

Women Role Models in Science

Vol. 5

The Grant-Aided Project on Human Resources Development in Science
and Technology's Initiative for Realizing Diversity in the Research
Environment(Collaboration Type)



Director of Shimane University
Promotion Office

Tatsuro Fujita

Message From The Director Of The Diversity Promotion Office

At present, young talent with a STEAM (Science, Technology, Engineering, Arts, Mathematics) educational background is globally greatly valued whereby, especially, successful careers created by women are considered of the utmost importance. At the Diversity Promotion Office of Shimane University, we provide educational activities attractive to junior and senior high school students with an interest in science who envisage a future career for themselves in that field in addition to academic and career counseling for female undergraduate and graduate students majoring in science. This booklet is a collection of science women role models active mainly in Shimane Prefecture. We support women who choose science courses and go on to become engineers and researchers. We hope you will make use of this booklet as a reference guide when deciding upon your career. We are also looking forward to seeing you at Shimane University as an exchange student or in the context of your future career.

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There is nothing useless in learning.

Associate Professor, Department of Biological Science, Faculty of Life and Environmental Science, Shimane University

Yuuki Kodama

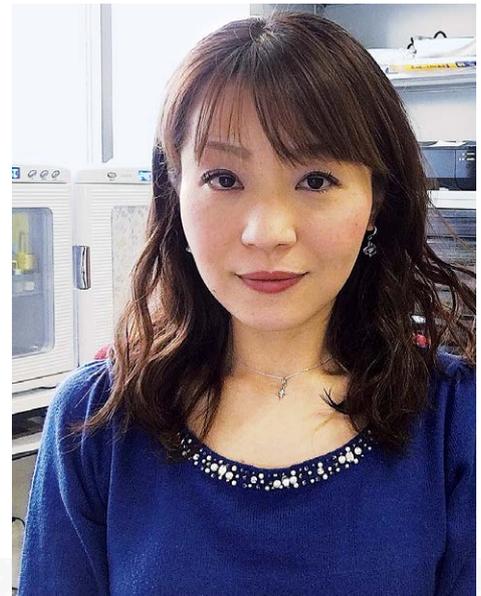
Profile

[Academic Background]

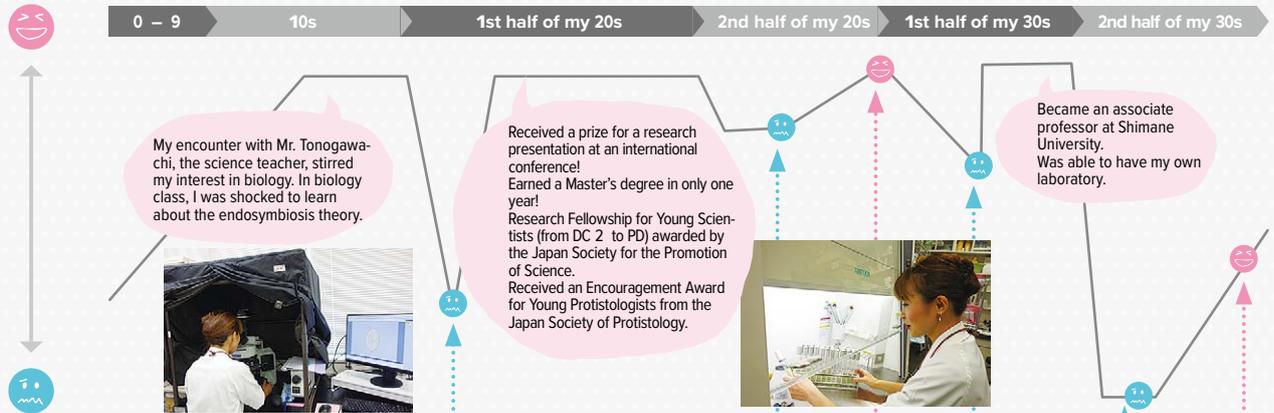
Yamaguchi Prefectural Ube High School/Department of Physics, Biology and Informatics, Faculty of Science, Yamaguchi University/Master's Program in Natural and Information Sciences, Graduate School of Science and Engineering, Symbiotic System Science Department, Doctoral Program in Natural Science and Symbiosis, Graduate School of Science and Engineering, Yamaguchi University

[Career]

Assistant Professor, Science Unit, Natural Sciences Cluster, Research and Education Faculty, Kochi University



My Career

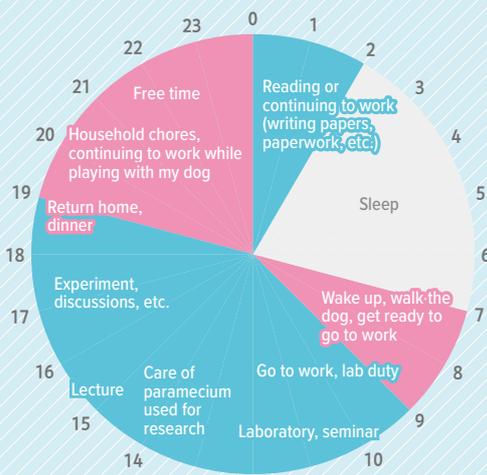


Period	From birth to elementary school	Junior high school	High school	University (undergraduate)	Master's program	Doctoral program	Postdoc	Working professional			
Major events	Studied hard.	Captained the soft tennis club. Studied very hard for the high school entrance exam.	Made close friends and led a happy high school life. Shocked to learn about the endosymbiosis theory in biology class.	Studied hard. Devoted to research from my fourth year.	Devoted to research. First trip abroad.	Devoted to research. Traveled to Australia.	Devoted to research as a postdoc. Acquired transmission electron microscopy skills.	Devoted to research as a postdoc and engaged in job search.	Became an assistant professor at Kochi University.	Became an associate professor at Shimane University.	Purchased my own home and bought a dog. Served as the chair of an annual meeting of the Japan Society of Protistology.
Events, books, people, etc affecting me	Animal encyclopedias given by my father and grandfather.	Ms. N., club mate. Mr. Tonogawachi, the science teacher, who stirred my interest in biology. Trainee teacher.	Three closest friends (N, A and H). A senior in the baseball club whom I admired.	Prof. Masahiro Fujishima (my former teacher). <i>Paramecium bursaria</i> . Two friends (M and F) and a junior (N) in the same lab.	Prof. Takema Fukatsu, Prof. Hans-Dieter Görtz, Prof. Klaus Heckmann.	Paper on <i>Hatena Arenicola</i> presented by a group led by Prof. Isao Inoue, University of Tsukuba.	Prof. Isao Inoue, Prof. Yuji Inagaki, Dr. Shuhei Ota, talented lab members.	Prof. Isamu Miyagawa.	Students I taught in my second year of teaching.	Prof. Shinya Miyagishima.	Friends I made through dog walking.
Experiences of successes	Won a prize in a book report competition.		Entered my first-choice school. Successfully went on a diet. Became fashion-conscious.	Encountered the theme of my research.	Received a prize for my first presentation at an international conference. Earned a Master's degree in only one year by writing an original article.	Selected for the Research Fellowship for Young Scientists (DC 2) of the Japan Society for the Promotion of Science.	Selected for the Research Fellowship for Young Scientists (PD) of the Japan Society for the Promotion of Science. Received the Encouragement Award for Young Protistologists from the Japan Society of Protistology.	Had a lot of time to concentrate on research and write papers.	Received the Inoue Research Award for Young Scientists. Received the Research Award for Young Scientists from the Zoological Society of Japan.	Was able to have my own laboratory.	Received the Award of Society from the Japan Society of Protistology. Successful annual meeting of the Japan Society of Protistology.
Experiences of mistakes	Failed in the junior high school entrance exam.	Worked hard in my club activity, but failed in my diet.	Came near to drowning in the pool during gym class.	It took me two hours to commute to and from school until the first semester of my second year, which was very tough.	In retrospect, I did not do housework.	In retrospect, I did not do housework.	Had a hard time getting used to my life in the city. Felt concerned about whether I could find a job.	Increasingly concerned about whether I could find a job.	Worried about student guidance.	Experienced an event that made me depressed.	

Weekly Schedule of Ms. Kodama

Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
6 : 00	Sleep						
7 : 00	Wake up, walk the dog, get ready to go to work	Wake up, walk the dog, get ready to go to work	Wake up, walk the dog, get ready to go to work	Wake up, walk the dog, get ready to go to work	Wake up, walk the dog, get ready to go to work	Sleep	Sleep
8 : 00						Wake up	Wake up
9 : 00						Walk the dog	Walk the dog
10 : 00							
11 : 00							
12 : 00						Free time (shopping, hobbies, household chores, etc.)	Free time (shopping, hobbies, household chores, etc.)
13 : 00	Work (lectures, experiments, etc.)						
14 : 00							
15 : 00						Walk the dog	Walk the dog
16 : 00						Free time (shopping, hobbies, household chores, etc.)	Free time (shopping, hobbies, household chores, etc.)
17 : 00							
18 : 00	Return home, dinner	Dinner	Dinner				
19 : 00							
20 : 00	Household chores, continuing to work while playing with my dog	Household chores, continuing to work while playing with my dog	Household chores, continuing to work while playing with my dog	Household chores, continuing to work while playing with my dog	Household chores, continuing to work while playing with my dog	Household chores, continuing to work while playing with my dog	Household chores, continuing to work while playing with my dog
21 : 00							
22 : 00							
23 : 00	Free time						
0 : 00	Reading or work						
1 : 00							
2 : 00	Sleep						

Daily Schedule of Ms. Kodama



How did you get into your current job or career path?

When I was a junior high school student, I became interested in the biology field thanks to the influence of my science teacher. Around the same time, a charming female student teacher came to my school for teaching practice. I quite admired her and decided to aim to become a science teacher. I entered the Faculty of Science of Yamaguchi University, with the aim of gaining a teacher's license, and was thinking of pursuing a career as a science teacher until my third year. However, an encounter with Prof. Masahiro Fujishima at the laboratory I was assigned to in my fourth year made me more curious about research activity. Research became a major driving force in my life. Until then, I had not been able to stick to anything. I thought I had finally found something I was excited about. Then, I aimed to become a university teacher, who could pursue a career as both a researcher and an educator. Now, I am very happy because I am following the same career path as Prof. Fujishima. In order to return the favor, I would like to nurture many successors in research on paramecium.

What kind of learning did you find most useful?

I believe that there is nothing useless in learning. However, I can say that the secretarial proficiency test, which I took when I was an undergraduate student at my teacher's suggestion, was very useful. That's because it gave me an opportunity to learn basic knowledge and common sense, which are very helpful in everyday life.

Message to everyone who is going to join the workforce

My dream of becoming a university teacher has come true. However, I was once troubled by the gap between the ideal and reality. Once I started to engage in education and research activity in my job after many years of student life, I keenly felt the weight of responsibility for them. When I became a university teacher in my 20s, closer to my students' ages, I thought it would be easy to pursue a career in both education and research. In reality, however, things were not that easy. My troubles never seemed to end, but when I didn't quite know what to do about something, what supported me was my strong desire to pursue a career as a university teacher and the self-confidence built by working hard to realize my dream. I hope that all of you will go out into the world brimming with enthusiasm and courage.

What do you encourage students to learn? (Recommendation)

English. I think I should have studied this subject harder.

Seize an opportunity on your own!

Assistant Professor, Developmental Biology Unit, Department of Anatomy, Faculty of Medicine, Shimane University

Noriko Ogawa

Profile

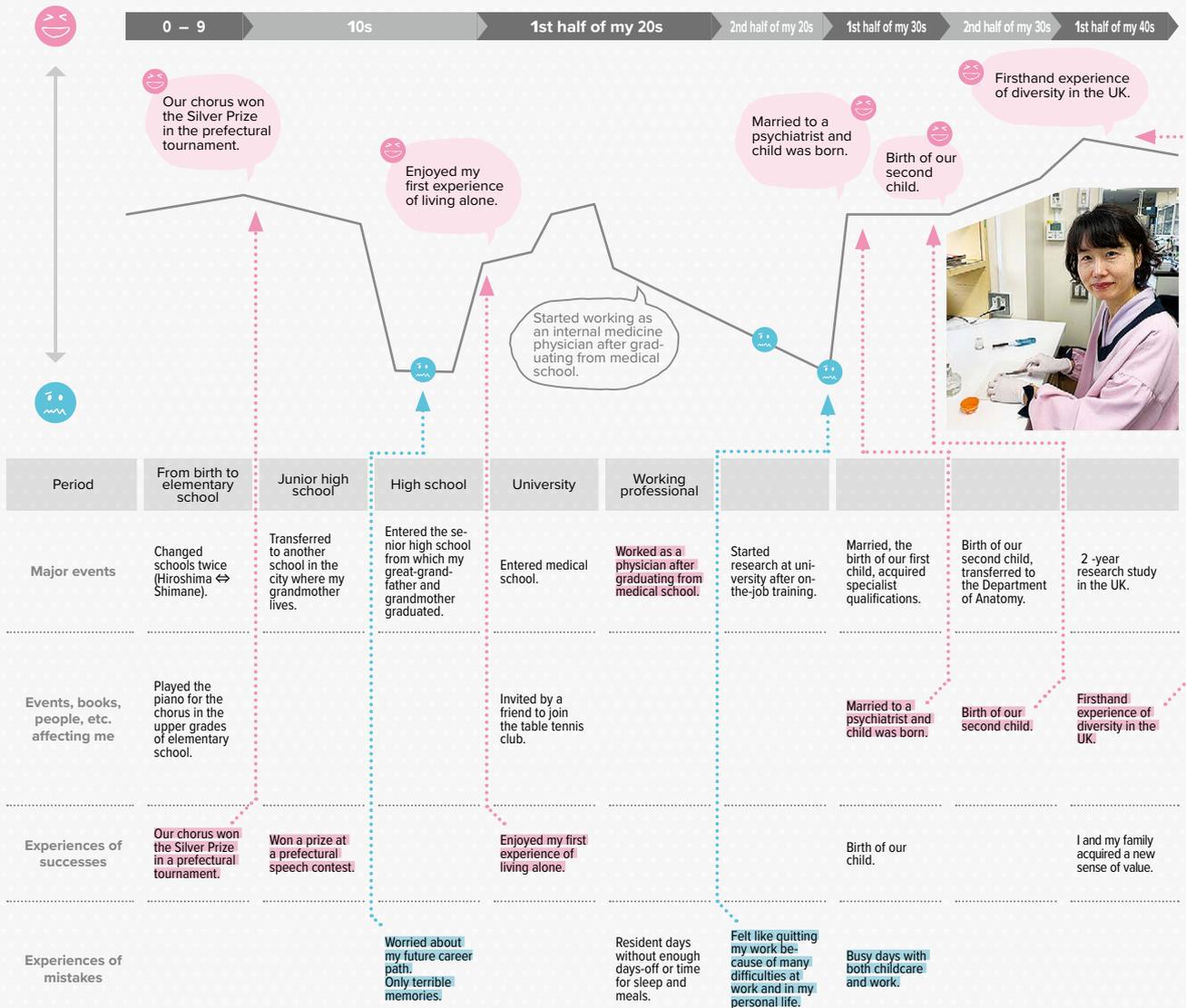
[Academic Background]

