



<<Last Updated:2026/02/27>>

Course Schedule Information

Course Code	030879
Semester	Spring and Summer Term
Day and Period	Tue3
Course Name (Japanese)	特殊講義（人生計画とそれに基づくキャリアデザイン）
Course Name	Special Lectures (Life planning)
Capacity	0
Room	GSE/Leverages Room a.k.a Room5
Course Numbering Code	03ECBM4E403
Type of Class	Lecture Subject
Credits	2.0
Student Year	3,4,5,6
Instructor	Matsui Hiroshi
Course of Media Class	Not Applicable

※About Course of Media Class

"Course of Media Class" are classes in which more than half of the classes are held in places other than classrooms by making advanced use of various media.

Undergraduate students can include up to 60 credits in media class course as requirements for graduation.

Even if this is not the case, we may hold classes using the media.

Basic Syllabus Information

Room	
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Detailed Syllabus Information

Course Subtitle	Research on the realization of happiness, life planning, and career design, and Practice
Language of the Course	Japanese
Learning Methods	Listening and watching face-to-face/online class: Listening and watching a lecture, video, or demonstration, face-to-face or via online (e.g., attending a face-to-face lecture, watching an on-demand video) Discussion: Learning through question-and-answer interactions and exchanges of opinions among students and between students and the instructor (e.g., pair/group discussion, online chat, one-on-one guidance for writing an academic paper) Presentation: Writing papers, making presentations, and creating works (e.g., report writing, oral/poster presentation, creation of works, portfolio development) Create and operate a life plan(work in lectures and home work)
Course Objectives	It is no exaggeration to say that the happiness of individuals and society is one of the goals of social science, but traditional university lectures that directly support students to design their lives and realizing their happiness have not been offered very extensively. However, in recent years, there have been efforts to help students design their lives and careers through lectures and other forms of support. This lecture is an attempt to support students in establishing their life values and lifeplan (life design), and to help them implement daily life practices as well as career design based on other activities. The following contents are envisioned. The main content of the program is to have students formulate and implement a lifeplan including career design in order to maximize their life happiness through learning of relevant theories and workshops.

