**Tuesday**

419 tue 7-8.txt

Yes, the content of these five weeks was to reconfirm my own ideas about how I should greet people and talk to them, which I have developed from my past experiences.

So I think it is a great educational material or content for elementary and junior high school students, or people who are not aware of such things on their own.

But it was the first time for me to actually see in words what it is good to be aware of in this way, so it was very interesting.

As for VR, since the content was about interpersonal relationships, I thought it would be nice to have an avatar as a person to talk to, but compared to telephone or Zoom, VR is better, but if you can do it face to face, it would be easier to do it face-to-face. That's my impression.

This is a bit similar to George's question, but I was thinking that it would be good if you could give an episode in which you actually had a problem in the setting of the situation.

I think it's difficult to tell your own episodes in person because people will look at you and think that what you told them happened to this person, so it's hard to say. I think that it is easier to talk about such episodes when the person is unaware of them.

When I feel comfortable talking, I think it is when I see the other person nodding when I am talking.

I can tell that they are listening to me by the direction of their face or by the way they nod their head, so I feel relieved that they are listening to me.

When I know that they are listening to me, I feel relieved that my words are being nodded.

With Zoom, it is similar to Zoom in that it is difficult to express who is going to speak. In VR, you can actually raise your hand, but on Zoom, there are buttons to raise your hand and so on, so it is a little easier to exchange opinions than with Zoom. But I think it is difficult to exchange opinions at the same time.

However, I feel that VR is much more effective in making people aware that they are part of the meeting circle.

I have not had many opportunities to speak to a group of this size about how to communicate with others, and even when I do attend lectures, I usually just listen, and there are few opportunities for group work. I have recently felt that group work in small groups has become less and less effective.

I also think it is very good to use VR for this SEL, but there are some themes that could be explored more in depth if done face to face in a feisty face.

The best way to do this would be to use VR for themes that are very sensitive, or that are a bit too deep into a person's inner life, and to use face-to-face for themes that are common to everyone, such as greetings or how to talk with people you have never met before.

VR has the advantage that it can be done without gathering in person, so people who are not good at talking to others and cannot go to school often can participate from home, I think this is a great point.

I didn't know that you can adjust the back of your head when you watch the video, so it was quite difficult to put on the goggles at first. So, it was quite difficult for me to put it on.

Thank you very much.

419 tue 9-10.txt

I had a lot of fun overall too.

I thought it was a very meaningful time, and I especially liked the fact that the VR space is characterized by a surprising degree of anonymity, which made it possible to speak honestly and not have to worry so much about the eyes of others.

I was also very interested in the SEL session because of my personal interest in Emotional Intelligence, and I was also very interested in the idea of doing it on VR.

Thank you very much. It was interesting.

Through this SEL, I think it is an attempt to develop EQ and EI through SEL, and I think it is very important to visualize it, and I am wondering if I am growing or not, or if there is a part of me that is concerned about it. I am wondering if I am growing or not, but I think it is a difficult part.

Another thing is that we don't usually have the opportunity to talk about our true feelings and thoughts, and I think it is very important to have the experience of talking to someone in a program like this, so this program itself has been very beneficial from that perspective.

The advantage of the avatar is, as Ai just said, that you can get the feeling that you are actually talking to the person you are talking to.

Another point I liked was that I could talk with everyone at a moment's notice.

In the real world, the people you talk to, their appearance, their voices, etc., give you an atmosphere where you can talk to a certain extent on your own. But with avatars, I don't have that kind of prejudice, so I think it's a great advantage to be able to talk with everyone in an informal way.

What I thought made it easier for me to speak was that when I speak, for example, in the real world, I get a lot of attention all at once, and I feel a sense of fear about the silence. I felt that I could speak after organizing my thoughts in a state of silence.

I also thought that the gaze is not directed at the avatar's real body, so I don't feel fear because it is not directed at my body.