Department of General Medicine, Faculty of Medicine, Shimane University

[Career]
 Resident at Internal Medicine I Unit, Department of Internal Medicine, Faculty of Medicine, Shimane College of Medicine/Medical staff member of Internal Medicine I Unit, Department of Internal Medicine, Faculty of Medicine, Shimane University after on-the-job training at state-run Ohchi Hospital (internal medicine) and Matsue Red Cross Hospital (internal medicine)/Assistant Professor, Internal Medicine I Unit, Department of Internal Medicine, Faculty of Medicine, Shimane University/Assistant Professor, Developmental Biology Unit, Department of Anatomy, Faculty of Medicine, Shimane University/Visiting researcher at the University of Southampton (UK)



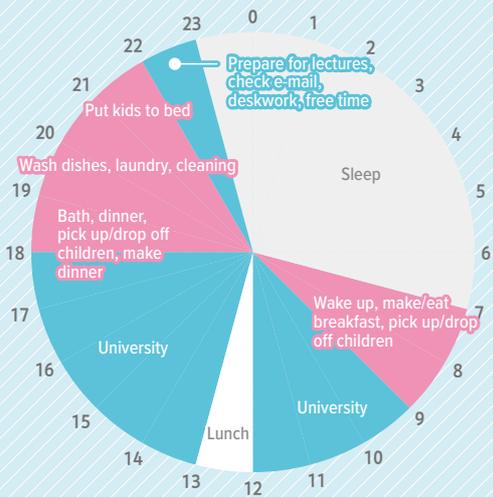
My Career



Weekly Schedule of Ms. Ogawa

Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
6 : 00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
7 : 00							
8 : 00	Wake up, make/eat breakfast, pick up/drop off children					Wake up, make /eat breakfast	Wake up, make /eat breakfast
9 : 00					Care of lab mice	Cleaning, grocery shopping, pick up/drop off children for lessons	
10 : 00	Research		Lecture	Research	Research		
11 : 00		University hospital outpatient clinic					
12 : 00	Lunch		Lunch	Lunch	Lunch	Lunch	
13 : 00	Research						
14 : 00	Lecture/ practical work						Outing with family
15 : 00		Research meeting					
16 : 00	Research meeting		Research	Research	Prepare for lectures		
17 : 00	Study meeting for reading English-language papers	Outpatient clinic					
18 : 00		Pick up/drop off children, make dinner				Make dinner	Make dinner
19 : 00	Bath, dinner	Bath, dinner	Bath, dinner	Bath, dinner	Bath, dinner	Bath, dinner	Bath, dinner
20 : 00	Wash dishes, laundry, cleaning	Wash dishes, laundry, cleaning	Wash dishes, laundry, cleaning	Wash dishes, laundry, cleaning	Wash dishes, laundry, cleaning	Wash dishes, laundry, cleaning	Wash dishes, laundry, cleaning
21 : 00	Put kids to bed	Put kids to bed	Put kids to bed	Put kids to bed	Put kids to bed	Put kids to bed	Put kids to bed
22 : 00		Prepare for lectures, check e-mail, deskwork, free time				Free time	Free time
23 : 00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
0 : 00							

Daily Schedule of Ms. Ogawa



How did you get into your current job or career path?

As a child, becoming a piano teacher or an elementary school teacher was my aspiration. However, I chose a career as physician not only because people around me, including my parents, had high expectations of me but also because I placed greater importance on job stability considering my position as the heir to my family name. Later, I started to think that I wanted to gain a better insight into illnesses while working as a clinician, and since six years ago, I've been working with a focus on research.

What kind of learning did you find most useful?

Everything I've learned so far, from school work to piano lessons, which I began as a child, and the Japanese art of tea ceremony, which I practiced when I was in college. I believe that learning, regardless of the field of study, will help you improve yourself.

What do you encourage students to learn? (Recommendation)

There are good times and bad times in life. Don't give up and keep on moving to seize an opportunity. Although I strive for perfection in my job, as a lazy mummy I like relaxing with my children at home. You have only one life to live, so please fully enjoy your personal life.

Message to everyone who is going to join the workforce

There were some lives I was unable to save. I have not trod a smooth path by any means, either physically or mentally. However, my encounter with many patients has helped me grow and improve myself. Now, I find my work fulfilling because I believe I can nurture future physicians who are expected to save many patients by giving lessons and protecting the health of many people by pursuing research. You will sometimes face difficulties whatever course you opt to take in life, but never give up and keep facing forward to make your life more meaningful.

Knowing about yourself and believing

in yourself - That's the key.

Assistant Professor, Department of Architectural Design, Interdisciplinary Faculty of Science and Engineering, Shimane University

Nguyen Thu Lan

Profile

[Academic Background]

Doctoral Course, Department of Engineering for Environmental Symbiosis, Graduate School of Science and Technology, Kumamoto University

[Career]

Project Researcher, Kumamoto University Innovative Organization/Academic Researcher, Graduate School of Science and Technology, Kumamoto University Academic Researcher, Faculty of Advanced Science and Technology, Kumamoto University/Assistant Professor for Project, Interdisciplinary Graduate School of Science and Engineering, Shimane University/Assistant Professor for Project, Department of Architectural Design, Interdisciplinary Faculty of Science and Engineering, Shimane University



My Career

Timeline: 0 - 9 | 10s | 1st half of my 20s | 2nd half of my 20s | 1st half of my 30s | 2nd half of my 30s

Key events: Started to learn English in my first year at junior high school, while continuing to practice piano lessons. Studied abroad in Japan. Got married. Became a successful applicant for the position of an Assistant Professor for Project of Shimane University. Afterwards, selected twice as a recipient of the Grants-in-Aid for Scientific Research. Currently proceeding with my joint research smoothly.

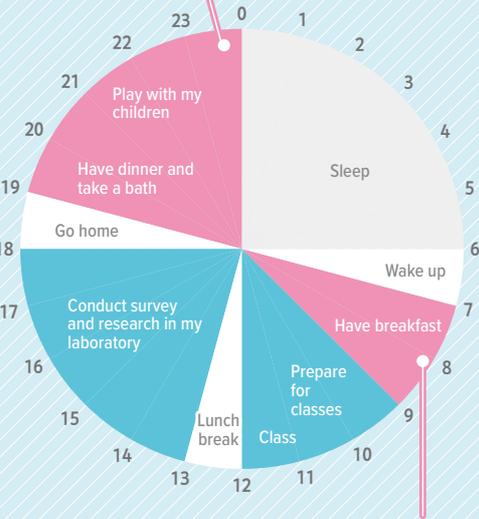
Period	From birth to elementary school	Junior high school	High school	University	Graduate school	Working professional				
Major events	Enjoyed music and painting club activities at a community center.	Started to learn English in my first year at junior high school, while continuing to practice my piano lessons.	Took a university entrance examination.	Participated in a student research competition and a design competition. Engaged in a part-time job in Nasu Highlands for the first time in my life. Started preparations for realizing my dream.	Participated in volunteer work to support a local community and children. Started a part-time job at a design company.	Employed by a company after graduating from university. Took TOEFL to earn a scholarship with which I could study abroad.	Completed a master's course and went on to a doctoral course.	Joined by my husband, who also began to study in Japan. Had my first baby when I was in my master's course and my second baby in my doctoral course, increasing the number of my family members to four.	Continued job hunting while conducting research as a part-time researcher in the laboratory of my guiding professor in my doctoral course.	Currently conducting time management to strike the best balance between household chores and many tasks. (student guidance and my research activities).
Events, books, people, etc. affecting me	Enjoyed art activities on weekends.	Encountered English, making me realize the joy of studying.	Marked the highest score in the university entrance examination, which was reported in a newspaper, and received more than 1,000 letters from around the country.	Group seminar at university. Professor of Kumamoto University, whom I met after joining a university research project. First experience of obtaining money in compensation for my labor.	Daily life as a corporate employee. Marriage to my husband, whom I met at university.	Gave a presentation on my research at an international academic conference held in the U.K. Engaged in a discussion with researchers from other countries, making me feel the joy of conducting research.	Had my first and second babies.	Began to work as a faculty member of Shimane University and tried new responsibilities, such as education.		
Experiences of successes	Won a prize at a school literature competition in my fourth year of elementary school, and participated in a municipal competition.	Advanced to the final of a local piano competition. Won a prize for the third straight year in a local English competition.	Appeared in a newspaper, making me feel as if I was a celebrity!	Participated in an international competition for the first time and got included in the final list, with my work displayed in an exhibition held in Venice.	Planned a building design which was actually made into real building.	Went on to a university in Japan with a scholarship from the Japanese government (MEXT).	Won a research award, etc. from an international society. Completed a doctoral course and then got employed as a Project Researcher.	Had two healthy babies, and completed my master's course and doctoral course while bringing them up.	Became a successful applicant for the position of an Assistant Professor for Project of Shimane University. Received two graduate school students.	Got selected twice as a recipient of the Grants-in-Aid for Scientific Research, and launched joint research. Also, got selected as a successful applicant for the JST Japan-Asia Youth Exchange Program in Science, and realized a smooth exchange program.
Experiences of mistakes	Thought that I was good at singing but was never praised by anyone and gave up of becoming a singer.	Felt tired of piano lessons and stopped playing the piano. I still could not play well. Continued to lose in a municipal English competition many times.	Applied for a study program in Singapore but got rejected.	Engaged in so many types of activities that there were many times that I could not make a sufficient commitment, making me realize the limits of my own ability and physical strength.	Had little time to spend with my family, and regretted not talking with my parents sufficiently.	Felt sad that I had given up the idea of becoming an architectural designer. Could not build up an image of what researchers actually do.	Applied many times for instructor posts publicly offered by other organizations after completing my academic degree but got rejected.	Felt much stress due to difficulty striking the best balance between study, research, and parenting.	Lost confidence in job hunting in Japan due to my failure to communicate well in Japanese as a result of my lack of studying Japanese.	Still having some difficulty explaining well to students in my classes.

One Week of Ms. Lan

Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
6 : 00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
7 : 00	Have breakfast	Sleep	Sleep				
8 : 00	Do exercise and house cleaning	Have breakfast	Have breakfast				
9 : 00	Work at university	Send my first child to a private-tutoring school.	Frequently travel a long way, for example, to Daisen or Izumo, together with my family.				
10 : 00						Play with my second child in a park, do household chores and work at home	
11 : 00							
12 : 00						Pick up my first child and have lunch	
13 : 00							
14 : 00						Go shopping to get food for the week	
15 : 00							
16 : 00							
17 : 00							
18 : 00							
19 : 00	Have dinner	Have dinner					
20 : 00	Take a bath	Take a bath					
21 : 00	Play with my children	Play with my children					
22 : 00	Read books and read/write papers	Study on my own (e.g. learn Japanese)	Study on my own (e.g. learn Japanese)				
23 : 00	Read and write e-mails						
0 : 00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep

One Day of Ms. Lan

Read books and read/write papers
Read and write e-mails



Do exercise/clean rooms in my house/go to work



Why did you choose your current job?

I was born in a family with many persons works in the construction industry. Since my father is an architect, I liked playing with his drawing tools and watching him working at his drawing desk. I tried drawing a building by myself and dreamed of being an architect at a very early age. While studying for a graduation project, my supervisor told me that I am suited better to work as a researcher, since he found I was very interested in digging for data in the document phase of the project and took a long time to proceed to the next phase.(these words influence my perception of myself a little). After receiving a Japanese Government Scholarship for a masters course and successfully applied the same scholarship to proceed to a doctor course, I was determined that I would work as a researcher after my very long study time.

What was useful in what you learned?

During an undergraduate study, I learned basic skills and was equipped with initial knowledge to work in a real context through many design projects. I also understand that the difficulty of creative work is not in the workload but in the disappointing self-evaluations when my own effort is not recognized. The doubt about self-ability should be controlled well to enjoy work. During my graduate study, I learned that what I was studying has been studied by many others and the work done by a team would have a greater achievement than an individual's work. I learned to keep tracking of others' works and communicate to clarify what I should do and contribute to.

What do you recommend students to learn?

I would like to recommend students to spend more time to learn from the professional world that they will work for after their graduation to have full preparation and equip themselves with the necessary skills and knowledge. It helps them become confident and less doubtful about their ability. The most important thing to learn is his/her desire, the skills, and knowledge needed to satisfy that desire.

Message to students

Knowing you and believing in you is the key, and do not avoid a difficult thing. Try doing and overcome a thing will make a new version of yourself.

Everything is an experience.

Whatever it is, do your best and enjoy yourself.



