# Tuesday

524 tue 7-8.txt

The things we did over the past five weeks were very interesting, as they were things that are not often covered in university classes. I think the workshop focused mainly on the field of SEL, but since the focus was on interpersonal or person-to-person communication in the area of SEL, I have to admit that I did not feel much humanity in the avatars or in the way they looked. I have to admit that I was not able to feel the human side of the avatars, or of the people in the workshop. Of course, there were many things that I learned through this workshop, but I am not sure if I will be able to demonstrate them in a way that I would be able to express them 100% genuinely when dealing with human beings.

Personally, I think it was easier for me to express myself in this VR space.

Of course, it is not my avatar's form, and my name is not my own, so I did not have to worry about embarrassment or what people might think when I exposed my inner self in this way. I think it was a great thing that I did not have to worry about what people would think of me or how I would react when I exposed my inner self in this way.

In this VR environment, it is easier to express opinions or to be more proactive. In contrast, in the case of Zoom, everyone is facing in the same direction, rather than surrounding each other, and the workshop is being conducted face to face with the six participants in the cluster, which I think strongly reflects the sense of interactive communication.

Yes, I agree. I am also in favor of such a SEL workshop on VR.

I think the biggest reason for this is that it is impossible for me to fail.

I think that the biggest reason for this is that you can't fail, But in a place where anonymity is ensured, such examples of failure can lower the psychological hurdle for the participants, and it is easier for them to see how they can improve themselves and their ideas for improvement. I think the anonymity of the VR space was very beneficial in that I could make mistakes and learn from them.

Thank you for your hard work.

Thank you for your hard work.

Thank you very much.

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Like Mr. Hash, I was also quite interested in what VR is like now, but at any rate, I am glad that I was able to experience what it is like.

And then there was the one I did in the middle, where when I wanted to convey something, I would use "I message" instead of "You message".

I had never heard of such a thing before, so I thought it was very useful.

What I thought of the SEL program this time was that it was similar in content or direction to the moral education classes given in elementary and junior high schools, but it was more specific, with small suggestions for what to do in such and such a situation, so I thought that SEL could be used immediately in real life, and that it could be easily connected to improving one's own life. I thought that SEL was easy to apply in real life, and to improve my life immediately.

I thought that SEL would be better for me because I could use it immediately in real life, and it would help me to improve my life right away.

I think it was good that we were able to educate them step by step.

After what you just said, it would have been normal to say something like that, but when the whole six of us felt like we should speak up casually, and the teacher was like, "Yes, I guess so," and the five of us participants were like, "Let's just say something," we felt comfortable speaking up when the overall atmosphere was right.

Yes, among the several workshops we had, there were times when the timing was not that great compared to the peak of the workshop, so maybe it depends on the theme.

I think it may be that the participants are excited, but if there is an atmosphere in which it is assumed that there are many different answers to the theme, and that it is natural that there are many different answers, then the fact that there are no mistakes is pushed to the forefront, and it is okay to say what one is thinking. I guess I feel like it's okay to say what I'm thinking.

Yes.

I talked about "you message" in the first part of my impression, but the other parts sounded like something I've heard somewhere before, but this is the first time I've heard about "you message," and I've already started to use it in my daily life.

I'm not used to it yet, so I can't really verbalize it, but when I'm talking to someone, it's easier to talk to them and avoid strange misunderstandings if the axis of my thinking starts with myself, I think it's harder to be misunderstood than with "you messages," so I started to think about the difference between "I messages" and "you messages" in any situation, and it became easier for me to talk with people.

Yes, I am.

I think the characteristic of this VR SEL education is, after all, like it is more hazy than face-to-face.

In terms of the point of uncertainty, and also in terms of the "eye contact," I think the characteristic of this VR is that it does not, or cannot, create a sense of crisis that is only possible in a face-to-face environment.

I don't really know what kind of people are the target of this SEL education, but if it is part of compulsory education, for example, I think it would be better for everyone to learn the atmosphere of a face-to-face encounter, so it has to be face-to-face.

And, for example, if someone is not good at such things, as I said before, I think the hurdle is not as high as in the real world of face-to-face meetings.

I think we are also university students and graduate students, and when we finish compulsory education and become adults, we can learn something in VR and bring it to our real lives, maybe even apply what we have learned compared to elementary and middle school students.

I think it would be possible to do such a thing, and I don't feel that there is anything wrong with gathering working people together for face-to-face SEL education, so I think it would be a great use of the potential of VR if the target audience is divided by taking advantage of the features of VR.

# Wednesday

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I joined the sports club and practiced for about an hour from 3:30 before the current time slot, then came to VR.

To be honest, I thought I might fall asleep before doing it, but I was surprised at how calm I was and was able to do it.

I don't understand.

I honestly don't know what the benefit is, but VR is very revolutionary, and I think it's a place where people like elementary school students and adults 40 or 50 years old can talk as equals.

So I think it's good to be able to SEL in such a place where we can talk as equals, and I think it's also pretty good as a place to force people with bad personalities, or to fix their personalities.

