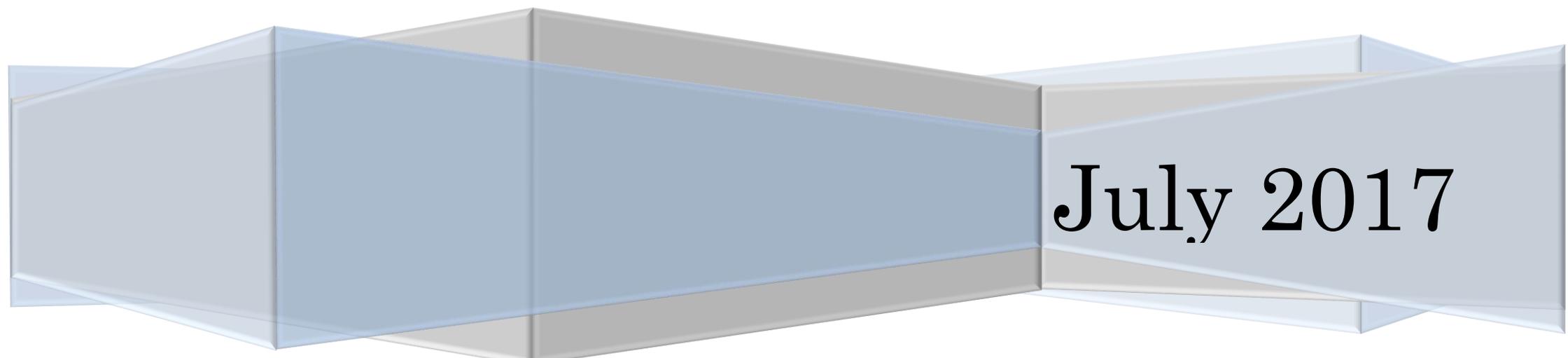


KPU AW1 2017

AW1 Essay #2

Problem-solution essays

AW1 2017 students



July 2017

Note

The purpose of producing this collection is to give all students the opportunity to read their classmates' problem-solution essays. My hope is that those who participate in this class can learn something about their classmates, and also, perhaps, learn from their own and their classmates' errors, as some of these have been deliberately left in.

These are essays written by students of Sheffner's Academic Writing I in July 2017. Per individual requests, some students' essays have been removed from this collection. Also per individual requests, the writer's name has been removed from certain essays.

The essays are not in alphabetical order of author, to prevent the possibility of guessing the authorship of anonymous essays.

I did correct a common error of format: I made all the essays double-spaced with a large indent, and I removed unnecessary blank lines that some students inserted between paragraphs.

Other than that, I have decided, rather than endlessly pursue perfection, to allow these imperfect essays to stand as they are. I chose to focus primarily on errors of logic and rhetoric, especially on the elements of argument: claims, evidence, warrants and counter-claims.

*Marc Sheffner
Instructor
Kyoto,
July 26th, 2017*

Sixteen-year-old drivers cause a lot of car accidents

AW1

July 21th

Arisa Iwamoto

In the most states in America, people can get driver's license from sixteen years of age. In addition, it's easy and low-priced to get driver's license. Thereby more and more young people can get driver's license. However, sixteen-year-old drivers cause a lot of car accidents. It's a serious problem. To decrease the number of car accidents, the minimum age that people can get driver's license must be raised.

America is not easily accessible by public transport because of its extent. Therefore most people go to school and go shopping by their own cars. Based on this, it's convenient to get license from sixteen years of age. However, people aged sixteen years old are usually high school students. It is dangerous for them to drive cars, because experience is basically needed in driving, and they have little experience. Moreover, sixteen-year-old drivers don't have enough common sense. In addition, the cars in America are very fast, and traffic accidents become much easier to happen.

In other countries, for example Japan and China, people aged eighteen and over are allowed to get driver's license. Eighteen-year-old is age that people graduate from high schools. Furthermore, people have the right to vote at eighteen years old in America. Taking responsibility into consideration, it is reasonable to allow to get license from eighteen years old. Of course, there isn't clear division that people acquire their ability to take responsibility. However, children come of age when they become eighteen years old in the most countries, and it must not be that people who occur accidents are not accused their responsibility because they are minors, still people can get license from eighteen years old.

It is convenient to get driver's license to live in America, but to decrease the number of traffic accidents due to ignorance, the minimum age that people can get driver's license must be raised.

I'll Do It Later

“I should do it now, but I don't feel like that.” Most people might have experienced such feelings. Finish homework, clean your room and wake up early- people sometimes put aside these things although they understand clearly that they shouldn't leave them over till tomorrow. However, since they are necessary things for you, you cannot overlook this problem that you can't control yourself when you have to.. To solve this, analyzing yourself will be the first step. There must be some reason for your reluctance. If it is an enjoyable task, you may not feel reluctant. For example, when you find that it is because the task was too difficult for you, perhaps starting an easier part or smaller tasks will encourage you not to postpone. Second step is to feel confident that you can control yourself when you need. From these two steps, you may feel easier about this problem.

When you gave up doing your homework today, what did you do instead? There can be many choices. For example, to do other less stressful thing without specific reasons, fall into sleep, etc. Each choice is an obstacle to doing tasks. Since this action seems to avoid stressful thing, the people may have feel some difficulty about homework itself. Then the solution is to simplify the tasks or to ask someone for help. If your problem comes from physical fatigue, you might have to reconsider your daily schedule

whether you packed too much. People who put off things from reluctance often think that the solution is to wait until the reluctance is disappeared. However, what you should do is to analyze your feeling and identify the cause. Problems can be solved easier when you understand the cause clearly. Some people might say that this solution is useless because people often don't take action even they know how to solve it. For example, a boy who can't stop playing TV game although he has many homework. If he play game since it is fun, how about change homework into game? Like this , analyzing not only making the obstacles visible but also giving an idea to take action.

In addition, confidence is another important idea. If you don't have it, your reluctance will increase because people tend to avoid what they don't have confidence in. Having confidence is also helps you to continue finishing your task when you should do. For example, the memory that-you could do it once encourages you to try again . Finishing small tasks one by one will increase your confidence. You don't need to clean your whole room, just start with one thing (desk, bed, etc.).