I feel that the anonymity of the site allows me to speak my mind, which is a great advantage.

On the other hand, when I communicate my thoughts, I often use non-verbal communication, such as body gestures, which is not so common when I am speaking Japanese. But if I am using a different language, for example, I use my body to compensate for my language ability, which is not so common when I am speaking Japanese.

Comparing the target language to reality, VR, and Zoom online meetings, I think face-to-face meetings are the easiest or most natural way to do group work.

For example, when it comes to speaking up, I wonder if the timing is the best in terms of ease of speaking up while watching what is going on around you, or if it takes a little time to notice when you take an action in VR. But when comparing online meetings and VR, I felt that VR was by far the most natural and easier to work with.

I think the anonymity of VR's superiority has great potential.

On the other hand, I think that social skills are very important when using VR in SEL, and for example, specific skills such as eye contact, which was discussed in the first lesson, may not be fully reproduced in some areas.

I think that is still a limitation.

However, I think these problems will be solved if VR continues to evolve rapidly in the future, and overall, I think it has great potential.

Thank you very much.

**Wednesday**

419 wed 9-10.txt

First of all, it was my first time to experience VR, and I have been interested in it, so I was glad to be exposed to it in this way.

My classes end in the morning, so I have a lot of free time until this time, but I'm glad that I was able to make friends at the circle and so on.

I'm not sure if this is a good answer, but as I said before, the anonymity is preserved because the faces are not real, but the voices are real voices, so you can hear the emotions and I think the way they are spoken is good.

I'm not sure how it affected me, but since the theme was "listening to others," I felt that they started giving me more compliments during the group work afterwards, and I was very happy when they did so even in VR.

For example, a child who has never been to school and cannot talk much with other people can get used to the anonymity of VR and get used to it in person, and then can go out more and more. On the other hand, for those who can speak normally and are not afraid of speaking, it would be better to communicate with them through facial expressions, as I mentioned earlier.

It may be a matter of technique, but for those who can speak or want to communicate in a normal way, I think face-to-face communication is better.

**Thursday**

419 thur 7-8.txt

There were unexpectedly times of boredom and times of fun.

Basically, we focused on communication in the five exercises, but the ability that is generally referred to as "communicative competence" tends to be vague and is judged based on whether you can actually speak or not, rather than on whether you can speak or not in practice, as if it were a classroom lecture. However, since we started with classroom lectures, the content of the course was quite fresh and interesting for SEL, which had never been done before, and it was quite fresh and interesting to start with classroom lectures on communicative competence and communication.

I was more on the side of the avatar influence than the voice.

You can choose from a variety of cool or cute characters at the beginning.

So, when I talked to them, I had a good impression of all four of them in terms of their appearance.

To be honest, I think this had a positive impact on the way I was received.

419 thur 9-10.txt

I had used VR for a while, but I had never used it regularly like this, so I thought it would be easy to use once I got used to it.

First of all, my eyes and neck were a little tired.

I thought it would be good to have a blend of such generalities and personal experiences.

I'm doing VR, and I'm used to doing legs, so I'm more than used to doing the complete thing.

In the beginning, it's obviously tougher.

I mean, it's obviously tougher, but if you're dressed in a weird way or something, you're taken over a little bit, but that's not always the case.

Also, I think it may have conveyed my concern about how I was perceived.

As I mentioned earlier, because of the anonymity, I think it was easy to convey personal stories in a way that was a little difficult to understand.

However, it was difficult to convey gestures other than facial expressions and nods, so I think it was a little difficult to express such detailed nuances.

I think it was easier for me to start talking to people when I was in the flesh.

I was not so much concerned about people unmuting my speech, so I was listening with the feeling that there is indeed such a way of looking at it.

I had a narrow field of vision, but I still felt that everyone was there, so I was able to bring the feeling that we were all in the same place.

On the other hand, the distance between the voices seems a little different from reality, and when working in groups of two and the voices of the other group are different, I felt a little unsure of the distance.

