

東京大学 留学プログラム報告書 (プログラム名:2012 イエール大学サマープログラム)

所属学部/研究科・学年(留学時):理学部生物学科 3年

留学先大学・参加コース:Yale Univ. Yale Summer Session B (How the Brain Works/ the Digital Information Age)

コース期間:2012年7月8日～2012年8月10日

卒業・修了後の就職希望先: ①.研究職 2.専門職(医師・法曹・会計士等) 3.公務員 4.非営利団体 5.民間企業

6.起業 7.その他()

1. 留学先大学の概要

Each class was 135 minutes long, on Mondays, Wednesdays and Fridays: Brain science in the morning and Electrical Engineering in the afternoon. In both classes a plenty of preparation were required. In the brain science class I had a test Fridays covering that week's content, and in the electrical engineering course homework was assigned for each class. Thus during the weekdays I spent almost whole day in the library.

STUDYING

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In the electrical engineering course, some homework was assigned after each class. This course was an introductory course on how the digital devices work, using the textbook the professor himself wrote. Honestly this course was not very good in terms of efficiency. The professor used his textbook as presentation, so there was essentially no need to listen to his lecture: reading his textbook was necessary and sufficient. Thus there were not many questions or discussions during the lecture. Anyway, the content itself was interesting. I had been wondering how computer worked, especially the mechanism of memory, and this course answered this question.

Overall I felt several differences in the course from Japan. First, students tended to ask questions more frequently during the lecture. So we often had discussion during the class, which made the class more productive. Second, I felt the attitude of faculty is kind of different. I mean, Yale faculty was eager to teach us and I could feel it. Though this program was summer session and I don't know

if this holds in usual. Third, the style of learning was different. In Japan students usually don't study very hard, and start studying seriously when the final exam is coming. On the other hand, in Yale, students are supposed to study constantly (e.g. homework for each class and weekly test.)

LIFE

In the first two weeks I suffered from English; honestly this was unexpected. Native speakers talked much faster than I expected and I could not keep up with the chat among them. Since this program was not an English course, most students (well, other than Chinese students) were native speakers. But I gradually got used to it and managed to deepen the friendships with other students and enjoyed the latter part of this program so much

Many weekends activity were offered by Yale: trip for NY, trip for beach, laser tag and so on. I was busy enough with studying, but I believed one of the most important things I could gain in this program was friends, so I joined these on every weekend in exchange for deprived sleep. For example, on almost every Friday night a festival was held. On the first Friday we enjoyed chatting and dancing in front of bands. I was surprised that apparently American students were really well used to dancing. It was like I was watching a film. In another festival, which was called HOLI Festival, we threw paint powder at each other. It was totally crazy, fun and awesome!

2. 留学の動機

I would like to obtain a PhD abroad, so I had been feeling a need to practice English and get used to studying scientific stuffs in English. However, I did not want to spend my precious time just on practicing English: I wanted to study something productive for me, as a future researcher. Then I found this YSS. I was getting more and more interested in the brain science, and this program offered brain science intensive course. Plus, it said that I would be able to receive the credit of Yale in this course, which meant it would offer a quality, well-designed course. So I found this course totally fascinating. This program was supposed to hard because it was an intensive course where students were supposed to learn whole semester stuffs just in five weeks. So I thought the friends I would make there would be stimulating and inspiring because they would be hard-learners.

3. 留学の準備

①プログラムへの参加手続き(申請にあたってのアドバイスなど)

Nothing special.

②ビザの手続き(ビザの種類、申請先、手続きに要した時間、ビザ申請にあたってのアドバイスなど)

Some say it takes time, but frankly I did not experience any difficulty in the process. But anyways I recommend those future applicants to do these stuffs early, just in case.

③保険関係の準備(加入した海外旅行傷害保険・留学保険等)

I registered probably one of the cheapest traveler's insurances on line. It is true that there is a chance to get involved in a trouble, but specifically in my case I did not think I had to care.

④留学にあたって東京大学の所属学部・研究科で行った手続きなど(履修・単位・試験・論文提出等に関して)

The credits I have got at Yale was not transferred to Today's credits, but for me it is fine. I had to give up the last two weeks of classes, but it was not critical. I just had to study for myself. In my department, all the finals are in September so there was no problem.

⑤語学関係の準備(出発前の英語レベル・語学学習等)

I have been thinking of getting PhD abroad since I became a sophomore, and since then I have been studying biology in English, practicing speaking English in some weekly-events like Eigo-de-shabe-lunch in Komaba or Friday Lounge in Hongo, listening English Podcast on my way to school, watching videos in English, etc. So basically I could speak, read, write and listen to English before joining this program.