In conclusion, putting off till tomorrow what you should do today is serious problem since each task is necessary for you to live better. There are two ways to solve that. The first one is to analyze why you feel reluctant to do tasks. This analysis clarifies what preventing you from doing tasks. Second, understanding that you can finish them is effective because it helps you to keep

good behavior. To fight with your reluctance isn't easy, but reminding what make you feel reluctant calmly and having positive attitude to these problem will make you sure that you can win.

Car accident by young people

AW1

2017/07/03

A lot of young people lose their lives or are injured seriously in a car accident. What is worse they hurt those who are not related to them. Especially eighteen-years-old drivers: beginners at driving tend to cause these problems. According to the statistics of the National Police Agency in 2015, the accident rate of young people between the ages of sixteen-years-old and twenty-four-years-old is 1.54% of all the driver licensees in its age. This figure does not seem to be so high, however, it is more than twice as high as that of other ages. How can we improve such bad situations? To improve these problems, I think that making new rules to restrict eighteen-years-old drivers and intervention of the government to develop the inconvenient transportation system should make better situations.

First, eighteen-years-old drivers should drive with their parents or adults who drive more than three years. One of the

reason why young people cause accidents is that they cannot recognize dangers or judge things properly. This is called “human errors”. Human errors lead to careless mistakes, misunderstanding, and incorrect actions. These errors might be compensate for experiences. Until they are experienced enough, they should drive with experienced people and learn more about driving. In this way, the accident rate will decrease.

Second, the solution in order to decrease the high number of people injured by young drivers should be made. A lot of car accidents happen when most drivers have someone in the car. It is because drivers talked with passengers or care about them. In case of young people, they often drive with friends. Then they joke around and drive recklessly like overtaking rashly or speeding. Therefore, the rule that young people can only have their family or just one friend in the car should be made. Young people’s family would not let them drive dangerously or with just one friend they would not drive for a joke. In this way, the number of people involved in car accidents must be decrease by decreasing the number of reckless drivers.

Some people may say that young people go to a far-off school or it is dangerous to walk alone at night, so that they need to drive. The transportation systems in some areas are inconvenient. The government should improve transportation systems there. It must be helpful for young people. It is because they do not need to drive often.

To conclude, giving limited licenses to young drivers and improving transportation systems would decrease the number of car accidents caused by young people.

7/21 2017

Aw1 essay2 final

Hikaru Yasuda

Expensive Co-op

Today many universities have a co-op store. Co-op store is a shop by the cooperatively owned by the customers. Needless to say, Kyoto Prefectural University is no exception. Everyday many students buy lunch, snacks, and so on at that store.

However, I have a question and want to complain of that. Exactly, you also find this strange thing. It is that the goods in the Co-op are more expensive, than in other shops. For example, Co-op sells cola at 144 yen, but Fresco ,which is one of famous supermarkets, sells at 89 yen. And Seisenkan ,which is also famous supermarket, sells at 89 yen. In particular, laptops are very expensive. In spring, many new students inadvertently buy their laptops in the Co-op because it is advertised here and there.

However, students may be able to buy the same or similar laptops more cheaply elsewhere.

Originally, the customer cooperative was not intended to make large profits. But, is this such a good and kind group?

They should sell lower price goods than now if they are truly committed to providing quality goods at cheap prices. Some people may think that original ideas often become mere shell and students should accept present situation. However, are they really right? Everyday shopping oppress your life little by little.

Most students maybe don't have much money, so Co-op should discount goods in among national, public and private universities if possible. Particularly, students in national and public school deserve to buy lower goods in Co-op because nation and local governments operate universities considering the students in those school have bright futures. That is, governments invest in the promising students. So, they should make life easier for students by offering (more) discounts on essential study items, such as PCs.

The laptops sold by Co-op have too many functions, most of which are not necessary for college students because most of them use only a few functions in their usual life. Reducing the number of functions should reduce the price. Somebody think that those unnecessary functions may be useful in future. However, many people will buy new laptop after their graduation, so college students don't need those functions.

Everyday shopping oppresses your life little by little though you may not find it. Particularly, students' life will be seriously affected by a store which you often visit. It is regrettable that the co-op stores, which are not pursuit profits, oppress students' life. So, I suggest that Co-op stores should discount their goods such as PC.

Kaoru Shiraishi

816120013

AW1

2017/07/14

The High Cost of School Fees

From 2000s, the university attendance rate in six countries (Australia, Germany, Japan, the U.K. and the U.S.) has been increased according to the MEXT, the Ministry of Education, Culture, Sports, Science and Technology, of Japan. It seems more and more people can afford to enrich their lives after graduating university. Do you know what lies behind the MEXT's research findings? Actually, so many students encounter a severe condition to the repayment of the loan. For example, "Occupy Wall Street" in September 2011 deserved a great attention because there were students who insisted that they cannot be afford to return their students loan. People are now caught in a dilemma: a lot of people want to receive a high education at university or

college, however most of them will owe a large sum. As stated by the MEXT, there is a correlation between the rate of high education attendance and the country's GDP. Based on this research, I think this state of affairs disturbs the world's development. Therefore, society should set a new system to break down the situation.

Loan scholarship students need to get a well paid job as soon as they graduate. Major companies should give those students priority to employee. Some people may think that it is not fair because a society takes a merit system which refers to personal skill but not their economical situation. However, it must be harder than they expect to make a living by salary for a new face while loan scholarship students keep paying back their debt. The Institute for College Access and Success says that 66% students of the total who graduate from public colleges had average debt of \$25,550, 75% students who graduate from private nonprofit colleges had average debt of \$32,300, and 88% of graduates from for-profit colleges had average debt of \$39,950. To add with this, the cost of living per a year is \$43,519, \$41,386, \$39,358 and \$33,765 in New York City, Stanford, Cambridge and Philadelphia (the order of the cost follows the name of cities). Moreover, depending on the class of the loan, it charges interests. The longer those students take time to pay it back, the longer they have to be in difficult affairs. An assent to this proposal from enterprises is necessary to save those students. To require the assent, I would like to introduce a form which

should be shared between students and their place of employment. On the paper you can check how much loan the student has repaid and how much still left. When students are employed, they declare in how much of the amount they return off the loan from their salary. Then employer decide their salary after careful thought about the commuting fares or numbers of family. Every time students receive their salary, the person in charge of its duty check the progress. By using this, students will not use their money and the company do not need to look upon them with distrust. Soon, the manager's antipathy about this priority system disappear.

