

Life as an undergraduate student

田中 希歩 (No.4635)

Undertaking a bachelor's degree has taught me various crucial lessons in life and gifted me with many skillsets. I spent three years studying Biomedical Science, majoring in Microbiology. I participated in lectures and tutorials very actively. I paid a great amount of attention in lectures and committed profoundly to learning



skills such as practical techniques and study skills. I can confirm that the efforts are truly paying off right now as I spend every day in the Medical Virology lab conducting experiments and reading journal articles as a master's student. The theories we learnt during the undergraduate degree have become the foundation of my knowledge in Medical Virology. I am currently in a more professional environment with mentors who have been in research for a long time. I must say that having the knowledge and skills that I acquired from the undergraduate degree has helped me significantly. I can have discussions with my peers and mentors. Furthermore, when I seek information from journal articles, the theory I learnt previously has facilitated my understanding so much.

I also took subjects in Law and Microeconomics to broaden my knowledge and be able to have a proper understanding of the world we live in. I also wanted to learn more about world history and religion, so I often spent days reading books. As the world is becoming more diversified, we should always be able to approach issues in society from different perspectives and attempt to build one's opinion upon having proper knowledge. Thus, I believe that widening my view of the world by challenging myself to learn things that are not in my comfort zone has helped me to become a more responsible member of the community. I was also very fortunate to have peers with similar interests in life who came from all sorts of backgrounds. We often spent hours discussing politics and economy, and in such multicultural environment, I learnt how to clearly articulate and express my opinion to others while accepting and respecting differences.

Moreover, living away from my parents for the first time taught me a lot of things. Freedom came with responsibilities. Juggling between chores, university and a part-time job required time management skills and highlighted the importance of self-care. I am grateful for the time I had to reflect on who I am as a person and to develop coping skills when things got tough in life. I learnt the significance of paying attention to my mental health as well as physical health.

During the undergraduate degree, we have the time to become specialised in a certain field of study, but also the time to grow as a person. I am very honoured and grateful for the student loan partial repayment exemption. The generosity of this scholarship organisation has given me various opportunities that are so precious in my life. I would like to express my gratitude by giving back to society as an adult who has had the marvellous chance to study at a university and continue on to do so as a postgraduate student. Having future plans and vivid goals definitely sustains the motivation and that is perhaps what really pushes me through during the toughest times of the year.

(横浜市立大学大学院医学研究科医科学専攻 修士課程一年)