



## 留学 アセスメントテスト

### JAOS Study Abroad Impact Assessment Test

What is the purpose of this test?

- To analyze how your behavioral characteristics and capabilities have changed after your study abroad.
- To visualize the accomplishments of your study abroad.

Five features

- A simple test, completable in around 20 minutes over the web
- Understand your own behavioral characteristics
- Learn about the skills and practices necessary for studying abroad
- Make your own strengths and difficulties with studying abroad more clear
- Visualize your progress by measuring before and after your study abroad.



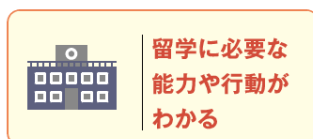
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## What you can learn from this test

- **Understand your own behavioral characteristics**  
→ Recognize behavioral traits that you exhibit without realizing, enhancing self-understanding
- **Understand the skills and practices necessary for study abroad**  
→ 1. Determine the practices expected of you in classes overseas. 2. Determine the skills you wish to acquire during your study abroad. 3. Determine the negative practices that could cause you to fail in study abroad.
- **Understand your strengths and difficulties**  
→ Make best use of your strengths and weaknesses.
- **Understand what you accomplished from your study abroad**  
→ Express your personal growth objectively and come to better understand the effects of your study abroad.



無意識に行っている自分の行動に気づき、  
自己理解が進む



①海外の「授業で求められる行動」を測定  
②留学中に身につけたい能力を診断  
③「留学生生活を失敗させるマイナス行動」  
を測定



自己の強み/弱みを活かせる



自己の変化を客観化でき、  
学習効果を実感できる

## Test Uses

- For study abroad program administrators
  - **Offer appropriate study abroad counseling based on objective data**  
By objectively understanding your counselee's behavioral traits and skills, you will be able to offer appropriate counseling to enable a successful study abroad experience without relying excessively on your personal experiences and abilities.
  - **Analyze the results of the study abroad program and compare to other programs**  
By visualizing the effectiveness of the study abroad program as an element of a broader education, you will become able to analyze the results and compare them to other programs.
  - **Represent study abroad program improvement and revisions in the form of objective measures.**  
By examining and comparing the respective results of your analysis of each program, you will be able to deduce problem areas and areas for improvement, which can form a basis for further reform and revision of future programs.

## ■ 留学プログラム運営者の場合



### 客観的なデータに基づいた的確な留学カウンセリングができる

相談者の行動特性や能力を客観的に知ること、留学カウンセラーの固有の経験や能力に過度に依存しない、成功する留学のための的確な留学カウンセリングを行うことができる



### 留学プログラム成果分析や他のプログラムとの比較などに利用できる

教育の一環としての留学プログラムの成果を可視化することで、成果分析や他プログラムとの比較を行えるようになる



### 留学プログラム内容の改善や見直しの客観的指標にすることができる

プログラムごとに成果分析をし、それぞれの結果を吟味し比較することで、課題や改善点を導き出し、今後のプログラム改廃や改訂・開発の材料にすることができる

- For students studying abroad
  - **Achieve self-analysis/self-understanding and prepare yourself for study abroad**  
By coming to recognize your behavioral characteristics and current abilities that you may not have noticed, you will be able to more adequately prepare yourself for study abroad.
  - **Acquire goals to improve the effectiveness of your study abroad**  
By getting to grips with your strengths and problem areas, how you should prepare for your study abroad, and how you should conduct yourself when studying abroad, will become clear. You will then become able to consciously engage in practices to increase the effectiveness of your study abroad.
  - **Visualize and sum up the progress you made as a result of your study abroad**  
By visualizing the relationship between the skills you improved and the way your practices changed during your study abroad, you can summarize your experience. Also, based on that summary, you can establish future goals, and be able to explain the specific ways in which your study abroad experience was productive when, for example, searching for a job.

## ■ 留学する学生の場合



### 自己分析・自己理解、留学の心構えができる

自分では気づいていない自分の行動特性や現状の能力レベルを知ること、的確な留学の心構えを持つことができる



### 留学成果を上げるための指標が持てる

強みと課題の把握することで、留学前の準備や留学中に必要な行動が明確になり、留学の成果を上げる行動を意識的に行うことができる



### 留学成果の可視化をして自分の留学の総括をする

留学で向上した能力と留学中に变化した行動の関係を可視化することで、留学の総括が行える。また、総括を踏まえて今後の目標を立て、就活などの際に留学成果を具体的に説明することができる

## Analysis of changes in behavioral characteristics and abilities before and after study abroad

The JAOS Study Abroad Impact Assessment Test is based on analysis of behavioral characteristics.

