What Will You Do at Waseda?

# WASEDA CAREER GUIDE

2026

Career Design Edition

# Design Your Future




**What we want you to know is that**
**you can create the future you want for yourself.**
**Whatever year you are in, look to the future and make the most of your student life by taking an interest in something new, seeing something through to the end, or taking on challenges without fear of failure.**
**We will support you in designing your career.**

## First, register for Career Compass

### What you can do with Career Compass

- Register for career development and job-hunting support events
- Book individual consultations on career development and job hunting
- View job and internship opportunities received by the university
- Submit and view reports on internship and job recruitment experiences

**For details on how to use Career Compass, scan here**

## For third-year undergraduate students and above...

### WASEDA CAREER GUIDE Job Hunting Edition




Provides an overview of the job-hunting process and schedule

**For the Job Hunting Edition, scan here**

## Career Center

The Career Center supports career and job-hunting activities for students in all years and across all undergraduate and graduate schools.

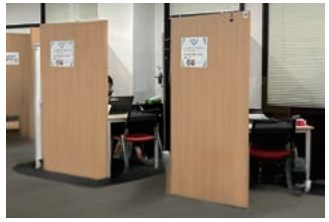


3rd Floor, Student Union Building, Toyama Campus
Opening hours: 10:00-16:00

| | |
|---|---|
| **Feel free to contact us** | career@list.waseda.jp |
| **Attend career events** | ・Check the Career Center website for event information<br>・Make a reservation through "Event Registration" in Career Compass<br>・Check the Waseda Moodle archives too |
| **Get company and job information** | Log in to MyWaseda, go to "Student Life" → "Career Compass" and click on "Company/Job Information". |
| **Gather information through LINE Open Chat** | Undergraduate students who are prospective civil servants or international students may join the separate open-chats from their first year. |

## C Space

We offer individual consultations on career development and job hunting.



1st floor, Building 6, Waseda Campus
Opening hours: 9:30-17:00

**Get advice on career development and job hunting**

Take advantage of individual consultations*

*Available to undergraduate students from their first year.
(Reservations can be made through MyWaseda Career Compass)

### What is individual consultation?

We will answer questions such as:
"What should I do now?"
"What's the typical schedule for job hunting?"

| | |
|---|---|
| **30-minute consultation (Reservation required)** | In person or online |
| **15-minute consultation (No reservation required)** | In person during the academic term; online during extended breaks |

**Visit the Career Center website**

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# CAREER DESIGN

## Develop the Mindset to Design Your Own Career



### What You Can Do in Your First and Second Years is to

## Make the Most of Your Student Life

You may find it difficult to imagine what it means when someone says, "Let's create a blueprint for the rest of your life." So, during your first and second years, focus on making the most of your student life. Your studies, part-time jobs, and extracurricular activities such as clubs will help shape the values, interests, and personal characteristics that form the foundation for creating your blueprint for life. Once you can put these into words, you will have a clearer picture of how you want to live in the future and what kind of work or learning you want to pursue. This, in turn, will help you "design your career."
Of course, it is not too late to start in your third or fourth year!
You can start making the most of your student life at any time.

### Gain Experience



**Specifically**

- Try without fear of failure
- Take on new challenges
- Pursue something you have been working on consistently



### Understand Your Values, Interests, and Characteristics

**To Do This**

- Regularly reflect on your reasons for attending university and your ideal student life
- Reflect on what you are passionate about and interested in
- Consider the skills and values you have gained through your experiences

### Envision Your Future and Set Goals

**To Do This**

- Look to people you admire (role models) for inspiration in how they live and think
- Think about where you want to be in five or ten years
- Think about your purpose for working in society







### Create a Concrete Action Plan and Take Action

**To Do This**

- Look for courses, programs, clubs, and other extracurricular activities that will broaden your knowledge and experience
- Set priorities and deadlines



# What is Career Design?



## The Difference Between High School and University is Initiative and Autonomy

Up through high school, timetables and the way classes are conducted are generally the same. At university, however, curricula vary considerably by school, and you choose from a wide range of courses. There is also a diverse array of clubs and societies to choose from, as well as a wider range of part-time job opportunities.
In other words, university life is the first step toward making your own choices and taking responsibility for them. This is something you will continue to do throughout your working life.
This requires autonomy and initiative—the ability to make your own plans and put them into action. In other words, you become the "designer" of your own life.



