# Tuesday

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I think I learned a lot from what I was taught here, and I actually use what I learned about stress in my daily life, so I think it was good for me.

I also got a little screen-sick from VR, so I don't know if it's something I'm used to or not, but I thought I got a little drunk easily.

I am quite similar to Aoi-san, but when I learned how to talk to people, for example, how to look them in the eye, with avatars it is hard to tell if their eyes are meeting or not, and their gestures are different from real ones, so it is different from the feeling of talking to a real person. So it was a little bit difficult.

Compared to Zoom, with Zoom you are only on a computer screen, so you are distracted by the sounds and movements around you, but with VR you are wearing a headset, so your field of vision is almost 100% on the VR, so I felt more immersed and able to concentrate on the discussion.

I was taught to make proper eye contact and nod when talking to people, as you all mentioned, and it was verbalized to me, so I became more conscious of these basic things in my daily life, such as making eye contact with each person when giving a presentation, for example. I have learned to be more conscious of such basic things in my daily life.

As Joy-san said, unlike with real people, we are shut out of all kinds of information and can have conversations about our inner selves and each other without hesitation, which I think is a good thing about using VR. I thought it would be quite meaningful to have this kind of program in a place where we can talk anonymously, separate from the community we usually belong to.

Thank you very much.

# Wednesday

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The first part was pretty much what I already knew, such as greetings, but I thought the stress management in the second half would be quite useful.

I thought it was quite effective to give specific examples of SEL and actually role-play them, which was one of the interesting parts. I thought it would be effective to talk about how to deal with people when they ask for help if they are not in a serious condition, but I wondered what I should do if someone is really seriously ill, I thought it was quite good that the professor had done research on this, and I thought it was good that he incorporated many specific examples like that.

I'm sorry for being a bit anxious.

I think we choose clothes in our daily lives, but the feeling of choosing an avatar in VR to see how I would look to others is a new one, and for me it was quite difficult to choose.

I was afraid of that, but I felt it was difficult because I thought that the other person judging me, or judging me, or judging each other, or having a sense of intimacy, was a major factor, in addition to the fear of the tone of voice.

Basically, my facial expressions don't change, so I can't really tell how they are feeling, but when they laugh a little when I talk, I think they are enjoying what I am saying, and it makes it easier for me to speak more clearly, which is a good feeling.

I did not find it easy to express myself in the real world and in VR. Normally, I think anonymity is a good way to express what I do not want people to know about me, but since everyone is in the same school, I did not want people to know who I am when they meet me.

I thought that was the reason why I was not able to express myself so freely.

I thought it would be nice if I could choose my own avatar more, choose my own name, and if it was someone I would never see again, I could express myself more freely somehow.

In other real-world classrooms or other groups, there would be small conversations between people next to each other, which may not really be allowed, but there would be conversations between people other than the main person who is talking now, It was one of the things that made me feel uncomfortable or different.

The rest of the time, that distance is away. It's a local kind of image.

Also, when you are talking in the real world, you don't hear distant noises without being aware of them. This is in this environment.

I asked the group to come out, and although I was a little far away, I could hear the conversation of the group on the other side of the room, which was both interesting and strange.

It became easier and easier to talk.

I think this is probably because the more you talk, the more you get to know the other person, so I think it simply becomes easier to talk as time goes by and you hear the other person talking or you are asked to talk.

I don't really understand what the purpose of the SEL program is, but if I simply take the program, such as greetings and stress management, and use it as a lesson for myself, I think I can do it in VR as well as in the real world. However, I don't think VR is suitable for building a sense of trust with the members here, or for fostering such a sense of trust that they will help me when I am anxious, as was mentioned in the questionnaire I wrote in the real world earlier.

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I had never experienced VR before, and I thought I wanted to experience it, so I applied for it. Before I tried it, I thought my image of VR was that it was like doing something in a completely different place from reality. But when I tried it, it felt a bit more realistic, and I could feel the realism of the sky and other things they had created, so I think my image changed a bit.

It may not be VR, but I felt that there is a bit of idealism about SEL.

I felt that when actually used in society, the issues are a bit more complex and may not work as well as expected.