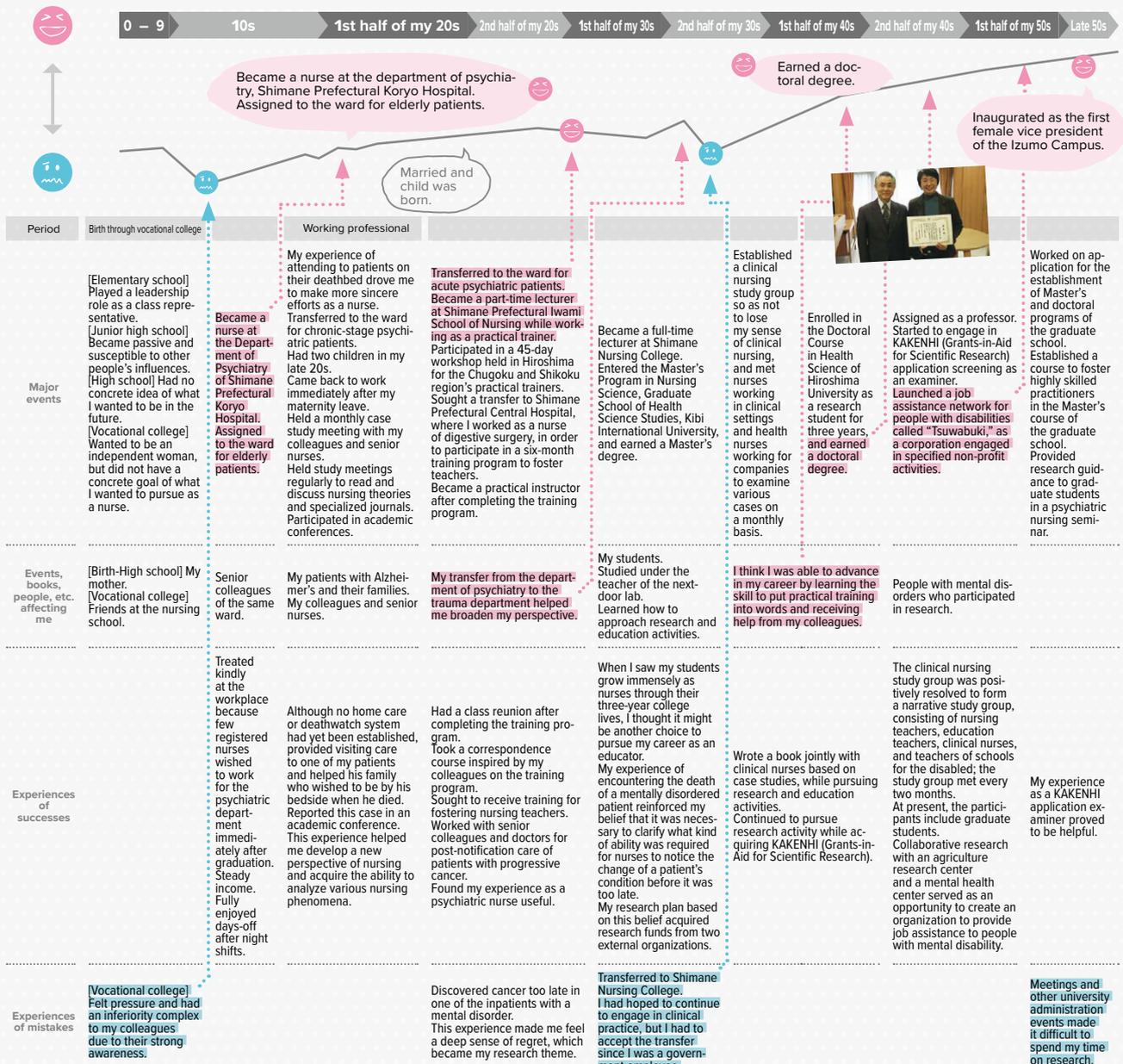
Vice President, The University of Shimane

Teruko Ishibashi

Profile

[Academic Background]
Master's Program in Nursing Science, Graduate School of Health Science Studies, Kibi International University
[Career]
Nurse at Shimane Prefectural Koryo Hospital (Psychiatry)/Part-time lecturer at Shimane Prefectural Iwami School of Nursing (practical training in psychiatry)/Nurse at Shimane Prefectural Central Hospital (digestive surgery)/Instructor of practical training at Shimane Prefectural Central Hospital/Full-time faculty member of the Faculty of Nursing of the present University of Shimane/Part-time lecturer at the National Hamada School of Nursing

My Career



Weekly Schedule of Ms. Ishibashi

Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
6 : 00	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up
7 : 00	Go to work	Go to work	Go to work	Go to work	Compensation day off	Go to work	Day off
8 : 00	Meeting	Meeting	Meeting	Meeting			
9 : 00	Check e-mail	Paperwork, check e-mail	Undergraduates' research presentation meeting	Response to President at work	Physical check-up	Entrance exam-related work	Day off
10 : 00	Paperwork, reporting						
11 : 00	Move to the Hamada Campus by train	Deal with visitors	Check e-mail				
12 : 00							
13 : 00	Extraordinary board of directors' meeting	Prepare for lectures	Joint campus meeting	Meeting with administration officials			
14 : 00							
15 : 00	Management committee meeting		PR committee meeting	Research project meeting			
16 : 00	Move to Izumo by train	Research guidance for graduate students	International exchange committee meeting	Class: consultation theory			
17 : 00							
18 : 00	Return home	Class for graduate students	Field meeting	Research guidance for graduate students		Meeting with academic affairs staff	
19 : 00	Household chores		Interview with teachers	Check e-mail			
20 : 00	Prepare for the next day's work	Return home	Prepare for the next day's work				
21 : 00						Household chores	
22 : 00	Free time	Household chores	Return home, household chores	Return home	Free time	Free time	Free time
23 : 00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
0 : 00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep

Daily Schedule of Ms. Ishibashi



How did you get into your current job or career path?

At first, I aimed to achieve financial independence. After going out into the world, however, I thought nursing was a lifelong work. I learned a lot from my encounter with various patients and was determined to pursue a career in this field.

What kind of learning did you find most useful?

I found it most useful to consider the concerns found clinically in the form of case study and understand what significance they have. This training was very helpful in developing insights and interpretation capability.

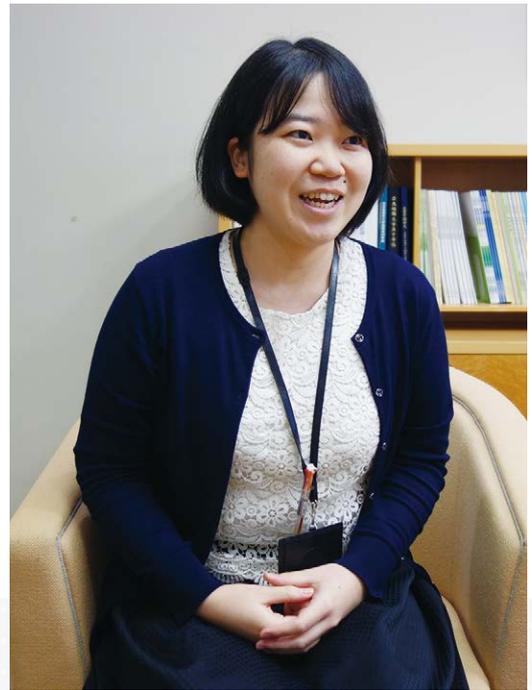
What do you encourage students to learn? (Recommendation)

I advise you to train yourself to verbalize what you have done through research activity, which will help you achieve consistency between nursing practice, nursing research, and nursing education.

Message to everyone who is going to join the workforce

Positive thinking is very important in pursuing your career. Everything is an experience. Whatever it is, do your best and enjoy yourself.

“Asking for help” is a key means of helping yourself.



Assistant Professor, Department of Health and Nutrition, Faculty of Nursing and Nutrition, the University of Shimane

Shiori Fukuda

Profile

[Academic Background]

Shimane Prefectural Izumo High School
 School of Nutrition, Faculty of Medicine, Tokushima University
 Master's Program in Human Nutrition, the Graduate School of Nutrition and Bioscience, Tokushima University
 Doctoral Program in Human Nutrition, the Graduate School of Nutrition and Bioscience, Tokushima University

My Career



Discovery of the new me.

Poorest grade in my school life.

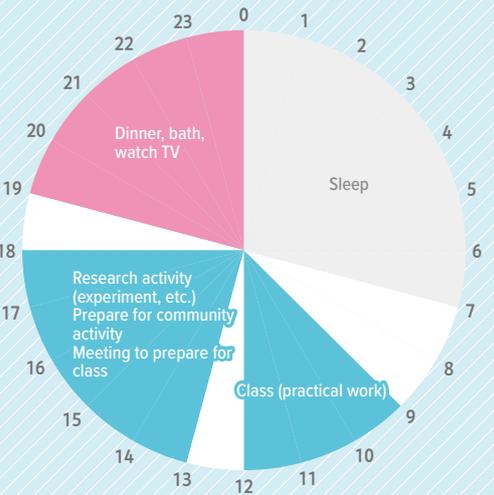


Period	From birth to elementary school	Junior high school	High school	University/graduate school	Working professional
Major events	Took interest in various things. Learned badminton, soccer, and the electronic organ.	Entered the school chorus. Served as vice president of the student council.	Entered my first-choice high school. Made lifelong friends in the three-year science and mathematics class. Joined the school chorus.	Started to live alone. Enjoyed studying with classmates sharing the same dream. Encountered nutrition research. Took a part-time job at a restaurant.	Started to work at the University of Shimane in my hometown. Married and started to consider my work-life balance in the future. Reunited with local friends.
Events, books, people, etc. affecting me	I thought I tended to leave things unfinished, but I discovered what I love to do (play the electronic organ).	Unwilling to study: had my poorest grade when I was in the first year of junior high school. This gave me an opportunity to consider my future career.	When I was in the first year of senior high school, listened to a lecture about a university professor about nutrition science and took an interest in the discipline. Failed the national university entrance examination, but passed the exam to enter my first-choice university. This experience taught me how important it is to stick to my beliefs, and not be influenced by others.	Club activity members. People with whom I became acquainted in my part-time job (still maintaining a family-like relationship with them). Teachers, seniors and juniors in my graduate school lab.	All those involved at the University of Shimane. Meeting students and local residents in particular gives me the vigor to work harder. Since I'm from the local community, I have many opportunities to see my friends at work, which is a huge stimulus for me. Easy to gain my husband's understanding of my work, because he is a fellow employee.
Experiences of successes	Entered an electronic organ competition, in which I felt nervous but enjoyed a sense of accomplishment.	Received Japan's No. 1 award in a nationwide competition.	Entered a nationwide competition. Met my future husband.	Discover the new me in my part-time job. Went to graduate school and earned a doctoral degree in nutrition science. Entered a nationwide competition (Club activity).	Obtained KAKENHI (Grants-in-Aid for Scientific Research). Community activities with students. Support from local friends.
Experiences of mistakes	Became tired of everything, except playing the electronic organ.	Failed a test in my first year of junior high school. Failed the national university entrance examination.	Failed the national university entrance examination.	Came into conflict with my friends because I asserted myself too much (Good memory).	Became aware that I have many weak points through activities that were different from those in my graduate school days (Great experience).

Weekly Schedule of Ms. Fukuda

Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
6 : 00							
7 : 00	Wake up, get ready for work	Wake up, get ready for work		Wake up, get ready for work			
8 : 00	Go to work	Go to work	Wake up, get ready for work	Go to work	Wake up, get ready for work	Wake up, get ready for work	
9 : 00	Prepare for class (practical work)	Class (practical work)	Go to work	Class (practical work)	Go to work	Community activity with students	Wake up, get ready for work
10 : 00			Prepare for class		Class		
11 : 00			Class				Shopping
12 : 00	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break		
13 : 00	Research activity (experiment, etc.)	Class (practical work)	Meeting	Class (practical work)	Prepare for community activity	Return home	Lunch
14 : 00			Research activity		Research activity		
15 : 00		Make arrangements for class (practical work)	Return home	Clear up after class (practical work)	Return home	Return home	Relax at home
16 : 00			Grocery shopping	Research activity	Grocery shopping	Relax at home	
17 : 00	Return home	Research activity (experiment)	Return home	Return home	Return home	Relax at home	
18 : 00							
19 : 00							
20 : 00	Dinner, bath, watch TV	Return home	Dinner, bath, watch TV	Dinner, bath, watch TV	Dinner, bath, watch TV	Dinner, bath, watch TV	Dinner, bath, watch TV
21 : 00		Dinner, bath, watch TV					
22 : 00							
23 : 00							
0 : 00	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed

Daily Schedule of Ms. Fukuda



How did you get into your current job or career path?

I have loved eating since I was a child. When I was a senior high school student, I had a dream to be a managerial dietician, and started to think about getting involved in education and research activities in the field of nutrition science and getting a job in my home prefecture, Shimane. When I was a graduate school student, I knew that the Department of Health and Nutrition of the University of Shimane was going to be reorganized from a two-year program to foster nutritionists to a four-year program to foster managerial dieticians, and I was lucky to take my current post.

What kind of learning did you find most useful?

Partly because I was not good at arts subjects in high school, I took a math and science course. Once I started research activity at university, I recognized the fact that English and Japanese skills play a more important role than math and science skills. Language skills are indispensable in providing education to students and conveying my research results to others. It is also very important to develop the habit of thinking for yourself and forming your own opinion.

What do you encourage students to learn? (Recommendation)

"Asking for help" is important, whatever field you are in. Of course, depending on other people all the time is not good. When things are not going well despite your serious efforts, ask for help (verbally), and you may find a solution easily.

Message to everyone who is going to join the workforce

It may not be easy to imagine yourself going out into the real world. My advice is to find one thing you love to do. You might stumble in the future, but please remember that after something bad there has to be something good. I look forward to working together with you in the future.

06 CASE of HIROMI MATSUTANI

Have a lot of different experiences by interacting

with various people!