## Career Design is a Blueprint for Life

Designing your life is known as "career design." A career encompasses not only your occupation, position, and work history, but also your personal growth and private life. In this sense, career design is a blueprint for your life.
When designing your career, choosing where to work is not the only thing that matters. It is important to take a long-term view and "design your own career," considering how you want to live your life in the years ahead, what kind of purpose you want to pursue, or what you want to learn. The key is: "You decide your own career."

# What Will Society Be Like in 2040?

We envision 2040 as a time when you will be at the heart of society, playing an active role. What will the world look like a little over a decade from now? World population, declining birthrates and an aging population, diversity, well-being, AI, sustainability... No one knows for certain what the future holds, but one thing is clear: "The future is ours to create." What kind of future do you want to create in a changing society? Thinking about this is the first step in career development.



### World Population to Surpass 9 Billion! Toward a Multicultural Society

The world's population, currently estimated at 8.2 billion, is projected to exceed 9 billion by 2040*. As globalization continues and cultures intersect more than ever before, respect for human dignity and diverse values will become increasingly important, regardless of nationality, ethnicity, language, culture, or beliefs.

*Reference: Statistics Bureau, Ministry of Internal Affairs and Communications, Sekai no Tokei 2025 (2025)
https://www.stat.go.jp/data/sekai/pdf/2025al.pdf (JP Only)

### People of All Ages Play an Active Role in Japan's Aging Society amid a Declining Birthrate

By 2040, people aged 65 and over are projected to account for 34.8% of Japan's population, further advancing the country's super-aged society*. While demographic shifts will pose significant challenges to maintaining social security, infrastructure, and securing the workforce, lifestyles are also expected to diversify, with "multi-stage" lives, in which careers are not constrained by age, becoming more widespread.

*Reference: Cabinet Office, Annual Report on the Ageing Society FY2025 (2025)
https://www8.cao.go.jp/kourei/whitepaper/w-2025/zenbun/07pdf_index.html

### Toward a Society That Embraces DE&I*

*DE&I is a term that brings together three concepts: diversity, equity, and inclusion.

### Well-Being as the Norm: Physical, Mental, and Social Health*

*Well-being is a concept that refers to a state in which individual rights and self-fulfillment are ensured and people enjoy physical, mental, and social well-being.

### AI and Other Information Technologies Bring People and Technology Together

Highly intelligent robots, instant disaster prediction, automated assembly and self-repair of buildings using surplus electricity from solar and wind power generation, and new forms of urban transportation using drones are just some of the technologies once beyond our imagination that are expected to become a reality*. Along with these advances, new social rules will be needed, as will a strong sense of ethics among those of us who use these technologies.

*Reference: Ministry of Education, Culture, Sports, Science and Technology, White Paper on Science and Technology 2020: Chapter 2, Predictions for 2040 —The Future Society Expanded by Science and Technology— (Society 5.0) (2020)
https://warp.ndl.go.jp/info:ndljp/pid/13731853/www.mext.go.jp/b_menu/hakusho/html/hpaa202001/1421221.html

### Scientific and Technological Advances Improve Global Sustainability

The global average temperature in 2022 was already approximately 1.15°C higher than the 1850-1900 average, raising concerns about further warming. To build a sustainable economy and society in which people can continue to live with peace of mind, efforts are needed across the humanities and sciences to achieve carbon neutrality (decarbonization), promote a circular economy, and advance nature-positive initiatives.

*Reference: United Nations Information Centre, Japanese translation of World Meteorological Organization (WMO), State of the Global Climate 2022 (2023)
https://www.unic.or.jp/news_press/info/48045/

# What Led to Your Growth ?



## The Importance of Data-Driven Decision-Making

While studying economics at university, I realized that much of the news and social discussion I heard every day was being discussed based on personal interpretations. Wanting to understand things more objectively, I became interested in data science. I took **data science-related courses** and went on to participate in an internship, through which I was able to develop my analytical and logical thinking skills. Going forward, I hope to apply the knowledge and experience I have gained at university and contribute to society through data-driven decision-making.



