

[Note] This English text was translated by DeepL

[P.1]



WASEDA CAREER GUIDE (Career Design) What to do at Waseda?

[P.2]



2040 The society of the year is?

The year 2040, the year of various future predictions, is an era in which all of you will be active members of society, but no one knows for sure what the future holds. However, one thing is certain: the future can be created. What kind of future do you want to realize in response to a changing society? Thinking about this is the first step in career development.

World Population Surpasses 9 Billion! Toward a Multicultural Society

The world's population, currently estimated at 7.7 billion, is expected to exceed 9 billion by 2040.^{*} In a society where further globalization will lead to more multicultural intersections than ever before, there will be an increasing demand for human dignity and respect for diverse values, regardless of nationality, ethnicity, language, culture, or creed.

^{*}Reference: Statistics Bureau, Ministry of Internal Affairs and Communications, "World Statistics 2023"(2023)

[Note] This English text was translated by DeepL

<https://www.stat.go.jp/data/sekai/pdf/2023al.pdf>

Development of AI and other information technologies will lead to a society where people and technology exist together.

We expect to see the realization of technologies beyond all imagination, including highly intelligent robots, instant disaster prediction, automatic assembly and self-repair of buildings using surplus power from solar and wind power generation, and new urban transportation methods using drones.

※ Along with this, new social rules and our own ethics in using technology will be required.

*Reference: Ministry of Education, Culture, Sports, Science and Technology "White Paper on Science and Technology 2020: Chapter 2: Future Projections for 2040 – Future Society Expanded by Science and Technology (Society 5.0)" (2020)

https://www.mext.go.jp/b_menu/hakusho/html/hpaa202001/1421221.html

DE&I that recognizes diversity *To Society

Diversity Equity & Inclusion (DE&I) refers to the diversity/ The term is a combination of the three concepts of diversity, equity, and inclusion.

Not only physical health, Good mental and social well being Well-being* is the norm

*Well-being is a concept that refers to a state of physical, mental, and social well-being that guarantees individual rights and self-fulfillment.

People of all ages in Japan, an aging society with a declining birthrate

In 2040, Japan will have a population of 65 years old and over.

It is expected to reach 34.8%, further advancing the super-aged society.※ While maintaining social security and infrastructure and securing the labor force will become major issues due to the changing demographic composition, it is also expected that life models will diversify and "multi-stage" lifestyles, in which careers are not tied to age, will expand.

*Reference: Cabinet Office "2023 White Paper on Aging Society(2023)

https://www8.cao.go.jp/kourei/whitepaper/w-2023/zenbun/05pdf_index.html

Advances in science and technology have improved the sustainability of the planet.

The global average temperature in 2022 has already risen about 1.15°C above the 1850–1900 level, and there are concerns about a further rise in temperature. In order to create a sustainable economy and society where people can live with peace of mind in the future, efforts to become carbon neutral (decarbonization), circular economy (circular economy) nature positive (nature revitalization), etc. are required.

*Reference: Japanese translation of the World Meteorological Organization (WMO) Annual Report (2023), United Nations Information Center

