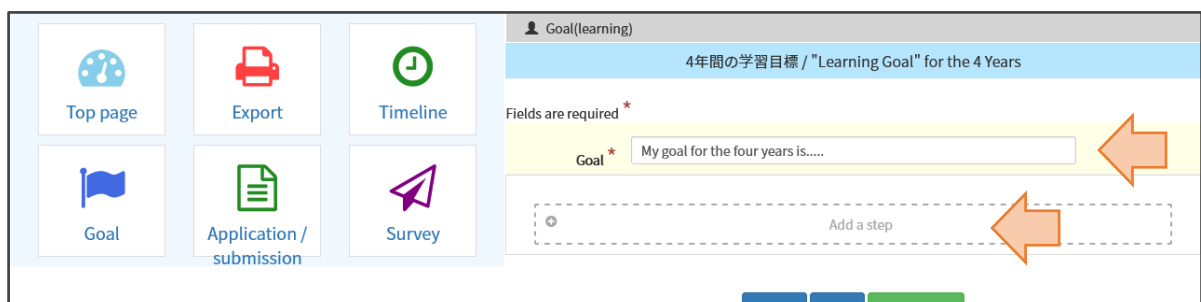
3. Click on the “Goal” menu and then “The beginning of the term”.



4. Click on “4年間の学修目標 / “Learning Goal” for the 4 Years”, and then choose “Enter your self and create a new goal.”



5. Type in your Learning Goal. The maximum number of letters (including spaces) is 1000. Once you fill out your learning goal, you can “Add a step” to add necessary steps toward the goal.



- Each step needs a start date, but you do not have to be overly specific at this point. For example, if “taking a Cultural Anthropology course in the 2nd year” is a step toward your goal but you are unsure about which semester, simply put a start date of “2023/04/01.” Remember, the purpose of this assignment is for you to start thinking about your learning and opportunities at Sophia. You are free and even encouraged to rethink and revise your goal and steps as you proceed with your studies.

You may set a due date for each step if you prefer. You may also leave the “Interval” as 1 Day unless a specific step occurs repeatedly.

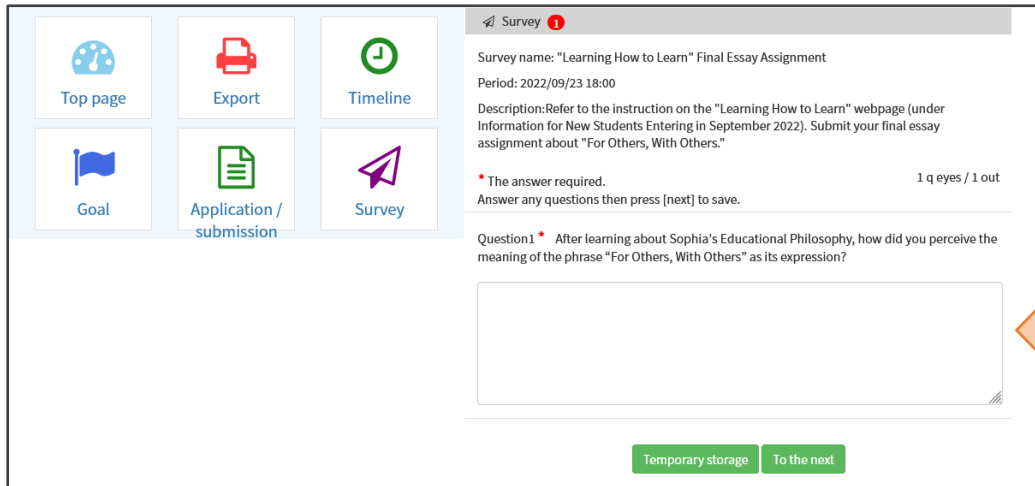
The “Add a question” function can be used to remind you of actions associated with each step. You do not have to set it up at this point, but it can be an effective tool to manage your progress should you decide to use it.