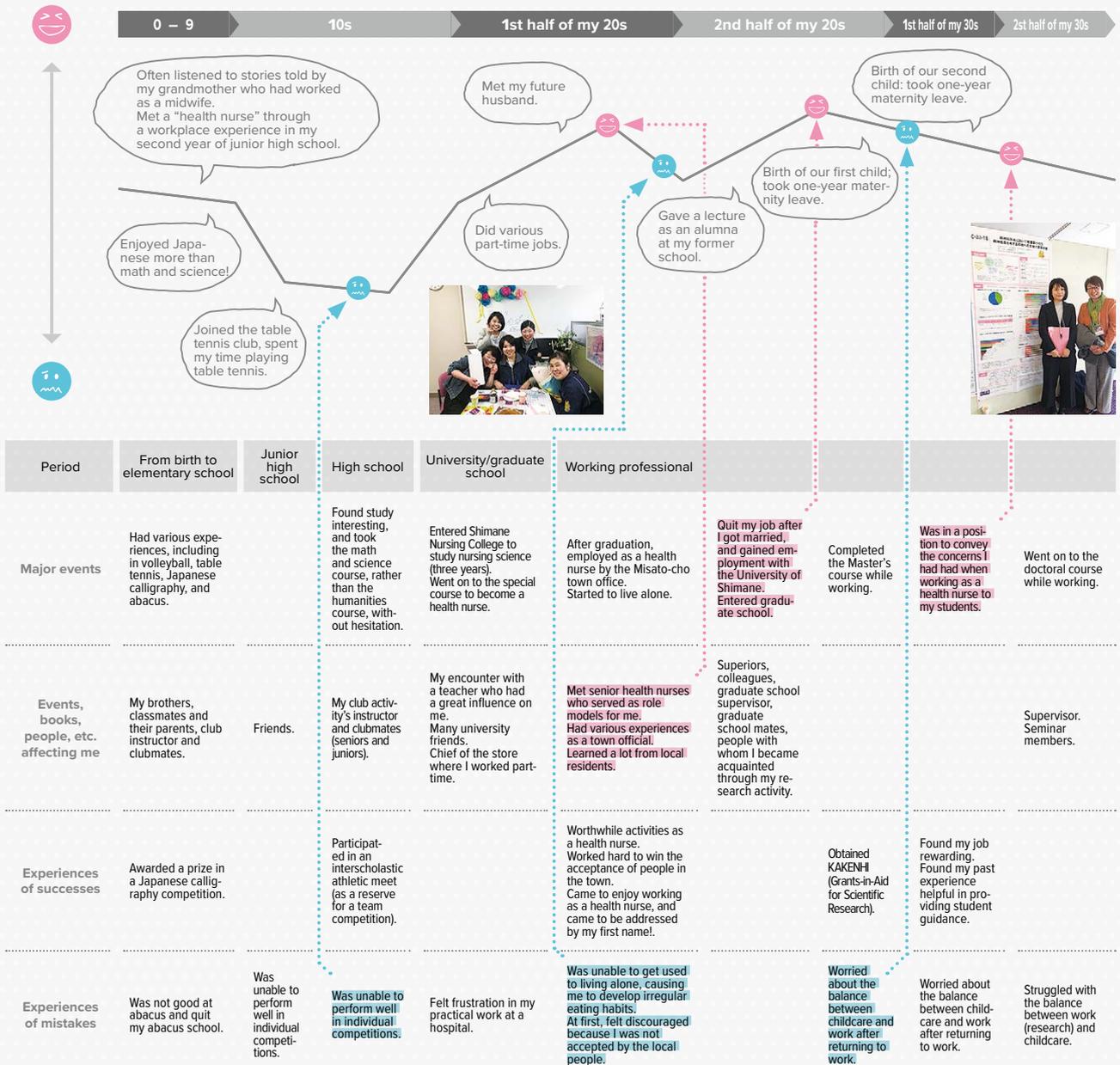
Assistant Professor, Department of Nursing, Faculty of Nursing and Nutrition, the University of Shimane

Hiromi Matsutani

Profile

[Academic Background]
 Izumo-Nishi High School/Nursing Department, Shimane Nursing College/
 Major in Community Health Nursing in the Special Course, Shimane Nursing
 College/Master's Course in Nursing Science, the Graduate School of
 Medical Research, Shimane University/Currently enrolled in the Doctoral
 Course, the Graduate School of Nursing Science, the University of Shimane
[Career]
 Health Promotion Division, Misato-cho Town Office, Shimane Prefecture

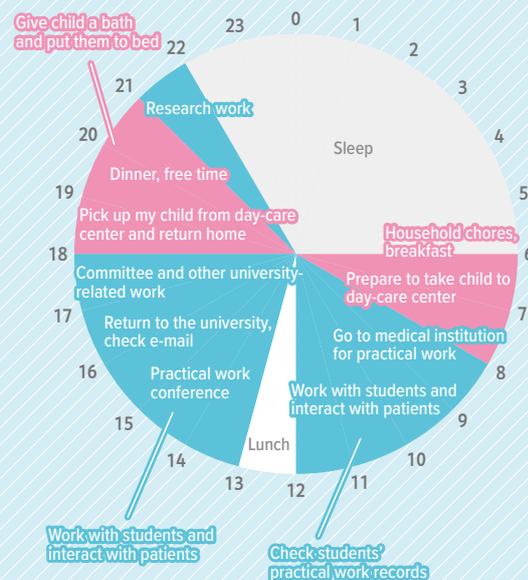
My Career



Weekly Schedule of Ms. Matsutani

Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
6 : 00	Wake up, breakfast	Wake up, breakfast	Wake up, breakfast	Wake up, breakfast	Wake up, breakfast		
7 : 00	Take child to day-care center	Take child to day-care center	Take child to day-care center	Take child to day-care center	Take child to day-care center	Wake up	Wake up
8 : 00	Go to work	Go to work	Go to work	Go to work	Go to work	Breakfast	Breakfast
9 : 00							
10 : 00	Prepare/organize materials	Prepare for lectures	Meeting	Meeting with organs for practical work	Lecture	Go to a park with child	Outing with child
11 : 00							
12 : 00	Lunch break	Lunch break	Committee-related work	Lunch break	Post-lecture work	Lunch	Lunch
13 : 00	Student research guidance (assistant)		Lunch break	Research-related meeting	Lunch break	Take a nap with child	
14 : 00			Committee meeting				Study for graduate school
15 : 00							
16 : 00		Seminar at graduate school	Committee meeting	Meeting	Attend a lecture	Play with child	
17 : 00	Lecture at graduate school			Prepare for lectures			
18 : 00			Pick up my child from day-care center and return home	Pick up my child from day-care center and return home	Pick up my child from day-care center and return home	Dinner	
19 : 00		Return home	Dinner	Dinner	Dinner		Dinner
20 : 00	Return home	Dinner	Put child to sleep	Put child to sleep	Put child to sleep	Put child to sleep	Put child to sleep
21 : 00		Reading			Reading		
22 : 00							
23 : 00	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed
0 : 00							

Daily Schedule of Ms. Matsutani



How did you get into your current job or career path?

Resigning from my former job after getting married was one of the major factors. I sometimes worried about my work as a health nurse because I was too busy to review the work I did every day. I also had a lot to think about in terms of supporting people with mental disorders in the local community, which made me feel conflicted. At that time, I was asked by my former university teacher about my willingness to work as a teacher at a nursing college. I thought this would be a good opportunity to stop and confront the issues and challenges I faced, and decided to pursue a career as a university teacher and researcher.

What kind of learning did you find most useful?

As a student, I was not good at making presentations in front of other people or expressing my opinion. After entering university and going out into the real world, we have more opportunities to express opinions than we think. It is quite important for both healthcare workers and researchers to acquire the skills required to get their own ideas across. Please try to pay more attention to communication with your family members and friends in everyday life.

What do you encourage students to learn? (Recommendation)

I encourage you to get involved in what you are interested in. I understand that it takes guts to take a step forward and that it is more comfortable not to do so. However, stepping forward will give you an opportunity to see an unexpected side of yourself, spark a new interest, explore something new for you, or broaden your perspective. Although I'm living in Shimane Prefecture, there is a lot about Shimane that I don't know. It is important to know more about the community you live in, before learning about others. Please participate in various local events more actively to learn more about your local community and its people.

Message to everyone who is going to join the workforce

Please be proactive in going out into various fields, interacting with various people and having various experiences. Accumulating such experiences from a student would be helpful in your work, research activity and private life. It is quite important to take on new challenges in front of you, even if you are reluctant to do so.

Someone is surely watching you taking on a challenge.



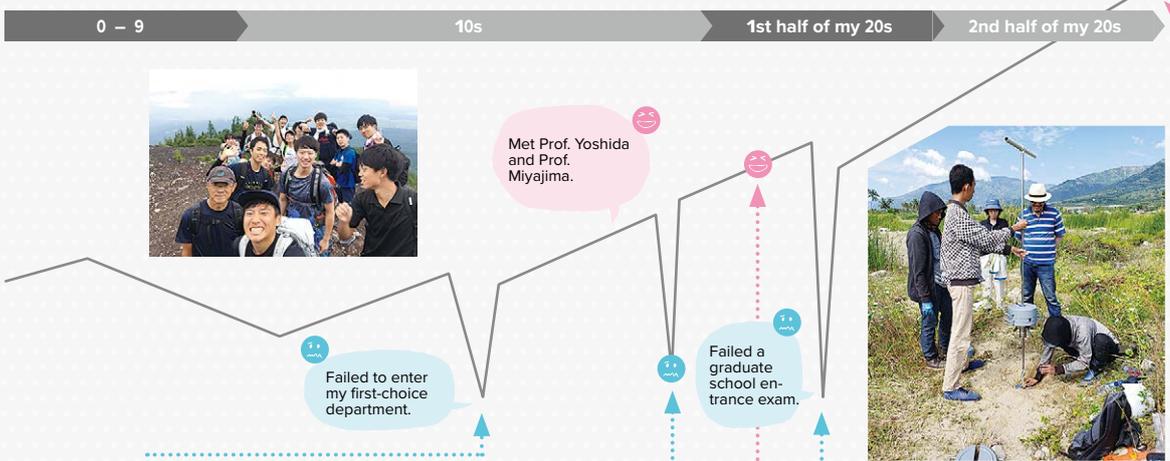
Assistant Professor, Department of Civil and Environment Engineering, National Institute of Technology, Matsue College

Yuko Serikawa

Profile

[Academic Background]
 Department of Civil Engineering, National Institute of Technology, Fukui College/
 Environmental Design, College of Science and Engineering, Kanazawa University/
 Master's Course in Environmental Design, Graduate School of Natural Science and
 Technology, Kanazawa University/Doctoral Course in Environmental Design, Graduate
 School of Natural Science and Technology, Kanazawa University/Research Fellow (DC
 2 and PD) of Japan Society for the Promotion of Science

My Career

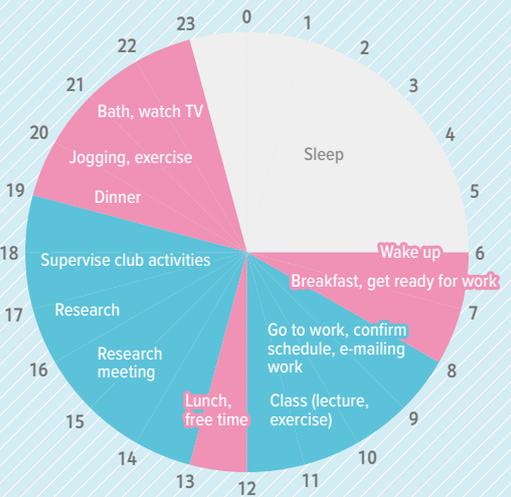


Period	From birth to elementary school	Junior high school	High school	Graduate School	Working professional
Major events	Started playing <i>Kyogi Karuta</i> (a card game using <i>Hyakunin Isshu</i> (one hundred poems by one hundred poets) and volleyball.	Entered the volleyball club. Student body activity. Participated in the <i>Kyogi Karuta</i> tournament as the representative of Fukui Prefecture.	Entered the volleyball club / student-body activity (vice president) / female head of the cheering group / worked part-time at a major supermarket / worked part-time at a local <i>soba</i> restaurant / selected earthquake disaster prevention as the theme of my graduation work / studied abroad for a short time (first overseas travel) / set the goal of becoming a teacher at the National Institute of Technology.	Started living alone / Selected an earthquake engineering lab to continue to pursue the research I started at the National Institute of Technology, Fukui College / attended academic conferences in Japan and abroad/ wrote a paper / conducted fieldwork in affected areas (Kumamoto, Hokkaido, Indonesia) / ran a full marathon / took graduate school entrance exams (twice) / took exam to go on to the doctoral course.	Assigned to the National Institute Technology, Matsue College (realizing my dream). Served as an advisor to the female volleyball club.
Events, books, people, etc. affecting me	Volleyball.	Was afraid of my club advisor (Good teacher). Learned about hierarchical relationships through club activities.	Learn about interpersonal relationships through club and student-body activities and part-time jobs. Encounter with Professor Masaho Yoshida, who served as supervisor of the lab. Bitter memory of my retirement match.	Met Prof. Masakatsu Miyajima, who served as supervisor of the lab / met many friends through circle and club activities and at the lab / delivered a presentation at the National Institute of Technology, Hakodate College and learned about other schools by visiting Nagaoka College and Maizuru College under the internship program / became interested in marathons by participating in the lab's annual jogging event / spent one week in an English-only environment with students from universities ranked highly in the OIST Science Challenge 2016.	Meetings (discussions in the meetings gave me a shock) / made connections with female researchers active in various fields, and students and faculty/staff members of the National Institute of Technology, Matsue College.
Experiences of successes	Won a prize in the annual <i>Kyogi Karuta</i> tournament every year from the first year of elementary school.	Selected as the junior high school team representing Fukui Prefecture for the <i>Kyogi Karuta</i> tournament and won second place. Successfully entered the National Institute of Technology, Fukui College.	Won the school president award for club activities. Won the cheering prize and the overall championship at a sports meet. Was able to balance my part-time jobs and club activities. Increased my savings. Fully enjoyed my school life.	Exempted from tuition for graduate school/exempted from paying back student loans. Graduated early from the doctoral course. Ran a full marathon five times in four months. Fully enjoyed school life. Conquered Japan's three sacred mountains.	Became involved in the same sports club activity as I had engaged in as a student. Was able to have interactions with students through classes and club activities. Fully enjoyed my teaching life.
Experiences of mistakes	My eyes went bad quickly because of watching too much television.	Failed to enter my first-choice department of material science and engineering → Won admission to my second-choice department.	Applied for transfer to the university under the recommendation system → declined → switched to a written exam (passed the exam). Experienced the danger of being held back in my first year of technical college.	Failed to reserve a hotel room when visiting Chile to participate in an international conference. Failed a graduate school exam → passed a secondary exam.	Found the area that I live in to be vulnerable to flooding.

