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Setting Goals the S.M.A.R.T. Way

- by Cynthia Gonzalez

Happy New Year! You made it! Now that the new year is here, are you excited to set some goals for 2021? Before you make that list, make sure you are S.M.A.R.T. about making them. S.M.A.R.T is a method of creating goals with a clear vision that will lead you to success. Created in the 1980s in Spokane, Washington (U.S.A), it is a five-step system for creating, setting, keeping, and achieving your goals.

A S.M.A.R.T. goal is **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**ime-based.



Sometimes people set goals that are too big or too vague. This can make your journey frustrating. You need to establish a SPECIFIC goal that is clearly defined and meaningful. Next, you will need to find a clear way to MEASURE the progress of your goal. Tracking it with numbers is a big help (minutes, hours, miles, quantity, etc.) Then, you need to make sure that your goal is something that you can ACTUALLY ATTAIN. Setting a goal that is outside of your resources, time, energy, or ability is a guarantee for failure. Now, you should ask yourself, "Is this goal RELEVANT to me? Does my goal match my beliefs, interests, and values?" The answer should be an easy "Yes!" If not, go back to step 1 and redefine your goal. Finally, get your calendar and set a clear, firm deadline for your goal. It will help you track your progress, motivate you to continue on



your journey, and give you a day to look forward to.

This simple five-step approach can be used for any goal that you may have in mind: losing weight, building vocabulary, saving money, or learning how to cook.

Last summer, I had a crazy goal of running 100 miles (160.934 km) in 1 month. Here is how I used S.M.A.R.T.

Specific: Run 100 miles in June 2020.

Measurable: Use my fitness watch to track my miles.

Attainable: Schedule running time in my daily routine.

Relevant: Make my physical and mental health a top priority during stressful times.

Time-based: Use the month of June (30 days) as my time-frame.

So, did I accomplish my goal? Yes, I did!! It was an enormous goal for me, but I really wanted to challenge myself.

I'm not sure if I will ever do this challenge again, but at least I know that I can ;)

And I am certain that you can achieve all of your goals by using S.M.A.R.T.

Happy Goal Setting!
- Cynthia



Good-Bye from a Memorable English Teacher of EEC

SCOTT WEBBER

Five years ago, I started my journey teaching in Japan at Ehime University. Having taught in The State of Qatar for twelve years prior to joining the English Education Centre, this was a new and exciting adventure. One of which I have enjoyed. However, the time has come for me to seek new challenges. I will miss my wonderful colleagues and the many students I have had the pleasure of teaching. Please take care and don't be surprised if I say hello to you. You never know.



English Professional Course Invitation

The English Professional Course is the specialized curriculum for students who wish to acquire skillful and practical English ability. We accept up to 30 new students (who are in their 1st year) every year.

Check out **the special Moodle course** for a detailed explanation during the application period, **February 12 - 26**, and submit required documents by uploading on Moodle3.5.

Quick Guide to English Pro Course Application

- ◆ Application period : **February 12 - 26, 2021**
- ◆ How to Apply: 1) Access to “愛媛大学Moodle3.5” during the app. period.
2) Click “英語プロフェッショナル養成コース募集”.
3) Prepare required documents, take photos of them and upload them in JPEG form.

Reports from Aidai Students Back from Overseas

My Boss Was Mickey!!

Have you ever made your dream come true?

For me, yes, I have. The moment my childhood dream came true, it was unbelievably amazing. Please let me tell you about my story.

In August 2019, I went to Florida, USA to be a cast member at Walt Disney World resort which is the biggest theme park in the world. I got the opportunity to participate the Disney international internships program for a year. I worked at the Japan pavilion in Epcot. Epcot is one of the Disney parks, and it has 11 countries' pavilions. Guests can have some cultural experiences at each pavilion, and they can enjoy traveling over the world only in one day! There is no Cinderella castle, no roller coasters, maybe guests cannot feel Disney so much, but it is a magical place with many casts and guests from literally all around the world.

