



**PREPARING
FOR
UNIVERSITY LIFE**

USHIKU HIGH SCHOOL

TOYO ACHIEVE ENGLISH

2026

TABLE OF CONTENTS

CONVERSATION

Lesson 1	Introductions	3 - 6
Lesson 2	Introducing Others	7 - 8
Lesson 3	Offering Help	9 - 10
Lesson 4	Running Late	11 - 12

PRONUNCIATION

Lesson 1	B & V	13 - 16
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01 Lesson

Introductions

Objective

To practice meeting new people at university,
and exchanging basic information.

Word Power

- | | |
|--------------------------------|------------------|
| 1. an international student | 留学生 |
| 2. The Faculty of Economics | 経済学部 |
| 3. The Department of Sociology | 社会学科 |
| 4. The Faculty of Law | 法学部 |
| 5. to get going | [そろそろ行かなければいけない] |

**Check the department and faculty list on pages 4 and 5. What will you be studying?*

Notes

When talking about hobbies and routines, try the following:

~~My hobby is playing soccer.~~ □ *I enjoy playing soccer.*

Make sentences about the following activities:

I like / enjoy / love _____ing _____.

watch movies

play basketball

go shopping

study Japanese

meet new people

try new food

Dialog

A Japanese student and an international student are meeting for the first time at a welcome event at Toyo University.

Minami: Hi, it's nice to meet you. I'm Minami.

Virat: Nice to meet you too. My name's Virat.

Minami: Where are you from?

Virat: I'm from India.

Minami: I see. What do you study?

Virat: I'm a student in The Faculty of Economics.



Minami: So, do you enjoy living in Japan?

Virat: Yes, I do. I like meeting new people.

Minami: That's good.

Virat: I have to get going. It was nice meeting you.

Minami: It was nice meeting you too.

Practice

A: Hi, it's nice to meet you. I'm (Keisuke / Yuna / Maria).

B: Nice to meet you too. My name's (Marcus / Han / Steven).

A: Where are you from?

B: I'm from (Australia / Vietnam / UK).

A: I see. What do you study?

B: I'm a student in The Faculty of (Law / Sociology / Life Science).

A: So, do you enjoy living in Japan?

B: Yes, I do. I like (trying new food / studying Japanese / going shopping).

A: That's good.

B: I have to get going. It was nice meeting you.

A: It was nice meeting you too.

Activity

Imagine you meet the following students for the first time at university.

 Anan (Thailand) The Department of History visiting old temples	 Arthur (Brazil) The Faculty of Life Sciences traveling around the country	 Padma (Nepal) The Department of Social Welfare living in a big city
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*Practice introducing yourself & asking questions.
Continue the conversation, using 'How about you?'*

- | | |
|------------------------------|-------------|
| to visit old temples | - [お寺に参拝する] |
| to travel around the country | - [地方を訪れる] |
| to live in a big city | - [大都市に住む] |

Word Power

[Toyo University Department & Faculty List]

東洋大学	Toyo University
文学部	Faculty of Letters
哲学科	Department of Philosophy
東洋思想文化学科	Department of Eastern Philosophy and Culture
日本文学文化学科	Department of Japanese Literature and Culture
英米文学科	Department of English and American Literature
英語コミュニケーション学科	Department of English Communication
史学科	Department of History
教育学科	Department of Education
人間発達専攻	Human Development Course
初等教育専攻	Primary Education Course
国際文化コミュニケーション学科	Department of International Culture & Communication Studies
経済学部	Faculty of Economics
経済学科	Department of Economics
国際経済学科	Department of International Economics
総合政策学科	Department of Policy Studies
経営学部	Faculty of Business Administration
経営学科	Department of Business Administration
マーケティング学科	Department of Marketing
会計ファイナンス学科	Department of Accounting and Finance
法学部	Faculty of Law
法律学科	Department of Law
企業法学科	Department of Business Law
社会学部	Faculty of Sociology
社会学科	Department of Sociology
国際社会学科	Department of Global Diversity Studies