https://www.unic.or.jp/news_press/info/48045/

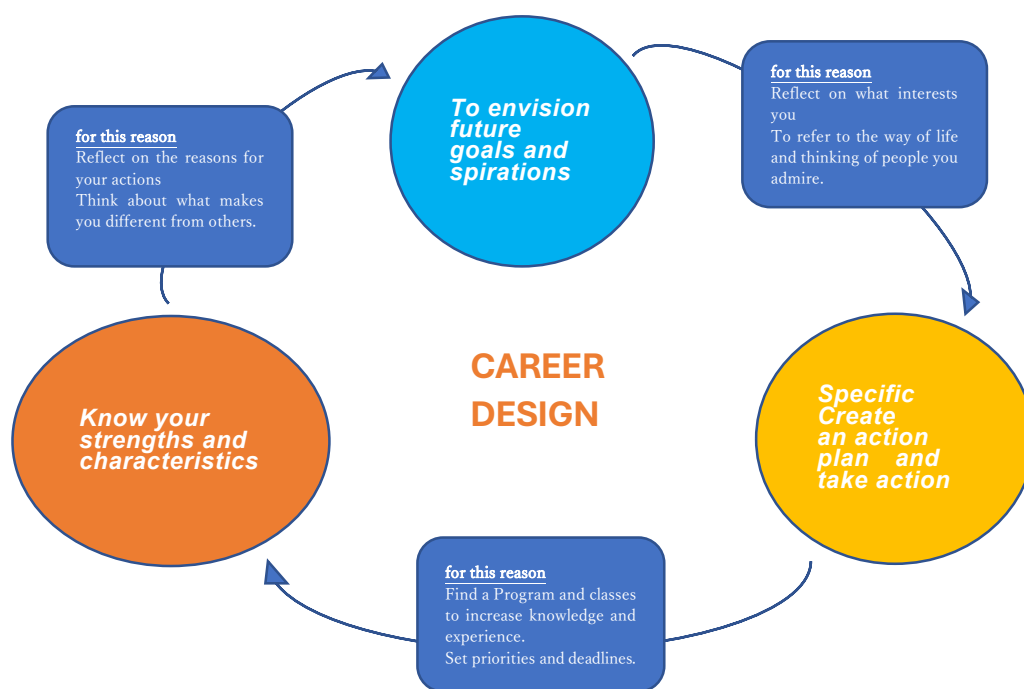
[P.3]



What you can do for your future self?

Be aware of designing your own career.

"Career design" means to imagine what you want to be in the future, what kind of person you want to be, and to proactively design and realize your working style and way of life. In order to realize your "ideal image" and "fulfilling life," you should think and act independently and work on your own career design.



[COLUMN] A goal-oriented approach to careers

If you do not have a clear goal for the future at this point, do not give up on career design. The Theory of Planned Contingency (*), a career theory that dares not set clear goals but recommends actions that turn various coincidences into opportunities, says that the following actions will increase the

[Note] This English text was translated by DeepL

probability of attracting opportunities for the future.

- ① Exploring new learning opportunities
- ② Exerting effort despite setbacks
- ③ Viewing new opportunities as possible
- ④ Changing attitudes and circumstances
- ⑤ Taking action in the face of uncertain outcomes

*Career theory proposed by Professor John D. Kranbortz (American psychologist).

[P.4]



Career design in college is?

Let's be aware of the key points at each step!

Career Design Roadmap in WASEDA

Let's learn proactively and broaden our horizons.

- ☐ What is your purpose for enrolling in college?
- ☐ What do you want to learn? What do you want to experience?
- ☐ What is your ideal student life?
- ☐ What kind of self would you like to meet?

Let's reflect on our experiences with diverse values.

- ☐ How was the year in review?
- ☐ Are you working with purpose?
- ☐ How do you want to deepen your current studies? What expertise do you want to enhance?

Let's verbalize your strengths and characteristics.

- ☐ What are your interests and passions?

[Note]This English text was translated by DeepL

- ☐ How would you put your strengths and characteristics into words?
- ☐ What is the purpose of working in society?
- ☐ What specific preparations will you do to prepare for the career path you envision?

Be aware of how to expand your career!

- ☐ What abilities have you gained from your experience so far?
- ☐ What are your career plans after graduation?
- ☐ What do you want to learn more about?
- ☐ What would you like to tell your juniors?

Career Support -- Events and Individual Consultations

First year	Extracurricular Activities Program Career Design Guidance
2nd year	Career Development Support Events
3rd year	●Job Hunting Start Class ●Job Hunting Preparation Class ●Visiting alumni ●Events with seniors and alumni ●Joint company information sessions
4th year	Recruitment Matching Event
All grades	Individual consultation on career and job hunting
Targeted support	International students, students with disabilities, applicants for public service, etc.

★Preparation for Job Hunting is a separate publication.

WASEDA CAREER GUIDE Job Hunting Edition for more information.

[Note] This English text was translated by DeepL

[P.5]



To encounter diverse values?