Kosei Toyama
Fourth-year student, School of Political Science and Economics

## Turning Your Learning and Interests into the Ability to Benefit Others

My interest in preventive medicine, which was also the reason I chose my undergraduate school and department, made me want to get involved in activities related to health and medical care. This led me to join the **Student Health Promotion Mutual Aid Association student committee**. Not only was I able to apply the knowledge I had gained through lectures and other coursework to these activities, but working with various stakeholders and other students also broadened my perspectives and learning in ways that classroom study alone could not. Even after I start working, I want to remain mindful of the cycle of learning and application, and continue thinking about how I can put my knowledge to use for the benefit of people and society.



Soma Tanizaki
Fourth-year student, School of Human Sciences

## Confidence and Growth Gained from Leadership Experience

**In the leadership courses offered by GEC**, I had many opportunities to engage in active dialogue with other students and put the skills I had learned into practice, which helped me gain a clearer understanding of my strengths and weaknesses. One area in which I have grown is public speaking. I am now more comfortable speaking in front of others and better able to express my ideas concisely. The many opportunities to share my opinions and experiences have also helped me gain the confidence to speak up. In the future, I am interested in working in a global environment and hope to apply the skills I have developed in contexts that transcend national borders.



Ena Hayashi
Fourth-year student, School of International Liberal Studies

## Building Genuine Confidence Through Two Workshops

When I was thinking about how to make the most of the extended break in the spring of my first year, the **Community Collaboration Workshop (CCW)** caught my attention, so I decided to participate. Working in a team with students from different backgrounds to find an answer to a local issue gave me far more new perspectives and insights than I had expected. Wanting to deepen my learning further, I participated again in the summer of my fourth year, after completing my job hunting. Through these activities, I feel that I developed skills that I can draw on when engaging in dialogue with others, something that is important in everything we do. It was a valuable experience that I know I will look back on from time to time in the years ahead.



Kumi Suzuki
Fourth-year student, School of Humanities and Social Sciences

# We Asked Eight Senior Students

**These students have gained new insights and grown in various ways through classes, research, extracurricular activities, and more. We hope their experiences will help you as you design your own career.**

*Years of study are as of October 2025.



## Learning the Importance of Understanding Others in a "Happy Country"

I decided to **study abroad** for a year because I wanted to see Sweden, a country I had thought of as a "happy country," with my own eyes. While studying there, I was struck by how strongly aware people in Sweden were of gender inclusivity and how active they were in volunteer activities. Every day brought new opportunities for growth. At the same time, as I interacted with people in Sweden, I came to realize that they too had worries and struggles just as I did. This made me keenly aware of the danger of forming preconceptions about people based solely on impressions of their country of origin. In the future, I hope to apply what I learned from studying abroad and become a professional who can work with a diverse range of people while respecting their backgrounds and values.



Misaki Kami
Fourth-year student, School of Social Sciences

## Broadening My Perspective Through Volunteering

**I started volunteering because** I wanted to experience firsthand what volunteer work was like in practice. As I participated in a variety of activities, I came to appreciate just how important a role volunteering plays in society. Through these activities, I also had the opportunity to interact with many people across generations, which made me realize the need for people to connect with and support one another. Building on this experience, I hope to become someone who can stand by those in need and actively reach out to them.



Taking part in environmental conservation volunteer activities



Ronpei Suzuki
Third-year student, School of Commerce

## Developing Leadership Through Kouhai Navi Activities

When I was a first-year student, Kouhai Navi helped me with course registration. That experience made me want to help younger students in the same way, so I joined **Kouhai Navi**. Through my activities, I came to find leading a large team and moving projects forward just as rewarding as supporting others. I'll never forget the sense of accomplishment I felt when I successfully brought a project to completion by assigning tasks appropriately to staff members with different strengths. I believe this experience will serve me well in the future when I lead an even larger team in my career.



Daiki Inoue
Fourth-year student, School of Education

## Pursuing "Better" Through Research

After undertaking research in class and discovering how rewarding it was to produce tangible results, I decided to pursue graduate studies. I am currently **researching** ways to make security testing more efficient using Generative AI. I find it rewarding to combine the wealth of technologies and knowledge available in the world through trial and error, pursuing better outcomes that can be useful to someone or for something. I hope to continue learning so that I can do work that benefits others, while drawing on the perseverance and spirit of inquiry I have developed through my research.



Hibiki Nakanishi
Second-year student, Graduate School of Fundamental Science and Engineering

Only at Waseda!

