



ft_self-analysis

Make your own "USER MANUAL" !

Summary: In this subject, you will conduct a self-analysis. Not only will you look back alone, but you will complete your self-analysis while getting an objective perspective from a reviewer.

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Chapter I

Instructions

In this subject, self-analysis is defined as being able to explain yourself in a way that is easy to understand.

In other words, it is like a "user's manual" for yourself.

A good self-analysis will help you in the following cases.

- When deciding the direction of your future (going to school, finding a job, studying abroad, starting your own business? ...etc.)
- When you have to make a big decision (marriage, buying a house, big challenge, etc.) ...etc.)
- When you have to face unanswerable questions (???)
- When you are not sure what kind of programmer you want to be

The results of your self-analysis will give you a great deal of guidance and help you make a decision about what is best for you.

For example, at a job interview, not only you but also the interviewer will be nervous about finding the right person to work with.

You should tell them objectively, correctly, and without excesses about what you can do and your future potential.

Self-analysis is also a process of organizing yourself in order to tell others about yourself.

Knowing yourself is one of the most important things in life.

Let's deepen our self-awareness through review.

Chapter II

Foreword

In this subject, you will reflect on yourself beforehand and do an initial self-analysis.

In the review, you will give an account of yourself to the reviewer. You will receive feedback from the reviewers on whether your explanation is sufficient to understand who you are, whether it is objective, and whether it is easy to understand. The goal is to brush up your self-assessment results to make them more objective as you go through the review process.

Reviewers are people who do not know you at all, but they are also your peers who can help you discover yourself. Don't be too nervous about the review as if it were an interview; just relax.

In the review for this subject, you will be talking about yourself a lot. It is a good way to train yourself to introduce yourself to people who are meeting you for the first time by trying different things to see what you can tell them and how in-depth you can go.

The review for this subject will probably take an hour. Try to get a review when you have more time to spare.

Chapter III

General rules

- There are no submissions to the repository for this subject.
- The review of this subject is an important time for us to get to know you better. Please do this when you have enough time.
- Make a note of what you have analyzed about yourself. Verbalizing it will help you become more aware.
- It is possible to receive a review even if you cannot answer all the questions. However, you should not participate without preparation. Please summarize your current perception of "yourself" in the text before taking the review.
- Try to get away from the rigmarole of writing a resume and focus on your life as a whole.



For this subject, since the students' private content will be included in the conversation during the review, It will be allowed the voice channel to be locked if either the reviewee or the reviewer wishes.

Chapter IV

Exercise 00 : Experience

Talk about your experiences and what you have learned.

Write down what you have learned through hobbies or self-study, skills related to programming, qualifications or other jobs, what you have learned in school, etc.

- Please compose a short title and some information to explain it. e.g.) French. I have been on an exchange program for one year and can speak and write reports on daily life.
- There are no restrictions on the length of the information to be explained. Please write in such a way that the other person can understand it concisely.
- There can be more than one item.



Don't leave out any experiences that are important for people to know about you.



This subject is not a job interview. Please be proactive and write about your favorite hobbies and special skills that are not related to work.

Chapter V

Exercise 01 : Personality

Let's talk about your personality and characteristics.

Personality and traits are both strengths and weaknesses that a person has when compared to others, and they are things that you work on and tend to think about in a natural way.

- Write about your strengths and what you are good at (what you can do with less effort than others). e.g.) I notice details. I'm good at finding typos in sentences and mistakes in numbers.
- Write down your weaknesses or things you are not good at (things you feel are weaknesses). e.g.) Lack of concentration. I am easily distracted by interrupted work.
- I have leadership skills. He represented his club and invited his friends to organize events and study groups. He is good at illustrating what he has researched; he summarized what he had researched for his 42nd subject and shared it with other students.
- Please feel free to write about the negative aspects as well. The purpose of this review is not to conduct a hiring interview, but to be able to explain your personality. It is important to be self-aware of what you perceive to be your weaknesses first. e.g.) I am slow at solving subjects. I get overtaken by students who enter later. I am too interested in activities other than subjects.
- There can be more than one item.

Chapter VI

Exercise 02 : Vision

Talk about your vision and values.

A vision is a person's own will, what he or she values in life, and the ideals he or she wishes to achieve.

- Write down what you feel from the events that have happened in your life so far and your values that you want to keep important in the future. e.g.) I want to work as a bridge between Japan and other countries. I would like to work as a bridge between countries because I want to make use of my language skills and travel back and forth between various countries based on my experience of living abroad as a child.
- Based on your experiences and personality that you wrote in Ex00 and Ex01, write your values about how you would spend your time and what you would feel happy doing.
- A simple episode will make it easier for the other person to understand. e.g.) I like to work with others to create something. It is more fun to work in a team than to work alone. I want to value connections with people.
- There can be more than one item.

Chapter VII

Bonus part : Turning point

You will talk about your turning points, or events that you experienced as setbacks.

A turning point is a significant turning point in your life. A frustrating experience is an event that happened in the past that didn't go your way and broke your heart.

Write down what happened, how you felt, how your behavior changed, and how your thinking changed.

- It doesn't matter how big or small the actual experience is. Write about the experiences that you feel are important to you.
- Include how the experience relates to your personality and vision. e.g.) I suffered a serious illness when I was a child and had a hard time. More than anything, I want more people to know the importance of good health.