Join our extracurricular activity program!

Waseda University offers students a wide variety of programs to enrich their activities outside the classroom.


The program is full of fulfilling activities where you can get to know new friends, work together on everything from planning to management, and gain a sense of accomplishment, fulfillment, and growth that you can only experience here.

We encourage you to be proactive with the attitude of "When in doubt, give it a try! We hope that you will actively participate in the program with the attitude of "If in doubt, try it!"

Nurture human competence in a practical environment

Tadashi Noji, Director of Career Center

In the programs presented here, participants can experience the step-by-step process of coming into contact with diverse values, understanding diversity, and collaborating with diverse stakeholders to achieve results. In today's society, where autonomous and proactive actions are required, what is needed is a "tough intellect" to confront problems with no answers and a "flexible sensitivity" to accept diversity in various situations. We encourage you to take advantage of our practical extracurricular activity programs to develop the "human competence" to be equipped with these two wheels.

Waseda University Official Extracurricular Activities Program (Example for FY2023)		For the latest information, please visit our website Check out "Design Your Future."	
Encountering and Understanding Diversity		Collaborating in Diversity	
	Participate in events and programs	Participate as a student staff member	
Fellowship/Student Life	High School Project (for high school students) 100 yen breakfast, dental checkup, health festa ICC Welcome Event for New Students ICC Theme Camps ICC Field Trip Campus Tour	Course Registration Consultation SJC Events (Wase Conference, etc.) ICC Sports Events ICC Circle Fair ICC Outreach Program	
career	ICC Talk Session Corporate Collaboration Workshops Career and Job Hunting Consultation by SCA	Let's talk with seniors. ICC Themed Events Entrepreneurship Training Programs	
World/Culture	Museum Week Events ICC Japanese Cultural Events ICC Language Events Study Abroad Fair (Spring & Autumn) Waseda Culture and Arts Week Events	ICC Country Festa ICC Exchange Program Study Abroad Fair Consultation Booth (Spring & Fall) GS Center Events	
contribution to society	Bora Cafe Waseda Volunteer Project (WaboPro) Regional Cooperation Workshop	WAVOC Study Tour Volunteer Presentation Contest Volunteer Activities for Disaster/Reconstruction Assistance	

ICC (Intercultural Center), SJC (Student Job Center for Involvement), SCV (Student Career Volunteers), SCA (Student Career Advisors), WAVOC (Hirayama Ikuro Memorial Volunteer Center, Waseda University), GS Center (Gender and Sexuality Center)

[P.6]



Your opportunity for growth is?

Through classes, research, and extracurricular activities, our seniors have gained a variety of growth and awareness. We hope you will make use of the voices of our seniors in your career design.

Practical experience brings you closer to your dreams!

I wanted to find a job where I could use my knowledge of mathematics, so I studied statistics,

[Note] This English text was translated by DeepL

machine learning, and data science. I was also able to gain practical experience by participating in a [long-term internship at the Data Science Center](#). In the future, I would like to work in marketing and policy making utilizing IT.

I would like to be involved in

Department of Mathematics, Faculty of Education, 3rd year Daishiro Takashi

Graduate School of Medicine x Interest in the Mind

Because my mother was a nurse, medicine has been close to me since I was a child. In high school, I became interested in people's "feelings" and "memories" and decided to study psychology. Through university [classes](#), I decided to go on to higher education because I wanted to become a person who can be there for people with difficulties. I plan to pursue certification as a licensed psychologist. After completing the graduate school, I would like to work in the clinical field as a licensed psychologist, or find a job without regard to qualifications. It is a good idea.

department (faculty) of literature Psychology course 3rd year Aika Murakami

A tour guide's profound learning

When I started [guiding campus tours](#) at the invitation of a senior student, I realized how difficult it is to entertain people. Now, I change my speaking style and themes to suit each participant and try to convey the charms of Waseda to the maximum extent possible. In my future student life and internships, I would like to determine exactly what they are looking for.