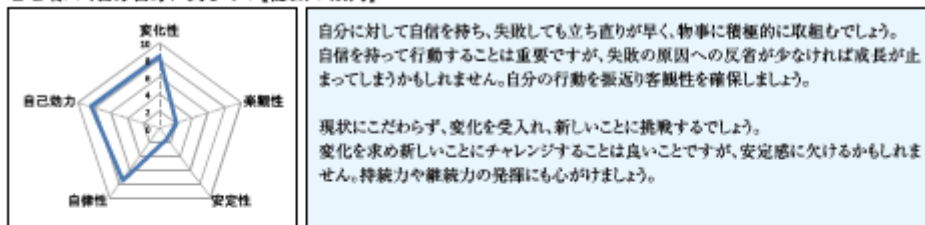
### Behavioral profile

Human behavior consists of both behaviors we are conscious of and those we are unconscious of. The JAOS Study Abroad Impact Assessment Test analyzes examinees' behaviors by dividing them into four domains, each domain further subdivided into five for a total of 20 measures. Behaviors rated highly (close to 10) indicate behaviors which regularly appear in daily life. However, a complete behavioral profile consists of the combination of all measures, not any one measure in isolation. The test does not look at behavioral characteristics in terms of value judgments like “good” and “bad,” but rather aims to help foster self-understanding and self-improvement by looking at behavioral traits from the perspective of how they can be best utilized.

### The four domains

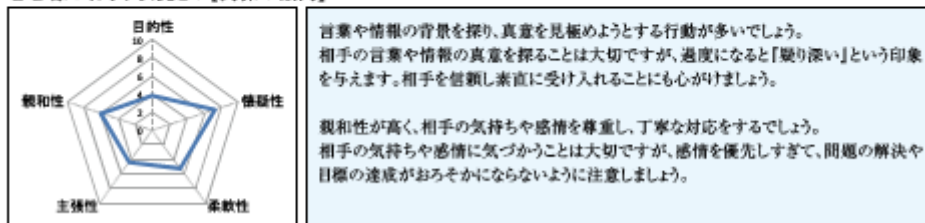
- Self-awareness (the ability to understand oneself)
- Relatability (the ability to understand people and surroundings)
- Responsiveness (the ability to respond to circumstances and incidents)
- Expressiveness (the ability to create and execute)

#### 〇〇様の、自分自身についての【認識の傾向】



(注)自己効力とは、自分自身の行動に自信を持ち、結果に対して悩んだり心配をせずにおこなうとする行動特性です。

#### 〇〇様の、人や状況との【関係の傾向】



(注1)親和性とは、集団で行動する時に、目的や課題の達成よりも、相手やメンバーの気持ちや感情を優先しようとする行動特性です。

(注2)積極性とは、相手の言葉やテレビやネットで流れる情報を表面的に受取らず、その背後にある真意を見極めようとする行動特性です。

## Fundamental Skills for Global Participation 1

### Communication

Communication is the foundation of all human relationships. Strong communicative abilities should enable a person to have positive interpersonal relations, and satisfactorily demonstrate their acquired abilities. A high number of points in this category (close to 100) constitutes a strong measure. Use this as a hint regarding whether you should try to further improve your communicative ability.

Communication Measures		
Listening ability	The ability to take in all of someone else's words, to the end, without interrupting.	
Empathy	The ability to be there for someone else's thoughts and feelings, and genuinely empathize.	
Receptiveness	The ability to agree to someone else's opinions and ways of thinking without being critical.	
Openness	The ability to actively communicate what you are thinking and feeling.	
Assertiveness	The ability to clearly convey your thoughts and opinions.	
Presentation ability	The ability to present materials and data in an easy-to-understand way.	

#### コミュニケーション力 communication 診断

傾聴力	相手の言葉を遮(さえぎ)らず、最後まで聞き取る力	55.9
共感力	相手の感情や気持ちに寄り合い、素直に共感する力	55.5
受容力	相手の意見や考え方を、批判をしないで、ありのままに受け容れる力	52.9
自己開示力	自分の考えていることや感じていることを、積極的に伝える力	52.9
主張力	自分の考えや意見を、明確に発言し、伝える力	55.1
プレゼンテーション力	資料やデータを用い、相手に分かりやすく説明する力	54.2

## Fundamental Skills for Global Participation 2

### Global Problem Solving

The following six measures of the skill of problem solving, essential to achievement of goals and elimination of problems, are broken down according to the PDCA (Plan, Do, Check, Action) cycle. Whether at home or abroad, this is a universally fundamental skill for being active in society. A high number of points (over 80) constitutes a strong measure. Use this as a hint regarding whether you should try to further improve your problem solving ability.