# Extracurricular Activity Programs

Waseda University offers a wide variety of extracurricular activities. There are many rewarding programs where you can meet new people, work together on everything from planning to implementation, and experience a sense of achievement, fulfillment, and personal growth that you can only experience at Waseda.
It is okay if you do not know what you want to do. If you are unsure, take the attitude of "just give it a try!" and get involved. And above all, take on challenges without fear of failure.

## Cultivating Human Capability Through Practical Experience

Human capability refers to the skills and know-how to unite people with diverse values and cultural backgrounds, inspire them, and lead them forward toward collective well-being in any field.
In keeping with Waseda's mission of contributing to the world, and building on its founding principles, Waseda aims to develop people who, wherever they may be in the world, can act and contribute not only for themselves but for humanity as a whole, and thereby achieve harmony among people, society, and the planet.
The programs introduced here allow you to experience, step by step, the process of encountering different values, gaining a deeper understanding of diversity, and working with a range of stakeholders to achieve results. In today's society, where autonomous and proactive action is required, what is needed is the resilient intellect to confront problems that have no clear answers and the flexible sensibility to embrace diversity. We encourage you to take advantage of these practical extracurricular activity programs, which develop both of these qualities.

## Join an Extracurricular Activity Program!







**Waseda University Official Extracurricular Activity Programs (2025 Examples)**

| | Encounter and Understand Diversity | | Collaborate in a Diverse Environment |
|---|---|---|---|
| | Participate in Events and Programs | | Participate as Student Staff |
| Friends and Student Life | • High school student projects (for high school students)<br>• Student Health Promotion Mutual Aid Association events (100-yen breakfast, dental checkups, etc.)<br>• SJC events (Initiatives that bring student voices into university decision-making) | • ICC theme camps<br>• ICC field trips<br>• Course registration consultations<br>• Campus tours<br>• ICC welcome events for new students<br>• ICC sports events<br>• ICC outreach programs | • Kouhai Navi<br>• Campus tour guides<br>• Student Participation and Job Center (SJC) Student Staff<br>• Student Health Promotion Committee<br>• Student Career Advisors (SCA)<br>• ICC Student Staff Leaders<br>• ICC Language Supporters<br>• Volunteers supporting students with disabilities<br>• WAVOC Student Staff Leaders<br>• Waseda University Cultural Promotion Student Advisors<br>• Study Abroad Student Advisers<br>• GS Center student staff<br>• Waseda Portal Office student staff<br>• Student dormitory RAs (resident assistants) |
| Careers | • ICC talk sessions<br>• Corporate collaboration workshops | • ICC theme events<br>• Career and job-hunting consultations with SCAs | |
| World and Culture | • Museum Week events<br>• ICC Japanese culture events<br>• ICC language events<br>• Study Abroad Fair talk sessions (spring and fall)<br>• Waseda University Culture and Art Week events | • ICC Country Festa<br>• ICC exchange programs<br>• Study Abroad Fair consultation booths (spring and fall)<br>• International Winter Party<br>• GS Center events | |
| Social Contribution | • WAVOC Volunteer Café<br>• Waseda Volunteer Project<br>• Waseda University Volunteer Academy<br>• Regional collaboration study tours | • WAVOC study tours<br>• Introductory Volunteer Programs<br>• Volunteer activities supporting disaster relief and recovery<br>• Community Collaboration Workshop | |

*ICC: Intercultural Communication Center, WAVOC: The Hirayama Ikuo Volunteer Center, Waseda University, GS Center: Gender and Sexuality Center

**For the latest information, check the Design Your Future website**

# Find Role Models Among Waseda Alumni

Once you have come to understand yourself a little better, or feel that you have changed, think about your future again. Waseda alumni have gone on to pursue a wide variety of paths. Seeing the paths they have taken may inspire you to think, "I'd like to be like that too." Hearing how their experiences as students have helped them in their working lives may also give you ideas for making the most of your student life and thinking about your future.

Graduate Voice 1



Mae Yoichi
Graduated from the School of Commerce in 2021
Works at Sumitomo Corporation

## Her students change from year to year, Meet and part with youth's delight, Yet all alike we seek to share, These ideals and their light.

This is my favorite line from the school song.