I'm not sure if I can call it an influence, but I felt that I had a surprisingly large number of avatars, and since I could choose the one I liked, I felt a little more confident in myself, and I was able to say more than I normally would in a face-to-face meeting. I think I was able to say more than I usually do in a face-to-face meeting.

What I was thinking about the most was something that was mentioned earlier by quite a few other people, that I could talk to people from all over the world, and that people who cannot go to school can also use it, which I felt was like the biggest benefit. When you do group work in junior high school, you have to move the desks first, but with this, you can do group work just by standing up and moving a little farther away, with just one button. I thought it would be a time saver.

The disadvantage was the communication problem, which I felt was the biggest disadvantage, although this may improve with time.

On days when the communication was bad, I was too busy listening to what the other person was saying through broken communication, and I could not get much of the content.

Thank you very much.

# Thursday

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Overall, I had a great time, the opposite of Timothy.

As Timothy mentioned earlier, you said that you would do this over a long period of time in high school, but on the other hand, if you do that, the SEL that the teacher mentioned earlier was for communication between people who had never met each other before, so if you do this over three long years in high school, this I thought that if we communicate with each other outside of the class, and if we study SEL in the context of the relationship that has been created there, it would be a little bit different from what we can really get from SEL. I thought it was good that we were able to meet each other as if it was our first time together.

When I expressed my opinions, I had to think that if I was talking with my friends, they might think that I was relating to them in that way, especially in terms of how I relate to other people, but I don't have any friends or relationships outside of this workshop. I don't have any friends or relationships outside of the workshop, so when I talked about how I usually interacted with people, I could talk about it without worrying about anything,

I felt it was comfortable that I could talk without worrying about anything, or, although "without thinking" is not quite the same as "without thinking," I did not have to put on airs and graces to talk about it.

Yes, I am a bit like you, Mr. Dimosy, in that I have not been able to express myself as much as I would like.

I am the type of person who easily expresses myself or my feelings on my face when I am told by others, and when I hear someone's opinion and nod my head or think, "Hmm? When I hear someone's opinion, I tend to nod my head or say "ah" right away, and when I think "hmm?", I am often told that it shows on my face. I think that is one of the reasons why I could not express myself.

In a normal, face-to-face group discussion or work session, opinions tend to be shared and overlapped, but in this case, each person was asked to express his or her own opinion, so when someone expressed an opinion, I felt like, "Oh, yes, that's right. In this case, however, each person expressed his or her opinion one by one, so that if someone gave me his or her opinion, I would just say, "Oh, yes, that's right.

I think that the stress management method I used in the last week of the program, which is a way to relieve stress, actually helped me to think about which method I should use to relieve stress when I get frustrated in my life afterwards. I think it became an opportunity for me to think about how I should behave.

I used to vent my frustrations in a casual way, but now that I have several options, I am able to think about how I want to vent my frustrations, and I think that is one thing that has changed.

In response to Mr. Peanut's comment about people who find it difficult to meet face-to-face, I think this kind of VR program could actually be beneficial for children who have been out of school in terms of information education.

I thought that by bringing those who have been truant and those who are attending school together in a state of anonymity, it would be possible for them to actually attend classes in the same space.

Thank you very much.

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It was fun.

It was the first time for me to touch VR, and it was interesting to get used to the feel of the controls, etc. It was also great to listen to what everyone had to say at the workshop and absorb what they had to say, such as how they thought and what they wanted to copy.

It was very interesting, and it is quite natural for people to say things like, "You should do this when you are in a certain mood," or "You should look people in the eye when you greet them," but it is not something that is said on a dare.

It was interesting to be told these things on a dare, and it was an important discovery, and I hope these things will spread more widely.

I think we had moral education classes, where we were told to do things this way, or that we should help our friends if they were in trouble, but I don't recall receiving any logical or structured lessons.

From myself, my chosen avatar is not particularly visible, is it?

You can at least see their hands and so on, but what I think is that they are anonymized.

I feel that I am more comfortable doing anonymous social networking on the Internet because my name, face, voice, and other information is anonymized. I feel that I can be more comfortable with anonymity than I would be with face-to-face communication.

I think it was mentioned during the workshop, but I think it is important to listen to what people have to say, and to listen to their attitude as well, and to get feedback.

