

# SALC通信



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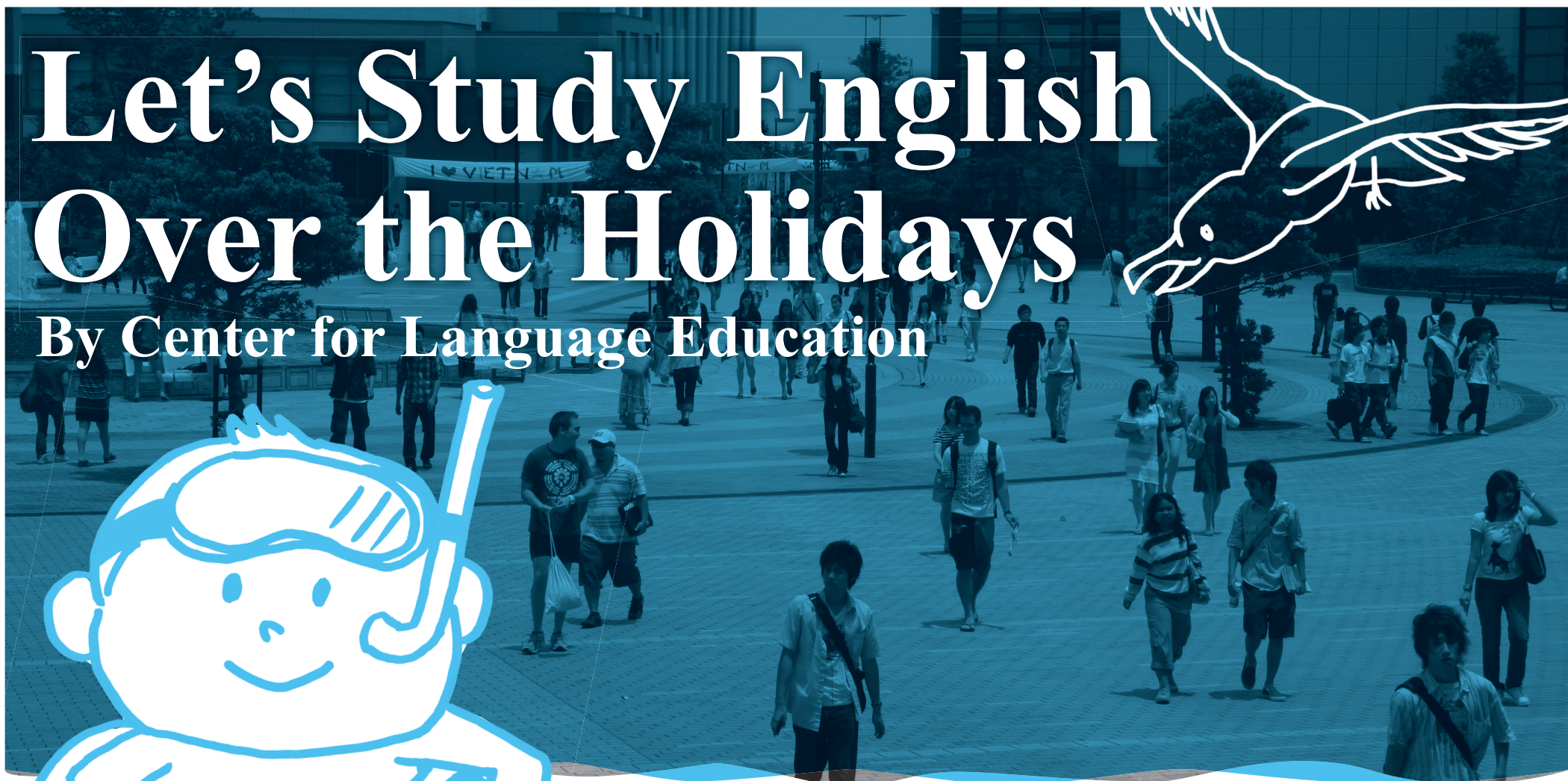
2012

JUL.

S e l f - A c c e s s L e a r n i n g C e n t e r

## Let's Study English Over the Holidays

By Center for Language Education



CONGRATULATIONS!! You survived this semester at APU! Finally, it's the summer holiday, and a chance to sleep, play, and not speak any English. Right?

WRONG!!

Studying a language is similar to weight training – if you stop doing it for too long, your muscles get smaller. If you stop speaking English for too long, your English will get worse!

Here are some fun ways you can continue your English study in the holidays. You don't have to sit at your desk every day or in front of your computer!

### -Talk to friends in English (even Japanese friends!):

It may seem strange, but if you have non-native friends who want to continue improving their English too, talk to each-other in English! If you need a topic check out this cool website: <http://iteslj.org/questions/>. You can find over 500 different discussion topics.

### -Listen to English music every day:

When you listen to a CD, or go for a jog with your iPod, and you have to choose between DragonAsh or Eminem, Ripslyme or Green Day, Ayumi or Avril...choose the English songs! Just listening to English every day can help you not forget the language!

