

2023 年（令和 5 年）4 月 22 日

生徒諸君・保護者各位

巣鴨学園国際教育担当

Craft Your Life（オンラインプログラム）のご案内

元 Eton College 教員で、昨年まで World Leading Schools Association の最高戦略責任者を務められていた Mr Charlie Jenkinson（チャーリー・ジェンキンソン先生）のオンライン特別プログラムをご案内させていただきます。

Craft Your Life は、これまで Double Helix: Online に参加した生徒たちのために実施されていたものに改良を加えた約 5 週間のオンライン・プログラムです（定期考査に影響が出ない日程に設定されています）。夏休み中の短期留学やその後の長期留学に備えての英語力向上に役立つばかりではなく、今回のプログラムでは、時間管理や人生設計などを含めたライフスキルを学べる構成になっています。

Eton College などの英国名門パブリックスクールには、生徒一人ひとりの生活全般に教員が助言する「チューター制」という仕組みがあります。今回のプログラムでは Eton College で実際に教鞭を執られ、Eton College Summer School のチェアマン（総責任者）を務められたジェンキンソン先生が、オンラインでプログラムの受講者に助言を下さったり、直接相談に乗って下さったりする機会が用意されています。

プログラムの内容を簡単に説明します（詳細は下記英文で確認して下さい）。先ず月曜日にジェンキンソン先生から 5～10 分の動画が送られて来ます（確認用の英文スクリプト付き）。動画視聴後に、ワークシート（例：食と健康の関係について考える）に 30 分程度（英検 2 級程度の場合）取り組みます。火曜日以降も同様に毎日届く異なる 5～10 分の動画の視聴後に別のワークシートに書き込んでいきます。動画もワークシートも life area か learning skill への理解を深められるようになっています。ワークシートの記入に加えて、毎日 2 分間自分のスピーキングを PC などを使い録画します。これも life area か learning skill に関連したものになります。例えば、月曜日なら「自分が毎日行っている運動」について英語で話しをします。1 週間 7 回分のスピーキング録画をジェンキンソン先生に送ると、今度はジェンキンソン先生から動画でフィードバック（助言や寸評）が戻って来ます。ワークシートへの記入やスピーキングの録画は毎日出来ないこともあると思います。毎日の継続が大前提ですが、用事などがある場合には、時間のあるときにまとめて取り組んでも構いません。さらに、週 1 回 live session（Zoom などを使用）の機会があります（ウィークデイ 3 日間の内 1 日を選択）。この live session は、これまでに取り組んだ課題を元を実施されますので、スピーキングが苦手でも安心して参加できます。もちろん、live session で直接ジェンキンソン先生に質問や相談することも可能です。

Craft Your Life は英語の 4 技能を効率良く学びながら、人生 100 年時代にますます重要となるライフスキルを身に付けられるように構成されています。しかし、今回のプログラムで何よりも特筆すべきは、かつて英国の名門パブリックスクールで複数の重職を歴任し、その後、世界の名門

校が集う World Leading Schools Association の最高戦略責任者に迎えられたジェンキンソン先生の指導を受けられるところにあります。

World Class の教育を熟知したジェンキンソン先生の指導を、日本にいながら受けられる希有な機会です。ジェンキンソン先生から多くのことを学びたいと思う意欲の高い生徒諸君の応募を期待しております。

Mr Charlie Jenkinson (チャーリー・ジェンキンソン先生)

元イートン・カレッジ教員で、イートン校サマースクール総責任者を務めた経験を持つ。その後、同じく英国名門校のハイレイベリー・カレッジのシックス・フォーム（日本の高2・3に該当する）の主任を務める。最近では、ウルサ（World Leading Schools Association）の最高戦略責任者として、世界の名門校をつなぐ様々なプログラムやイベントを開発した。教育への深い造詣と学校改革の手腕が高く評価され、英国国内に留まらず世界の教育者にアドバイスをを行う。現在は、教育コンサルタントとして活躍している。

応募資格：ジェンキンソン先生が書かれた「プログラム概要」と「プログラム紹介動画ビデオ」（下記 QR コードよりアクセス）が理解できる英語力を持つ生徒（学年不問）



PW: cjbcese2304

- 辞書等の使用可。
- 動画は繰り返し視聴しても構いません。

募集人数：40 名

- 応募開始：4月25日（火）8時より。
- 応募が募集人数を上回る場合は、先着順で参加者を決定。
- 参加決定は5月2日（火）までにメールでお知らせします。

応募締切：4月28日（金）

応募方法：下記 QR コードから Google Forms で Craft Your Life を選択し、必要事項を入力。



- 支払については、別途ジェンキンソン先生からメールが届きます。

その他：ご不明な点は 岡田英雅（西教員室）までお問い合わせ下さい。

Craft Your Life

This program boosts student confidence in English language speaking and listening through regular exposure to a native English speaker. Short, daily activity is proven as the most effective way of building long-term confidence in foreign languages and this program is designed to help students build this habit into their daily lives. Furthermore, the content helps students learn how to talk in greater length about themselves and their lives which is vital for building relationships with people in other countries. Through reflection, students learn how to reflect upon their life choices in all 10 areas of their life and how to set effective goals and habits, managing their time effectively, that will help them to achieve their ambitions. This language course is therefore a powerful program for effective personal development, learning how to become a world class learner, as well as for English language skills.

