

留学報告書 II (2025 年度留学生)

塾内在籍校・学年(派遣時)	Keio Girls Senior High School
留学先校名	The Governor's Academy
留学期間	2025 年 9 月から 2026 年 5 月まで

留学を振り返って

留学に行く前に期待していたこと、心配していたことはありましたか。実際に行ってどのように変わりましたか。

Before studying abroad, I was worried about my English and social skills, as I was not a returnee. I thought that it would be very hard for me to build friendships with people who had grown up in completely different cultures and spoken different languages. I was also nervous about the discussion-based classes that are common in American schools, since I had never experienced that style of learning before. At the same time, however, I could not wait to experience the American school life that I had dreamed of for a long time. I was more than excited to meet new people, and experience a new environment, culture, and everything that I could not even imagine. Somehow, I also had a strange confidence that I would eventually be able to manage everything well. After I arrived at Govs, I struggled with exactly what I had been worried about. Joining the school as a new junior and an international student was not an easy thing, as many of the students already had their own communities and established friend groups. What made it even harder was that students naturally tended to get along with others who shared similar backgrounds. Since I was the only Japanese at Govs, taking the very first step to make friends was especially difficult. I also struggled in class at first because I could not clearly express my thoughts on specific topics. However, those challenges gradually disappeared as time went by. Although I faced some difficulties in the beginning, I had an amazing and enriching year overall, and I sincerely appreciate everyone who supported me and made this unforgettable experience possible.

クラブ活動や課外活動など、学業以外の活動について教えてください。

Afternoon Program

I participated in three afternoon programs throughout the year: soccer in the fall, basketball in the winter, and track and field in the spring. Every student is required to choose one afternoon program each season. We practiced for an hour every day after school, and most sports teams had games against other schools in New England on weekends. In addition to sports such as volleyball, football, ice hockey, and lacrosse, students can also choose activities like drama, musical, theater, and robotics.

Club

Clubs are student-run organizations that anyone can create. They are completely independent programs from faculty members. Unlike afternoon programs, students are not required to join. I was in the A Cappella club and the 4A club (Asian and Asian American Affinity Club). In the A Cappella club, we had rehearsal every Thursday as we prepared for the winter concert and the spring concert. We chose the songs and even created our own choreography. It is one of my favorite memories from Govs. In the 4A club, we regularly held gatherings where we shared Asian cuisines and snacks.

勉強の進め方や進学や将来について、アドバイザーや学校の先生と話す機会がありましたか。どのようなアドバイスをいただきましたか。

At Govs, each advisory group consists of about four to eight students and one teacher. Our advisor always made time to talk with each of us individually about our courses and school life. The school encourages students to talk with advisors, teachers, coaches, college counselors, dean of students, and dorm parents, whenever they need someone to talk to. I often asked my advisor, teachers, and dorm parents for help with my academics and English.

短期・長期休暇はどのように過ごしましたか？

I spent all of my long holidays with my host family in Connecticut. I arranged my host family through the company SHA. They were very nice and welcoming. We often worked out, walked their dogs, and cooked meals together. I even had the opportunity to volunteer at a local cancer center during my stay. We still keep in touch with each other, and I am hoping to visit them again in the near future.

In times of short holidays, I often stayed on campus and enjoyed events that school held. I sometimes went off campus and stayed at a hotel with my friends and her family.

学業について

各授業について授業の内容・進め方・課題・試験・日本との比較などについて触れながら記入してください。授業の進め方で特に興味深いものがあれば、具体的に教えてください。

I took courses in math, language, English, science, history, and performing arts.

Math: Honors Precalculus BC

Content: Precalculus, Calculus

Before each class, we were assigned to watch instructional videos and solve some problems related to the topic as homework. During classes, the teacher reviewed the material on the video and made us solve more problems. He often focused on answering questions and deepening our understanding. Thus, classes were basically for teachers to clarify the topic and for students to ask their questions. We had exams at the end of each chapter and the end of the semester.

Language: French 1

Content: Basic French

We learned basic French through slides, handouts prepared by our teacher, textbooks, and various visual materials. We had small quizzes on vocabulary and phrases almost every week. At the end of the semester, we had both paper and oral exams. Since our teacher was a native French speaker, we had so many opportunities to communicate in French during class. She prioritized communication over writing.

English: Literary Modernism/ True Crime as A Literature

Content: Modern Literature, True crime books

In English class, we were assigned several chapters of a book to read as homework every day. At the beginning of each class, our teacher went through the chapters briefly, and we discussed some important scenes and themes. We wrote at least three essays for each book. Many of the books explored serious topics such as racism, gender, and crime. This class greatly helped me improve my English reading and writing skills and broaden my perspective and knowledge on various social issues.

Science: Marine Science

Content: The biology of marshes, rivers, and oceans especially around the school

Govs is an ideal place to study Marine Science, as it is located very close to the rivers, the marsh, the ocean, and the Gulf of Maine. The course began with basic information about ecosystems and biology, and at the end of the year, each of us did an individual project. My topic was about the relationship between salinity and mussels.

History: The 1970sI African History

Content: The U.S. history in the 1970s, African History of colonization

In history class, we learned history through documentaries, books, and discussions. We had an assessment at the end of each unit. Some units ended with essays, while others ended with presentations or discussions.

Overall, nearly all of the courses were based on discussions and projects. Therefore, students are expected to be fully ready before the classes to actively participate in discussions. This learning style encouraged me to think critically and express my opinions even when I am not confident enough.

今後の派遣留学生へのアドバイス

塾内選考前にどのような準備をしていましたか。

You should have a clear vision for your future before studying abroad. You need to know why you want to study abroad, what you hope to learn, what you want to share with others, how you can contribute to Keio and society after returning, and how you can apply what you learned to your future career. Having a clear and consistent purpose will help you get ready, especially for the interview. It is also a good idea to engage in various school activities. For example, I was a class leader of a school trip and a sports festival. I participated in Keio SDGs committee as well.

以上