To set tuition fees lower than now will be one of the choice for this matter. There may be people who do not agree with this proposal because of the salary for professors. Let me show the examples in Czech. Czech university is known as not only for its high leveled education but also its low tuition fees. According to EUI research, the salary for professors in Czech's university is 1,167 € per a month when they start to their career and the maximum is 1,568 € per a month in case of full professors. Czech is also famous for its lower prices than most of other countries. People can buy 1.5L bottled water for about \$0.3 (U.S. dollar). It means the professors' salaries are started from about \$11,670 per a month. Comparing this figure with Japanese average salary for professors, Czech's is the almost same amount as Japanese one (\$8,775~\$15,650 per a month). Universities in Czech are

supported by the government. I have a strong belief that this system cannot work without an authority. First, the government should show a people a new proposal about this subsidy. Before that, it should appeal them how hard they try to put together a sum of money and show how much it could raise for that. Next, the government clarify in which way it uses nation's money. Third, the government collect a source for funds from its nation. The way could be different between countries. For example, Japan has adopted a tax increase bill to establish a source of revenue recently. Though it will take a long time to feel real impression, it is within many countries' ability thanks to some successful cases. In fact, the government make grants 80-90% for university students in Spain, which is also guaranteed the low tuition fees country. Considering about the GDP effect, the politics had better to spare much more time and money for the high education.

How about installing a scholarship system? This system is also established in some nations. Indeed, this system has a con that students who receiving it are tend to be under pressure whether they can be fulfilled required credits. But do people need to worry about their record nevertheless they already see the result of MEXT? Also, each university has each achievement level and this is not changed whoever the students are. To add with it, I would like to show the con of student loan as well.

There is an option which allows students to receive money no need to repay. However, so many students cannot use it because of

its requirement. In many cases, students are required a high leveled mark or sever condition to get or continue to receive the no loan one. It means there are students who cannot come into possession of its benefits because of the few differences with who can. In my opinion, students should not be divided their circumstances or abilities. Furthermore, no one can take away their comfortable education condition and chance. In the same way as the lower tuition system, the government can afford to prepare for the system. This is also attractive because teachers do not need to be worry about their earning.

Students concerns about a loan can be removed by creating a new system. The society supports them after graduating and before. The enterprises will also comprehend about this if students show them the recent arrival information about their loan repayment. In this way, by clarifying the aim of the money, nations who hesitate to make a new system for students will recognize the government's policy that to grow not only its education level but also its economics, they should create a new system to support university students, and the source for this manifest will be found. Students can have a great time in university without troubling about their future.

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AW1 Essay2 final 2017/07/21

Juri Kawamoto

Bright future of college students

Students who drop out of colleges increase year by year. According to research by Ministry of Education, the number of students who drop out of colleges is 79311. It is very high. In 2007, this number was 63421. It is increasing. Students who cannot pay adequate tuition give up their university life. Many students want to study or want to get a diploma, but because of their poverty, they forced to give up their college life. It is unfair because students of common family can enter colleges. Also, an awful slump of study is problem. It is usual for students to drop out of colleges who can't keep up with the classes. They will gradually lose their motivation. It is bad for students because the motivation lead them to drop out of colleges. Moreover, there

are students who probably think 'This college is not good for me.' or 'This college is different from what I imagined...'. Like those students often enter colleges somehow. Finally they drop out of it. I think that these problems should be solved.

Many schools have scholarship system, but students who got it must return money someday. Today's young people who got scholarship worry about it, because they cannot afford to live safely. That is why some people's wages are low, so they cannot pay back scholarship. I think that students with a high GDP should not have to return their scholarship money. If students study very hard for scholarship, the college can accept industrial students. With it, the students free from burden of scholarship because they do not have to return their scholarship. Do these funds exist? I think colleges surely have such funds because much money is wasted on college campuses, for example, funds are used for night-time illumination to make the campus look pretty. Many students think this is a waste of money, and some say when they see these illuminations, "There goes my tuition fees!" I agree.

Some students have another problem. Their problem is they cannot keep up with college's classes. There are 20% of students who worry about this problem. In fact, there are some students who often skip classes because they spend too much socializing or working at part-time jobs. However, it is regrettable that colleges abandon students who want to study really. So,

colleges should take system that students change their colleges easily. Thanks to support students, they can think another course again.

There are another kind of problem. Did you examine your college well when you think your course? Are you satisfied with your college's class now? Some students think "No" maybe. Some students drop out because they are unsatisfied with the courses offered. It is good hold real lessons. Surely, many colleges already held trial lessons, but it is TRIAL! By holding real lessons, high school students or who want to enter the university can know college's unique characters. Also by college students participating the real lessons and holding lessons that is the same as always, students who want to enter the university can imagine their college life vividly.

Colleges have duty that to make students perfect. Good students of results don't have to return their scholarship. Thanks to it, their motivation keep high. Also teachers should provide education for students who can't keep up with classes. Student's skills improve maybe. Real lesson hold for high school students will useful. Students can know college's unique characters and imagine college life, so it is good for high school students and colleges. These solutions will lead students to bright future.

July 21th, 2017

AW1

Setting a Clear Goal Important for a Diet

So many people say, "I'll go on a diet!" For a while, they try to make a diet or exercise routine. However, a few days later, some of them start to eat sweets, fried potatoes, and pizzas again. What is worse, after eating, they read comic books, watch TV, and sleep...without exercising! Why cannot they stick to a diet or exercise routine? How can they continue to make effort to do that? The solution is to set a clear goal to aim for, that helps people who cannot stick to a diet or exercise routine to plan what to do and motivates them.

It is difficult to stick to a diet or exercise routine with enthusiasm without having a clear goal. In fact, I asked 73 people "Have you ever collapsed while going on a diet?" and 58 people answered, "Yes." People tend to dislike making an effort for no purpose and they feel sad when lastly there are no prizes although they made effort for a long time. That is why setting a goal is effective to go on a diet. By setting a clear goal, a hard trial, a diet or exercise routine, changes to an activity like a role-playing game. Overcoming a desire to live lazily is like beating enemies, and attaining each people' own goals is like beating a boss of

enemies. Perhaps someone says that there are no real prizes, however, the joy of beating the enemy will be like prizes, so people can make effort to gain the joy of that time.