- Once you finish registering your goal and at least three steps, you are done with this assignment. You may revise them whenever you would like.

Essay Assignment

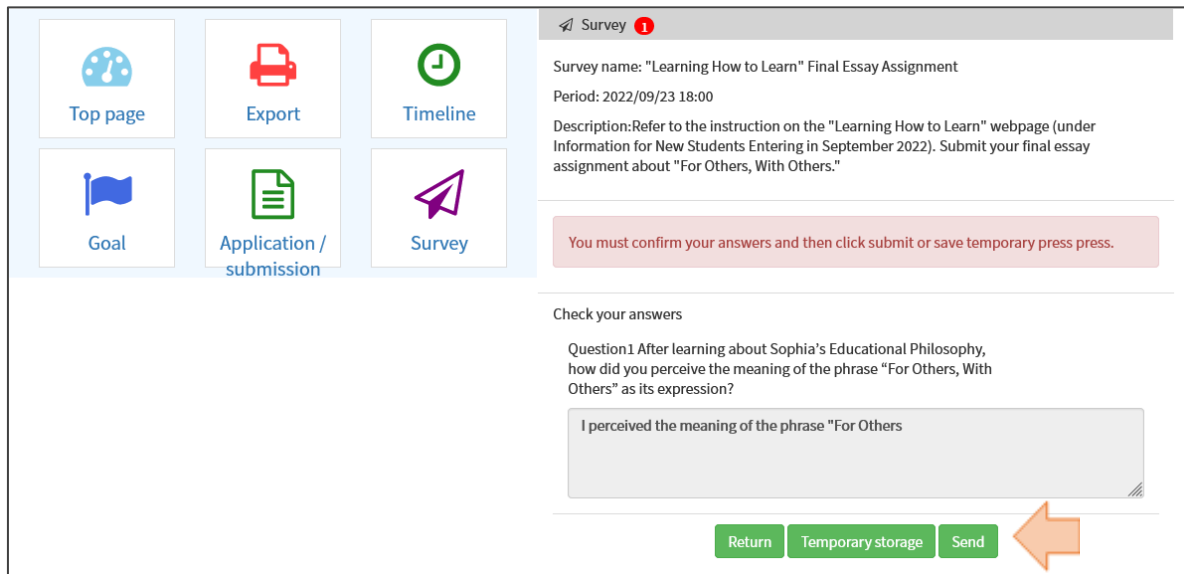
- Go back to the top page and click on “Survey.” You will find “Learning How to Learn” Final Essay Assignment in the “Open” tab. Click on the survey link.

9. You will find the essay question and a text box. Copy and paste your essay text from the word document in the box.



The screenshot shows a survey interface with a navigation menu on the left containing icons for Top page, Export, Timeline, Goal, Application / submission, and Survey. The main content area displays the survey name "Learning How to Learn" Final Essay Assignment, the period "2022/09/23 18:00", and a description. Below this, a question is shown: "Question1 * After learning about Sophia's Educational Philosophy, how did you perceive the meaning of the phrase 'For Others, With Others' as its expression?". A large, empty text box is provided for the answer. At the bottom, there are two buttons: "Temporary storage" and "To the next". An orange arrow points to the right side of the text box.

10. After entering the essay text in the box, proceed to the next and click on the "Send" button. Now you have completed the course. **Congratulations!**



The screenshot shows the same survey interface as above, but with the answer "I perceived the meaning of the phrase 'For Others'" entered in the text box. A red warning message is displayed: "You must confirm your answers and then click submit or save temporary press press." Below the question, there are three buttons: "Return", "Temporary storage", and "Send". An orange arrow points to the "Send" button.

Note:

If your page shows two survey links, in English and Japanese, submit your essay through only one of them. If you are a student of Faculty of Liberal Arts, SPSF, or FST English Courses, please choose English. If you have already submitted through Japanese survey, you do not need to re-submit it.