

Course Title	Career Design 1	Instructor(s)	Baiko Sai Kenji Saietto
		E-mail	Hayase: hhayase@miu.ac.jp
Class Style	Lecture	Office Hours	
Track	All Tracks	Mode of Instruction	
Credits		Allocated Year	1 st . year, Spring
Active Learning	<p>The course adopts an active learning approach emphasizing student participation and real-world applications.</p> <p>Teaching methods include:</p> <ul style="list-style-type: none"> • Interactive lectures • Group discussions and team-work • Role-play simulations • Career reflection exercises • Guest speakers from industry • Presentation practice • Career planning workshops 	Compulsory Elective	or Compulsory
Course Overview	<p>These courses contribute to the university's internationalization strategy by supporting the successful integration of international students into both academic life and Japanese society. By combining self-development, intercultural learning, and professional preparation, the Career Design program helps students become globally competent graduates capable of contributing to international cooperation and multicultural communities.</p>		
Course Objectives	<p>Upon successfully completing Career Design 1 and 2, students will be equipped to:</p> <ul style="list-style-type: none"> • Grasp essential elements of life and culture in Japan while adapting to social norms. • Cultivate self-awareness concerning personal strengths, values, and career aspirations. • Exhibit effective communication skills in both academic and professional environments. • Comprehend Japanese workplace culture and employment practices. • Prepare professional documents, including resumes and entry sheets. • Engage confidently in interviews, group discussions, and presentations. • Develop a personal career strategy that aligns with their academic and professional objectives. 		
Prerequisite			
Course Schedule	No	Contents	Homework
	1	Course Orientation and Introduction to Career Thinking	
	2	Living Successfully in Japan: Social Rules and Cultural Norms	
	3	Managing University Life: Time and Study Skills	

	4	Self-Discovery Workshop: Personal Background and Experiences		
	5	Understanding Personal Strengths and Talents		
	6	Communication in Japanese Society		
	7	Japanese Workplace Culture and Values		
	8	Multicultural Coexistence in Japan		
	9	Designing a Personal Career Map		
	10	Business Communication Basics		
	11	Presentation Skills Workshop		
	12	Career Vision Presentations		
	13	Dialogue with Working Professionals		
	14	Reflection and Personal Growth		
	15	Personal Development Plan for University Years		
	Grading	<p>Student performance will be evaluated through the following components: Participation and Engagement – 30% Career Portfolio and Reflections – 20% Assignments and Written Work – 20% Presentations and Career Plan – 30% Students are expected to attend all the 15classes. The attendance of over 10 classes is strictly required.</p>		
	Textbooks	Handouts		
	Refer-ences			
NOTES				