社会文化システム学科	Department of Sociocultural Studies
メディアコミュニケーション学科	Department of Media and Communications
社会心理学科	Department of Social Psychology
社会福祉学科	Department of Social Welfare
理工学部	Faculty of Science and Engineering
機械工学科	Department of Mechanical Engineering
生体医工学科	Department of Biomedical Engineering
	Department of Electrical, Electronic and Communications Engineering
電気電子情報工学科	
応用化学科	Department of Applied Chemistry
都市環境デザイン学科	Department of Civil and Environmental Engineering
建築学科	Department of Architecture
国際学部	Faculty of Global and Regional Studies
グローバル・イノベーション学科	Department of Global Innovation Studies
国際地域学科	Department of Regional Development Studies
国際地域専攻	Regional Development Studies Course
地域総合専攻	Regional Studies Course
国際観光学部	Faculty of International Tourism Management
国際観光学科	Department of International Tourism Management
国際地域学部	Faculty of Regional Development Studies
国際地域学科	Department of Regional Development Studies
国際地域専攻	Regional Development Studies Course
地域総合専攻	Regional Studies Course
生命科学部	Faculty of Life Sciences
生命科学科	Department of Life Sciences
応用生物学科	Department of Applied Biosciences
生体医工学科	Department of Biomedical Engineering
生物資源学科	Department of Biological Resources
ライフデザイン学部	Faculty of Human Life Design
生活支援学科	Department of Human Care and Support
生活支援学専攻	Human Care and Support Course
子ども支援学専攻	Social Work and Child Care Course
健康スポーツ学科	Department of Health Care and Sports
人間環境デザイン学科	Department of Human Environment Design
総合情報学部	Faculty of Information Sciences and Arts
総合情報学科	Department of Information Sciences and Arts
食環境科学部	Faculty of Food and Nutritional Sciences
食環境科学科	Department of Food and Life Sciences
フードサイエンス専攻	Food Science Course
スポーツ食品機能専攻	Sports and Food Function Course
フードデータサイエンス学科	Department of Data Science for Food Systems
健康栄養学科	Department of Nutrition and Health Sciences
情報連携学部	Faculty of Information Networking for Innovation & Design
情報連携学科	Department of Information Networking for Innovation & Design
福祉社会デザイン学部	Faculty of Design for Welfare Society
社会福祉学科	Department of Social Welfare Studies
子ども支援学科	Department of Child Studies
人間環境デザイン学科	Department of Human Environment Design
健康スポーツ科学部	Faculty of Health and Sports Sciences
健康スポーツ科学科	Department of Health and Sports Sciences
栄養科学科	Department of Nutritional Sciences
通信教育部	Correspondence Courses

Lesson

02

Introducing Others

Objective

To practice introducing other people in social situations at university.

Word Power

- | | |
|-----------------------------|------------|
| 1. How's everything? | [最近どう?] |
| 2. How's it going? | [最近どう?] |
| 3. How are things with you? | [最近どう?] |
| 4. To say hello | [よろしくと伝える] |

Notes

When introducing someone, you can use, 'Have you met...?'
Give some information about the person you're introducing.
For example, how you know them, where they're from, what they study.

A: Have you met Arthur?

A: Arthurには会ったことある?

B: No, I don't think so.

B: いや、初めてだと思う。

A: We play in the same soccer club.

A: 私達は同じサッカー部で知り合ったんだ。

When someone asks you how you are, try not to answer 'so-so'. It's not natural for English speakers.

Try saying: I'm (pretty) good / I'm not (so) bad / I'm alright

Dialog

Minami and Virat are in the cafeteria. Virat sees his friend, Padma, and goes to say hello.

Virat: Hey, Padma.

Padma: Hi, Virat! Good to see you here. How's everything with you?

Virat: Pretty good. How about you?