Weekly Schedule of Ms. Serikawa

Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
6 : 30	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up
7 : 00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8 : 00	Go to work	Go to work	Go to work	Go to work	Go to work	Club activity	Grocery shopping, household chores
9 : 00	Confirm schedule	E-mail, deskwork	Class (lecture)	Class (graduation work)	Class (lecture)		Long-distance running along Lake Shinji when weather permits
10 : 00	E-mail, deskwork	Research	Class (exercise)	Class (graduation work)			
11 : 00							
12 : 00	Lunch	Lunch	Lunch	Lunch	Lunch		
13 : 00			E-mail, deskwork			Lunch	Lunch
14 : 00	Research	Class (experiment/practical work)	Research	Class (exercise)	Class (graduation work)	Grocery shopping, household chores, etc.	Watch TV, go out with friends
15 : 00							
16 : 00							
17 : 00	Club activity	Research	Club activity	Club activity	Research		
18 : 00							
19 : 00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
20 : 00	Running		Running		Running		
21 : 00	Bath, watch TV	Bath, watch TV	Bath, watch TV	Bath, watch TV	Bath, watch TV	Bath, watch TV	Bath, watch TV
22 : 00							
23 : 00	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed
0 : 00							

Daily Schedule of Ms. Serikawa



How did you get into your current job or career path?

I was able to improve myself through various experiences during my technical college days. I was also fortunate enough to meet wonderful teachers. I wanted to be a technical college teacher who could have an influence on my students.

What kind of learning did you find most useful?

I did not make a special effort to learn something, but I had many experiences during my school days from junior high school to technical college, university and graduate school. They include various experiences in my club activities, student-body activities, internship, part-time jobs, conferences in Japan and abroad, short-term study abroad, and work as a teaching assistant. I still retain the knowledge, connections (with teachers, friends, seniors and juniors), and interpersonal relationships I built through these activities.

What do you encourage students to learn? (Recommendation)

The following is what I acquired in my school life.

- (1) Busy days writing reports and doing assignments → I developed the habit of meeting a deadline in any situation.
- (2) Internship, study abroad → I can keep my connection with companies and other schools.
- (3) Club activities → I developed the habit of setting a goal and thinking and acting toward the goal.
- (4) Part-time jobs → I realized how hard it is to earn money and learned common sense.
- (5) Play with all my strength → I can make time however busy I am.
- (6) Connections with teachers → Teachers have limitless information and a network of personal connections.

Message to everyone who is going to join the workforce

To become the person you truly wish to be, you need to consider what you should learn and what kinds of skills you should acquire, and then act toward them. Since I didn't know what the correct answer was, I tried many different things. Sometimes they exceeded my capacity, but many people helped me to continue my efforts to pursue my career. Someone is surely watching you taking on a challenge. Strongly believing this, I want you to devote your best efforts. Enjoy and go for it!

It is very important not to

give up, no matter what happens.



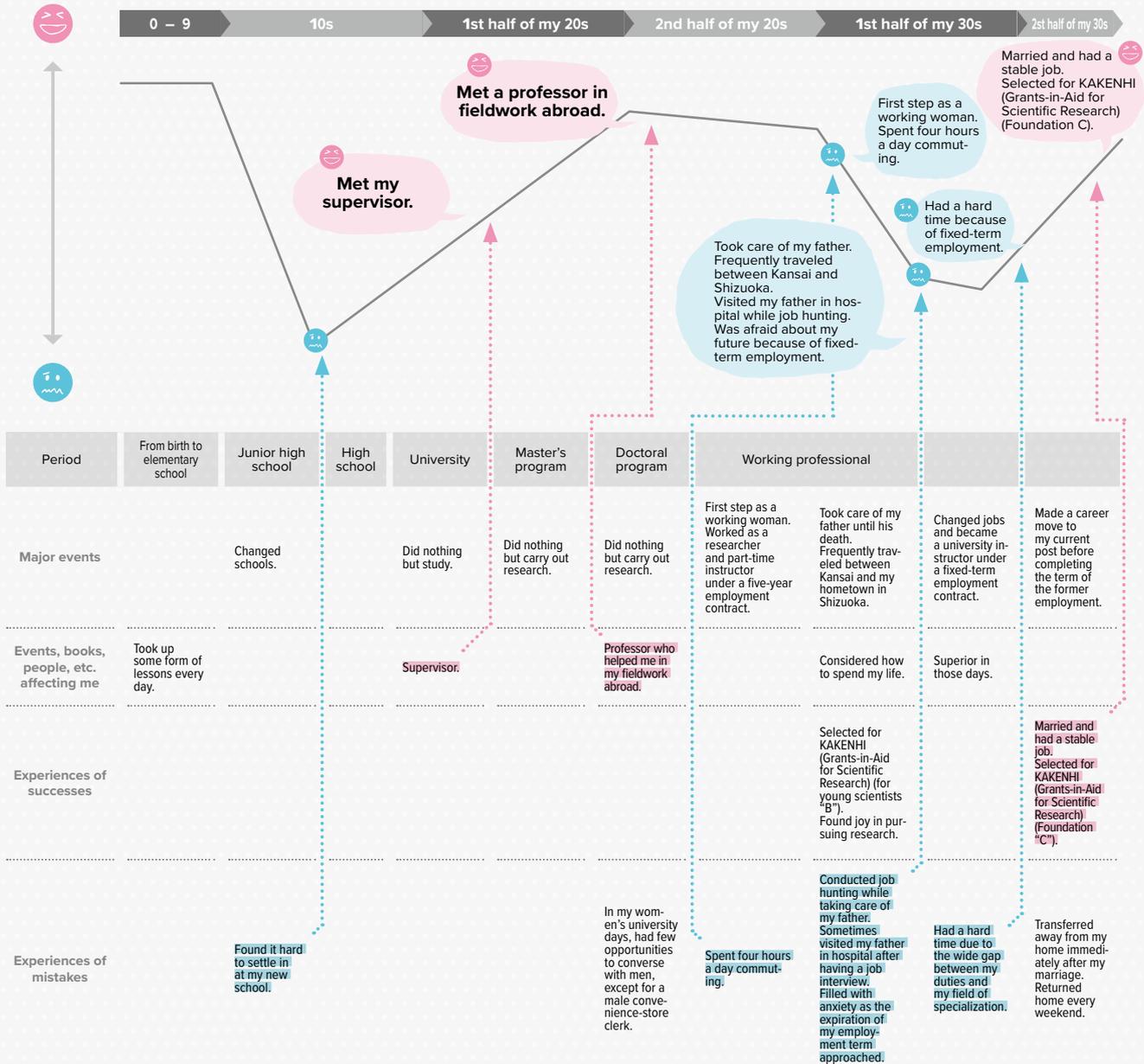
Associate Professor, Department of Architecture, National Institute of Technology, Yonago College

Keiko Amano

Profile

[Academic Background]
Graduate School of Nara Women's University
[Career]
Public research institute/National university

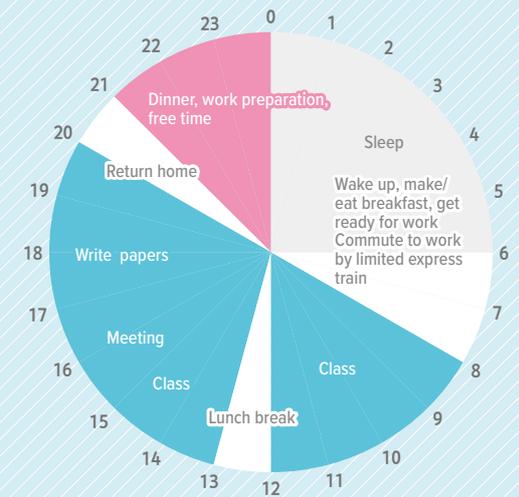
My Career



Weekly Schedule of Ms. Amano

Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
6 : 00	Wake up						
7 : 00	Commute to work by limited express train	Wake up	Wake up	Wake up	Wake up		
8 : 00		Go to work	Go to work	Go to work	Go to work	Wake up	Wake up
9 : 00							
10 : 00	Class	Class	Class	Class	Research		
11 : 00						Household chores	Household chores
12 : 00	Lunch break						
13 : 00							
14 : 00	Class	Prepare for classes, provide guidance to students	Prepare for classes, provide guidance to students	Class	Prepare for classes, provide guidance to students		
15 : 00							Hobby
16 : 00	Meeting	Meeting	Meeting	Meeting	Meeting		
17 : 00					Meeting	Spend with my family	
18 : 00	Research	Research	Research	Research			
19 : 00					Commute to work by limited express train		
20 : 00	Return home		Spend with my family				
21 : 00							
22 : 00	Household chores, prepare for the next day's work	Household chores, prepare for the next day's work	Household chores, prepare for the next day's work	Household chores, prepare for the next day's work	Spend with my family	Research	
23 : 00							Go to bed
0 : 00	Go to bed	Go to bed	Go to bed				

Daily Schedule of Ms. Amano



How did you get into your current job or career path?

I had been engaged in study work at a public research institute and work to promote projects at a national university. I decided to work at the National Institute of Technology, Yonago College to pursue my career as a researcher while serving as a teacher in the Department of Architecture.

What kind of learning did you find most useful?

It is important to pursue your own interests, but I'd like to advise you to take interest in many different things because your work requires a lot of interaction with people.

What do you encourage students to learn? (Recommendation)

I encourage you to have various experiences. You may find the enrichment lessons you took in your childhood to be very useful.

Message to everyone who is going to join the workforce

It is very important not to give up, no matter what happens. Also, treasure every encounter you have with every person.

Working on the Internet is not enough.

You cannot start without interacting with people.



Assistant Professor, Department of Materials Science, National Institute of Technology, Yonago College

Michiko Endo

Profile

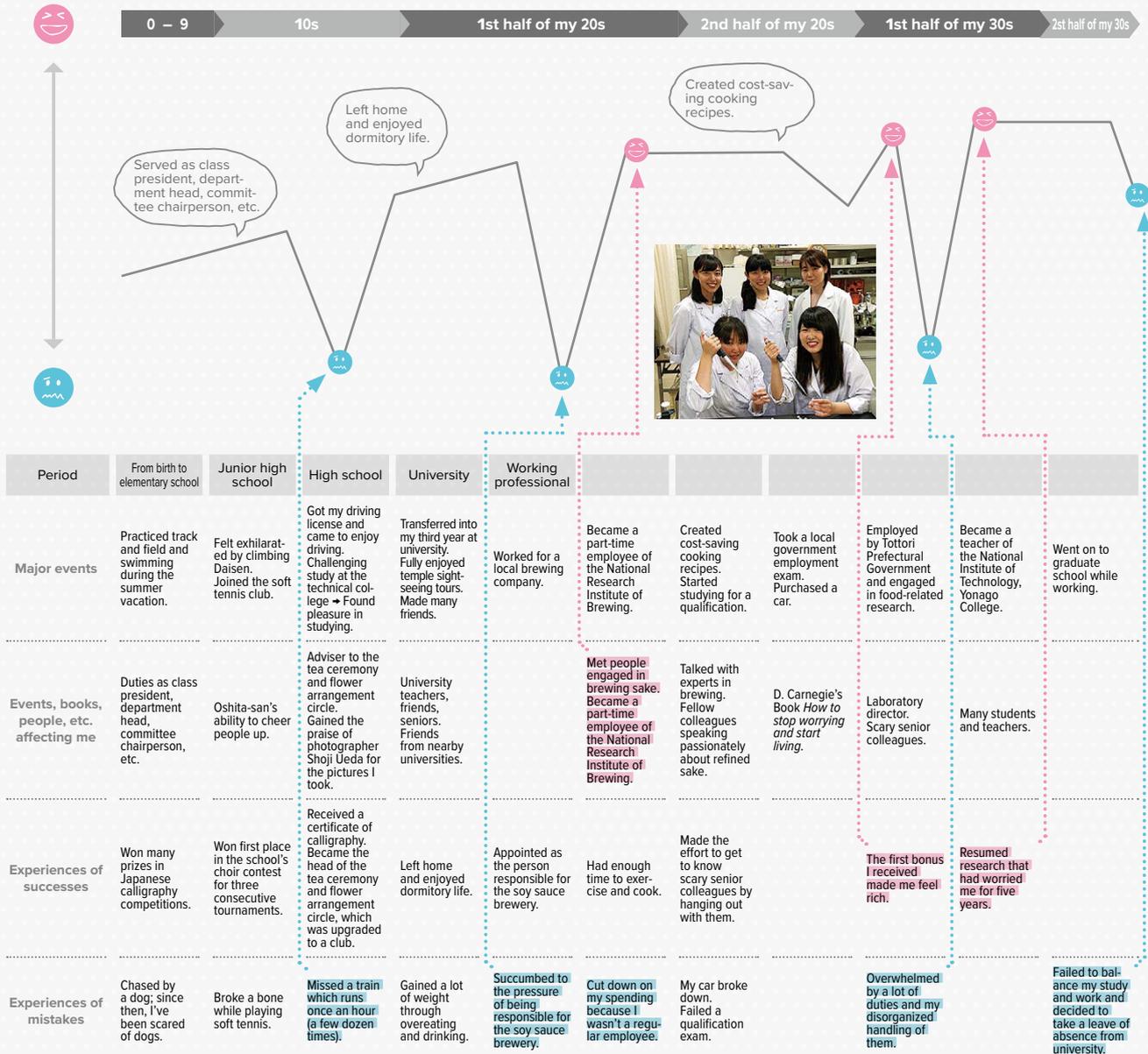
[Academic Background]

Department of Human Life and Environment, Faculty of Human Life and Environment, Nara Women's University/Currently enrolled in the doctoral program of the Graduate School of Biosphere Science, Hiroshima University

[Career]

Chiyomusubi Sake Brewery Co., Ltd./National Research Institute of Brewing/Food Development Research Laboratory, Tottori Institute of Industrial Technology

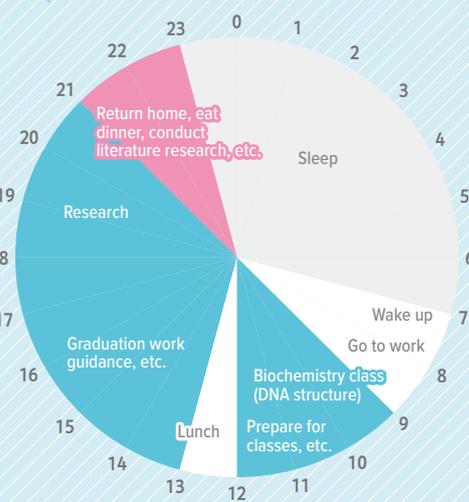
My Career



Weekly Schedule of Ms. Endo

Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
6 : 00					Wake up		
7 : 00	Wake up	Wake up	Wake up	Wake up			
8 : 00	Go to work	Go to work	Go to work	Go to work		Wake up	
9 : 00	Class	Research	School duties in dormitory	Research	Go to university		
10 : 00			Class	Research		Research	
11 : 00	Prepare for classes				Research meeting	Research	
12 : 00	Lunch, take a walk	Lunch	Lunch	Lunch	Lunch		Outing
13 : 00							
14 : 00	Research work guidance	Class		Prepare for classes, etc.	Prepare for classes, etc.	Return home	
15 : 00		Meeting	Prepare for classes, etc.				
16 : 00				Research	Attend a lecture		
17 : 00							
18 : 00	Research						
19 : 00			Dinner	Return home	Travel to home		Return home
20 : 00		Research	Dormitory events	Spend time with family			Outing
21 : 00	Return home				Return home		Spend time with family
22 : 00	Literature research, etc.		Return home	Literature research, etc.	Literature research, etc.		
23 : 00			Relax				
0 : 00	Go to bed	Return home, go to bed	Go to bed	Go to bed	Go to bed		Go to bed

Daily Schedule of Ms. Endo



How did you get into your current job or career path?

