

0. Life Form Instructions

- ① At first, look back your experiences you had so far, write them down in the form. Set the time along the vertical axis. Set the horizontal axis in order to range your experiences easily.
Example : Place you used to live, School you went, Place you used to work, Avocational activities.
- ② Recall your experiences.
- ③ Write down the impression that sticks out in your mind in a single sentence. Following course of time(vertical axis) and view point (horizontal axis) you set at ①. This activity is for looking back/harking back so you do not need to write them down specifically.
- ④ After writing them out briefly, choose one of them that you would like to re-examine and mark it. You may also choose multiple related experiences.
- ⑤ Your chosen experience becomes your TAE Theme. Describing your theme in a short sentence or phrase, write in the Theme Field. You can change the wording of your theme later.
- ⑥ After deciding on your theme, return to the top page of the website and follow the link “Choosing your Course” to choose your course.