I fell in love with the energy of the Waseda Festival and set my sights on Waseda. I joined a performance club, coordinated a joint welcome performance for new students, and debated with my fellow students day and night to build a better student culture. Without a doubt, I spent most of my university life in the Student Union Building. The Broadcasting Research Club, the Advertising Research Society, the Waseda Festival Organizing Staff, and a wide variety of performing groups. Behind every spectacular performance was collaboration across organizational boundaries and the pride of everyone involved. Whenever I passed them in the Student Union Building, I felt that we understood one another, sometimes without even exchanging a word. Though we came from different backgrounds and belonged to different groups, we devoted ourselves wholeheartedly to those fleeting years of youth. Without a doubt, we were all striving toward the same light.

It has already been four years since I graduated. My mission now is to bring Japan's culture to the world. While working in the entertainment business within the conglomerate of a general trading company, I have also had the opportunity, in a personal capacity, to represent Japan in the U-30 category at Cannes Lions, one of the world's most prestigious creative awards, and earn recognition in an international competition. Bringing ideas to life remains as difficult as ever. Sometimes I pore over financial statements to assess the viability of a business, while at other times I spend all night staring at Adobe software in pursuit of better creative work. There are many times when it feels as though time is simply passing me by, and building good relationships with others is far more difficult than it was when I was a student. Even so, I cannot stop moving forward, perhaps because my time at Waseda showed me "the beauty of the view that lies beyond." Others change. We change. Even the way we look up toward the light changes. But as long as we hold on to our aspirations, sooner or later we will find others who share them, and our ideals will take shape.

Throw yourself wholeheartedly into the freedom of your student years. The convictions you find along the way will surely help you forge a path into the future.

Graduate Voice 2



Riku Hosoi
Graduated from School of Political Science and Economics in 2025
Works at Kirin Holdings Company, Limited

## Joy Brings Us Together Discovering What I Value in Work at ICC and Joining Kirin

As I went through the job-hunting process, there was a period when I struggled to figure out what I really wanted to do. At that time, I thought long and hard about what would make my work fulfilling, even if the answer might seem rather conventional. After much deliberation, the answer I arrived at was, "making people happy through my actions."

My experience as a student staff member at ICC gave me confidence that I had found the right answer. At ICC, you can take on a wide range of tasks, from planning events and handling publicity to designing posters. What really made me think, "I'm so glad I did this," was seeing something I had done bring a smile not only to the participants, but also to the student staff and ICC staff working alongside me.

ICC is a student-led organization. That is precisely why it is a place where the hands-on experience of "working" makes it easier to discover what truly motivates you. "Finding happiness in making others happy." Once I had found this guiding principle, my uncertainty about job hunting disappeared.

"Joy brings us together"

This is the corporate slogan of Kirin Holdings, the company I joined. I decided to join because I felt, "This is a place where I can continue to find fulfillment in my work." I aspire to be someone who makes others smile through my work and spreads that joy even further. With that aspiration, I approach my work each day with excitement.

# Around 2,500 Employers Across a Wide Range of Fields!

In academic year 2024, 11,602 students graduated from undergraduate programs or completed master's programs. Of these, 70% entered employment, 20% continued their studies, and 10% pursued other paths. (Among undergraduates in science and engineering fields, 70% went on to graduate school.) The employment rate among undergraduate graduates* was 96.0%. Waseda graduates found employment at approximately 2,500 companies and organizations. One of Waseda's distinctive features is its extensive network of graduates across virtually every sector of society.

*Employment rate: The percentage of graduates seeking employment who found employment. Calculated in accordance with the guidelines of the Ministry of Education, Culture, Sports, Science and Technology's definition of "employment rate."

View more detailed career data



### Major Employers of Humanities and Social Sciences Students

Baycurrent Inc., Tokyo Metropolitan Government (Category I), MUFG Bank, Ltd., NTT Data Japan Corporation, NTT Docomo, Inc., Accenture Japan Ltd., Sumitomo Mitsui Banking Corporation, Mitsubishi UFJ Trust and Banking Corporation, National Civil Service (general positions), ABeam Consulting Ltd., Leverages Co., Ltd., IBM Japan, Ltd., NEC Corporation, Rakuten Group, Inc., Fujitsu Limited, Nippon Life Insurance Company, Sumitomo Mitsui Trust Bank, Limited, Tokio Marine & Nichido Fire Insurance Co., Ltd.

