# Tuesday

625 tue 7-8.txt

As for the content, I felt it was worth knowing at least once.

As for the VR, the voices were set up so that I could hear them at first, so I felt very uncomfortable with my own voice. I am not the type of person who expresses my opinions in such workshops.

On the other hand, as someone who can express my opinions normally in a face-to-face setting, even if it is not in a meeting like this, I think it is fine if I am not in this environment.

I am the type of person who has a hard time expressing my opinions, so it was easier for me to do so in this kind of environment.

I think it depends on the content, but if the topic involves the feelings and emotions of the other person, it would be difficult,

I felt that it would be difficult to get a sense of the other person's feelings when talking about such topics, because you cannot feel the changes in facial expressions with avatars.

I think I am more interested in what I am learning because everyone is very proactive in expressing their opinions through the course of the seminar,

I have become more conscious of expressing my own opinions properly.

I think that the most important part of SEL is to get everyone's opinions out, and to proceed with the project while having conversations. I think this kind of VR space made it easier for me to express my opinion because of the anonymity.

On the other hand, I felt it was a bit difficult to know how much information I should give out, since I was part of the group that had been gathered for the experiment.

This may be a bit out of line with the content.

Thank you very much.

625 tue 9-10.txt

I have seen people using VR in their own laboratories, and I had not used it before, so that is how I became interested in it. I have seen it used in a completely different way from this kind of SEL lecture, so I learned that it can be used in this way as well.

Also, everyone was expressing their opinions, which made it easier for me to speak up, and I thought it was interesting that everyone's ideas were the same in some areas and different in others.

I think avatars are quite important. When we are asked to talk in groups in breakout rooms on Zoom, we often talk only with our voices without showing our faces in class, and I thought it was very difficult to talk. I thought that having an avatar would make it much easier to speak, even if it is not an actual person's face.

I also thought that the speaker might be agreeing with the gesture, because the listener cannot see the gesture, and the speaker might not be able to see the gesture, and the listener might not be able to see the gesture. So I thought the real world would be better in this respect.

I was not bothered at all by the teacher's method, but since I was not used to it, I was a bit hesitant about whether I should use aisatsu or not, and I think that the participants might have found it difficult to give aisatsu.

I have not been able to put it into practice yet, but last week or so, for example, when there was a choice between sympathizing with the other person's story and offering a solution, the participants were surprisingly divided into two groups: those who wanted just sympathy and those who wanted a solution. I was impressed that the participants were divided into two camps: those who wanted only empathy and those who wanted a solution.

I was in the camp that only wanted empathy, so I learned a lot that there are people who feel rejected if that is the only response they get. I haven't put it into practice yet, but I'd like to keep it in mind from now on.

SEL is quite psychologically oriented, and I have had some sensitive discussions with them, so I thought it would be nice to be able to do so anonymously.

What I am also interested in is that not only in this kind of SEL, but also in regular classes, such as physics and mathematics classes in the sciences, Japanese university students listen to the lecture one-sidedly without speaking at all, but overseas university students speak up more and more in such lectures, mathematics, and whatever else, and it is amazing. I have felt that the cultures are different, and I think that if we utilize VR for such classes, regardless of the psychological aspect, it will make it easier to ask questions in VR, whereas it is difficult to ask questions in Zoom when the names are displayed.

I'm interested in using it from some non-psychological perspective.

# Wednesday

625 wed 7-8.txt

The VR was pretty heavy, my eyes were tired, and I couldn't really focus on the content.

When listening to the other person, I thought I could show that I was listening by nodding or turning my head to the other person.

In a real space, I feel closer to the people who are there, so I want to express myself more and get to know them better, but in VR, I don't feel so close to them because I am not there in person. I felt like I was not allowed to talk too much or to be too vague.

Compared to other Zoom or chat rooms online, I thought the flow was smoother, like being able to make peers right away, since we are actually virtual. Just like in real life.

I was the opposite of Kiriko, and I thought that the ease of talking did not change even if I did it many times.

If we worked in a group every time in real life, I think we would gradually get to know each other, but in VR, we don't actually meet, so we don't get to know each other's personalities very well, and we are only slightly acquainted each time.

For me personally, I thought it would be better in reality than VR in many ways.

However, rather than Zoom, I thought that the latter half of the program, such as talking in pairs in the second half of the program, could be a substitute for reality.

However, the first half of the program, the phase of listening to the teacher's talk, was difficult to see or tiring in VR, so I wondered if that could be done on a computer screen or something.

Overall, the VR was a constant pain.

625 wed 9-10.txt

When I first participated in the VR experiment, I was told that I could choose my time slot, or rather, I was asked which time slot I could participate in the experiment. I'm hungry when I get back home.