What is more, a clear goal gives people a plan of diet. I can say that because I can understand what I should do when I set a goal, sliming down until meeting my favorite pop star. Setting a clear goal is indicating a deadline, so people can think about what they should do to get them ready by that deadline. Without a goal, people tend to do things recklessly, and mostly it does not go well. In addition, understanding what to do is also like setting smaller goals. People can gain the joy of attainment of each goal, which leads to concentrate on a diet or exercise routine.

Imagining that people' own goals encourage them is still more effective. Probably some people criticize me for that it sounds like I recommend people to lie to themselves, however, pretending sometimes shows astonishing effect. People often want to give up when they have made effort for a long time. In the case of a diet, they want to eat a great amount of delicious food and sweet, and to live lazily, escape from hard routine of a diet. At that time, a clear goal that they set helps them. People can get through a hard trial, with support of their favorite things. For example, one of the famous Japanese athletes, Saori Yoshida likes a Japanese pop star, Takahisa Masuda, and that makes her to exert herself in practice. In addition, the other

famous Japanese athlete, Yuzuru Hanyu, listens his favorite music before the game, and he have won lots of prizes. I also can concentrate on a difficult challenge when I imagine my favorite pop star cheers me, and some of my friends imagine like this, too. Thus, imagining that each people' own goal, their stars or sweethearts encourage them are effective not to give up while they are going on a diet.

Many people try to stick to a diet or exercise routine; however, it is difficult to do that so some people cannot continue to strive. To solve this problem, people should set a clear goal. Without that, people have to make effort without something assist them, so they cannot understand what they should do. Setting a clear goal, people can see what they should do, so they can continue to be persistent supported by their clear own goal.

AW1

2017/07/21

Reona Tada

How To Get Confidence When You Speak In Front Of People.

How do you feel when you speak in front of people? Do you have any bad memories of speaking in public? Many people get tense when they speak in front of people. Some people break a sweat and others go blank. However most of us can't avoid speaking in public. If you are student, you probably have to speak in front of classmates at some time or other, and if you are employee, you probably have to make a presentation. If we can't avoid speaking in public, how can we get confidence to speak in front of people? I propose three solutions, prepare thoroughly, be calm and find out what makes you so nervous and gain as much experience as you can.

The first proposal is to be thoroughly prepared. If you are not 100% understand what you are talking about, how can you persuade listeners? To make a successful speech, you have to have confidence in the content, and to have confidence in the content we have to be prepare thoroughly. An effective way to do this is write out your speech and remember it. By write out what you are going to say you can see the content of speech objectively.

Speech is not just read a manuscript. However well you may be prepared, when it comes to the speech, your heart is tumbling and body break a sweat and blain go blank. At such time, you have to be calm and find out what makes you nervous.

Do you think you may embarrass in front of people? Once you find out what makes you nervous you can realize that it is not a

big problem. Even if you make a failure it's not a problem because everyone makes mistakes. Soon after you can think that way you will be calm and perfume your best speech.

Do you know someone who looks like not at all nervous in front of people? I think everyone knows someone. Our teachers are good example. Why are they looks not at all nervous and even seem to enjoy speaking in front of their students? It because of their large amount of experience. Teachers speak in front of the students every day. And these experience make them a really good speaker, so to be a good speaker you have to speak in front of people as often as we possible without fearing failure. Even if you fail your experience must be a big step to become a good speaker.

Everyone can get nervous when they speak in public, but none can escape from this in our everyday life. To have a confident to speak in front of people, we have to prepare thoroughly and do practice and gain experience. All these proposal are not easy thing to do and it take time but if you can overcome these difficulty you can be a good speaker.

Essay#2 Final

Kurumi Tanaka AW1 2017/07/21

Never Put Off Till Tomorrow What You Can Do Today

Many people put off till tomorrow what they should do today. I am also one of them. This act that you postpone what you really need to do is called procrastination. There is a proverb; “Never put off till tomorrow what you can do today” Human beings are thinking about procrastination from long ago. By the way, why do people procrastinate? I asked people around me. Many of them said that because they forgot to do and what to do, or they didn’t get motivated to do. I think that some people might think that if they forget to do, or they cannot get motivated, it is not problem to put things off till tomorrow. However, if you repeat this seven times, what will happen?—A week passes. Additionally, you repeat it four times, and a month passes—the day never come, that you will put things off till. Therefore, I suggest three ideas to do things that you need to do today; using functions of smartphones, writing down your to-do list, and planning a process of what you have to do.

These days, the penetration rate of smartphones is increasing. According to the data by MRC, the internet site in Japan, over 80% of young people in Japan have their own smartphones. These phones include many useful applications. By using apps, they can let you notice what you have to do and what you do: for example, setting an alarm, receiving notifications from apps, using note functions and so on. Some people might think that they are able to remember what they have to do, even without

doing such a thing. However, it is wrong. According to the experiment of Hermann Ebbinghaus, who is famous psychologist in German, human beings forget what they memorized of 42% after 20 minutes, 56% after 1 hour, 74% after 1 day, so people would forget a half of what they remember in just one hour! By using functions of smartphones, if you didn't remember, or you forgot what you have to do, you can be reminded.

I think many people might have written repeatedly to remember spelling of words for tests, but is writing really effective?—some people might think. However, in fact, writing anything down let you remember something better. When you try to memorize by moving my hand, your brain use both the visual processing system of the brain and the processing system of the tactile sense. Because of this, the brain moves actively, and you can memorize more easily. In addition, writing also helps you to clear your brain. When you write down what you should do, it become characters and come into yourself again from your eyes. By doing so, it becomes easy to understand it objectively. Because of this, it is effective to write down your tasks for doing what need to do.

Planning a process that how you do what you have to do is also effective way for solving this problem. Some people might not agree this opinion, because they would not think it will work just by planning process. However, do you know about “image

training”? This is a kind of training method of sports; Athletes imagine forms and so on, and repeat the experience many times to prepare for games, or by imaging scenes during the game, they familiarize the ways to cope with what happen in the game. In this training, the characteristics of the brain, it cannot distinguish between reality and imagination, is used. Therefore, when you imagine the work process in your mind, and brains recognize it as something you've already done in the past, it seems that the work will be easier to do.

