# Tuesday

431 tue 7-8.txt

Yes, it was a five-week program, starting with greetings, which I thought was very basic, but I thought it would be good for me if I practiced it properly.

I had the impression that my eyes were a bit tired from the VR space.

That's all.

I probably do SEL, so overall, I was really glad I did it, and I felt like it was because not everyone does it.

I thought the first part of the greeting was really basic, but as the content went on to the last part about stress and how to communicate, I thought it would be good to see it verbalized once and practice it a bit.

As for areas for improvement, yes.

I think it would be very difficult to eliminate the complexity of real relationships and situations, but I think it would be a better practice if the initial situation could be made to resemble a more realistic one for each individual.

I also felt that the distance between the avatars was very different from that in reality, because I felt that the avatar tracking was not sufficient and the movements of the avatars were uncomfortable.

On the other hand, I felt it was easier for me to talk now that I had an avatar, because with a flesh-and-blood person, there is a lot of information about clothes, facial expressions, skin, and other details that can be seen, and I tend to pay a lot of attention to them. I felt less stress, and I thought it was easier to talk with avatars.

I also feel that it is easier to talk with avatars, which is why I focused on anonymity. I think there are a certain number of people who may feel uncomfortable when doing ESL programs like this.

Compared to this, I think that VR is easier to express if we can work on this kind of program in a situation where anonymity is guaranteed and we don't even know who we are dealing with, regardless of any ties we may have to the other party.

Yes, I think that the use of VR is a great way to ensure anonymity, and also, for me personally, the use of avatars to shut out information from 3D live people facilitates communication in a way.

Therefore, I think it is very meaningful that sel education can be provided in VR as an option other than face to face, because it offers a wide range of options.

My eyes were really tired at the end of the session without the 40-minute break, so I hope that can be improved.

Thank you very much.

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I was especially impressed with the session on stress reduction, which I think is the most common stress that we face in real life.

I thought it was also significant that I could learn about it.

I was interested in this workshop because I was interested in VR in the first place, and that's why I signed up for it.

As you both mentioned, having an avatar makes it easier to talk to people as if you were talking to them face to face, or as you both mentioned, it makes it easier to talk without hesitation because the person you are talking to is in the avatar's form. I personally don't think that my own avatar or name has much influence on the conversation, and since I don't really see myself in VR space, I don't really care about it in my case.

So I thought that I hardly felt any impact on the content of my talk or my thinking when I think only of this identity of mine.

I know this has already been mentioned, but due to the nature of these SEL workshops, I think there are many things that are difficult to talk about in the real world, such as things related to one's own inner self,

The first advantage of this kind of anonymous space is that it makes it easier to talk about such things.

This is not directly related to this workshop, but something else that came to mind when I was listening earlier is that when there is a larger group of people or in a larger space, if you are a teacher in the real world, when you use a microphone, your voice can reach the entire audience evenly, But if the participants or students are far away and you want to reach the whole audience, it may be difficult for some people to speak out loud without a microphone.

In a VR space like this, I think the setting is such that the voice only reaches people nearby now, but I thought there was a point where it would probably be easier to do such a thing if the voice reached the entire audience, depending on the setting.

Also, this is not really related to this workshop, but for example, if one of the participants is on a trip or far away and cannot participate, as long as he/she has a headset, he/she can participate. This is just an advantage of VR, but I think Zoom can also do this, and I felt like it was a good combination of Zoom and the real world, so I felt the potential of VR.

On the other hand, what I thought was better about the real world was that, as I mentioned earlier, there are some restrictions on physical expression, such as using gestures and eye contact to practice, whereas with VR, you have to pay for it.

I thought that the real world is still superior in this respect.

# Wednesday

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Overall, I thought there were many talks and contents that could be useful in the future.

It was interesting to me that each of them has a different way of perceiving things, and that they can see things in a good light or a bad light.

I thought that a certain degree of anonymity, or the fact that I was not directly seen, lowered the bar for speaking up a bit.

I'm a little bit covered in the previous section, but I'm a little uncomfortable with drawing attention to myself, so I can see what you have to say by not being seen in person.

I felt that it was somewhat easier.

I became more conscious of nodding my head when I was listening.

I thought it was because of what I had learned in the listening session.

For me personally, it was easier to speak up than in person, and I think it is important for SELs to communicate their thoughts, so I think the VR sessions were better than in person, but from what I heard, I felt that it may not be suitable for everyone.

By that, I felt that it would not change the fact that I would be speaking in VR separately.