#### Global Problem Solving

Plan drafting ability	The ability to form a short or long-term plan towards the achievement of a goal
Information gathering ability	The ability to establish an information network and gather information from various sources.
Plan proposal ability	The ability to turn an idea into a plan, putting together information and data to form a proposal.
Fast execution ability	The ability to quickly make up one's mind and act in response to a problem.
Adaptability	The ability to flexibly deal with changes in the environment or other people.
Completing ability	The ability to complete projects without leaving problems or goals half-finished.

#### Global Problem Solving(問題解決力)診断

計画立案力	目標の達成に向けて、短期的・長期的な計画を立てる力	69.1
情報収集力	情報のネットワークを築き、多方面から情報を収集する力	65.0
企画提案力	アイデアを企画化し、情報やデータを総合し、提案する力	70.8
迅速実行力	課題達成のために、素早く意思決定し、迅速に行動する力	51.6
変化応用力	環境の変化や関係者に合わせて、柔軟に対応する力	55.8
完結達成力	目標や課題を中途半端で終わることなく、完結する力	71.8

## Global Initiative

Initiative, essential for making your study abroad experience a success and for achieving personal growth, is broken down into five measures. Points exceeding 50, approaching 100, represent a strong level of commitment. Through your study abroad, try to further improve the areas you score highly in, and overcome problems in the areas you score low in.

The five measures

- Challenging oneself: Continuing to strive for higher goals rather than being satisfied with the current situation.
- Ambition: Remaining ambitious and succeeding in accomplishing tasks even in difficult circumstances.
- Independence: Setting your own goals and carrying them out while remaining conscious of others.
- Acceptance of diversity: Accepting a wide variety of cultures and values.
- Inquisitiveness: Taking in a wide variety of information, maintaining an interest in and pursuing various ways of thinking.

### 【留学を成功に導く】 Global Mind 診断

チャレンジ力	現状に満足せず、高い目標を設定し挑戦し続ける	47.1
成功への熱意	困難な状況においても、熱意を持ち続け、最後までやり遂げる	54.1
主体的行動	自ら目標を設定し、当事者意識を持って行う	44.3
多様性受容	多様な文化や価値観を、幅広く受け入れる	50.1
探究心	さまざまな情報を取入れ、多様な考え方に興味を持ち、追求する	44.1

## Global Behavior

The specific behavior expected while you are studying abroad classes, activities, interactions with others, etc., is broken down into five measures. Active observance of these behaviors during your study abroad will lead to making your experience a success. Try to devise a plan of action for any areas in which your points are low, and improve them as much as possible before you leave.



The five measures

- Active questioning: Actively asking questions in order to make clear things you don't understand, and deepen your understanding of topics.
- Participation: Endeavoring to interact with a variety of people and cultures, and proactively attending parties, events, etc.
- Persistence: Continuing to make your best effort and tackle challenges in order to acquire new skills.
- Receptiveness to criticism: Accepting criticism from others for the sake of your personal growth and improvement of your skills.
- Hospitality: Contributing while remaining considerate of others, in order to build trusting relationships.

【大学・授業において求められる】Global Behavior 診断

積極的な質問	わからないことを明確にしたり 話題を深めるために、積極的に質問する	57.9	
パーティシペイト	多様な人や異文化との出会いを求めて、イベントやパーティ等に積極的に参加する	46.2	
持続力	新たな能力を身につけるために、やろうと決めたことや取組んだことを持続する	63.4	
評価の受容	自分自身の成長や能力の向上のために、相手からの評価を素直に受け容れる	46.6	
ホスピタリティ	相手と信頼関係を築き、受け容れてもらうために、気配りをしながら貢献する	55.6	

Negative practices to be aware of and adaptation to a new environment

**Derailment**

“Derailment” refers to the negative practice of allowing your relationships with others to deteriorate after the first meeting. Categories in which you score highly may be a bother to your acquaintances and host family. In contrast to the competency graph, here, scoring highly represents a negative practice. Categories in which you score over 80 points will require particular improvement.