⑥日本から持参した方がよいもの、その他出発前にやっておくべきこと・アドバイスなど

I did not bring a credit card because my father did not like me having a credit card while I was not earning money, so I brought some Traveler's checks and cash instead. But, I ran out of money on the last day, and since I had not booked a hotel yet, I did not have any place to stay at the last night. Well, I spent that night in the airport so it was fine, but It was kind of scary. Additionally, I felt inconvenience in not having a credit card in the U.S., so I strongly recommend for those future applicants to bring a credit card.

4. 留学生活について

①住居(住居の種類(寮・ホームステイ・ルームシェア等)、家賃、宿舎の様子、見つけた方法など)

Dorm of Yale. I shared a room with a guy from Washington D.C. It was mandatory.

②生活環境(気候、大学周辺の様子、交通機関、食事、お金の管理方法(海外送金・クレジットカード)など)

The climate was good. Not humid, and cooler than Japan. The Dorm served every meal. It was biking system so I found no inconvenience except that there was almost no "unsweetened" drinks...even "unsweetened tea" was sweet.

As mentioned above, I brought Traveler's checks and some cash.

③危機管理関係(留学先の治安、医療機関の事情、心身の健康管理で気をつけた点など)

New Haven, where Yale University is located, was one of the dangerous cities in America. As you know the campuses of American universities are not exclusive: many people not relevant to school are out there. So it was dangerous especially at night, and we were strongly advised not to go outside at night. However, Yale has its own security and they were everywhere on campus so I think the danger was not a big problem.

④留学に要した費用とその内訳(航空賃、授業料、教科書代、家賃、食費、交通費、娯楽費などの概算)

The program itself required like 8,000 dollars for tuition, dorm, and dining. Plus, I needed to pay for the airplane and others. So in total I guess it costed like 10,000 dollars.

⑤奨学金(受給していた場合は、支給機関・支給額など)

I got a support from FOTI: 4,000 dollars

JASSO: around 2,000 dollars

⑥学習・研究以外の活動(スポーツ・文化活動、ボランティア・インターン、週末や長期休暇の過ごし方など)

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5. 学習・研究について

①履修した授業科目のリスト(そのうち、帰国後東京大学で単位認定の申請を行ったものに●をつけてください。)

How the Brain Works

The Digital Information Age

②留学中の学習・研究の概要(授業・予習・復習のスタイル、印象に残っている授業等)

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③学習・研究面でのアドバイス

Study hard.

④語学面での苦勞・アドバイス等

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6. 留学先大学の環境について

①留学生へのサポート体制(語学面・学習面・生活面・精神面でのサポート等)

No supports, as far as I know. I guess those who need supports for language are not supposed to take this course in the first place.

②大学の設備(図書館・スポーツ施設・食堂・PC環境等)

The campus was amazing. Really amazing. I am sure those who have never been to foreign universities will be surprised. Everything was huge and artistically beautiful. There were tens of libraries including the second biggest one in the U.S., the biggest sports gym in the U.S., and tens of colleges (I mean, dorms) with its own library and dining hall (each serves biking-style meals). I can't fully describe those incredible facilities. Just join this program and feel it there!

8. その他

①準備段階や留学中に役に立ったウェブサイト・出版物

I often referred to a book “理系大学院留学” before leaving Japan. I do not know about other books of this kind, but at least it helped a lot.

②今後留学を考えている学生へのメッセージ・アドバイス

Don't think too much. There are some things you can't know before actually experiencing it, and I think studying abroad is one of this kind. Just jump into it, and eventually you will know you have gained a lot.

But choose which course to take. I heard some students dropped out in my program.

④その他東京大学のホームページ等に掲載可能な留学中の写真があれば添付してください。

2012 イエール大学サマープログラム 学習成果に関するレポート

I have been thinking of getting PhD abroad, and this is one of the reasons why I joined this program.

At the Yale Summer Session, I took two courses: Brain Science and Electrical Engineering.

This was almost the first time to stay abroad for me, needless to say study abroad. Students were from all over the world: USA, UK, Denmark, China, Congo, Turkey, Indonesia and so on.

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CONCLUDING REMARKS

In this program I learned four things: (1) now I know based on my own experience that by doing my best both in studying and playing, I can be fresh and the outcomes from both are maximized (2) active attitude toward the lecture improves the whole course (3) I think I could enough absorb the content of courses themselves. They were intellectually interesting (4) I managed to find out at least some of the effective way to make friends with international people in the cultural differences. And as a consequence, (5) I could make friends with many interesting students.

This program is not just a pleasant and joyful journey. At first you may lose your confidence. You may be depressed. However, the fruits you can gain from this program would be priceless and would eventually change your following life in a good way. In this sense, the earlier you have this experience, the more fruitful it would be. As mentioned at the beginning, I have been thinking of getting PhD abroad, and now I am definitely want to get PhD abroad. I strongly recommend this program to anyone, whether you are planning to study abroad in the future or not.