Padma: Not bad, thanks.

Virat: Oh, have you met Minami?

Padma: No, I don't think so.

Virat: We met each other at the welcome event last week.

Padma: Nice to meet you, Minami. So, what do you study?

Minami: I'm a student in The Department of Education.



Practice

Virat has made lots of friends! Practice introducing his friends to other students.

Virat: Hey, (Arthur / Anan / Yuki).

Student B: Hi, Virat! (Good / Great / Nice) to see you here.

(How's everything with you / How are things with you /
How's it going)?

Virat: (Pretty good. / Not so bad. / Not bad.) How about you?

Student B: (Not bad / I'm alright / Pretty good), thanks.

Virat: Oh, have you met (Minami / Keisuke / Yuna)?

Student B: No, I don't think so.

Virat: (Minami is my childhood friend. / Keisuke is very good at soccer. /
Yuna is from Hokkaido.)

Student B: Nice to meet you, (Minami / Keisuke / Yuna).

So, what do you study?

Student C: I'm a student in (The Faculty of Human Life Design /

The Department of Philosophy / The Department of Architecture).

Activity

Imagine you & your partner are at university.

Practice introducing the following people to each other.



Angelo (Philippines)
met at an open day last year
The Department of
Mechanical Engineering



Emma (The UK)
From London
The Faculty of Letters



Toni (Germany)
speaks very good English
The Department of
Applied Chemistry

Lesson 03

Offering Help

Objective

To practice offering someone help and accepting help from someone.

Word Power

- | | |
|---------------------|---------|
| 1. an account | アカウント |
| 2. a student number | 学籍番号 |
| 3. a handout | 配布資料・冊子 |
| 4. an error | 間違い |
| 5. to study abroad | 留学する |
| 6. an application | 申込 |

Notes

Use the expression, 'Do you need a hand with + noun?' or 'Do you need a hand +ing?' to offer someone help.

Do you need a hand **with** your homework? [宿題、手伝おうか?]

Do you need a hand **cleaning** up? [片付け、手伝おうか?]

Use the following expressions to emphasize that you are willing to help someone.

I'm more than happy to help.

I insist.

Dialog

Minami and Padma are studying together. Minami will give a presentation for her study abroad application soon.

Padma: Do you need a hand preparing for your presentation?

Minami: Thanks Padma, but it's ok. I've got it.

Padma: Well, I'm more than happy to help.

Minami: You really don't mind?

Padma: Not at all, what do you need me to do?

Minami: Well, could you check my handout for errors?

Padma: Sure. Where is it?

Minami: I'll email it to you now.



Tip: If someone offers you help, make sure it's ok to accept it by asking, 'You really don't mind?'

[人が手伝ってくれると言ったら本当に構わないか、You really don't mind?と確認しましょう。]

Practice

Practice offering and accepting help in the following university situations.

A: Do you need a hand (making a report / carrying your bag / logging in your account)?

B: Thanks (Arthur / Anan / Yuki), but it's ok. (I've got it. / I can manage. / I've got it.)

A: (Well, I'm more than happy to help. / No, really, I insist. / I'm happy to help.)

B: You really don't mind?

A: Not at all, what do you need me to do?

B: Well, could you (check any errors / take this small one / tell me what this says in English)?

A: Sure. (Where is it? / Where are we going? / You need to enter your student number.)

B: (Here you go. / To Hakusan. / Ok, got it!)

Activity

Imagine you meet an international student at university. Offer to help them.



Angelo (Philippines)
looking for class 2304
check this is the right
building



Emma (The UK)
looking for the library
come with me to look
for a book



Toni (Germany)
choosing something from
the cafeteria menu
show me how to order

Tip: start the conversation by asking them, 'how they are doing?' / 'how are things?'

Lesson

04

Running Late

Objective

To practice apologizing for running late.