I know it's the last one, and there may be some overlap, but I had used other versions of the PC VR cluster before, but when I used the VR cluster, I felt it was somewhere between real life and Zoom or the PC version of the cluster. I had the feeling that it was somewhere between real life and Zoom or the PC version of the cluster, so of course, through this kind of program, I could get better at psychological expression in real life, but recently, I think there is more and more virtual communication on the Internet. When I communicate in such a situation, I sometimes feel like overreacting when I express my feelings, and it is difficult to express them.

One reason is that I thought it would be good practice for that aspect, and the other is that this place is very open.

I thought it would be very strong to be able to freely choose the attributes of the place.

For example, the content could change depending on whether the event is held in a shrine-like space, a Christian church-like place, or an Islamic mosque.

I wondered if it could be used for cross-cultural understanding.

Thank you very much.

**Friday**

419 fri 7-8.txt

The content of the class was the same as yours, and I thought it was interesting to be taught as a class again.

Also, it was my first experience to give a class in VR, so it was a lot of fun.

I know this is more about the format than the content of each class, but you teach us a motto or something like that.

Afterwards, we had time for role-playing and practicing on our own, which was very good because I felt that I was able to learn more by listening to what was being said, trying it out myself, and practicing using it.

As we were talking a little earlier, the avatars are a little more nervous when role-playing.

I think it's good that there are fewer instances of people being stiff and not being able to communicate well, even when meeting for the first time.

I mistakenly chose a small avatar, and when the person I was talking to was extremely tall, I felt intimidated and nervous, which I thought was a mistake. I was a little scared because I don't usually look up at people in such situations.

Especially at Tokyo Tech, there are many campuses. If we could increase the number of classes that can be attended from anywhere, we would be able to have more classes, which I think is being done now with Zoom, It's better than that. If we can increase the number of classes where people can participate from anywhere, it will be better than what we are doing now with Zoom.

Since that is the state of affairs, I wondered if there should be more interaction between the various departments.

Thank you very much.

419 fri 9-10.txt

It was interesting to see what they were doing when they told us in their own words what they usually do.

Regarding the topic of stress that was just mentioned, I think our lives are usually quite stressful.

Japanese people do not have many opportunities to learn how to cope with stress in their daily lives.

Self-management is a topic that we don't hear much about in Japan, so I thought I would like to learn more about it.

In fact, in the class, the identity is more reduced than when you speak in a face-to-face class.

So, even if I make a mistake or something, the person to blame is more removed than I am, so there is less resistance to it.

That's right.

When you meet and talk with someone in person, you have an idea of what they look like before you start talking with them, and you usually start talking after you see them.

In this respect, with VR, since there is no appearance, you can speak without preconceptions, or rather, you don't know what the other person is like until after you speak, so you don't have that bias, which I think makes people think better of you.

Well, if it's for discussion or something like that, I don't think it's information I don't need.

But if it's for a private or professional relationship, I don't think it's necessary.

If it's work, I don't think it's necessary, and if it's private, I think it's necessary to some extent.

Well, in the end, it was the same as before, but there was a certain amount of information down.

I thought that in order to reach a certain level of intimacy, it is necessary to have more information than that.

I also felt that it was easier to speak up from the beginning compared to face-to-face meetings because it was harder to tell what the atmosphere was like.

Also, in zoom, it is quite common for people to suddenly start speaking and then say, "Excuse me, please come in," when there is overlap. I felt that it was much easier to do than zoom.

I've been saying something similar for a long time, but I think the low hurdle for initial communication is a good point.

I think it is important to think about what you will actually think in this situation while talking with other people.

I personally think it is a great rehabilitation tool for people who are not good at talking with others or who tend to be a bit withdrawn, and rather than forcing them out to do face-to-face activities from the beginning, we can let them get used to it by using this VR. I personally think it is a good way to use it for rehabilitation.

Yes, thank you very much.