

Shūkatsu Worksheet: Self-Analysis

1

このシートをなるべく日本語で埋めよう！
知らないことは辞書などで調べよう。
Try to fill in this sheet in Japanese.
Look up words you don't know in a dictionary.

A 頑張ったこと・夢中になったことを書こう。
Write what you put effort in or got excited about in your past.

B いつの時代？
When was that?

C たとえばどんなこと・もの？
Give a concrete example of what you did.

D どうして頑張れた・夢中になれたか、モチベーションについて書こう。
Why did you put effort into it or got excited about it? Write about your motivation here.

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このページをステップ①を繰り返すのに使おう。ここに書いているものが多ければ多いほど、「自分の軸」が見つけやすくなる。大学時代だけではなく高校時代などのことについても考えよう！
Use this page to repeat step ①. The more things you collect, the easier it'll be to find your "central axis."
Don't only think about things you did at university, but also in highschool or earlier!

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2

それぞれのモチベーションの共通点を探し、ここにまとめよう。それが自分の「軸」となる！
Search for similarities between the motivations of things you've noted above, and write them here. These things form your "central axis."



3

最後に、自分の軸を一つの短い文章にまとめよう。
Finally, summarize your "central axis" in a short sentence.