Word Power

- | | |
|-----------------------|-------------|
| 1. to get off | (電車などを) 降りる |
| 2. a delay | 遅延 |
| 3. to finish late | 長引く |
| 4. a (train) line | 路線 |
| 5. to miss one's stop | 乗り過ごす |
| 6. a lecture | 授業 |
| 7. to leave | 出発する |
| 8. What happened? | 何があったの? |
| 9. to have bad luck | 運悪く |

Notes

When running late, it's polite to apologize and explain the situation to the person who is waiting for you. There are various ways to respond when someone apologizes for being late.

- | | |
|-----------------------|------------|
| Don't worry about it. | 気にしなくていいよ。 |
| Don't rush. | 急がなくていいよ。 |
| Take your time. | ゆっくりでいいよ。 |
| Take care. | 気を付けて。 |

Dialog

Minami is calling her friend Padma to tell her she's running late.

Minami: Hi, Padma, it's Minami.

Padma: Oh hi, Minami. Where are you now?

Minami: I'm getting off the train at Hakusan now.

Padma: Oh? What happened?

Minami: There was a delay on the Mita line. I'm really sorry.

Padma: Oh, I see. Don't worry about it.

Minami: I'll be there in about 10 minutes.

Padma: Ok, don't rush.



Practice

Minami is having bad luck! She is running late many times. Practice apologizing with her friends.

A: Hi, (Arthur / Anan / Yuki), it's (Maria / Keisuke / Yuna).

B: Oh hi, (Maria / Keisuke / Yuna). Where are you now?

A: I'm (in the lecture room / on the bus / at the cafeteria) now.

B: Oh? What happened?

A: (The lecture finished late. / I missed my station. / I got up late.)
I'm really sorry.

B: Oh, I see. (Take your time. / Don't worry about it. / Take your time.)

A: I'll be there in about (10 / 5 / 30) minutes.

B: Ok, (don't rush / take care / don't rush).

TIP:

Use 'just' to show that something is happening very soon, now, or has finished recently.

I'm just leaving the station. [leaving now]

I just left the station. [recently left]

I'm just arriving now. [will arrive very soon]

ちょうど駅を出発するところです。

ちょうど駅を出発しました。

ちょうどつくところです。

Activity

Brainstorm some events and situations you might have when you are a university student.

Role-play running late for an appointment with your partner. Use the reasons below.

There's lots of traffic.



traffic

to lose track of time

to not feel well

I lost track of time.



- [交通状況]

- [時間感覚を失う]

- [気分が悪くなる]

I'm not feeling well.



I was talking to my teacher.



PRONUNCIATION LESSON – B and V

Objective

Practice making natural English sounds together.

- ◆ 音の理解を深め、正しい発音を心がけるきっかけにしてもらうことが、このレッスンの目的です。レッスン終了後も正しい発音に近づくまで繰り返し練習しましょう。
- ◆ 講師の顔の表情、口の形、舌の位置をしっかりと真似しましょう。
- ◆ 普段使わない筋肉を使うので、難しいなと感じたり、疲れてきたりした場合には、深呼吸し、顔の筋肉をリラックスさせてから、再度チャレンジするようにしましょう。
- ◆ レッスンを通して学んでもらえるポイントがたくさんあります。まわりの人のほうが自分より上手くできているように感じても、自分のペースで楽しんで参加して下さい。
- ◆ 恥ずかしがらず、皆と一緒に練習し、英語の発音に磨きをかけましょう。

Introduction

V v

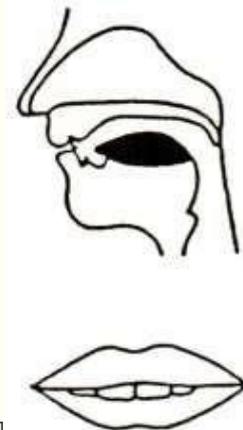
Touch your bottom lip with the top of your teeth.

Make a sound in your throat.

Push the air between your teeth and lips.