Thank you very much.

431 wed 9-10.txt

Basically, I feel very sleepy every time, or that's my impression.

And when I got drowsy, I would tell myself that it was time to get clean.

I thought it would probably be useful every time I listened to the conversation, but when I got to the scene where the two of us were communicating and practicing, it was the result of some kind of vr, but every time it seemed to be something different after all.

I just can't help but think that it would be helpful.

I was thinking that it would be nice if the practical part of it could be a little more interesting or customizable.

I think it had an influence on me, but I had to choose from a limited number of options in terms of appearance, for example, so my impression is that it did have an influence, but not so much freedom.

Whenever I entered a new workshop, I was asked to talk about my experiences before I entered the workshop.

I also felt that there were some restrictions, because it was difficult to convey the attitude of those who were listening to me, and it was also difficult to understand what was going on around me.

I think it was difficult to convey my attitude when I was talking about my experiences, and it was hard to convey my own attitude or situation. Not only the facial expressions, but also the posture.

I thought it was a little difficult to observe how I was listening in the first place.

In a classroom, you have a wider field of view, and you can see people talking in various places, and you can see the positions of everyone in detail, but in this room, the field of view is narrower, and if you go in the direction of the teacher, only the teacher can focus on you, I don't know what I'm trying to say anymore.

I was just thinking about reality and Zoom elsewhere, and I thought this VR was an exquisite in-between time.

But when I look at other people's conversations, I get the unexpectedly strange feeling that there is a time lag between Zoom and real life.

But I think I got that kind of weird feeling between real and Zoom.

In real life, I am the type of person who wants to get on with the conversation as quickly as possible, so in real life, people don't give examples, and since they don't give their opinions, I just watch the atmosphere and respond to them more and more. In real life, I am the type of person who wants to move the conversation along as quickly as possible, so in real life, people don't really give examples.

I've mentioned this several times, but the anonymity of VR, or the sense of not being attacked by others when I speak out, either thanks to the content of the workshop or not, has made everyone speak up, and I've become more aware of my surroundings.

The good thing is that I think there are people who are uncomfortable when they hear about something like this SEL, and I think those people may not really want to participate, but I think VR will make it easier for them to get involved because they can do it in a state that is a little removed from who they are in real life.

What I was talking about is that people who are a little averse to things like SEL may find it easier to work with VR if they are separated from their real selves, which I think is a benefit that VR will bring.

However, I think there are some disadvantages, for example, I think that in the end we cannot go beyond what is different from real life, and even if the reaction speed is the same as in reality, or even if it is the same or facial expressions are added, it is still different from reality, so I don't think that just because education here is flourishing and you can do it here, that you will develop such skills in real life. I don't think that the skills or the ability to do things in reality will be acquired just because they are done here.

I think it is a disadvantage that there are people who might misunderstand that.

# Thursday

431 thur 7-8.txt

In the beginning, the goggles didn't go in properly, and I was tired from all the hard work I had to do, but in the second half I was able to do that and had fun.

Personally, I've been reading a lot of papers on team relationships lately, and I didn't know much about SEL, so I thought it might be helpful to read some papers on that side as well.

I didn't really feel the identity of the avatar or its name, but its voice is probably set a little high now.

I don't like my own voice. I don't like my own voice, so I think it was easier for me to talk to him when it was different.

I think it was easier for me to talk with him because I could talk with a voice that I didn't dislike.

I can't hear my own voice now, but when I first started, I set the mode to listen to my own voice, and I may be a little off, but my hearing is not so good to begin with. But with this VR, the speakers are close to my ears, so it's easier to hear them.

I was a little bit half and half, but the parts that were difficult to express were almost the same as Mikan's, such as the facial expressions. On the other hand, the points that were easier to express were the sensitive things, such as when talking about actual stress management, Normally I hesitate to say such things, but here I could say them in a normal way.

Also, it may have been easier to say what I wanted to say because the avatar's facial expression did not move much. I was looking at the expression on the listener's face.

I don't remember which week it was, but I remembered that time when I looked them in the eye and talked to them, and I talked to them, and there was a person who looked them in the eye and talked to them, and I had the impression that he had always made friends with many people. I had the impression that he was a person who often made friends with many people, so I realized that many people became friends with him because he had always done that kind of thing, and that other people had already done it.

