

9-4 Career Education/Employment Support

1. Overview of the Career Design Program

The Career Design Program courses at TUAT are designed to nurture female leaders who can achieve practical results in the social arena.

The Career Design Program courses at TUAT have been offered for some time to nurture female leaders who can achieve practical results in the workplace. The qualities that enable practical results in social settings are generally referred to as competencies.

Competencies are the qualities that lead to practical results in a social setting. University study has some connection to society and is necessary to achieve results. Therefore, competencies are

Competencies, therefore, are not something that can be developed only in the Career Design Program courses. For this reason, the entire university is now developing competencies.

Therefore, the entire university is now responsible for fostering competencies.

Career Design Program courses are designed not only to develop competencies, but also to provide students with the knowledge and skills necessary to become socially and professionally independent after graduation.

The Career Design Program is a group of courses that focus on acquiring and deepening the knowledge and skills necessary for social and professional independence after university graduation, in addition to developing competency. In this program, we focus on the skills necessary for women leaders who will be active on the global stage, i.e., career path selection and career development.

These courses are designed to cultivate the skills necessary for women leaders who are active globally, namely, knowledge about career choices and careers, the ability to think deeply about and solve problems in the real world, and leadership skills.

These courses consist of “Core Courses” (Table 1) and “Related Courses” (Table 2).

2. Core Subjects

The Core Courses are introductory courses that allow students to imagine what they will do after graduation. Students acquire skills by listening to various stories from actual workers, thinking about work and life events, and confronting social issues,

The purpose of this course is to help students gain skills and a better outlook on the future by listening to real workers, thinking about work and life events, and facing social issues.

The course aims to provide students with the skills and knowledge to think about work, life outside of work, balancing work and life events, child rearing, and the social and organizational structures, including the law, that support these issues, through lectures and talks.

The program is designed to help participants think and gain knowledge about work, life outside of work, balancing work and child rearing, and the laws and other social and organizational structures that support them. In addition, students are required to take problem-solving courses (PBL), in which group work is the main focus, on themes such as problem solving and product development at companies and other organizations.

There are also practical courses such as Problem-Based Learning (PBL) and internship programs.

■ Career Design Program (Core Courses)

Course name	No. of units	Competency area and purpose of the course	
Introductory Seminar: The History and Mission of Ochanomizu University	2	Gain an awareness of future careers and establish the direction of university learning, through role-model lectures by alumni and other activities.	
Introduction to Competency Development	2	The goal of the program is to provide students with a basic knowledge of competencies.	
Interdisciplinary Lectures (Entrepreneur)	1	This course allows participants to learn from theory to practice, including the construction and presentation of their own ideas, such as workshops and final presentations.	
Interdisciplinary Lectures (Avanade)	2	To experience the CSV cycle with SDGs and DX in the digital society.	
Interdisciplinary Lectures (Accenture)	2	Employees in charge of a wide variety of industries and fields will introduce front-line jobs in society and talk about career development based on their own experiences.	
Exercise in Competency Development (Seminar of Liberal Arts)	2	The goal of the program is to learn through hands-on experience how to develop competencies, which are considered “the ability to achieve results in society.	
Backcasting Future Visions Seminar I	2	Bridgestone Corporation and Ochanomizu University collaborate to plan and implement a program to nurture human resources who will create the future.	
Backcasting Future Visions Seminar II	2	(Bridgestone Corporation and Ochanomizu University collaborate to plan and implement a program to nurture human resources who will create the future.	
Backcasting Future Visions Seminar III	2	(Bridgestone Corporation and Ochanomizu University collaborate to plan and implement a program to nurture human resources who will create the future.	
Backcasting Future Visions Seminar IV	2	(Bridgestone Corporation and Ochanomizu University collaborate to plan and implement a program to nurture human resources who will create the future.	
Personal Branding	2	Bilateral activities	Aim for “self-expression that people will remember” by gaining an understanding of oneself inside and out, and by refining one’s individuality.
Language in the World 12 (Liberal Arts)	2		Acquire the knowledge to confirm the quality and reliability of statistics, which are essential for social life, and to acquire the judgment not to be deceived by data and not to be fooled by data.
ICT (Information and Communication Technology) and Communication Skill	2		Cultivate the basic ability to “accurately express what you want to say
Facilitation	2		In order for students to have opportunities to think about their own careers, learn leadership, and group dynamics toward one's desired future life career, set goals for future student life through scientific understanding of self, others, and society, and make an action plan
Career Plan	2	Autonomous activities	Learn career theory and create a career plan, then consider what should be studied at the University.
Career Plan and Career Choice	2		Consider one's future track and way of living (career) through work and interaction with individuals from the corporate world.
Woman’s Career and Economy	2		Learn about jobs, societal roles, and work experience from guest lecturers in management, finance, and public agencies.
Women's career and law in Japan	2		This is a class in which students think independently to acquire the knowledge of the legal system necessary for women to develop their careers and to steadily develop their careers after graduation while considering work-life balance.
Collaborative with Other universities Learning	2	Cooperative activities	Work jointly as a team on issues from the corporate world and learn facilitation.
Theory of Diversity	2		Gain the knowledge and communication skills needed to play an active role in a cohesive society.

Internship I	1	Learn the purpose of internships and apply. After participating in an internship, set goals for future university life in light of that experience.
Internship II	2	A joint industry-academia program aimed at first-year and second-year students. After selection by the University, the student is dispatched to a company for approximately two weeks to one month.
Practicum for Global Leadership I	2	In this class, we will re-examine the concept of leadership from various perspectives and help students develop their leadership skills through learning and hands-on experience. Specifically, students will propose and carry out a project related to global leadership, during which they will learn how to collaborate effectively and identify their leadership strengths.
Practicum for Global Leadership II	2	The purpose of the training is to apply the presentation and communication skills acquired in the core courses of the Career Design Program, and to acquire leadership skills based on the newly learned "soft skills" philosophy.

■ Career Design Program (Related Courses)

Bilateral activities	Autonomous activities	Cooperative activities
Programming Language –Colors and Sounds by Computers– Business English I/II English Presentation I/II Seminar 1: Geographical Information System Introduction to the Japanese Language I/II Chinese Communication Skills Chinese Composition 1/2 Research Methods in Sociology I/II Language Education in Globalizing World 1 (1) (2)	Experimental Data Analysis Introduction to Macroeconomics Interdisciplinary Lectures Information Processing (1) (2) Current English I/II Introduction to NPO Social Security Geographical Fieldwork B Chinese Area Studies Money and Banking in Social Life International Finance Information and Profession	NPO Internship Approaches to Area Studies Information and Profession Practice in Somatometry I/II Psychotherapy for Industrial Settings Design Thinking and Logic Models Geographical Fieldwork B

Foundation seminar of Chinese Composition Application seminar of Chinese Composition Research Methods in Sociology Globalization and Language Education I Experimental Data Analysis Introduction to Comparative Culture Theory	Chinese Area Studies Advanced Lectures in Adult and Community Education Money and Banking in Social Life Introduction to Economics International Finance Advanced Lectures in Adult and Continuing Education II	Special Practice on Developmental Clinical Psychology I/II English Reading (Developmental and Clinical Psychology)
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* See the “Web Syllabus” for details regarding course content. Some courses are not offered every year.

* This program has been designed in accordance with the key competencies framework proposed by the Organization for Economic Co-operation and Development (OECD).