I was able to talk with someone who has a completely different way of looking at things than I do, and I really enjoyed learning that there is another way of looking at things.

One of the reasons I felt comfortable talking with them was that the purpose of this SEL program is to understand the other person, and they accepted my opinion once I talked with them.

I was able to put aside the question of whether it was a true affirmation or an affirmation for the sake of convenience, and they would say things like, "Yes, that's right," or "Yes, yes," and that acceptance was one of the things that made me feel very comfortable. I think it was also mentioned in the program during the session that we should return the responses, and the fact that they returned the responses with good timing, as well as the rhythm of returning and interrupting at the right time, made me feel more comfortable.

I think that is what made the program so comfortable for me.

In my case, I wouldn't go so far as to say that it has become harder to express myself, but the amount of information that I can see about myself to the other person has been reduced a little, so I am unable to express myself. I think that part is the most important.

In the real world, I am probably the most distinctive person in this area, so I have a lot of body language and hand gestures, but I felt that not being able to express facial movements limited the range of my expression a little.

First of all, I thought of something else that you mentioned in the other environments that came to my mind.

For example, there is a pattern of communicating only through text messages in Slack, etc. In such a case, depending on what you use, when you try to type while the other person is typing, there are some that display something like "who is typing right now" at the bottom, and others that do not. In either case, I thought that VR was able to catch the point where the other person is about to start talking, or when the other person is about to start talking.

Also, compared to real-life communication, I thought that the disadvantage of VR is that the communication is via radio waves, so you have to think about whether the signal is bad or not, and so on. That's all for now.

The reason for this is that I understand that the other person is typing, but for example, if you are talking about topic A, and then you switch to topic B, and you want to interrupt, it is difficult to know if it is a good time or a bad time to do so. In discussions, this kind of thing happens in real life as well.

You know, "I think this is the way to do it. "Wait a minute." Wait a minute." That kind of thing happens.

I felt that the text was at a disadvantage in such a situation.

It may be difficult to grasp the timing, or the other party may be in the middle of organizing his/her opinion.

Maybe just a little bit of a different perspective, but I've been doing a lot of these workshop group work things myself, and I've been doing a lot of these workshops.

After the class, the teacher would always say, "Well, that's it for today. Thank you for your hard work. I bow my head and say, "Thank you for your hard work," but I try to do that. In this VR, it is rather hard to make a big impact, so I don't think it was that obvious, but I have been conscious of this from the beginning. I was conscious of this from the very beginning. I did not speak, I just bowed, but I felt that the number of members who actually took action like that was increasing here.

For example, as the professor mentioned during the workshop, this existing SEL is being used in other countries as well, but I think that the current communication is between Japanese people, and with VR, we can connect with people all over the world. If simultaneous interpretation becomes possible in the future, I think VR will have more impact than SEL in a real setting because it can be used as a way of practicing and getting along with people who have different values due to their different backgrounds. I thought that VR would have more impact than SEL in a real setting.

(This is in addition to the fact that there is a language barrier in the local environment.

Thank you very much.

# Thursday

625 thur 7-8.txt

Overall, to put it bluntly, I was a little bored.

I think the limited time this time was unavoidable, though.

I felt that it was very meaningful to learn new things week after week, but I had the feeling that I couldn't remember, feel, or make it my own at one time. So, I felt that if I could do this not as a single quarter, but as a whole year or something, I would be able to make it my own.

I thought it was harder for me to express myself than in a university classroom, because I was wearing VR goggles, and I was also easily intoxicated, but I was more conscious of that, and the audience felt like it was not real, so I could not express myself as much as I usually do. I felt like I couldn't express myself as much as I usually do.

I think it is a good or bad influence, but I thought that the SEL workshop in VR would be a new option for people who are not good at interacting with other people in real or face-to-face SEL sessions.

I thought it would be a new option for people who are not so good at interacting with other people in real or face-to-face SEL.

On the other hand, with VR, I felt that I was able to express myself when conducting VR workshops.

So I felt that being involved with others in SEL was not good for me, so I thought it would be a new option, but not good or bad for everyone.

Thank you very much.

625 thur 9-10.txt

The reason I participated in this workshop was because I was interested in VR, and I was curious to see what would happen if what is done in reality were to be applied to VR.

You are talking about emotes.

For example, in this program, there was an opportunity to perform a skit.

In the real world, when you do something like that, you usually get feedback in the form of applause or sound, but with emotes, you get not only sound but also visual feedback such as marks like this, so I think it broadens the range of expression somewhat.

I think the range of expression has expanded somewhat.

However, since we cannot see facial expressions, the range of expression may have decreased in other directions.

This is not about expression, but about the system, but even in VR, you can mute the sound.

In the real world, you can't do that.

In the real world, you can't do that, and you often have conversations in the real world where you start talking when someone else starts talking and there is a conflict.