You have to not only feel that you should do today vaguely in your mind, but also to use your head. We decide by ourselves what we do. Therefore, it is important to think what you have to do and it is what you should do today. Our wills are weak, but by doing something, for example the three methods mentioned above, we could make our wills stronger, I think.

Chikako Kimura

July 20th, 2017

AW1

Problems Caused by Bad Habit of Putting Off

A lot of people are not good at doing something according to their plan. The result of research by Joseph Ferrari, a

psychology professor at DePaul University, Chicago, and others shows that “about twenty percent of adults claim to be chronic procrastinators”. Other studies suggest the rate among college students may be as high as seventy percent. One reason is because they want to avoid having to do hard and unpleasant task or homework. In other words, they feel anxious and annoying. Worrying about difficult or unpleasant tasks that must be done can cause sleeplessness. If you keep having such a feeling, you can cause sleeplessness. And, to postponement what to do is likely to cause you some troubles such as being to be late for a deadline of your task or homework, to make a mistake in them and so on. People tend to put off what to do and this is a bad habit that you should solve because this has various bad influence upon you. However, it’s very difficult. It may be true that there is no problem if people can only meet the deadline however barely you finish. However, they can afford to reconsider about their tasks and improve them, when there are any time before you hand in them, even if it is short. Therefore, I’d like to show three solution for this problem caused by bad habit of putting off.

You can use convenient tools such as a schedule book and a to do list. One of causes of postponing is a failure of making up your schedule. For example, you forget what the task or homework is and your deadline or you can’t determine priority.

These tools prevent you from forgetting something you should do and you recognize that you must finish your tasks. If you

record your task on to do list, what you should do now will be visible and clear. In that way, you will feel a crisis that you may not complete your work. While some people think they may spend much time writing their tasks on the schedule book or to do list, they only have to write down briefly and it is important to set it on the place they can see anytime.

It is difficult to advance it efficiently, when you cannot concentrate on your work because of your fear or annoying.

Working lazily only wastes your time and develops uneasy feeling. To solve this problem, you should determine a time limit of your task. If you can only concentrate for five minutes, set your timer to five minutes, then take a break, then you take a rest and resume working just for five minutes. If you keep repeating that, so you will be able to finish your task. It is most important that you keep making small efforts. Even if you think you may be not able to change your feeling when you take a rest while you do tasks, it is OK. You can use a timer to control rest time or doing time.

Many people can endeavor to do anything, when they look forward to it or when they can get some rewards after finishing it. For that reason, I recommend something to look forward to or the reward to prepare you before doing your difficult or troublesome tasks. Rewards may be eating something you like, buying something you wanted, doing something enjoyable with your friends and so on. These are likely to motivate you to finish your tasks. The important thing is that you promise

someone that you can get a reward only if you complete your task, not to obscure your goal. In addition, declaring leads to a motivate.

Since to get into a habit of postponement causes various problems, many people need to devise effective means to change their habit. I showed three solutions in this essay: to use schedule book and to do list, to concentrate on your task, and to prepare rewards. These are not only for students but also for many adults. All of them are easy to try, but it is difficult to continue to do really. If you want to change yourself, you should remember these solutions and practice. By putting these solutions into practice, you will be able to live without being pressured by deadline.

Living A More Comfortable Life

So many people probably overestimate tomorrow's motivation. However, the interpretation might torture them. Many people intend not to want to try hard what they should do today. They prefer doing what they want to do instead, for example, watching TV, sending e-mail, and reading their favorite books and so on. Such amusements are very interesting, however, they don't help to finish what they have to do. They don't solve the problems. Besides, they don't build a career. Some people might cut corners on their study as the deadline approaches when they put off what they should do, so I think they should arouse their enthusiasm and find the way to finish what they should do.

People should have something that increases their motivation and the ability to concentrate not to delay their work. In my survey in which I interviewed 37 people who are from teenagers to twenties, 72 percent of them neglect their studies because they lack motivation. They often enjoy their hobbies instead of studying. It may be good to enjoy their hobbies. Enjoying them surely enriches their life. However, if they are too enthusiastic about their hobbies, they might work on their studies without enthusiasm. Besides, the quality of their written work may worsen. Therefore, I think people should find something

that changes their habit of being lazy. For example, they could have a favorite drink, cycling for a little while and so on, then they might feel refreshed and they might find the work goes more smoothly and easily.

My second solution is to change the location people study. Many people cannot concentrate in their own because there are comics, television and computer and other distractions in their room. In fact, my survey shows about 65 percent of people are tempted by the items in their room and often use these to avoid troublesome work or assignments. Therefore, people should change where they work. The café with a relaxing atmosphere and the library are more suitable to concentrate on something than their own room. Some people might think their own room is useful to study because there are reference materials and dictionaries. However, that problem can be solved by carrying them in their bag. It is also easy to just move room, so people can try this readily.

Finally, people also should make a to-do list. Making a list may be bothersome, but it can help people clarify their tasks and the order in which they need to do them. They will have a sense of urgency, and begin them first of all. I think making a list and making the plan are effective to motivate people and work on their assignment smoothly.

Putting off till tomorrow what people should do today can cause the decline of activity's quality. They should find

something that motivates them to prevent it. Finding that relaxes them, changes their feelings and helps to carry out the plans.

In addition, they should make a list that shows what they should do today. They also should change where they work on the assignment or the problem. If they try these three steps, they will be able to do what they should do today smoothly. Their steps help people to do their best and proceed with their assignment efficiently.

To cut the costs of textbooks

Do you think the cost of textbooks is high? How much did you pay for your textbooks last year? I asked ten people these two questions. To my surprise, everyone answered “yes” to the first question, and the average of the cost of textbooks is about 3600 yen. Why are the textbooks very expensive? The reason is related to supply and demand. Students who studies major field surely needs some specialized textbooks, but few people buy these textbooks. Therefore, publishers inevitably set the high price in order to make a profit. However, many students find the textbooks' price too expensive, and some students even cannot buy textbooks because they don't have enough money. An educational gap arises if some students can study adequately but others

cannot owing to their financial situation, and this problem is very important. To solve it, I suggest three ways to cut the cost of textbooks; publishers, universities, and students can take actions each way.