The program provides 30 minutes targeted activity every day for 5 weeks. Over the 5 weeks, students reflect on all 10 areas of their life, have 5 live sessions in small groups of 6 and cover 10 different areas of life/learning skills. The 7 sessions each week follow a similar pattern:

- 4 sessions each week focus on two of the ten life areas
- 1 live session each week
- 2 sessions each week cover life/learning skills
- Students also record a 2 minute video every day responding to a prompt
- Students send their seven 2-minute videos from the week and receive a video response with feedback on their work, including contributions to the live session.

An example of how a week might look:

Session 1 (life area): Body – students watch a 5-10 minute video introducing them to the language and topics related to the physical aspects of our life, such as health, nutrition and exercise. They complete a task which helps them reflect on what they believe in this life area (for example, what they believe about the relationship between what we eat and our health, or the role of exercise in their life) and they also think about what they would really like this area of their life to look like in the future.

Session 2 (life area): Body – students further their awareness of language through an introductory video and then reflect on their motivations in this area of life and identify steps they could take to improve this area of their life towards the vision established in Session 1.

Session 3 (learning skill): Pomodoro technique – students learn a popular time management technique to help sustain concentration when learning for long periods of time. A video introduces them to the technique and provides advice on how to use it for study. This helps introduce them to the language of learning.

Session 4 (life area): Mind – follows the same structure as the ‘Body’ session 1 but with the focus on the mind and learning, i.e. the intellectual area of life.

Session 5 (life area): Mind – follows the same structure as ‘Body’ session 2 but with the focus on their intellectual life.

Session 6 (live session): Students are given prompts through other sessions in the week that help them prepare and provide confidence to talk and share their thoughts. As program progresses they also have to ‘respond on the spot’ to stimulate real conversations they will experience when in the UK.

Session 7 (learning skill): Motivation for difficult tasks – the video helps students understand how they can find the motivation to work through difficult tasks, or work they don’t want to do, so they can be both efficient and successful with such tasks.

Speaking prompts for the week outlined above (students are given additional prompts to help them develop what they say each day):

- 1) Tell me about the exercise you get each week (this could be sport clubs, personal interest of going for a walk, or even thinking about the distances you walk each week during the school day or as part of your journey to school)
- 2) What advice do you have to help people stay healthy? (think about your beliefs in exercise, nutrition and health)
- 3) What do you consider to be your strengths as a learner? (what do you do well at when at school, what do you do to ensure you are effective when learning at home etc)
- 4) Tell me about a book you really enjoy. (why you enjoy it, what the plot is, which character do you connect with the most, what you learned from it)
- 5) What do you think you could do to further improve your intellectual life?
- 6) Would you rather spend a day playing sport or a day listening to music? (outline your reasoning)
- 7) Which homework tasks do you find most interesting, and which are the least interesting? Tell me about why these different tasks have different levels of interest to you.

Overall Program Information:

10 Life Areas:

- Body (physical life)
- Mind (intellectual life)
- Well-being (emotional life)
- Well-doing (character and actions)
- Family

- Networks (important adults in life outside of family, such as teachers, as well as their friends)
- Education/Career
- Wealth (financial life)
- Soul (deeper sense of being, spirituality, role in the world)
- Surroundings (how their environment influences them)

We follow the same pattern through each area: articulating beliefs, developing a vision of their future, thinking about why they want this life and identifying steps towards their vision.

10 Life/Learning Skills:

- Reflection – analysis of where they are right now.
- Language – learning a language, building confidence and preparing for overseas experiences.
- 3 Rocks time management – knowing priorities and how to manage overall time.
- Pomodoro Technique – how to improve concentration and efficiency when studying for long periods of time.
- Goal setting – how to set smart goals.
- 80% rule – how to ensure excellence in all areas of your life within the time constraints and challenges you face.
- Motivation for difficult tasks – how to find the motivation needed to work efficiently and to great effect in tasks where you lack interest or find too difficult.
- Year-long exam preparation – how to develop the daily habits that ensure you are prepared for exam season and building knowledge for the long-term.
- Life harmony – understanding how the areas of life you most care about are supported by other areas, and the need to ensure all areas of life are tended to towards mutual benefit.
- Daily habits – learning the importance of small step improvement and of taking control of daily habits to support progress towards goals.

Live Sessions:

The live sessions cover the various prompts from the other sessions during the weeks, helping students speak with confidence about the different life areas and the learning skills covered in the program.

Other Information:

- 5-week program running 8-14 May and then 29 May to 25 June.
- Live sessions offered at different times in week. Students commit to the same time each week.
- £500

This program is designed and led by Charlie Jenkinson. Charlie has held multiple leadership positions in leading UK schools, including Eton College, where he also led Japanese Summer Schools for many years. He was Chief Strategy Officer for the World Leading Schools Association and now works with students and school leaders from the world's highest performing schools. Charlie specialises in character education, helping students develop the characteristics of world class learners to raise academic performance, and to ensure students thrive beyond school.