I also felt that the people around me were listening to me, as well as their attitude, and when they told me that they were taking into account my previous opinions, I felt that they were listening to me.

I think it gave me a sense of security.

I don't really feel as if I am not in the presence of a flesh-and-blood human being, and although I play a role through an avatar, I don't feel too much discomfort in the interaction.

If the avatar were to click without moving, it would be hard to tell, but the small movements, the blurring of posture, and other such details indicate that a person is moving the avatar and that there is a person inside the projection.

I don't think it is much different compared to reality, especially if it is hard to talk and not hard to talk.

As I said before, anonymity has made it easier to speak, but I don't think it has changed that much.

I was thinking about what you said earlier about pubs, and I was thinking that even if people are pretty rowdy in real life, maybe if we talk here....

I think we can talk to each other.

In that sense, even if people could hear each other in the attenuation, they would still be bothered by it, which is an interesting characteristic, and you mentioned earlier that this is only possible in VR.

And you mentioned earlier about role-playing in VR, and I was thinking that it might be easier to role-play on an avatar.

First of all, I felt that it would be very easy to put a role-playing character on top of a filter that protects you from yourself, as you would put your own avatar into a role-playing character if you were not yourself.

I felt that this is something that is only possible because of the avatar.

I had been wondering how I could make my own moves in communication, and I thought it was quite difficult to evaluate communication. I thought it would be good if I could be given an example of what I should do.

I think it was a good learning experience for me because I am now more conscious of how I should behave in my daily life.

One thing I was thinking about when you mentioned "impact" is that this SEL program is for children, and I think there is no better time to start it than early.

Of course, I have seen the benefits of this program myself, and I think it is worthwhile for adults as well, but I think it would be good for children to learn about this kind of thing from an early age.

So I think it is quite interesting to give VR to children.

I think it would be interesting to see what happens when something like this is introduced to the educational field.

Thank you very much.

# Friday

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Yes, I think it was good that we were able to do this in VR without making too many mistakes.

We were talking about role-playing earlier, but in the first half of the session, we didn't really think about the scenario, but tried to do it with the motto in mind, but here, we were both thinking about the scenario, and it went more smoothly. I really felt that it was smoother that way.

In terms of expressing myself, there are two sides to the coin. In a real classroom, I think I can express myself more while looking at the other person's face, so there are cases where I can express myself better in that way, and in a VR world, I can talk more openly than in the real world because I can talk more comfortably. I am not sure which is better, but I have started to be aware of the fact that when I ask for a favor, I should give an I-message, and when I do so, the response is better.

I think the response to my requests has improved a little.

It is a bit subjective, but I feel it now.

This is going back to the role-playing I mentioned earlier, but I think role-playing will be necessary in some parts of the class, so I think VR will be easy to use in such areas.

I wonder how much money you are spending on this research, but I would like to ask you why you are spending so much money.

I understand.

Thank you very much.

Thank you very much.

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I had never been taught in a systematic way about various things, from basic things like greetings to practical things like how to deal with stress, so I was glad to be able to learn them in this way.

I had a chance to think about how I think, which was very helpful, and I thought it was interesting because I had never thought about it that way before.

Similar to what Takumi-san said earlier, in VR, avatars also lose a lot of information, and there are no gestures or facial expressions, so the majority of communication is done through the voice. When practicing in workshops, for example, I was conscious of showing various types and emotions with my voice.

When others were speaking, I thought I was nodding my head, but I was not sure if they understood my nod or not.

It's a little bit similar to what Mr. Muro just said, but knowing how you think, and also knowing that other people think like this, there are people who think totally differently from you, but you think differently from them, or you think that they don't do this. I have come to realize that there are other people who think very differently from me, but I think that even if they don't think the same way as I do, they probably just think differently.

I think it was a good thing that I was able to think in such a way.

What are the advantages to doing this in VR or online?

One of the advantages of this project is that, although we are all from Tokyo Institute of Technology, we can gather people from all over Japan and the world without being affected by the location of the event if we do it in VR, so I think this is one good aspect.

I'm not sure if learning and role-playing about effective talk is that much different in VR or in person, and I'm not sure if it's effective enough.

I think it is effective enough.

Thank you very much.