First, publishers should make efforts to cut the cost of the textbooks. The number of textbooks sold each year relatively few but guaranteed. In addition, publishers don't need to compete in their market because there are only a few publishers which sell the university textbooks. By those things, they tend to set the high cost. However, they need to try lower cost for all university students. Some people say publisher can't get a profit if they reduce the price. However, publisher can sell other books which make a profit, so I suggest they publish not only textbooks but only other kinds of books.

Second, universities can include the cost of textbooks in the fees. I think you haven't paid for your textbooks until you became university students because your parents have paid with your school fees. However, you must prepare another money for your textbooks at university. So, if they pay for textbooks and tuition at the same time, all students probably can bring the textbooks at the first day of the class because they get their textbooks if they have no money. It is true that in this case the total of the price of textbooks doesn't change, but the amount that students should pay decreases when fees are paid by student's parents.

Third, students also can try to cut the cost. Do you throw away your textbooks that you finished using? Perhaps, there are students who need your textbooks, and you need textbooks that someone finished using. So, students can make a system to give their old textbooks to other people who need them, and in that way they don't have to pay for textbooks. It is very reasonable way because nobody loses their money in this system and if you don't need the textbooks, you can give them to someone. All you have to do is using them carefully. However, some people think every member of this system does not always get the textbooks they wants, but it can be solved by the number of the members. The more students join the system, the more textbooks you can get.

In conclusion, there are three ways to cut the cost of textbooks. First, publishers set the lower price. Second, universities include the cost of the textbooks in the fees. Third, students make a system to give their old textbooks to other people who need them. The price of university textbooks will be lower if everyone cut the cost in different ways and as a result all student can study without worrying about money.

For those who put off What You Have To Do

Probably, you have experienced that you put off what you have to do today until tomorrow. In such a situation, you think you still have enough time to do that and when you realize you have to be in hurry, it is too late. Then I suggest that you should set an earlier deadline than the actual one and make some rules to motivate you.

Imagine that your teacher assigned a paper and the deadline is a month later. Most of you may think you have a lot of time so you do not need to do that right now. However, a month later, you have many assignments and regret that you put off the writing. This is because you did not make a realistic plan. To solve it, you have to make your own deadline which is earlier than the actual one. For example, if the actual deadline is a month later, you set your own deadline as 2 week later. Some people might say this suggestion does not enough advantages to do. However, you not only can submit your assignments in the limit, but also can have time to check for mistakes.

Perhaps cleaning a room is one of the duties which you put off. Unlikely assignments or work, cleaning room doesn't have a time limit. Therefore, some people think they can do it later and then they put it off repeatedly. As a result, their room is

always dirty. As a solution, you should make a rule to motivate you to clean your room. For instance, invite your friends to your house regularly. Then you have to clean your room before they come and you will get used to keeping your room clean. Perhaps some of you do not like inviting anyone to your house. For such people, I suggest rewarding yourself with something you want after you clean up your room.

Many people postpone what they hate doing. However, they have to do the things someday. Therefore, it might be better for you to do them at once. When you have assignments, set an earlier deadline than the actual one. If you are not good at cleaning a room, make your own rules to motivate yourself, for example invite your friends to your house or give yourself rewards. You would never put off what you should do right now with these solutions.

Nanami Sato
Academic Writing in English I
July18, 2017

The Way of Overcoming Procrastination

Many people tend to put off for a long time doing what they should do. Some people say “Don’t do today what you can put

off till tomorrow.” This means that you should do what you want to do now and enjoy it while you can. Certainly, it is important to enjoy present time, and if you can really do it tomorrow, you don’t need to do today. However, not a few people continue putting off doing their tasks for a too long time. This procrastination has some disadvantages. First, you continuously feel stress. That’s because when you have something to do, you always have pressures to do it in the back of your mind, and you are possibly not able to enjoy your free time enough. Second, it is likely that you aren’t able to display your real ability. If you put off doing your work until it is almost too late, you’ll probably not have enough time to do them thoroughly so you will become more careless and you might make serious mistakes. In addition, if you stay up all night to finish the backlog of work, your health condition might get worse. Because of these risks, you should overcome procrastination, and in order to do that, you should make it a habit to begin tasks as soon as possible.

Some people might object that you can’t overcome procrastination because it’s a personality problem, and you don’t need to push yourself to overcome it. Certainly, overcoming procrastination seems to be difficult and takes long time, so it is possibly easier for some people to look for a way to cope well with procrastination than to overcome it.

However, procrastination is actually not personality problem but only habit problem, so you can break it by forming new

habit of beginning your task early. First, you need to know the effect of first trying. When you have unpleasant tasks, you will take quite time to become motivated and probably want to put off doing, but in that time it is really effective to try first even for five minutes. That is because you will get motivation by taking action. As you start doing something, your brain is stimulated and generates dopamine, which increase motivation, so you can do your task more positively than before you start. In addition, you have probably experienced that tasks you had thought it were hard to do were actually not so hard when you start it. You aren't able to find properly how your work is difficult before you start it, so it is effective to take action first before thinking too much.

However, even if you realized the effect of trying first, you may not know where to begin and aren't able to start easily when you have a big task. In that time, you should analyze the task and break it down into small tasks, and then decide the order to work on them. By doing so, you can obtain a clear image of what you should do and eliminate the worries resulting from not knowing what to do. In addition, each task becomes smaller and easier to finish by subdividing it, so you can feel a sense of accomplishment in a shorter time and become more motivated. It is important for many people to lower the psychological hurdle when you engage in a tough task.

Procrastination is not a good habit, but you can overcome it if you put some effort. First of all, you need to know the effect of taking action first, and put it into practice to make it a habit. As you practice, you will find you become more motivated after starting the task than before you start. You may also find the task is easier than you thought. If the task you have is tough and you don't know where to begin, you should break it down into small tasks and decide where to start. By doing so, you can clarify the whole image of what you should do and make it easy to work on. It is important to lower the psychological hurdle and get started what you should do as soon as possible.