I was wondering if it is realistic to do SEL in VR, but I've heard that the number of metaverses is increasing, so I don't see any problem in developing SEL skills in the metaverse and then using them in the metaverse.

What do you think?

Thank you.

# Thursday

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I think the target audience for this SEL was people who are a little distant from each other, friends who are not quite family, or people who are a little further away. It would have been nice to learn how to cope with such problems.

If we were to do this, rather than using male and female avatars, it would be better to use aliens or something like that, with completely different voices, and have them all pretend to be girls. I thought it would be easier to communicate with them if we used different voices.

One more thing: I think that many people find it easier to express their opinions in VR because of the anonymity, but for me, I am an open person who talks about myself even when I meet people for the first time. I wish I could have gotten their facial expressions.

The first is that I was quite happy when everyone nodded or gave more back to me when I was talking.

Secondly, the members and teachers nodded their heads and affirmed my opinion once and then chewed it over.

It was very easy to talk with them.

When I heard what you said earlier, I thought that I am also the type of person whose facial expressions or emotions tend to show up on my face. The atmosphere of the group often deteriorated.

However, with the ability to mute or hide facial expressions in VR, I was able to control my emotions, even though I am the type that easily expresses emotions.

The first is that because it is a VR space, you can talk with various people regardless of the physical distance.

If you use English instead of Japanese, you can study with people from other countries and regardless of cultural differences, so I think this is one advantage.

Second, I'm sorry, I forgot to mention that for those who have trouble communicating in person, VR can change your voice and make you feel like a different person, so I think it's a good way to show yourself and be more proactive in communication by becoming a different persona. I think this is a good point.

I think the advantage of VR over face-to-face communication is that you can become a different person in terms of communication.

Thank you very much.

Thank you very much for your time today.

Thank you very much.

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Well, I honestly feel that I discovered something new and interesting every time.

I was able to experience firsthand that what we did at the SEL was quite natural, such as looking people in the eye and speaking loudly, but when I actually tried it as a demo, it was still quite effective. I thought that SEL should do this more.

I don't think I've ever done it.

Yes, that's right.

In the real world, I think it is possible to discuss freely without raising one's hand, but I felt that it was a little difficult to do so in the VR environment. In the real world, I think it is possible to freely discuss without raising one's hand, but I felt that it was a little difficult to do so in this VR.

I think we talked a little while ago about the fact that SEL through VR is not so constricting that you have to do exactly what you learned in SEL in the real world. I think it is easier to recognize that SEL is useful and important than in the real world.

Therefore, I thought that VR could be positioned as one of the easier stages in the process of SEL in the real world.

Thank you very much.

# Friday

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It's pretty similar, but I think there is a lot to learn even from things we normally take for granted.

The fact that I am not being seen directly from the eyes of an actual person's face through an avatar eases my nervousness a little, but since the voice is real as it is, I feel nervous and slightly anxious if I get lost or don't communicate very well when I deliver the message.

Compared to Zoom, I felt that in VR, this kind of workspace, a gathered workspace environment, was more realistic than Zoom.

I felt that the workspace in VR is more realistic than in Zoom.

People who have difficulty with gestures and hand gestures and talking in real life may have difficulty participating in such classes, so fair work and workshops are difficult for them. I think that people who are not good at speaking can learn how to speak and listen, and grow.

Thank you very much.

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I was not familiar with SEL in the first place, so it was interesting to learn about it, and I have never had a class in VR, so it was quite refreshing and fun.

I think that this SEL was beneficial for me in the future because I learned that what I usually take for granted in my relationships with others and in the way I deal with myself is not the norm from the perspective of others. I think it will be beneficial for me in the future.

In my case, however, I would say that it is more like a flesh-and-blood experience, or perhaps it is not processed on the VR screen.

I think the voice is the most important part of the workshop, and by listening to the voice, I can imagine what kind of person the person is like.

I felt that the weight of what they say, the tone of their voice, and so on, are very important.

As Yuri said, the other thing is that I felt the distance between us was distant because I could only see a part of the other person because I could only show a part of myself.

There is a slight ease of speaking.

On the other hand, the quietness of the surroundings makes me feel like I'm the only one who is active while I'm talking, which can be a little lonely.

I thought about the difference between group work in the real world and group work in VR. I felt that because I couldn't understand the atmosphere in VR, it was easier for me to speak, and there was less of a sense that I should refrain from speaking, as if I were speaking in a certain situation.

What I strongly felt was that everyone's behavior in VR, especially on the listening side, such as the way they used to aide in conversation, seemed to improve with each session, including myself.

I also felt that the listeners were able to act at the right moment when I was speaking, and I felt that my behavior especially when listening was becoming more skillful.

I think Yuuri-san also said that avatars are different from inside, but because there is no initial bias, there is no prejudice based on extreme race or appearance, for example. I think that VR is a way to learn SEL with equality.

In addition, as Mr. Takuya mentioned earlier, since it is an online event, it is possible to gather people from all over the world if you want to.

I thought it would be a good opportunity for me to experience a variety of ideas and to look at myself.

Thank you very much.