I'm very interested in food and microorganisms. Some people say, "You shouldn't turn what you love into a job." I believe that only a few people can personally grow microorganisms, take effective ones from them, and put them out into the world. Researchers belonging to a company or any other organization can do the same thing and achieve results in less time because they exchange views and opinions at the research stage. When I was working as a prefectural government official, I recognized that food accidents could be reduced by providing the food manufacturer staff with careful guidance concerning analysis and sanitation methods. This experience made me determined to be a teacher to develop human resources who could play an active role immediately after going out into the real world. At the same time, I also wanted to pursue my career as a researcher.

What kind of learning did you find most useful?

After five years' of study in a technical college, I transferred into the third year of university. I studied chemistry (organic chemistry, high polymer chemistry, etc.) and physics at the technical college, and learned about a variety of food-related fields—ranging from food chemistry to food hygienics, nutrition science, and microbiology—at the university. You may think food cooking and storage, hygiene control, and in vivo metabolism have nothing to do with chemistry, but they cannot be explained without referring to organic compounds and chemical reactions. I think that the basic chemical knowledge I had learned helped me acquire expertise in food and microorganisms in a smoother manner.

What do you encourage students to learn? (Recommendation)

I encourage you to get qualifications. Some responsible positions in the workplace require a certain qualification. It is not easy to study to get qualifications while doing a full-time job. It is also a good idea to go abroad during your college years. Go somewhere a long way from Japan, somewhere you wouldn't normally go, which will help you broaden your perspective. Working on the Internet is not enough. You cannot start without interacting with people.

Message to everyone who is going to join the workforce

I switched jobs many times, which gave me opportunities to interact with many people, gain a lot of information and eventually expand my knowledge. I don't mean to encourage you to change your job. What is important is to interact with many people in various different fields. You may like to chat through SNS. Try talking to teachers you don't like very much, senior colleagues and friends, and you may get a new clue or idea. (Don't push yourself too hard!) Try doing as many different things as you can, and you will be able to expand your horizon. Such challenges are allowed only to students!

10 CASE of RIKO HAYAMI

First year at the company

Those who have experienced a

difficulty or mistake are mighty!



Band Steel Plant, Yasugi Works, Hitachi Metals, Ltd.

Riko Hayami

Profile

[Academic Background]
Regular Course, Hyogo Prefectural Kobe Takatsuka High School
Materials Science and Engineering Course,
Department of Chemistry and Materials Engineering,
Faculty of Chemistry, Materials and Bioengineering,
Kansai University

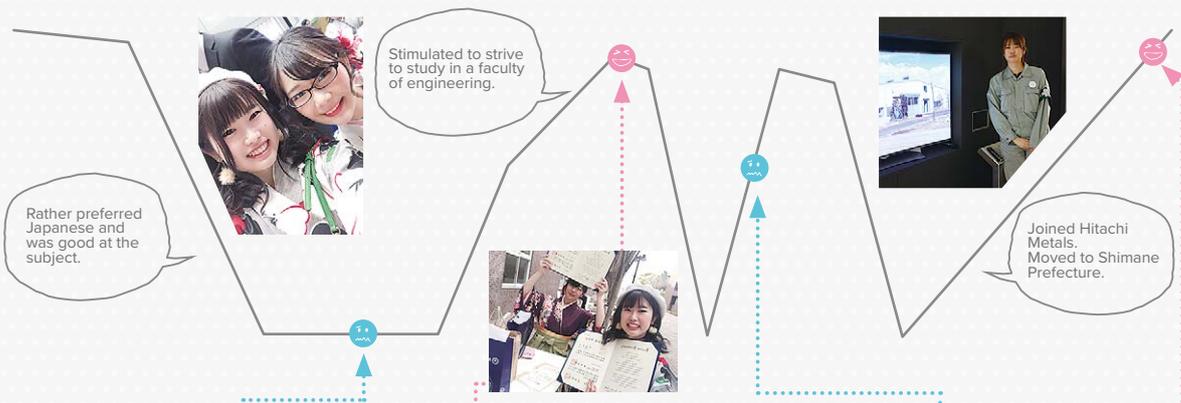
My Career



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10s

First half of my 20s

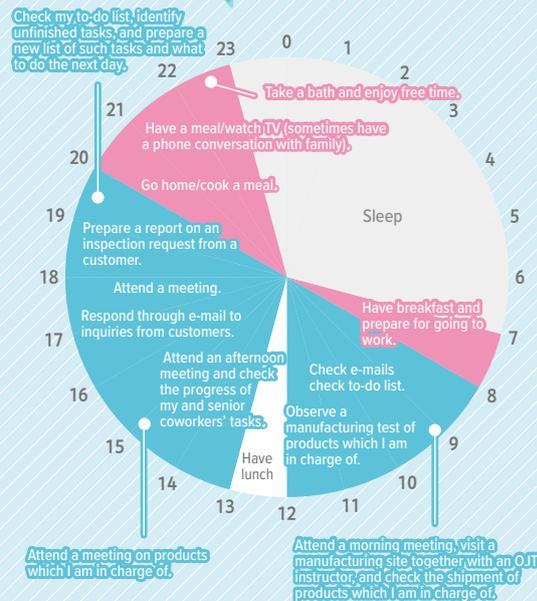


Period	From birth to elementary school	Junior high school	High school	University	Working professional
Major events	Could not establish stable personal relations because of my frequent changes in schools. Did not like science or mathematics, and rather preferred Japanese and was good at the subject. Did not have any specific targets.	Entered a public school whose deviation value was high. Developed a dislike for studying due to a gap in academic background with other students. Had few friends because other students regarded me as a rival in entrance examinations.	Entered a regular course of a public high school whose entrance examination I had taken as a backup to the school of my first choice. Had many friends who always thought positively, unlike in my junior high school days. Had many positive-thinking friends, and experienced a new world.	Could not keep up with university classes because I had almost stopped studying in the spring of my third year at high school after my successful admission to the university by recommendation from my high school. Studied every day with tears in my eyes at the university's library. Began research on coral in my fourth year at university.	Joined Hitachi Metals, Ltd. Moved to Shimane Prefecture, which was the first time for me to live outside the Kansai region.
Events, books, people, etc. affecting me		Joined an open-school event of Kobe City College of Technology, leading me to vaguely dream that I could study machinery and metals. Was good at Japanese and social sciences (history and civics).	Encouraged by my career counselor and class teacher to strive to study in an engineering faculty of a university.	Studied in my university's faculty of engineering. Studied engineering every day. Hunted for a job while comparing many companies from a broader perspective than other students did.	Working in a much better in-house and workplace environment than I expected, and receiving guidance from excellent senior coworkers.
Experiences of successes		Established the target of studying at the college of technology.	Studied industriously for three years and maintained the top position! Accepted by the engineering (materials) faculty of the private university of my first choice through a recommendation from my high school.	Interacted not only with university faculty but also with many other adults, including corporate workers, through my research on coral.	Joined Hitachi Metals, Ltd. Assigned as a female engineer for the first time in the history of Yasugi Works. Involved in a big project despite my experience of less than a year at the company.
Experiences of mistakes		Failed the entrance examination of the high school of my first choice.		Almost stopped studying after successful admission to the university by recommendation from my high school.	Cannot secure sufficient time for learning a foreign language, though it is not directly associated with my work, because I have not yet become accustomed to my daily work, and this makes me busy and tired.

One Week of Ms. Hayami

Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
6 : 00	Sleep	Sleep	Sleep	Sleep	Sleep		
7 : 00	Wake up/have breakfast					Sleep	Sleep
8 : 00	Go to work	Go to work	Go to work	Go to work	Make preparations		
9 : 00	Attend a morning meeting and check the shipment of products completed during the weekend	# 1	# 2	# 2	Move to Osaka		
10 : 00			Attend a meeting, etc.	Check a manufacturing site		Have breakfast	
11 : 00						Do shopping and have lunch in Osaka	Wake up/have breakfast Make preparations
12 : 00	Have lunch	Have lunch	Have lunch	Have lunch	Have lunch		
13 : 00		Observe the manufacturing test of products which I am in charge of	# 3	Attend a meeting	Conduct recruitment at my alma mater	Move to Shimane	Free time
14 : 00	Prepare for the manufacturing test to be conducted the next day (calculation, simulation, etc.)		Respond to inquiries and inspection requests from customers	# 3			Have lunch with coworkers who joined the company in the same year
15 : 00				# 4		Go home	Go home
16 : 00		Check the test results	Attend a meeting			Free time	
17 : 00	# 3	# 3		Prepare a to-do list		Free time	
18 : 00	Respond to inquiries and inspection requests from customers	Prepare a to-do list	Prepare a to-do list	Go home and cook a meal	Meet with friends from my university	Cook and have a meal	Free time (Have a meal, take a bath, etc.)
19 : 00		Go home and cook a meal	Go home and cook a meal	Have the meal			Take a bath
20 : 00	Prepare a to-do list	Have the meal	Have the meal	Take a bath			
21 : 00	Go home and cook a meal	Take a bath	Take a bath	Free time		Free time	
22 : 00	Have the meal	Free time	Free time			Go home and take a bath	
23 : 00	Take a bath	Learn a foreign language		Sleep	Free time	Sleep	Sleep
0 : 00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep

One Day of Ms. Hayami



What made you select your job (company)?

Although I attended career fairs both on and off campus, I felt that something was different, and moreover, I was busy conducting my research. Accordingly, my job-hunting efforts did not go as smoothly as I had expected. In that environment, Hitachi Metals rescheduled an interview date for me many times. On the day of the interview, they gave a sympathetic ear to the future career that I wanted to develop and my dream of becoming an engineering sales representative. Encouraged by their saying, "We could help you realize your dream," I decided to join the company.

What knowledge and skills that you have obtained do you find beneficial?

Although I love talking with people by nature, I've learned how to communicate with people of various generations through my experiences as a sales clerk at a department store and as an instructor at a private-tutoring school. Students might be able to manage everything somehow on their own, but this approach does not work at companies. When proceeding with your job, you need to communicate with a wide variety of people, such as senior coworkers who are older than your parents and manufacturing staff members who are younger than you, to inform them of what you would like to do. Although this might be a stereotype, STEM students are not very good at communicating with others. (This is my personal feeling.) I hear that STEM students with sufficient communication skills are regarded as valuable talent in the recruitment process. I feel that if engineers can engage in manufacturing while involving people around them and talking about their ideas in an easy-to-understand way, this will make them even more attractive. If you tend to stay away from communicating with others, doing a part-time job in the service industry might be a good option!

What knowledge and skills do you think will be beneficial? (Recommendation)

You should find someone with whom you can consult about anything. (Just one such person would be sufficient.) In the future, there will be a time when you will worry about your career or life plan (marriage, childbirth, etc.). If you find someone with whom you can share your worries and to whom you can disclose your real feelings, whether it is your family, a friend, a senior coworker, a coworker who joined the company in the same year, or your romantic partner, you might be able to further improve your life. If you face some difficulty or have some trouble, I think that you can fully rely on such a person. Instead, if you are relied on, you should support the person with your full strength.

Do you have any message for students preparing to become working professionals?

I feel that those who have experienced a difficulty or mistake are mighty! By contrast, I guess those with many successes but without sufficient painful failures frequently go through difficulties after starting their careers as working professionals. An experience of making a mistake and overcoming it will give you some hints about various things, such as how to handle mistakes, how to maintain your mental condition, and what to do to avoid mistakes. I feel that if you have such an experience before graduating from university, you might be able to make a bold selection after starting your professional career and manage to hold on even when everything is new to you after beginning to work. Put simply, though this might sound slightly harsh, nobody can continue to avoid making a mistake forever. In my opinion, the later you experience a mistake, the more severe the injury you will have and the later you will recover from it. So, I recommend you to make many attempts and experience a few mistakes.

Even if you make a mistake, you will find it a source of learning in the future.