Academic Writing1: Final draft

2017/7/21

Yuna Kouno

Cost of textbooks for college students

Have you ever wondered if the expensive textbook is actually needed for college students or not? At the beginning of the semester, college students are required to buy a lot of textbooks. Each of them is relatively expensive, for example, the cheapest may be 1000 yen and the most expensive might be about 3000yen. Most college students tend to need much money for some

purposes such as their school fees, club activities, driving school, hobbies and so on. To buy a lot of expensive textbooks may be a concern for college students. Of course, textbooks are important so I suggest the two solutions, the textbook lending system and selling used textbooks at reasonable price.

The textbook lending system has some benefits for both students and teachers. Thanks to this system, students can reduce their luggage and they don't have to care about how much money is cost for textbooks. This is also helpful for teachers. Some people think that preparing textbooks is pain for teachers but it's not true. They can make a method with which can be used for several years to teach along and they need not concern about students who forget to bring textbooks.

Usually, the textbooks are used in only one semester so after a semester, they may be left in students' room. It's very wasteful. Selling used textbooks at low price is useful for this situation. This solution means the students can sell their textbooks to the other students. Some people want to buy them efficiently comparing with price at other shop. This market consists of students in the same college so they can flexibly negotiate about the price so the buyer can get textbooks much reasonable.

To buy a lot of textbooks can be a burden for college students because they need much money for tuition fees, living

expenses, club activities, and so on. In order to relieve this financial burden, lending textbooks system and selling used textbooks are useful. These solutions will develop students' conditions and students also will be able to enjoy college life more.

July 20th 2017
Academic Writing 1
Moemi Horiike

Regular Class Schedule

I sometimes feel uncomfortable about my study because of irregular life and lack of sleep. No matter how hard I try to keep regular habits, I cannot change my class schedule. I have 4 classes on Wednesday but only 1 on Friday, which means I have to come to school by 8:50 on Wednesday but Friday class starts at 14:30. Preparation and review of classes take time differently and of course I wake up every day at different time. According to my original survey, 76% of respondents feel lack of sleep caused by their class schedule, so this is not just my problem but many student's. Lack of sleep is very likely to affects student's study since long-term memory is made while sleeping. An irregular life probably harm in student's learning and I think university should reconsider class schedule to solve this problem.

First, the first class should start later than at present. In my opinion, 9 o'clock is too early for students, since neuroscientific survey reports that teenager's biological clock is delayed about 2 hours than that of adults. It means the first class starts 6:50 in my case. In addition, according to Benesse Educational Research and Development Institute, students who commute from their parent's home spend on average 77.2 minutes to commute to school. They have to wake up very early and it is possible that their sleep lacks. If this plan goes, they will likely to have more time and be able to afford to sleep well.

Moreover, students probably can do better at their performance, since this plan will be obedient to biological clock. Some people say that biological clock can be set as they like and their lifestyle can be changed because there are some attractive but wrong information to become a morning person. However, biological clock is considered to be related to hours of sunlight and temperature changes. Therefore, the clock should be set to what it is supposed to be and it is undesirable to be changed unnaturally. So the first class still should start later than at present with consideration for biological clock.

Class schedule also should be coordinated by university in terms of the number and starting time balance. One of my friends has 5 classes on Monday and 3 on Tuesday. She reviews her notes, surely on the same day but 5 classes take up all day and she

still needs time to prepare for the next day's class. If required subjects of the same grade and department start always at the same period and optional subjects follow after that, students will likely to be able to go to bed and get up every day at the same time. In addition, they probably will be capable of allocating the same amount of time to study every day. You might object that students must be able to allocate time even if the timetable is unchanged. However, enduring memories are made by immediate and repeated review so students need time equally to review classes.

The university also should take total class time into consideration. I had 16 subjects a week in my freshman year but one of my seniors had only 4 subjects a week in her senior year. Benesse also takes an average and reports that freshmen take 13.5 subjects a week but seniors take only 3.9 subjects. So students are likely to be very busy in the half first of the student life and they fulfill the requirements for graduation in about 3 years. Some people think that this is good for students because they can spend much time on their graduation thesis or job-hunting in their senior year. However, according to my interview, a lot of seniors are busy with part-time job and they have too much free time after their job-hunting. If students are too busy in the first half of college life while they have much free time in the latter half of that, class schedule should be balanced with consideration

for total class time.

As I mentioned, irregular class schedule is likely to cause problems for student's learning. The university, not students, is responsible for the timetable, so the university should make the necessary changes. Class schedule should consider problems of students like biological clock and time which students will need to study. If university reconsider and change class schedule, students can rest enough and learn efficiently. This will also probably lead to improvement of academic ability of entire university.

AW1

2017/07/21

Hinoki Tsukamoto

Students' debt

School fees are very expensive! Don't you think so? Yes, it's true especially in Japan. In fact, when you go to university for 4 years, it costs at least 2 million yen and it may cost as much as 10 million yen. It's hard to pay this expensive tuition, so

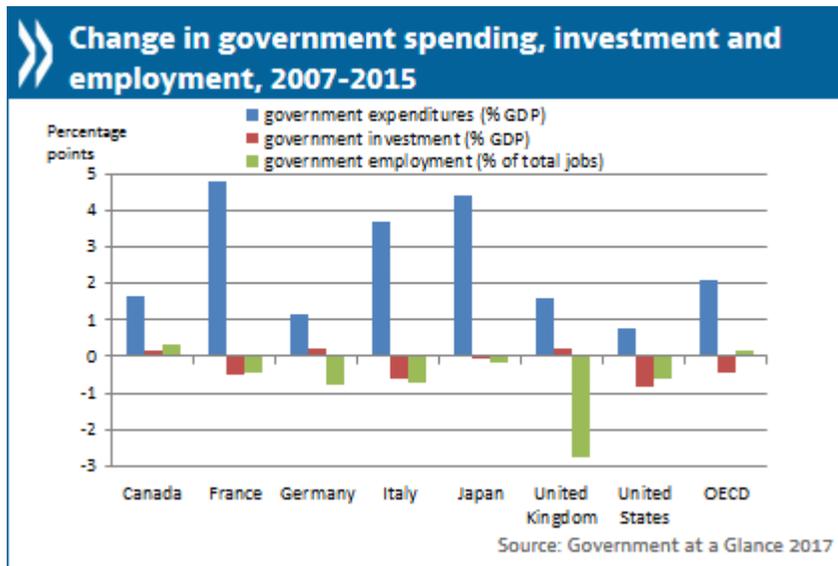
you will be forced to owe to scholarship from the government especially, if you have brothers or don't have enough income to pay it in your family. However, Japanese scholarship system is not efficient. According to the research of OECD (Figure1), Japanese government spends very little investments on the education even though the government expenditure is very high. That means the private expenditure occupies most percentage of school fees and those impose the debt on the students. Therefore, they're suffering from paying off their debt while working and that could cause them to work too much and serious disease. In order to improve these bad situations, I propose three solutions