My role was to explain Japanese culture to guests at the Japan pavilion, and I was assigned as a server at a Japanese restaurant. The work as a server was very enjoyable, because I had a lot of opportunities to talk with many guests.

Regarding the work of a server, I found much difference between America and Japan. For example, restaurants in the US



My name tag (EARNING MY EARS means in training)

are very mindful of special dietary needs and offer various options. Restaurants have good understanding for people who are vegetarian, vegan, have religious restrictions, or allergy. In addition, they respond to each preference of ingredients. It is very natural for guests to claim that "I don't eat this ingredient, so please change it to something else" and restaurant can adjust very flexibly. In Japan, many people with special dietary needs have difficulties to find appropriate meals. I hope restaurants are going to be more mindful to food restrictions in Japan, too.



With my boss

Cast members working at Disney world have a special phrase for each other. "WE CAN CREATE MAGIC!!" The moment that is beyond what guests expect can make an impression as if it is magic, and it can become an unforgettable memory. I tried to make magical moments for guests every day. Each conversation with guests is my precious memory. My role in Disney was over, but the spirit of creating magic will be forever in my mind.

Unfortunately, there are no international cast members in Epcot now. When the world can get over these difficult times, the people and cultures from all over the world will come back together on the happiest place on earth again.

- by Moe Sunada (Faculty of Law & Letters)

The Days in Ireland

Hello. I'm Midoriko Iida. I had a lot of wonderful experiences in Ireland. Unfortunately, I had no choice but to return to Japan about a month earlier than planned because of COVID-19. Nevertheless, my life while studying abroad gave me not only English skills, but also it gave me a new point of view. Therefore I would share you my experiences in Dublin City University (DCU) in Ireland.

First, I will introduce Ireland a bit. As you may know, Ireland is located in north-west side of Europe and is an island, the same as Japan. I stayed from January to March and it was cold and there was a lot of intermittent rain. So I recommend a waterproof jacket with a hood when you go to Ireland.

Next, I will talk about the language school in DCU. This campus is located in an area which is a little far from the city centre. A lot of students go there by bus or on foot, when we hang out together, we take buses. At school, I attended 2 types of courses, IELTS course and General English course. IELTS course is similar to a typical English class in Japan because this is literally for the English part of the university entrance exam. The teachers explained what this test is like. Also they provided tips for passing the exam. This course was hard for



Hiking with my friends

me especially reading, and sometimes I wasn't able to finish the revision within same day. General English course was another typical overseas study course. Both courses were made up of about 15 students (of course a variety of nationalities) and one teacher in the morning. So we could contact with

various cultures and used our free time usefully. After school, a lot of events were held for students from overseas every day.

The most valuable time for me was to talk with friends and my host family. I went to a cafe and chatted with my friends for several hours in the afternoons during the weekdays and holidays. We talked a lot and provided feedback to each other on our English skills. This time was effective for our speaking and listening skills, and gave me courage to make mistakes. It is reasonable that classes were good to improve some skills, but I would like to say it was more effective for getting practical skills every day.



At a Korean restaurant (Me on the far right)

Finally, I will talk about COVID-19. In the beginning of March, this virus spread to Europe, and the Irish government decided to have a lockdown for a week. Most of attitude of Irish were same as before COVID-19 spread. However, there were people who were aggressive towards Asians because COVID-19 was from China. I felt the panic and fear they had. COVID-19 gave me some sad experiences, but I was lucky enough to deal with this major historical event, and felt the warmth of the people of Ireland. This virus is spreading and preventing us from going abroad. Therefore, this is difficult for me to give any sound advice about this situation, and to study English without going abroad.

Thank you for reading this article to the end. Good luck with your journey to study English. Good bye!

- by Midoriko Iida (Faculty of Law & Letters)

ENGLISH EDUCATION CENTER @EHIME UNIVERSITY

Address : 2nd floor, Aidai Muse, 3 Bunkyo-cho, Matsuyama, Ehime Phone : 089-927-8340
E-mail : eec@stu.ehime-u.ac.jp Webpage : <http://web.eec.ehime-u.ac.jp/>