A very vibrant violet van.

vat	vent	give	Viking	curve
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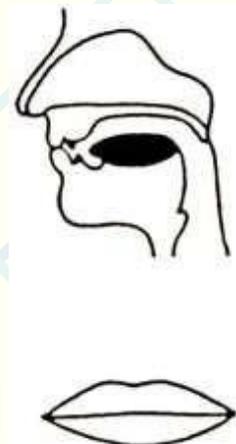
B b

Put your lips together.

Make a sound in your throat and block it with your lips, before releasing it.

A big blue bouncing ball.

bat	best	gibbon	bottle	curb
-----	------	--------	--------	------



Practice

Activity 1 – listen and repeat	
1. van ~ ban	6. vat ~ bat
2. vest ~ best	7. Viking ~ biking
3. vote ~ boat	8. volt ~ bolt
4. very ~ berry	9. vow ~ bow
5. vent ~ bent	10. serve ~ Serb

Activity 2 – listen and circle	Activity 3 – listen and repeat
1. Viking ~ biking	1. Let's go in the van.
2. vet ~ bet	2. We should take a vote.
3. veer ~ beer	3. Always do your best!
4. vase ~ bars	4. He's very friendly.
5. vole ~ bowl	5. The base is cracked.

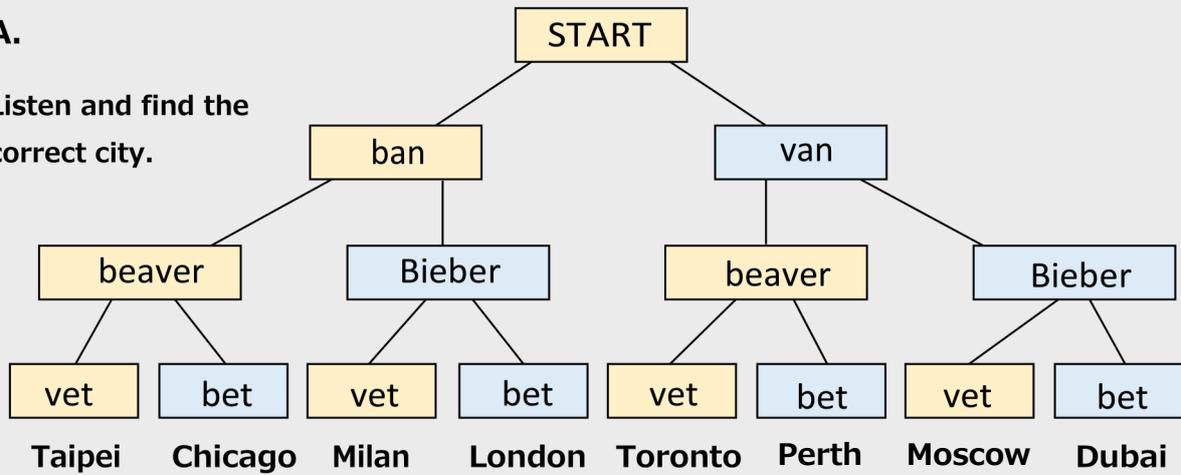
Activity 4 – listen and repeat
1. a – It's for the best. b – It's for the vest.
2. a – Be careful not to break the vase. b – Be careful not to break the base.
3. a – He took a bow. b – He took a vow.
4. a – He was hit by a bolt. b – He was hit by a volt.
5. a – Can you fix the bent handle? b – Can you fix the vent handle?

Tongue Twisters – listen and practice	
1. Vincent bought very black bananas.	3. Eleven elves were basking on a backyard.
2. Vanessa and Bob bought violet balloons.	4. A lovely box of vanilla biscuits.