With VR and other such systems that mute or otherwise block out sound, you can visually tell when the other person is about to start speaking, and I think this will reduce the number of such conversational conflicts.

Yes, it is.

I feel that there is a kind of feedback information that is increasing.

It is not that my behavior has changed, but as you mentioned earlier, the SEL program is basically about reevaluating the usual behaviors that we usually do in our daily lives. In other words, we are unconsciously doing what we usually do, but through the workshop, we were able to reevaluate what we are doing unconsciously, or try to do it consciously, and I think there was a shift from unconsciousness to awareness.

I think Joe-san mentioned that this kind of program should be offered in elementary and junior high schools, and I agree with him, but I think there might be some physical effects on young children if they are exposed to this kind of VR.

Also, I read in a book on the physical body that there is a problem that VR can cause psychosis, or psychosis of alienation, where the person does not know where his or her own body is. I wonder if it is safe to let elementary and junior high school students, who are in the early stages of maturity, do this.

Thank you very much.

# Friday

625 fri 7-8.txt

I had never tried to verbalize how I communicate or how I do it, but when I verbalized it, I could understand these points again.

I also learned that it was good to learn how to communicate in this way, and to experience how the recipient feels when they actually try it out. However, I felt that the text was just read out loud, so when I use it in real life, I have to come up with my own words, so I thought it would be a challenge to apply it.

I don't know if this is the right word for "comfortable," but since I couldn't see what I looked like in real life, I felt very comfortable, no matter how shaggy my hair was or how strange my clothes were.

I think it was pleasant or easy because I could talk with my avatar as usual, no matter what state I was in.

When VR is actually used in a class, the first premise is that everyone has an image of what a realistic face-to-face class feels like. I think that VR is somewhere between Zoom and face-to-face real classes.

In reality, a Zoom screen with 30 participants will look the same as a screen with 40 or 50 participants, but in VR, you can see how many people are there in an instant, as if it were real life. I think it's a bit like getting the best of both worlds, Zoom and face-to-face.

What do you mean by validation, what is this workshop looking at and what kind of evaluation are you trying to do?

I feel that the contents of the survey can be scored and quantitatively presented, but how will the contents of the past sessions be converted into data?

When will the thesis on this research be published and when will we be able to read it?

Is Mr. Umemuro reading your master's thesis up to this point, or rather, all of your thesis?

Is that how you think about it?

Yes, sir.

What is it about being in charge of the workshop?

Is it simply because you are assisting one student?

Thank you.

Thank you very much.

625 fri 9-10.txt

I thought that the subject of stress, greetings, and how to form interpersonal relationships were things that I had developed on my own to some extent, but I was able to learn them in a general or systematic way and think about whether or not I was doing the right thing or whether I should fix it. I thought it would be good to do something like this after I get a little older.

I'm sorry. It may not be a big deal, but I thought that the activities of this pairing were rather limited to a certain person, so it would have been fun to work with someone else.

Maybe, but I think it was great when I was expressing my opinion and the people around me started to give me a compliment.

In VR, the people around you are silent.

So, I think it is more important in VR to have reactions from the audience through voice or other means.

I was thinking about what would happen if this were a real class, and since we were already face-to-face, I think we would be getting to know each other very well.

I thought that if it were in real life, we would get to know each other better, and if we talked about it, or someone talked about it, we would all laugh together, and that kind of thing would happen normally, but I wondered if we had reached that point yet in VR.

I think I'm saying the same thing as you, Yuri, but I also feel a little uncomfortable saying things in VR, like smiling when other people are talking, but I honestly think it's better than in the real world, but it's not the same as in the real world. I think it is a little different from the real world.

Yes, that's right. I guess it is difficult to read the timing, or maybe there is a little time lag in knowing when to make the right move, or maybe it is the facial expressions.

It's hard to say, but there were times every day when I found it a little difficult to read the pauses, and I was a little scared and thought, "I'm not going to put in the pauses.

I think it was a stress session, so it may be different, but it was about how each person has his/her own pattern of problem solving, and I was all avoidant. I was avoidant in all of my answers, but later I realized that I had been following the same thought process so much that it was the only way I could come up with solutions. So I have changed my way of thinking.

I think it might be a bit similar to what you just mentioned, but since we are going to do role-playing in VR, for example, we could change the avatar for each role.

Also, we used the restriction that the name be after the real name, but I am a little concerned about what would happen if we eliminate that restriction.

Also, in role-playing, for example, if the situation is a job fair, you can place objects such as a background that looks like a job fair to create a more immersive experience.

Such things are not possible in reality, but only in VR.

So I was a little concerned about what would happen if the game evolved in that direction into something more fun, something that anyone would want to try.

Thank you very much.