If you have a favorite song, search for the words at [www.azlyrics.com](http://www.azlyrics.com) and you can learn the meaning and maybe some new words and grammar.

### -Sing English songs when you go to karaoke with friends:

It is great reading practice, you can improve your pronunciation and you can make the song slower if it is too fast. You may also learn some new vocabulary and grammar!

### -Read an English magazine/newspaper:

Try to find an international magazine or newspaper on a topic you are interested in: football, fashion, music – they sometimes have them at places like Book Off.

Also, go to <http://newsvote.bbc.co.uk/email/news> and sign up as a 'NEW USER' to get news emails sent to your phone or computer every morning. (Cell-phones which have a dot (.) before the @ cannot get emails sent to them). You don't have to understand everything, but if you just read the news every day, you may see the same word many times and it may be important!

### -Read manga:

If you have a favorite manga, maybe they made an English version too. Death Note, Nana, One Piece... you know the story, so you can think about the language if you can find these comics in English!

### -Watch English movies:

Next time you go to Tsutaya, Mega Media or Boo, rent an ENGLISH movie! Also, you can try to remember your favorite scene, and 'shadow' the conversation (repeat the words at the same time as the actor or actress). If you have a friend who likes the same movie, you can be your favorite characters!

### -Don't stop studying vocabulary:

You can take your vocabulary book to the beach, and study words for 15 minutes every day. (If you don't have a small notebook for writing new vocab in...GO AND BUY ONE NOW!) This will make sure you don't forget everything you learned this semester, and you can write down new words you see/hear every day. Make a goal to study vocabulary for a certain amount of time each day and stick to it.

Enjoy the holidays, and most importantly, find something which you love doing (reading, watching movies, listening to music, talking to cute girls/guys)...and do it IN ENGLISH!!





# Steps to make your exams easy

試験に備えて準備をする際のヒントについて

**By Peter Roux** (Junior Lecturer, Center for Language Education)  
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Writing exams is a stressful experience for all students because so much depends on your performance. You want to give the best you can, right?

Here are a few exam preparation tips to help you excel in your studies.

## Step 1: Organize yourself

The earlier you start, the more time you will have to prepare. Organize the course material, make sure you have all the necessary notes and information and speak to your teacher if there is something you missed. If you are behind, make time to catch up and collect all the material you need. Ask classmates if anyone is interested in making a study group, but make sure your goals are the same and that you can support each other.

## Step 2: Make a list of priorities

Think carefully about your studies and consider the following questions: How many exams will you sit? How difficult is the material? How much time is available? How important is this exam for you? What are your goals for this exam? What other things do you have to do during this time? Answer these questions and make a list of what you need to do for the exam. Write a list of clear goals that you would like to achieve.

## Step 3: Create a revision plan

Timing is everything. Once you know how much material you have to study, you can form an idea

of how much time you will need to cover it. Look at your diary and find the time to put aside for study. Make a separate revision schedule to help you stay focused and put it where you can see it: in your diary, on the fridge... anywhere that will remind you of your goals. If you have a part-time job or other commitments, make sure you put this in your schedule. Remember to stay focused on the goals of your priority list.

## Step 4: Start revision

Don't wait until it is exam week. Start your revision schedule and keep to it. You should aim to have done at least one proper revision before the exam period. This will help you to feel less stressed so that when exam week arrives, you can concentrate on memorizing the material clearly and deeply.

## Step 5: Take care of yourself

This is the most important part. Stay healthy, positive, and in a good physical condition. Remember that writing a good exam is like running the final part of a race. You need staying power and energy. Make sure you get enough sleep, eat well, and make time for exercise and breaks.

If you follow these steps, writing exams should be easier and less stressful. Good luck everyone!

「試験を受ける」ことに対してはどの学生もプレッシャーを感じるものです。なぜなら、その場で自分の力をどの程度発揮できるかに、多くがかかっているからです。とはいえ、できる限り最善を尽くしたいと思いますよね？そこで、皆さんがより良い成績をとることができるように、試験に備えて準備をする際のヒントをいくつか挙げてみました。

## ステップ１：試験勉強のために必要な資料が全て揃っているかを確認する

試験の準備を始めるのが早ければ早いほど、そのための時間を多く取ることができます。授業で配布された資料を整理し、必要なノートやレジュメが全て揃っているかを確認しましょう。もらっていないものがあれば、教員にもらうようにしましょう。授業で遅れをとっている場合は、その遅れを取り戻すための時間を作り、必要な資料を全て集めるようにしてください。また、同じ授業を履修している人に声をかけ、勉強会を開きたいと思っている人がいないか聞いてみてください。ただし、勉強会を行う際は、同じ目標を持って互いにサポートし合えるようにすることが重要です。

## ステップ２：優先事項のリストを作成する

試験の準備を始める前に、次の点について考えてみてください。何科目の試験を受ける必要があるのか？教科の難易度はどうか？試験の準備にどれ程の時間を割くことができるのか？その試験は、自分にとってどれ位重要なのか？その試験で達成すべき自分の目標は何か？他にこの時期にしなければならないことは何か？こうした問いに答え、試験に向けて自分がすべきことをリストにまとめましょう。達成したいと思う目標を明確にして、それを書き出しておきましょう。