Kaho Tonegawa, 2nd year student, Department of Political Science, Faculty of Political Science and Economics

Studying in the U.S. Turned a Longing into a Challenge

I participated in the [study abroad](#) program in the U.S. because I have had a yearning for foreign literature and movies since I was a child, and I wanted to learn new things from a different perspective from Japan. I will continue to keep a broad perspective and never forget the joy of taking on new challenges, undaunted by the environment and challenging myself in everything I do! I would like to do so.

Sara Furukawa, 4th year student, Faculty of Law

Putting the skills developed through student staff activities to work

While participating in ICC (Intercultural Center of Japan) events, I began to feel that I wanted to provide a place for exchange as well, so I became a student [staff member](#). I applied for the leadership position. I would like to utilize the communication skills and design thinking that I have developed through my activities to become a brand manager who can tell an attractive

[Note] This English text was translated by DeepL

story to customers in the future.

Min Ji-hoo, 2nd year student, College of International Liberal Studies (Media)

What we learned from our interactions with companies

Seeking an opportunity to engage closely with companies, he participated in a **corporate collaboration workshop**. Through this experience, I learned that "we like to justify our own way of thinking" and "affirming the other person's opinion does not mean denying our own opinion. I would like to apply these realizations to my future communication.

Tatsuki Hasegawa, 2nd year student, Faculty of Education

Seeking an environment where I can immerse myself in experimentation

I like to think about things in detail, and I want to tackle the subjects I am interested in thoroughly! and entered graduate school. I found that my research life in graduate school was full of challenges, such as planning my own experiments and managing my time according to the condition of my cells. However, I have found that there are still many things I want to do, so I am considering continuing on to the doctoral program.

Master's student in the Department of Bioscience and Biotechnology, Graduate School of Advanced Science and Engineering (1st year) Akeon Sato

The importance of dialogue, as learned through volunteering abroad

After learning about educational development in developing countries in a seminar, I decided to participate in volunteer activities in Laos, saying that I wanted to think about this theme by actually going there. In the field, I was able to realize the importance of dialogue to create a common goal after understanding differences in perception and opinion. When I entered the workforce to work with a variety of stakeholders.

Naoo Arikawa, 3rd year student, Faculty of Social Sciences

*Grades are as of the time of the interview in December 2023

[Note] This English text was translated by DeepL

[P.7]



Graduates are active in?

Approximately 2,500 diverse employment opportunities

In FY2022, there were 11,623 students who graduated with an undergraduate degree or a master's degree. Their career paths were 70% for employment, 20% for further education, and 10% for others (70% of science undergraduates went on to graduate school) The employment rate* of undergraduate graduates is 96.8%. Waseda is unique in having a broad network of Waseda students in all areas of society.

※Regarding the Employment Status of Graduates (Percentage of Industries by Faculty), please refer the Japanese version of Guidebook.

[P.8]



Design Your Future

What we want to tell you is that "you can create the future you want to achieve by yourself."

[Note] This English text was translated by DeepL

Regardless of your grade, look to the future, seize opportunities proactively, and build "your own career". First, register for Career Compass through MyWaseda and make use of the Career Center.

Career Center

The Career Center supports career and job hunting activities in all faculties and graduate schools.

Toyama Campus Student Hall 3rd Floor

Open: 10:00–16:00

- Feel free to inquire : career@list.waseda.jp
- Participate in career events : Check the Career Center website for event information. Also check out the Waseda Moodle archives
- Get company and job information : Check with MyWaseda Career Compass
- LINE Open Chat to gather information : Civil service and international student communities are open to first-year students

C Space

Individual counseling on career and job hunting is available.

Waseda Campus Bldg. 6, 1st floor

Opening hours: 9:30–17:00

Career and Job Hunting Consultations : Take advantage of individual consultations!

What is Individual Consultation?

What do I do now?"

What's the timeline for job hunting?" and so on.

40-minute consultation (advance reservation) – Face-to-face / Online Selectable

15-minute consultation (no appointment required) – 15-minute consultations are face-to-face only.

For more information.

Check the Career Center website