### Major Employers of Students in Science and Engineering Fields

Nomura Research Institute, Ltd., Hitachi, Ltd., NTT Data Japan Corporation, NEC Corporation, Baycurrent, Inc., Fujitsu Limited, MUFG Bank, Ltd., Sumitomo Mitsui Banking Corporation, East Japan Railway Company, National Civil Service (career-track positions), Meiji Yasuda Life Insurance Company, Rakuten Group, Inc., NTT Docomo, Inc., IBM Japan, Ltd., Mitsubishi Electric Corporation, Accenture Japan Ltd, PwC Consulting LLC, Mitsui Sumitomo Insurance Co., Ltd.

### Public-Sector Employers

Tokyo Metropolitan Government (Category I), National Civil Service (general positions), National Civil Service (career-track positions), Court Clerk, National Tax Specialist, Tokyo 23 Special Wards, Saitama Prefectural Government, Tokyo Metropolitan Government (Category II), Japan Self-Defense Forces Officer Candidate, Tokyo Metropolitan Police Department, Kanagawa Prefectural Government (Category I), Chiba City Government, Tochigi Prefectural Government, Kawasaki City Government, Air Traffic Controller

## COLUMN

### Thinking About Your Career Without a Fixed Goal

There is no need to worry if you have not decided what you want to do in the future yet. Another approach is to use your own initiative and effort to make the most of opportunities that arise by chance in shaping your career (planned happenstance*). It is said that consciously adopting the following behaviors can increase the likelihood of creating new opportunities for your future.

(1) Curiosity: Exploring new learning opportunities
(2) Persistence: Exerting effort despite setbacks
(3) Optimism: Viewing new opportunities as possible and attainable
(4) Flexibility: Changing attitudes and circumstances
(5) Risk-taking: Taking action in the face of uncertain outcomes

*A career development theory proposed by American psychologist John D. Krumboltz

# Use the Career Center to Reflect on Your "Student Life Experiences"

The Career Center offers a variety of career support services starting from your first year as an undergraduate. Events specifically for first- and second-year undergraduate students are designed to help you with your career design. Once you have gained a variety of experiences through student life, take advantage of Career Center events to reflect on your values, interests, and characteristics. There is no need to think everything through on your own.
Talking with others and listening to what they have to say can help you discover things about yourself.



## Career Design for First- and Second-Year Undergraduate Students

We offer events to help you recognize the importance of thinking about your lifelong career development and prepare for the future.

**Undergraduate 1st & 2nd Years**

### Career Start Guidance

We introduce the activities of Waseda University's official extracurricular activity programs ahead of recruitment in the spring and fall.
By hearing from senior students who are actively involved in these programs, you can also get a sense of the ways in which you can grow through these activities.



**Talk**

#### Deepen Your Self-Understanding

Career Center events and individual consultations on career development and job hunting give you opportunities to regularly reflect on your student life experiences and practice putting your values, interests, and characteristics into words. This can help you develop a clearer sense of how you want to live in the future and the kind of work you want to pursue.

**Learn**

#### Broaden Your Perspective

For anyone wondering, "Is job hunting just like taking entrance exams?" or simply feeling anxious about job hunting, we offer an event called "The Truth About Job Hunting Lies and Facts" to help you understand what job hunting is really like without being misled by rumors.

**Listen**

#### Hear from Alumni in the Working World

At the Career Start Guidance (spring), you will hear directly from Waseda alumni who are now working professionals, helping you picture yourself at work and discover careers you may not have known about. "How have your experiences as a student helped you in your work?" "What kind of work do you do?" "Why did you choose this career?" Hearing answers to questions like these may help you discover the unexpected appeal of different careers and even give you the courage to take on challenges without fear of failure.

Note: Events and timing are subject to change.

**New 3rd Year Students**

### Job-Hunting Preparation Seminars, Internship Fairs, Alumni Visits, and Individual Career and Job-Hunting Consultations

When you start thinking about job hunting, we offer a range of support to help you figure out where to start and how to prepare.

## Career Support

**1st & 2nd Years**

- Career development support events
  Career Start Guidance and more

**3rd Year**

- Job hunting preparation seminars
- Internship fairs
- Meet with alumni
- Networking events with senior students and alumni
- Joint company information sessions

**4th Year**

- Recruitment matching events

**All years**

- Individual consultations on career development and job hunting

**Support for different student groups**

- International students
- Students with disabilities
- Students interested in careers in the civil service
- Doctoral career support and more