



## NEWSLETTER

Vol.4

## LETTER

## DIGITAL VS. ANALOG LEARNING: WHAT WORKS FOR YOU?

by Michael Ringen - International Program Chief



Welcome back from summer vacation! I hope you had a great time. How did you spend your summer? Did you enjoy meeting friends in person or going to cram schools? Did you spend time relaxing or playing video games online or watching videos? However you spent it, I'm sure you had new experiences and learned new things. Now that we're back at school, let's think about how we learn best. You know how some people say that getting information from SNS, YouTube, Instagram, or LINE is like eating fast food? It's quick, easy, and feels good in the moment, but somehow, you're hungry again an instant later.



Meanwhile, reading physical books, having person-to-person conversations, or writing things down by hand is more like cooking a proper meal. It takes time and effort, but you may feel more satisfied afterward.

But maybe that's not entirely fair to digital learning. Everyone learns differently, and we all have different goals. Some students think handwriting flashcards for vocabulary is best, while others love their vocabulary learning apps or tutorial videos. Some people need the quiet focus of a physical book, while others get excited by interactive digital content.

During summer, what experiences were your favorite? Which ones left you wanting to learn more, and which ones were boring? I'm genuinely curious about your thoughts on digital vs. analog learning. What is the best balance of the two?

Stop by the International Program Classroom in Zemi 4 or catch me in the cafeteria sometime. Let's talk about what works for you!

## VOICE

## JOURNEY TO SUCCESS

Messages from Your Sempai



**H.O.** Regardless of which university you want to enter, preparing for entrance exams requires you to choose one approach and believe in it completely, whether that's a particular cram school, study method, or program. In this sense, studying toward entrance exams are like making a bet. For me, I placed my bet on Sakae Higashi, and it paid off when I got into the University of Tokyo. The greatest return wasn't just academic success, but the strong bonds I formed with my fellow students and teachers. The school's generous support outside of class and daily conversations with friends helped me tremendously, both in my studies and mentally. As your abilities improve, you may need to choose between different advice and information, but above all, trust the path you have chosen and work hard.

**Y.O.** Life means setting your own goals. Then you work backwards to map out the steps you need to take. You move forward through trial and error while enjoying your own growth along the way. People who always do their best in any situation may experience short-term ups and downs, but in the long term, they always succeed (perhaps getting into the University of Tokyo like I did?) and live fulfilling lives. When I look around me, there is not a single exception to this rule. I hope you will remember this as you set your own goals.

## TOPIC

## CHICAGO VACATION: FESTIVAL, FAMILY, AND FUN

by Lee R, International Program Teacher

I am back from a ten-day vacation to my hometown, Chicago. I visited my mom and siblings, and the trip was jam-packed the whole time I was there. But it was the good kind of busy, to say the least. Staying with my mom was the best part of my visit to Chicago. She lives in the famous John Hancock Center, which is a 100-story, 1,128-foot-tall skyscraper. Her apartment is near the 50th floor. Every morning, we had fruit smoothies overlooking Lake Michigan from her glass windows. We watched the little boats down below sailing back and forth along with miles of beautiful beaches stretching along the coast off Lakeshore Drive. The view was breathtaking and relaxing. Chicago was full of life. My trip just happened to line up with some major festivals. I went to Fiesta del Sol, which is a Latino cultural event that had amazing food, music, art, and rides. At the same time, I could feel the bass blocks away from another large music event called Lollapalooza, which is a four-day annual music festival. Some of the artists who performed were Olivia Rodrigo, Sabrina Carpenter, and A\$AP Rocky. The whole city had an electric feeling during my time there. Following that, I went to a free concert series at Millennium Park, which is held every year. The music ranges from R&B (rhythm and blues), disco, jazz, and alternative, to name a few. I just sat on the grass and listened to various artists. The skyline was right there. It was a peaceful way to end the day. There was a lot to do in Chicago, but worth it. I got time to spend with my mom and siblings and got to feel the city's energy. I can't wait to enjoy it again next year.



## UPCOMING

- \*September 1<sup>st</sup> Start-of-the-new-term
- \*September 9<sup>th</sup> Fire drill
- \*September 20<sup>th</sup> study at home day

<https://www.sakaehigashi.ed.jp/junior/international.html> >>>

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