I'm sorry if this is a bit overlapping, but, first of all, I thought for a moment that it could be done with Zoom, even if it wasn't face-to-face, but then I thought that the comparison between Zoom and VR is that you can actually move your body, and that's what's important in SEL. I think the important thing about SEL is the practice of being able to move the avatar, so that you can actually move your body and have it conveyed to the other person, but as you said before, there are people who have a high hurdle when it comes to face-to-face meetings. I think it's great to be able to create a space between the two, because there are people who have a high hurdle to overcome.

Thank you very much.

431 thur 9-10.txt

I had never experienced talking to people face to face in a virtual space in VR, so in that sense, it was very fresh and interesting.

I have never used VR before, so maybe it's because I haven't had much experience with it, but overall, I don't know about the voice because I can't see the actual timing of the voice, but at least there is no time lag in hand movements, and when talking on the Internet or on a video call, there is a lot of lag. When talking over the Internet or on a video phone, there are various lags that come into play, and I get a little confused. I also felt that the "emote" function, as you mentioned earlier, has a bit of a SNS flavor, or at least a feeling similar to the reactions of a SNS. I also felt that the "emote" function was a bit like a social networking service, and I felt a similar sensation to the reactions of social networking.

For better or worse, since the other person is an avatar, I feel like I am influenced by visual information, and when I hear voices, I feel like I am talking to someone, but the feeling of talking to a real person is less than in reality. In that sense, it was easier to talk, which is also related to the anonymity, but in terms of the feeling of talking to a person, I think it was also harder to talk.

Yes, it is.

I think I learned a lot about communication, greetings, looking people in the eye, and so on, from actually doing these workshops.

I learned how to communicate, how to greet people, how to look them in the eye, and so on, but in a good way, I don't think it had that much of an impact on my daily communication in real life.

I was so accustomed to doing this kind of thing in VR that I didn't really feel uncomfortable in the real world, or in everyday conversations. In a sense, they are not separate, but I think that I was able to think of the workshop as such, and the daily life as such.

Going back to the emotes I mentioned earlier, I feel that the range of expression, or emotional expression, that can be achieved only in VR is broadening.

However, I think that VR is effective in that it expands the range of self-expression that is unique to VR, and in the sense that it makes it easier to understand each other's feelings and expand the range of expression of one's thoughts when performing SEL there. I think that VR is effective in this sense.

Thank you very much.

# Friday

431 fri 7-8.txt

I learned a lot of things, and even though I thought it was obvious when I only heard what I learned, there were things I was surprised I could not do when I heard it again, so I think it was very good.

Yes, I did. I think I was not so nervous when I was role-playing with the teacher, because my avatar this time was the same as the teacher and everyone else's.

When I compare this VR meeting with a remote meeting like Zoom, where only the faces are shown, I think they are surprisingly the same, in that you can talk to each other from a distance, but I think it is easier to talk to each other with VR than with Zoom, where it is difficult to talk. I often feel that it is easier to talk with VR users than with Zoom users.

I think it is possible that it does not affect their appearance.

On a similar note, I have experienced that it is easier to refuse an offer if you refuse clearly at the beginning.

I thought it was great that VR lowers the hurdle to try it when it is important to actually try it with other people in fair work (role play?) like in this SEL workshop. I thought it was great that VR lowers the hurdle to actually trying it out with other people when the issue is important to do it with other people.

We were talking about VR and SEL earlier, and I was wondering about this workshop. You mentioned earlier that SEL workshops make it psychologically easier to participate.

If it is the anonymity or unrealistic feeling of VR that makes it easier to participate, I thought that it would be fine to use a display with a controller instead of VR.

431 fri 9-10.txt

I think there was a lot of content in this SEL that I have done in elementary school, but I haven't had much exposure to it after high school, and I think I have a lot more problems after high school. I am very glad that I was able to re-do the project, as it helped me understand myself better.

I can choose an avatar that looks the way I want it to look, so what can I say, it's like I can make a statement with a lot of confidence.

I felt it was easy to speak up with confidence.

I also appreciated the fact that the names of the people were above the names of other people. There are many times when a person's name does not come up, but since it always does, I felt relatively secure.

It's pretty much the same as what Takuya-san said, but since it's online, if it were held at a regular elementary school, it would tend to be like having only people you know from that area, but you can talk with people from all over the world.

With Quest 2, the movements are made using only the headset and hand position data, so I think it's a little awkward, but I think it can be made more realistic with more full-body capture, and with the development of technology, time lags and such can be reduced. I think it would be great to be able to use online technology in a more realistic manner, while still incorporating the advantages of online.