The first solution is to set more substantial scholarships. As I referred to it at the first paragraph, there are only a few scholarships and most of all are student loans. Moreover, the target persons who can apply to scholarships and student loans are very limited, so quite a few people give up going university. Thus, the government should investigate more expenditure on the scholarships to give all students equal opportunities to receive high quality education. Probably, some people might worry about the national debt would be increase more. However, the more people can get good jobs, the more Japanese government could benefit, so investigating more expenditure on education and introducing more scholarships could solve the students' debt problems.

Second, I propose changing the way of paying back loan. Referred to the repayment system in the UK (Income Contingent Repayment), when the students owed the student loan, they don't have to repay it until they get job and the amount repaid is decided as 9% of their income. This repayment system relieves the student of large monthly payments which might be more than they can afford while Japanese students bind with money problems. Moreover, the British government considers the outstanding repayment as a budget, so it can be covered with annual revenue. Thus, Japanese government must come up with a new way of repayment following these British educational systems.

Third, in order to reduce the educational expenses, the tax should be raised up to 20%. A good example is the education system of Northern European countries. In those countries, the people can receive education and medical care for free. To pay for this, they should pay a high tax which is around 25%. Even though increasing the tax seems controversial, because the cost of living can be higher, this is the good way to cover the expenditure. By increasing the tax, the annual revenue rises and the government can afford to decrease the expenses and the cost of school fee decreases and at last, the people can receive equal education and good jobs. Therefore I suppose Japanese government should increase the tax more in order to cover educational expenses.

The high cost of school fees causes students big problems. In order to solve the problem of students' debt, the government must introduce more scholarships to support them. Also, educational policy of some European countries could act as models for Japanese government to improve the present system, so considering a new way to pay repayments and increasing the tax are the keys to solve problem.



(Figure1)

7.19.2017

AW1 Erika Yamaji

Academic Writing

Three New Systems for Textbooks

Students at university have to buy expensive textbooks every semester. The semester is about four month. It means, students use the textbooks only for four month in some cases. It's uneconomical, isn't it? There are many students who can't afford university fee. In Japan, more than 50% students lend some money for their fee from an organization. In addition to this, should university students pay large amount of money for textbooks? However, it's true that some students don't think the textbooks are expensive. Even if that is so, university should help students as long as some of them feel it uncomfortable. Therefore, I think university should introduce new systems: book lending system, second-hand books system, and rewarding system.

First, if students can borrow the textbooks from university, they don't have to buy them. At university, most of the classes are lectured every year by the same teachers. The teachers often use the same textbooks which can be reused. To ensure that students do not dirty the books unnecessarily or leave written notes or markings in the books, students should pay a

deposit. After students return the textbooks, their deposit is refunded.

However, some students may want to make notes in their textbooks and so may not want to use a textbook which they must keep in good condition and have to return. For such students, university should introduce second-hand books system.

There are some ways to get second-hand books already: for example, at a bookstore or online on Amazon. However, students often can't get exactly the same textbooks because the textbooks are not so popular among general people. In addition, students need to go to second-hand book store far from their university to sell and to buy the textbooks. It's takes a time and transportation. If this system is introduced, students will be able to sell and buy it easier than now. Actually, sometimes notes that other people have written are useful. For example, highlighted sentences will be important one.

However, of course, there are students who want to use their own textbooks. For these students, I propose the following reward system: Under this system, students would purchase their textbooks in the normal way at the regular price, but would be eligible for a refund based on their end-of-term exam results: for instance, students who get more than 85% refund 30% of regular price.

Paying large amount of money for textbooks isn't a good idea because so many students have trouble for money. If

university gives students good systems, students will study more comfortably.

Nanami Yata
Academic writing
Mr. Sheffner
July 5, 2017

Self-discipline

So many people probably have put off till tomorrow what they should do today, such as cleaning their room or finishing a chore. It does not seem very significant, but it sometimes happens that people commit an irrecoverable mistake and regret putting off what they should do. Moreover people waste a lot of time doing nothing even when they have many things to do and wasting a lot of time also may cause stress. But it's not easy to change this habit, because not putting things off needs an ability of self-discipline not to put off what people should do. it's difficult for most people to discipline themselves. So people have to find some way to solve putting things off.

For a start, most of people who put things off tend not to be able to grasp what they should do preferentially. So you need to grasp what they should do first. You should put down everything people have to do on paper. Then you should put

everything putting down on paper in order of priority and plan what you will do this day. It's important to fix the time-limit yourself then. You can feel motivated in order to finish what you have to do in time if you set a time-limit and you can grasp how long it will take to finish the work, which will reduce your stress.

People who put things off tend to have their hands full with work, because they tend to do a lot of tasks at the same time. It is better that people concentrate only one task at the time. If you are not able to achieve your objective, you will lose your motivation. Therefore, you should set objective as far as which are not too high. It's important to finish works one by one. If you make a list and check it every time you finish task, you will also feel motivated.

To discipline yourself is difficult, even people who don't put things off, much more people put things off. If it is hard for you to discipline yourself, one solution is to find a buddy. If you declare your objective to this buddy, you will naturally be more motivated to complete your task. You should not depend on buddy indefinitely, but it's one good way to train your self-discipline. And it is better that you report each other with a cooperator and develop each other's self-discipline.

To put off till tomorrow what they should do today sometimes cause serious problems. People need self-discipline not to put things off. To improve this ability, people should draw up a schedule and steadily finish tasks one by one. And it's also good

ways to find buddy. You will be able to spend time more efficiently, if you can discipline yourself to do today what you should do today.