### Derailmentディレールメント診断

自衛論争性	自分の弱みを見せまいと、頑(かたく)なに、言い訳や論争をする	42.5
尊大性	自分の実力以上に、偉そうな言動をする	51.2
完璧性	細かなことにこだわり過ぎて、目的を見失い、先に進まない	51.8
衝動性	感情をコントロールできず、突発的な行動をする	39.0
依存性	人に頼り過ぎ、自分の意思で決定しない	34.2
回避性	やらない言い訳や、出来ないと思ひ、積極的に行動をしない	39.6
孤立性	周囲と交わらず、協力が必要な場面でも、単独で行動している	49.0

### Stressful situations

Check the numerical values of your stress during examinations and your stress resistance, and use these as a means of measuring your stress during your study abroad.

### Stress resistance

In stressful situations during your study abroad, try not to overreact to stress, but understand the causes and make use of your stress resistance.

○ ○様の受験時のストレスの状態を診断しています。現状のメンタルヘルスの状態を確認してください

ストレスの状態は20～40ポイントが適性の範囲です。60ポイントを超える場合は高いストレス状態にあると思われます。

0 25 50 75 100

ストレス状態 31.6

ストレス耐性

○ ○様のストレス対応力を診断しています。

ストレス耐性とは、ストレスの原因(ストレッサー)に対して過剰に反応せず、自己の復元力の発揮によりストレスに対応する力を指します。20ポイント以下の場合ご注意ください。

0 10 20 30 40 50 60 70 80 90 100

ストレス耐性力 42.2

## Development Letter

You will be offered advice based on the strengths and problem areas indicated by the results of this test.

### 1. Skills that stand out as strengths

From the behavioral analysis results, two measures will be held up as particularly strong. Examinees should try to best use of these skills to achieve further personal growth.

### 2. Challenges to growth

From the behavioral analysis results, four points will be shown as challenges to proper personal growth. Examinees should not attempt to improve each of these, but choose the one they see as most important, and, through daily life, try to change their behaviour

## ■自己成長促進 Development Letter

### ①「強みとして発揮されている能力(コンピテンシー)」に関して

強みとして発揮されている能力(コンピテンシー)

#### 強み①

相手の気持ちや感情を批判せずに、そのまま受け容れるという「受容力」を高く発揮しているでしょう。自分の考えを押し付けることがなく、相手の感情に配慮しているでしょう。

#### 強み②

プロセスを客観的に振り返り、設定した計画を必要に応じて修正し、応用する能力を高く発揮しているでしょう。

上記の強みを活かして、更に、自己の成長を促進してください。

### ②「成長のための課題」に関して

成長のための課題となる能力(コンピテンシー)

#### 課題①

細かいことにこだわらず、物事を大局的に捉えて、解決に向かって、力強く推進しているでしょう。但し、細部まで徹底して行い、ミスをおかさず完璧さを追求することにも心がけましょう。

#### 課題②

規制や細かなルールに縛られず、自由で大らかに行動し、臨機応変な対応が出来るでしょう。但し、自由に振舞うことを優先しすぎて、ルールや規範をないがしろにすることがないように注意しましょう。

#### 課題③

事前にいろいろな問題を予測して、リスクと感じれば細心の注意を払い、軽はずみな行動に出ることは少ないでしょう。但し、先のことを心配するあまり、楽観性が損なわれ、根拠のない不安に落ち込まないように注意しましょう。

#### 課題④

自分自身への信頼感が高く、物事がうまくいかなくても自信を失うことなく、前向きに取り組むことが出来るでしょう。但し、自分に自信を持ち過ぎて、反省を怠(おこた)ったり、客観性を失うことがないように注意しましょう。

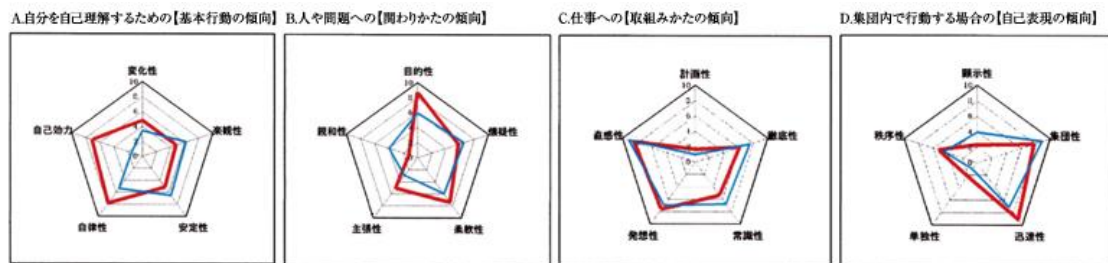
## Study abroad effectiveness visualization: Growing from your study abroad experience