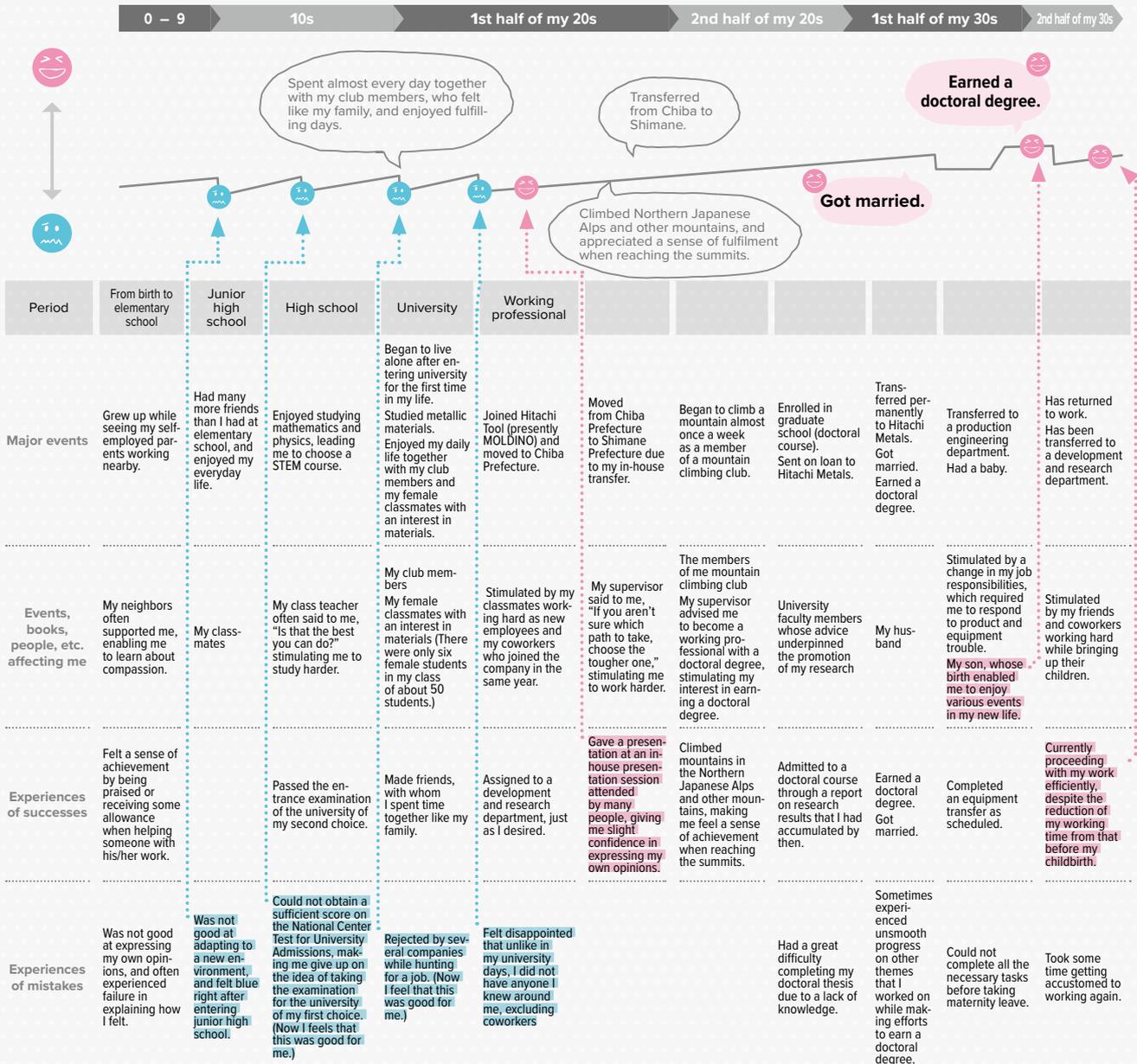
Solution & Engineering Center
Yasugi Works, Hitachi Metals, Ltd.

Kana Morishita

Profile

[Academic Background]
Intelligent Production System Engineering Department, Faculty of Engineering, Kumamoto University Doctoral Course, Interdisciplinary Graduate School of Science and Engineering, Shimane University
[Career]
Hitachi Tool Engineering, Ltd./Hitachi Metals, Ltd.

My Career



One Week of Ms. Morishita

Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	
6 : 00	Wake up/make preparations/have breakfast	Wake up/make preparations/have breakfast/leave home	Wake up/make preparations/have breakfast	Wake up/make preparations/have breakfast	Wake up/make preparations/have breakfast	Sleep	Sleep	
7 : 00	Go to work		Go to work	Go to work	Go to work			
8 : 00		Hospital				breakfast	breakfast	
9 : 00	Work		Work	Work	Work			
10 : 00		Go to work				Do household chores/play with my child at home		
11 : 00		Work					Stroll	
12 : 00	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	Have lunch	Have lunch	
13 : 00								
14 : 00	Work	Work	Work	Work	Work	Aquarium	Shopping	
15 : 00								
16 : 00						Free time		
17 : 00	Go home			Go home				
18 : 00	Shopping	Go home	Go home		Go home			
19 : 00								
20 : 00		Have dinner/take a bath/do household chores/lull my child to sleep						
21 : 00								
22 : 00	Free time		Free time	Free time		Free time	Free time	
23 : 00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
0 : 00								

One Day of Ms. Morishita



What made you select your job (company)?

Since I was a child, I have been interested in making things, making me feel like creating something new and useful for people. While hunting for a job, I heard from a faculty member of my university that Hitachi Tool (presently MOLDINO), a cutting tool manufacturer, was a good company and employed students from my university every year. This led me to join the company through the recommendation of the faculty member. Afterwards, I was transferred permanently to Hitachi Metals, which was the parent company of Hitachi Tool in those days and manufactured metals and other materials.

What knowledge and skills that you have obtained do you find beneficial?

My job often requires what I learned at university, so I feel that I'm lucky that I obtained basic knowledge of metallic materials. However, there are many things that I have forgotten or could not understand at university, and I read my textbooks once again each time.

What knowledge and skills do you think will be beneficial? (Recommendation)

I feel that you should study English. When I face something that I'm not sure about, I sometimes do some research in English, making me feel that such research gives me more information from around the world than research in Japanese and enables me to learn a lot. To proceed with my job, I sometimes check papers and patents in English and try to see whether what I'm going to do is new or not in society, but I have great difficulty doing so.

Do you have any message for students preparing to become working professionals?

Even if you make a mistake, you will often find it a source of learning in the future. All hard work will lead to a good result. Please try a wide variety of things and enjoy yourself!

To broaden your perspective means to expand your own potential both in your work and in your personal life.



Team leader (responsible for PR and planning and development), General Affairs Department, Kanatsu Engineering Construction Co., Ltd.

Haruko Fukui

Profile

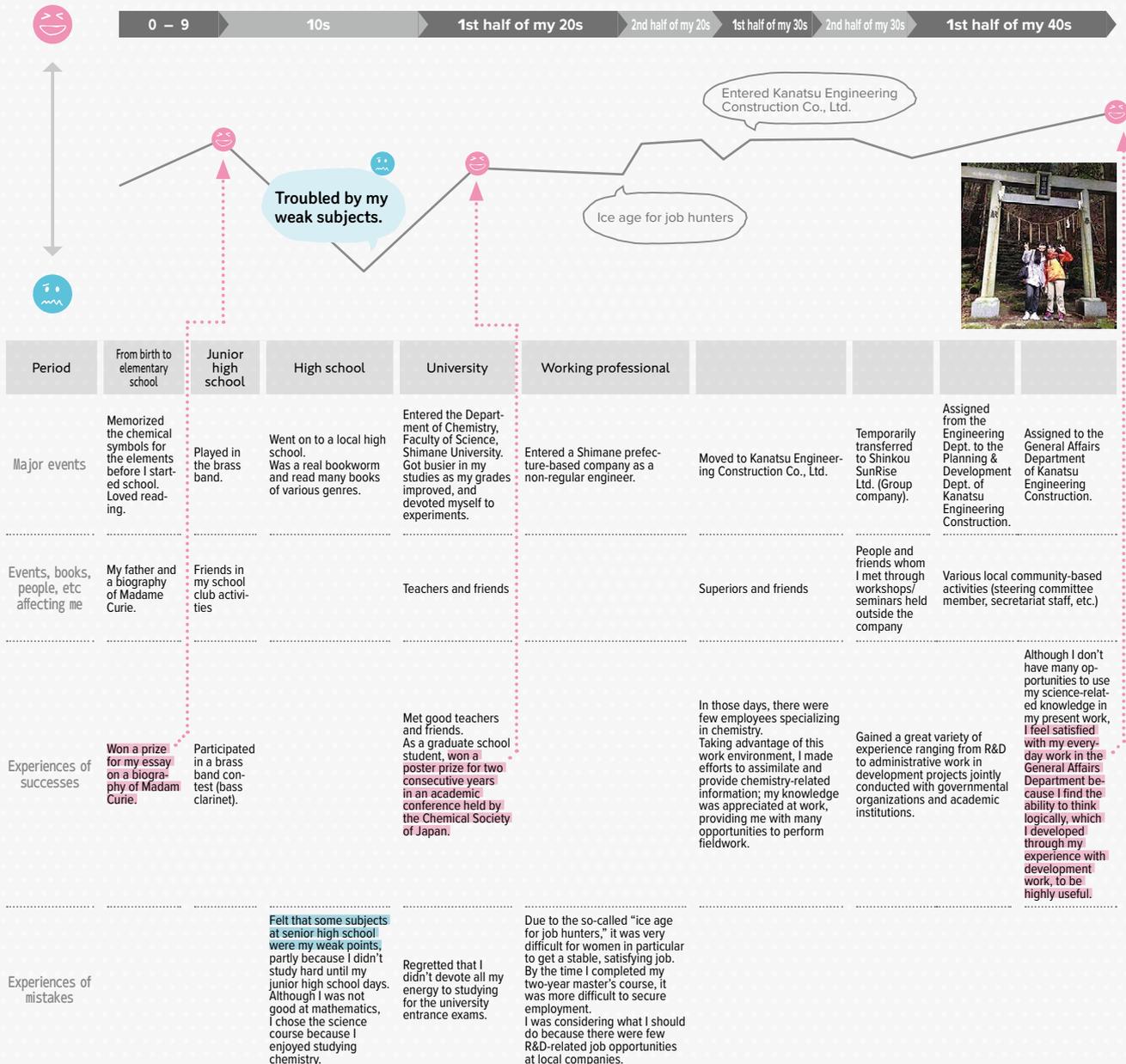
[Academic Background]

Master's Program in Chemistry, Graduate School of Science, Shimane University

[Career]

Shimane Environment & Health Public Corp./Shinkou SunRise Ltd. (as an on-loan employee)

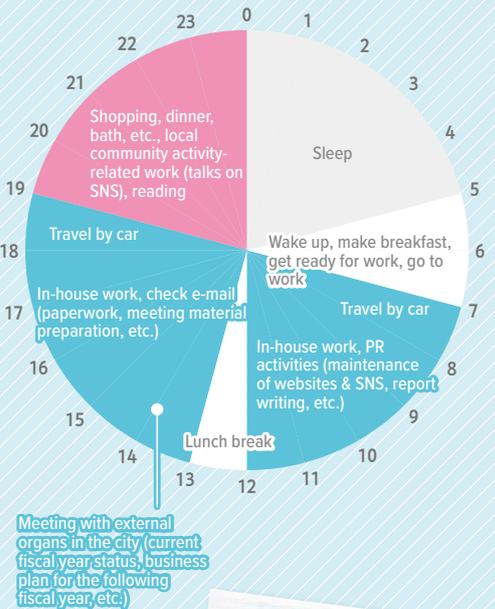
My Career



Weekly Schedule of Ms. Fukui

Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
5 : 00	Wake up	Wake up	Wake up	Wake up	Wake up		
6 : 00	Breakfast, get ready for work, go to work						Wake up
7 : 00	Travel by car	Travel by car	Travel by car	Travel by car	Travel by car	Wake up	Breakfast, household chores, etc.
8 : 00	Arrive at work	Arrive at work	Arrive at work	Arrive at work	Arrive at work	Breakfast, etc.	
9 : 00						Household chores, break	
10 : 00	Work	Work	Work	Work	Work		Local community activity
11 : 00							
12 : 00	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	Lunch	
13 : 00						Shopping, etc.	
14 : 00	Work		Work	Work	Work		Meeting with external staff
15 : 00		Work				Return home	
16 : 00							Return home
17 : 00							
18 : 00	Leave office, drive home		Leave office, drive home	Leave office, drive home	Travel time		
19 : 00	Return home	Grocery shopping, etc.	Return home	Return home		Dinner, bath, etc.	Dinner, bath, etc.
20 : 00		Exercise (yoga, etc.)			Meeting, socializing		
21 : 00	Shopping, dinner, bath, etc.		Dinner, bath, etc.	Shopping, dinner, bath, etc.			
22 : 00		Dinner, bath, etc.			Return home, bath, etc.		
23 : 00							
0 : 00	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed		

Daily Schedule of Ms. Fukui



How did you get into your current job or career path?

I had been interested in chemistry from a young age. When I was a university student, I devoted myself to research activities, centering on lab work. I wanted to pursue a career as a researcher or an engineer. I entered Kanatsu Engineering Construction Co., Ltd. with a desire to become involved in development work. In those days, most engineers of the company, which was a general constructor and a general wastewater operator, were from the civil engineering and construction field, with few engineers specializing in chemistry in their student days. Taking full advantage of my specialization in chemistry, I decided to work hard to acquire the most detailed knowledge and specialized skills within the company. I made continuous efforts to hone my specialized skills through my work and my personal life.

What kind of learning did you find most useful?

After entering the company, I was first assigned to development work, which required me to develop and implement a plan and summarize its results for consideration. Despite differences in the areas of specialization, I was able to use the same approaches as I used in the research activities I conducted in my university days. After many years of experience in various fields of work, I am currently working in general affairs, in which I have few opportunities to directly use the chemistry knowledge I gained at university and graduate school. However, I find logical thinking, an ability I acquired through the study of science, to be very useful in promoting business improvement by implementing the PDCA cycle.

What do you encourage students to learn? (Recommendation)

I think it is very important to connect with various people outside the workplace and pursue knowledge outside of work and through a hobby. To broaden your perspective means to expand your own potential both in your work and your personal life. Speaking from experience, I believe your hobby may give you something to talk about when you meet new people in business situations, or you may have the opportunity to work with some of the people you got to know through local community activities you participated in several years before. Your knowledge in a totally different field may help you spark a new idea at work.

Message to everyone who is going to join the workforce

You are going to spend most of your day, except for your sleeping hours, at work. Since work carries a large weight in your life, it is very important to consider how to make your work fun. We all have to work, so you might as well do what you want to do. I'd like to encourage you to choose what you would like to do, rather than avoiding what you would not like to do. I want you to avoid taking the easier path but to make a career choice that you will not have any regrets about in the future.

Fully enjoy your work, and you will make your personal life more fun.