	Related theory learning includes a broad range of the following - Positive psychology - Big question research and well-being research in psychology that discusses definitions of happiness and the tendency of people to be happy - Personality psychology for self-understanding - Career planning theory, which discusses career choices, etc. - Procrastination research for accomplishing plans - Practical project/task management methodologies for managing plans - Introduction to past cases, traditional ideas, etc. Students will confirm their own values and develop a life-plan and it's execution plan. To do so, students must frequently respond to assignments such as taking diaries and psychological tests, creating life timelines, and planning and reflecting on their daily lives.																															
Learning Goals	<table><tr><td>1</td><td>Understand and explain academic definitions of happiness and theories and research on achieving happiness.</td></tr><tr><td>2</td><td>Based on the psychological tests and work conducted during the lecture, the student should be able to conclude his/her own values with a sense of conviction and apply them to his/her own life planning.</td></tr><tr><td>3</td><td>Based on the theories learned and the values of self clarified, the student is able to design his/her life plan in such a way that he/she can envision the happiness and sense of accomplishment that he/she will have when he/she is able to achieve it.</td></tr><tr><td>4</td><td>Able to explain the precautions to be taken in planning and execution based on various theories of project management and task completion related to planning and execution.</td></tr><tr><td>5</td><td>Be able to design a plan for the execution of the life plan in a logical and continually improving manner.</td></tr></table>	1	Understand and explain academic definitions of happiness and theories and research on achieving happiness.	2	Based on the psychological tests and work conducted during the lecture, the student should be able to conclude his/her own values with a sense of conviction and apply them to his/her own life planning.	3	Based on the theories learned and the values of self clarified, the student is able to design his/her life plan in such a way that he/she can envision the happiness and sense of accomplishment that he/she will have when he/she is able to achieve it.	4	Able to explain the precautions to be taken in planning and execution based on various theories of project management and task completion related to planning and execution.	5	Be able to design a plan for the execution of the life plan in a logical and continually improving manner.																					
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Requirements, Prerequisites	No prerequisite knowledge or credits are required. Bring your own PC or equivalent equipment for workshop and presentation.																															
Attendance and Student Conduct Policy	Attendance of at least two-thirds of all class sessions is required. If your attendance is less than two-thirds of the total class sessions, you will not be graded. Even if you attend class, please note that you may be marked absent if you do not respond to questionnaires, quizzes, assignments, etc. given in class.																															
Class Plan	<table><tr><td rowspan="3">1st</td><td>Title:</td></tr><tr><td></td></tr><tr><td>Independent Study Outside of Class :</td></tr><tr><td rowspan="3">2nd</td><td>Title:</td></tr><tr><td></td></tr><tr><td>Independent Study Outside of Class :</td></tr><tr><td rowspan="3">3rd</td><td>Title:</td></tr><tr><td></td></tr><tr><td>Independent Study Outside of Class :</td></tr><tr><td rowspan="3">4th</td><td>Title:</td></tr><tr><td></td></tr><tr><td>Independent Study Outside of Class :</td></tr><tr><td rowspan="3">5th</td><td>Title:</td></tr><tr><td></td></tr><tr><td>Independent Study Outside of Class :</td></tr><tr><td rowspan="3">6th</td><td>Title:</td></tr><tr><td></td></tr><tr><td>Independent Study Outside of Class :</td></tr><tr><td rowspan="3">7th</td><td>Title:</td></tr><tr><td></td></tr><tr><td>Independent Study Outside of Class :</td></tr><tr><td>8th</td><td>Title:</td></tr></table>	1st	Title:		Independent Study Outside of Class :	2nd	Title:		Independent Study Outside of Class :	3rd	Title:		Independent Study Outside of Class :	4th	Title:		Independent Study Outside of Class :	5th	Title:		Independent Study Outside of Class :	6th	Title:		Independent Study Outside of Class :	7th	Title:		Independent Study Outside of Class :	8th	Title:	
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Textbooks						
Reference	"Desingning your life", Bill Burnett & Dave Evans, Borzoi book published, 2016					
Grading Policy *Hover the mouse over the number of a learning goal to view the full text of it.	Evaluation Methods	Quiz	Presentation	Report/paper	Learning engagement	
	Learning Goals1	○			○	
	Learning Goals2		○		○	
	Learning Goals3		○		○	
	Learning Goals4	○	○	○	○	
	Learning Goals5			○	○	
	Allocation of Marks	10%	30%	40%	20%	
Additional Information on Grading	Presentation may be changed to mid-term report submission, etc. depending on the number of participants.					
Grading Criteria	Please refer to the grading criteria on the University of Osaka website. https://www.osaka-u.ac.jp/ja/education/announcement/main/pdf/pjl2fk					
Reasonable Accommodation	- If you need reasonable accommodation to participate in this class due to disability (including intractable disease and chronic condition), please contact the office for students with disabilities (e.g., Educational Affairs Section, Academic Affairs Section, Student Affairs Section) at your school/faculty or graduate school, or the Disability Advisory and Support Service Office of the Health and Counseling Center. - For more information, please visit the following website or contact the Disability Advisory and Support Service Office of the Health and Counseling Center. Website : https://acs.hacc.osaka-u.ac.jp Consultation Request : https://acs.hacc.osaka-u.ac.jp/soudan/					
Special Note	Office hours are one hour after class during the semester.					
Course Conducted by Instructors with Practical Experience	Based on the instructor's experience working for consulting firms, etc., the class will be conducted with real-life examples presented as necessary.					

Instructor(s)

Instructor Name	Affiliation, Title, Course	E-mail
No data found		

Cautions for Students