My impression of North-Western State Medical University’s lecture.

This was the first time to study abroad. Although I was worried about trip before leaving, I had really meaningful time. Through this experience I was able to feel growth and to find the point of reflection and future goals.

The lecture took place in two classes in 90 minutes. It was pretty reasonable time setting. So It was free time from the afternoon, it was possible to do sightseeing in St. Petersburg as well as day-to-day tasks and self-learning, These lectures were about Biostatistics, and conducted in English. The contents started from the history of statistics, statistical knowledge and way of thinking, usage of free statistical software R and SAS, and etc. Although there was a part which the contents seemed to be difficult, since I was learning with reference book written in English about biostatistics before traveling, there was no case that I could not follow the lecture at all. Professor Sviatoslav Plavinskii who was in charge of the lecture was easygoing. In order to make students from Japan easier to understand, he used the paper related to Fukushima Daiichi Nuclear Power Plant Accident as examples. Moreover, he showed us some examples of humor. It was easy to understand the contents, and I was able to take lectures happily. Also I really appreciated that he always listened to my problems and tried to help me.

Throughout, our common language was English. While I was able to feel the enjoyment of communicating in English, I realized that it is still necessary to continue learning and practice about speaking and listening. This was a great motivation for learning English in the future.

There was one point that was a big regret. It is a passive action taken. When all the lectures were over and a ceremony was held for the end certificate, there was time to tell the impression. At that time, other students suggested that I told the impression, but I hesitated and didn’t. Even if it was a little time or English was really bad, I regretted that I should talk something.

This study abroad raised motivation for learning in the future. When I asked Professor Sviatoslav Plavinskii after the lecture, he said "Maybe these lectures are difficult, but this is the beginning. The important thing is learning repeatedly. I’d like you to continue your learning from now on. " Regarding biostatistics, it is greatly related to my research, so I hope I continue to learn. In addition, I’m going to continue English learning. Using English, I really want to interact a lot of people and acquire new idea and knowledge. And I try to take actions positively.

At last, thank you for having this opportunity and supporting me.