## ステップ３：試験勉強の計画を立てる

試験勉強では、タイムマネジメントがすべてです。各教科でどれ位の勉強をする必要があるかが分かれば、それをするためにどの程度の時間が必要になるか、見当がつくと思います。自分のスケジュール帳を見て、勉強に充てるための時間を見つけましょう。また、目標意識を保ちやすくするため、試験勉強の予定表を作成して、見えるところに貼っておいてください。スケジュール帳、冷蔵庫など、どこでも構いません。そこで自分の目標を思い出すことができるでしょう。また、アルバイト、その他やらなければならないことがある人は、それについても必ず予定表に組み込んでおいてください。優先事項リストに常に照準を合わせるよう心掛けましょう。

## ステップ４：試験勉強を開始する

試験の週になるまで放って置いてはいけません。予定表どおりに、確実に試験勉強を進めていきましょう。試験期間に入るまでに、きちんとした復習を少なくとも一度は済ませられるよう、目標を定めるべきです。そうすることで、試験へのプレッシャーを感じにくくなり、試験の週になったとき、教科の内容をより明確に、深く覚えることに集中することができます。

## ステップ５：体調に気を付ける

これは最も重要な点です。試験を万全の体調で受けることができるように、健康で、前向きな姿勢を持ち、良好な体調でいることが大事です。試験で満足のいく結果をだすことは、マラソンのレースの終盤を走のようなものです。スタミナとエネルギーが必要なのです。睡眠を十分にとり、きちんとした食生活をし、運動や休養の時間を取るようになってください。

以上のステップを踏めば、より楽な気持ちで、プレッシャーをあまり感じることなく試験を受けられるはずです。皆さん、頑張ってください！

# Homestay Gifts To Go

## By Paul Seigny

(Junior Lecturer, Center for Language Education)

Are you doing study abroad this summer? Will you be doing a homestay? If yes, then read on to get some good ideas for some small, thoughtful gifts. Giving such gifts can be the first step toward lifelong friendships. Don't give them because you have to, but rather, give gifts for the good feeling that it will give to both you and the person who receives it. Gifts may be given upon arrival, during your visit, or after your departure. While this article will talk about a lot of products available in Oita, remember that you are the best gift of all.

## Gifts Upon Arrival

These ideas come in part from an online survey. These suggestions are aimed at Japanese students traveling abroad but may be adapted for students from other cultures.

For more ideas or details of where to buy some of the following items, visit the following blog: <http://bestomiyage.blogspot.jp/>

## Items to eat:

1. Japanese snacks which can only be found in Japan.

## Items made from Japanese paper:

- Decorative fold-up fan
- Stationery/paper with a Japanese flair
- A lot of families do crafts, and more paper is always better!
- Origami paper

5. “Ornament” made from origami (may be used as Christmas tree decorations)  
My host father taught my children how to make an origami hotaru. Just add string and it is a great Christmas tree ornament!

## Items made from Japanese cloth:

- Set of coasters
- Table runner
- Placemats
- Tokonoma scroll
- Furoshiki

## Items made from bamboo:

- Dessert forks/spoons
- Chopstick set
- Chopstick holder
- Rice paddle, spoon or tongs
- Vase
- Traditional back scratcher (with rubber golf ball for pounding)
- Sushi-making tools

## Traditional toys:

- Paper balloon
- Get the ball on the peg (kendama)
- Wooden top
- Double-sided drum

## Japanese pottery:

- Set of coffee cups
- Vase
- Platter

## During Your Stay

Shared experiences are another kind of gift you can give:

- Bring along origami paper and demonstrate, or better yet, teach someone how to make a crane.
- Bring along a Japanese calligraphy brush and some paper. One of the coolest gifts I have received from a Japanese friend is thoughtful kanji

for our last name.

- Do you like to cook? Ask your host parent if you can cook a Japanese meal/dish for them. Ask them to take you to the local Asian market and get the ingredients you need. Or better yet, bring some okonomiyaki sauce with you from Japan. People always love to learn how to cook a new dish.
- Do you like to play sports? Invite the kids to play soccer or tag, or take a walk around the neighborhood together.
- Bring a photo book of your family and friends. Your host family will love to learn more about you through the photos you share. As the saying goes, “a picture is worth a thousand words!”
- Do you like to sing or play music? Your host family will love to hear you share your talents. Bring your sheet music along if you need it! Even if your host family doesn't have a piano or guitar, chances are you'll find one available to play somewhere during your stay. Take advantage of the opportunity when it arises!

## Post Departure

Finally, keeping in touch after you return home is always a special gift. An email or phone call to let your host family know you arrived back at your hometown safely is appreciated. Sending a thank you card is another simple gesture that lets your family know how much you appreciated their hospitality. You could include photos of your shared experiences or go the extra step and creatively arrange such photos in a small photo book. Friendships with host families are often long lasting if fostered after you leave.