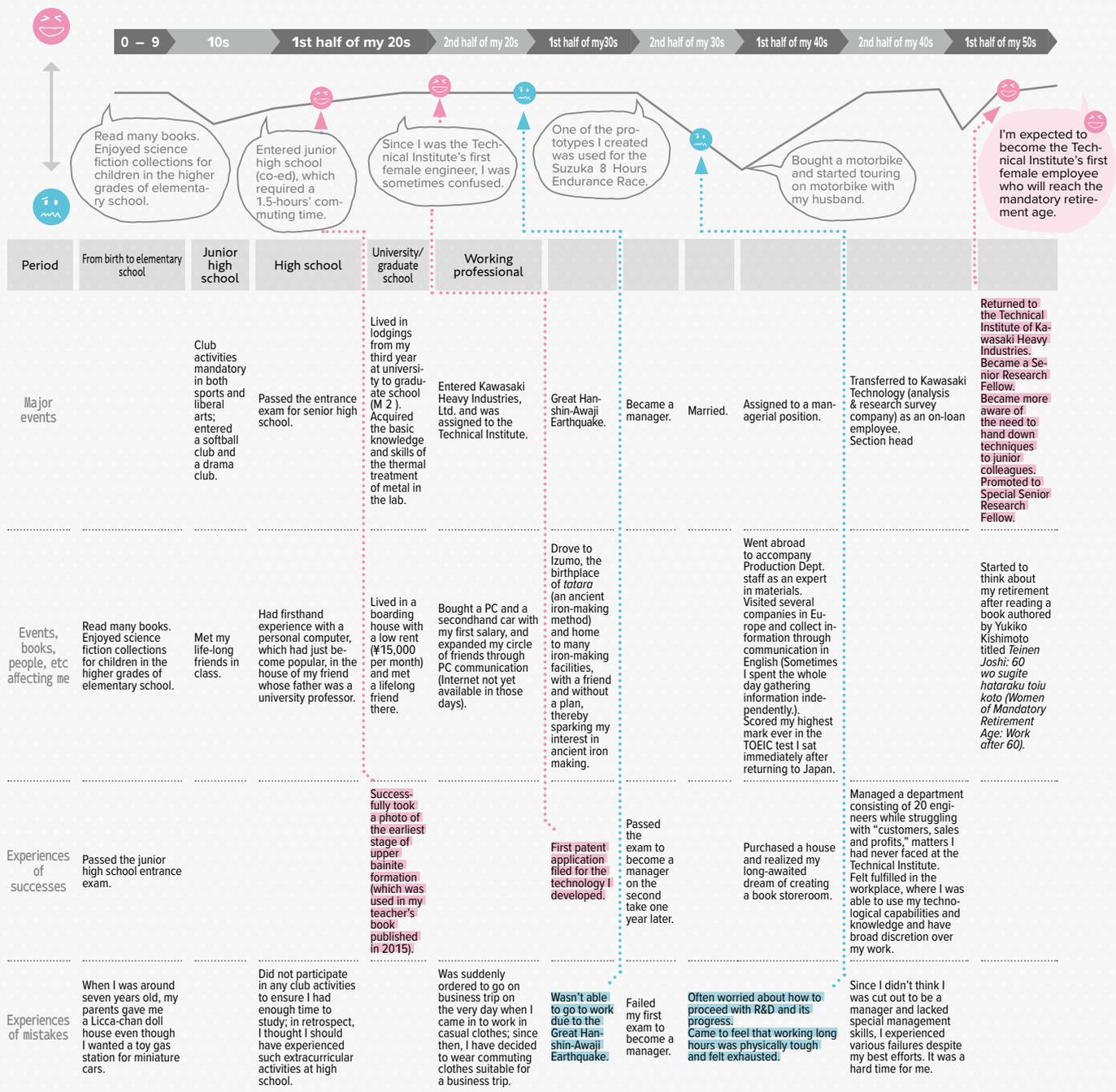
Special Senior Research Fellow, Material Research Department, Technical Institute, Corporate Technology Division, Kawasaki Heavy Industries, Ltd.

Aki Kodai

Profile

[Academic Background]
 Faculty of Engineering, Kyoto University
 Master's Course of the Graduate School of Engineering, Kyoto University [Career]
 Kawasaki Technology Co., Ltd. (as an "on-loan" employee)

My Career



Weekly Schedule of Ms. Kodai

Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
6 : 00	Wake up, breakfast	Wake up, breakfast	Wake up, breakfast	Wake up, breakfast	Wake up, breakfast	Sleep	Sleep
7 : 00	Commute to work		Commute to work	Commute to work	Travel for business trip	Wake up, breakfast	Wake up, breakfast
8 : 00							
9 : 00	Travel for business trip	Travel by Shinkansen	Travel for business trip	Travel for business trip	Meeting at Kobe Plant	Household chores	Household chores
10 : 00							Clean a local park
11 : 00							Shopping
12 : 00	Lunch, reading	Lunch	Lunch, reading	Lunch, post office	Travel (lunch on the way)		Lunch
13 : 00						One-day motorcycle touring	Household chores
14 : 00	Travel for business trip	Meeting on development progress at the Chiba plant	Travel for business trip	Travel for business trip	Travel for business trip		
15 : 00							Free time
16 : 00							
17 : 00	Return home (grocery shopping on the way home)		Return home (gym on the way home)	Return home (grocery shopping on the way home)		Household chores	Household chores
18 : 00		Travel by Shinkansen (dinner on the train)			Return home (see a doctor on the way home)	Dinner	Dinner
19 : 00	Household chores		Household chores	Household chores	Household chores	Spend with my family	Spend with my family
20 : 00	Dinner		Dinner	Dinner	Household chores		
21 : 00					Dinner		
22 : 00	Bath, household chores, etc.	Bath, household chores, etc.	Bath, household chores, etc.	Bath, household chores, etc.	Bath, household chores, etc.	Bath, household chores, etc.	Bath, household chores, etc.
23 : 00							
0 : 00	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed

Daily Schedule of Ms. Kodai



How did you get into your current job or career path?

Since I belonged to a lab dealing with steel materials in university and enjoyed the research activities there, I wanted to pursue a career as a company researcher specializing in materials. At the same time, I wanted to live in the Kansai region. I conducted job-search activities with a focus on two steel companies and one heavy industrial company, all of which had labs in Kansai.

Finally, I decided to enter the heavy industry company I'm now working for because I thought that, although a steel company must have many specialists in steel, a heavy industry company would have fewer, and that it might be interesting to pursue material research from the perspective of using steel materials, rather than manufacturing them. (Note: In those days, obtaining a recommendation letter from university was an absolute condition for job hunting. Only one recommendation letter was given to each student.) After entering the company, I was luckily treated as a "rare and valuable" material engineer, and was given the opportunity to be involved in the manufacturing of a wide variety of products. I felt reassured that my idea in those days was right.

What kind of learning did you find most useful?

How to conduct and proceed with experiments, and how to take care of laboratory equipment. The importance of doing things yourself and seeing for yourself.

What do you encourage students to learn? (Recommendation)

It is important to develop the skills required to exchange information via e-mail, etc. in an efficient and reliable manner. To work with other people, however, face-to-face communication is also definitely important. To ensure information exchange and communication through conversation, it is necessary to make yourself understood to others smoothly on the spot. Some people are good at oral communication. If you are not good at it, I would like to encourage you to learn techniques to improve your information communication. English conversation would also be useful in practice. Sometimes, I wish I had acquired the English skills required to understand presentations and lectures delivered in English.

Message to everyone who is going to join the workforce

The period you spend after entering the real world is much longer than your student days. Once you get a job, you will spend a fair amount of time in the workplace every day. That's why I encourage you to find a job you like, and fully enjoy your work while facing various challenges and difficulties. I believe that if you can fully enjoy your work, you will be able to make your personal life more fun.

14 CASE of NATSUKI AKIYOSHI

It would be useful if you could develop the ability to listen to others and look at yourself as others see you.



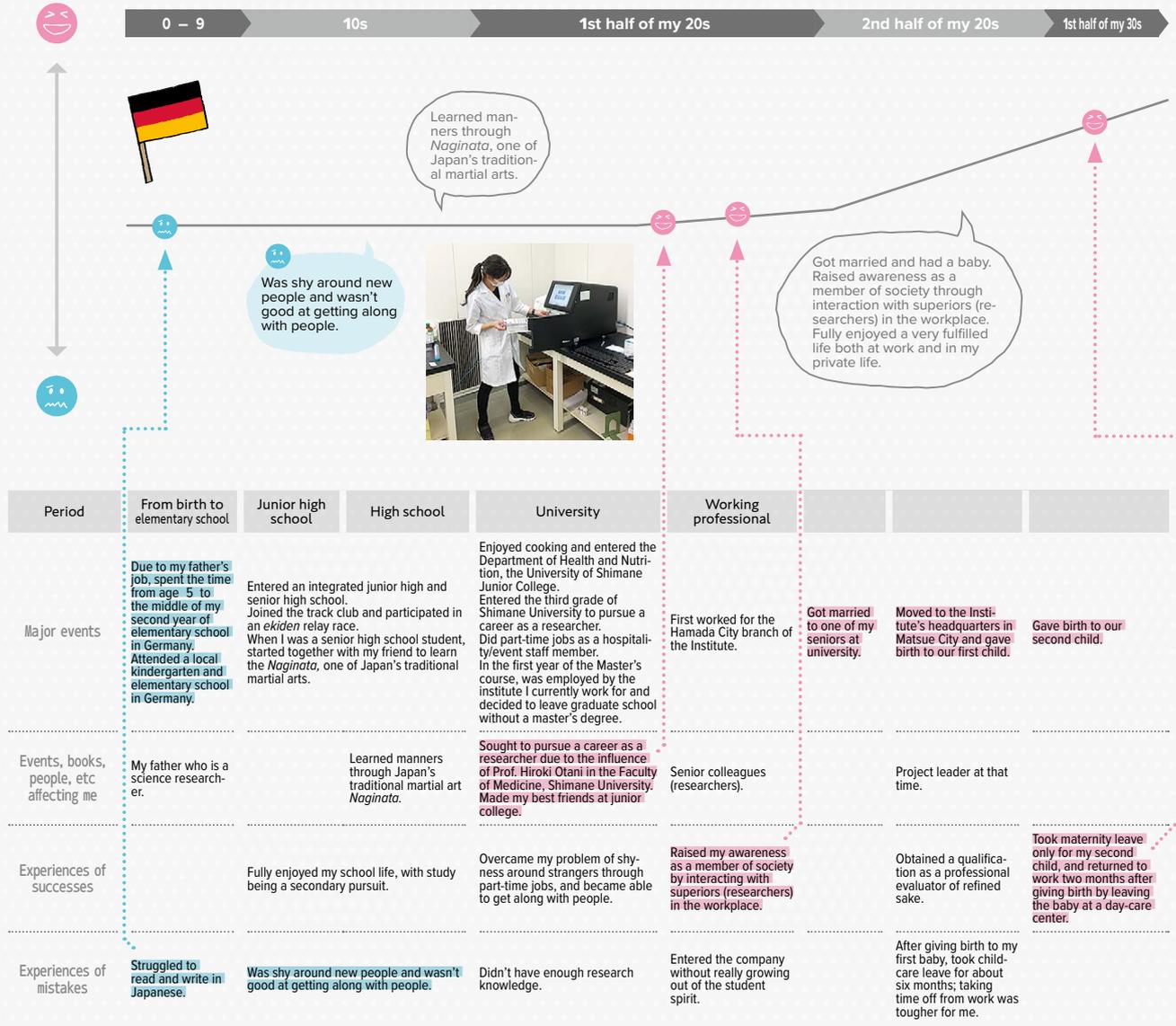
Chief researcher at Department of Applied Biological Science, Shimane Institute for Industrial Technology

Natsuki Akiyoshi

Profile

[Academic Background]
Department of Health and Nutrition, the University of Shimane Junior College/Department of Life Sciences, Faculty of Life and Environmental Sciences, Shimane University/Master's Course in Biotechnology and Life Science, Graduate School of Life and Environmental Sciences, Shimane University

My Career



Weekly Schedule of Ms. Akiyoshi

Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
6 : 00	Wake up	Wake up	Wake up	Wake up	Wake up		
7 : 00						Wake up	Wake up
8 : 00	Breakfast, get ready for work, take child to day-care center					Breakfast, get ready for work (take child to day-care center when I have to work on Sat.)	Breakfast, get ready for work
9 : 00							
10 : 00	Research	Research	Research	Research	Research		
11 : 00						Play with children (work when I have to work on Sat.)	Play with children
12 : 00	Break	Break	Break	Break	Break		
13 : 00							
14 : 00							
15 : 00	Research	Research	Research	Research	Research	Lunch	Lunch
16 : 00							
17 : 00						Play with children	Play with children
18 : 00		Pick up child from day-care center					
19 : 00							
20 : 00	Dinner, bath, play, put child to sleep	Dinner, bath, play, put child to sleep	Dinner, bath, play, put child to sleep	Dinner, bath, play, put child to sleep	Dinner, bath, play, put child to sleep	Dinner, bath, play, put child to sleep	Dinner, bath, play, put child to sleep
21 : 00							
22 : 00		Organize things, time for myself					
23 : 00	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed
0 : 00							

Daily Schedule of Ms. Akiyoshi



How did you get into your current job or career path?

I had a keen desire to become an unsung hero who provides support for those who are active, rather than standing in the spotlight or playing a leadership role. Shimane Institute for Industrial Technology is a technology support organization that not only conducts progressive R&D to develop new technologies but also offers advice and counseling to companies facing various issues in manufacturing scenes or challenges in the development of new products. I decided to work here because I thought this institute would provide me with opportunities to use both the biochemistry knowledge I learned at university and the certification I gained as a nutritionist.

What kind of learning did you find most useful?

Up until the time I was in high school, I thought that communication—including how to interact with people, how to show concern for people, and what relationships are most comfortable—was my weak point. After entering university, I was able to overcome this weak point by doing part-time jobs. I've found this experience to be very useful in working here as a researcher because my job is to connect people to people. So, I believe communication skills are very important for going out into the real world.

What do you encourage students to learn? (Recommendation)

While you are a student, I would like to encourage you to develop the ability to listen to others and look at yourself as others see you. Please try to make conscious efforts to enhance your communication ability in everyday life, including picking up the real meaning in conversation, and objectively thinking back over what you have said.

Message to everyone who is going to join the workforce

Being good at studies does not always mean being good at work, which indicates the difficulty of going out into the real world. I encourage you to identify your strengths and enhance them while you are a student. In addition to studying, it is also important to actively participate in club activities and interact with your peers and friends, through which I hope you can figure out what you want to be in the future.

Women Role Models in Science vol.5
March 2021

Publisher: Diversity Promotion Office of Shimane University

1060 Nishikawatsu-cho, Matsue, Shimane 690-0854

T E L : 0852-32-6018

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