Before leaving: Blue

After returning: Red

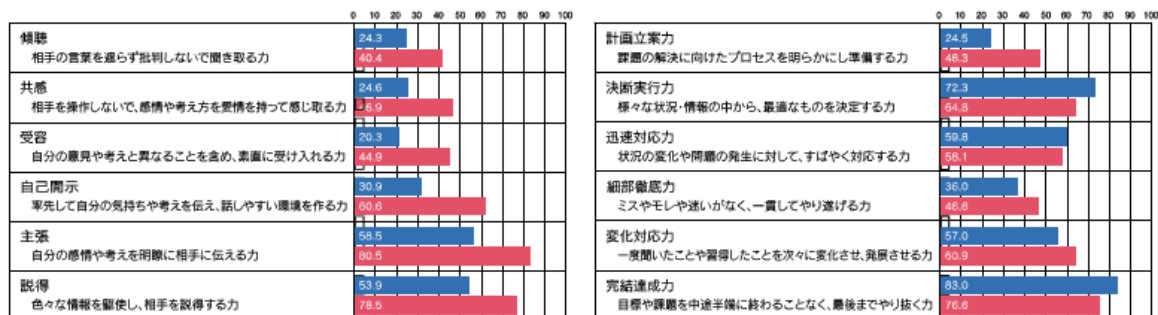
### 1. Behavioral changes

Your study abroad experience and study practices will result in your behavior changing in the period between when you leave the country and when you return. Observe in which measures you showed the largest and smallest changes, think about what practices during your study abroad led to those results, and use that knowledge to grow further in future.



### 2. Changes in communicative and problem-solving ability

A positive change is a representation of your proactive attempts to get to grips with that skill. A measure with a negative change represents a skill you were not able to improve during your study abroad. Look back on why you were unable to improve that skill, and try to tackle the problem after returning home. Actively trying to tackle a problem will result in improvements from before you left for your study abroad.



### 3. Changes in Global Mind and Global Behavior

Look back on your study abroad experience, recognize what practices resulted in changes to your Global Mind and Global Behavior, and utilize them in your future activities.

【グローバルで活躍するための姿勢】 Global Mind

チャレンジ力	現状に満足せず、新しいことに挑戦する	24.3	20.4
成功への熱意	困難な状況においても、熱意を持ち続け、最後までやり遂げようとする	24.6	22.9
主体的行動	自ら目標を設定し、当事者意識を持って行う	20.9	19.8
多様性受容	多様な文化や価値観を、柔軟に幅広く受け入れる	28.5	26.5
探究心	さまざまな情報を求め、多様な考え方に興味を持ち追求する	23.9	21.5

【留学で求められる行動】 Global Behavior

積極的な質問	わからないことを明確にしたり、話題を深めるために、積極的に質問する	24.5	22.3
パーティシペイト	人との出会いや、異文化理解のために、イベントやパーティ等に積極的に参加する	22.3	19.8
持続力	新たな能力を身につけるために、決めたことややり始めたことをやり続ける	19.8	18.1
評価の受容	自分自身の変革や向上のために、相手からの評価を、素直に受け入れる	26.0	24.6
サービスマインド	信頼関係を築き、相手に受入れてもらうために、気配りをしながら相手に役立つことを積極的に行う	17.0	16.9



Established in 1991, our mission is to promote the healthy development of the study abroad industry in Japan by establishing ethical best practice guidelines for organizations, educating and training study abroad counselors and advisors, and engaging in various other promotional activities to increase awareness of, and further the development of a safe and rewarding environment for Japanese study abroad students.

Recognized by the Japanese government as a General Incorporated Association in 2008, JAOS membership consists not only of private companies but also includes public organizations such as the Australian Embassy Marketing Office and the British Council, as well as various trade-related associations. As of 2014, total membership now exceeds 60 organizations. JAOS is also an active member of the international association FELCA (The Federation of Education and Language Consultant Associations). By representing Japan through this membership, JAOS is able to educate and promote Japanese market needs to industry providers and assist them in developing the optimal study abroad environment for Japanese study abroad students.



一般社団法人 行動特性研究所

**The Institute of Behavior Traits** is an organization that straddles the neuroscience and psychology fields, conducting research into human behavior.

Founder and test developer: Hiroshi Hoshi

Philosophy graduate from Hokkaido University, Master of Philosophy from Western Michigan State University.

Affiliated academic societies/research publishing organizations: Japanese Association of Industrial Counseling, Japanese Association of Applied Psychology, Japan Society of Human Resource Management, General Incorporated Association of the Waseda Institute for Transnational Human Resource Management, Institute of Behavior Traits