Practice 2 – Pathfinder

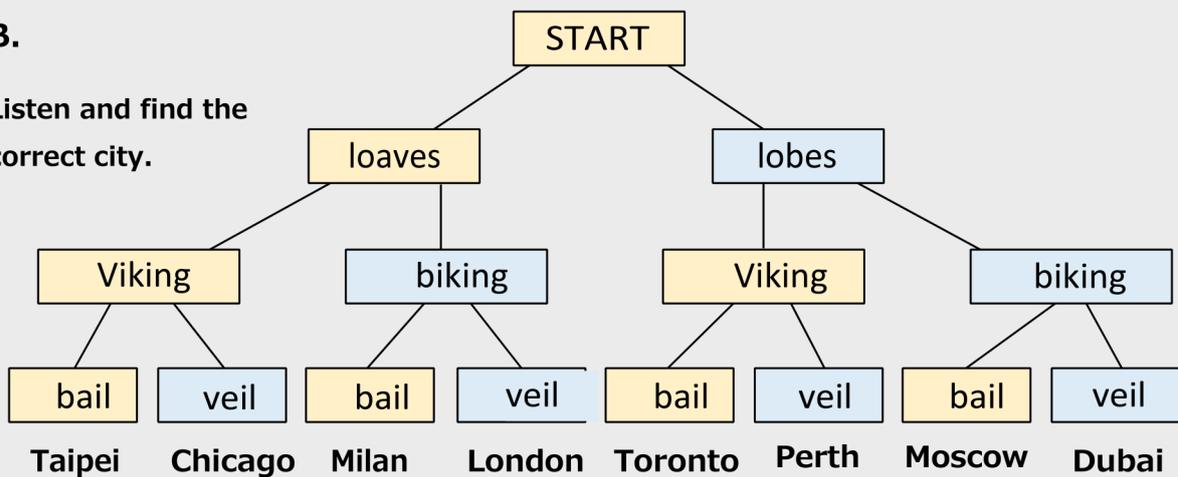
A.

Listen and find the correct city.



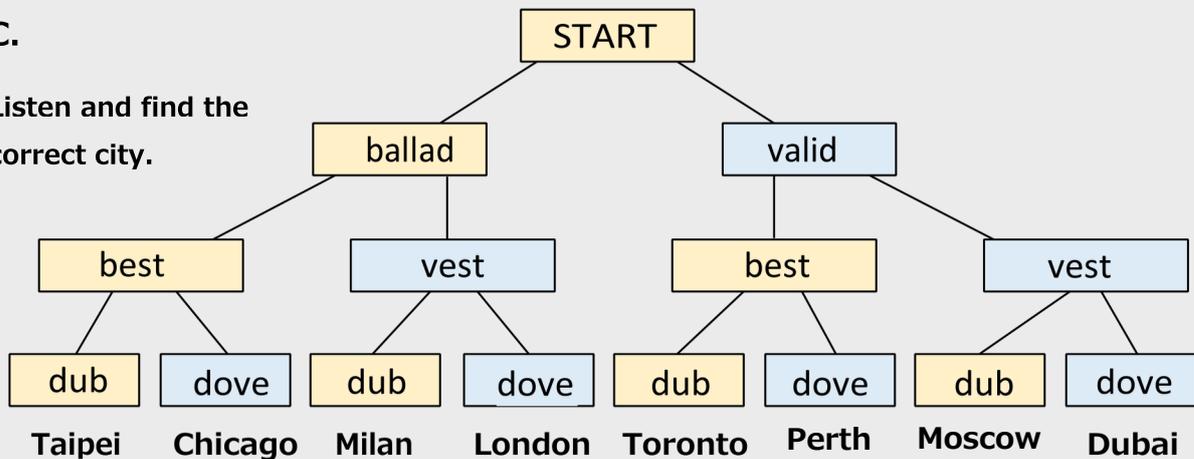
B.

Listen and find the correct city.



C.

Listen and find the correct city.



Production

1. Q & A

Ask your partner these questions:

Have you ever tried mountain biking?

Do you know who Justin Bieber is?

Which is the best convenience store?

2. Make Your Own

Use any words from today's class and write, practice and present your own idea:

For example:

I vote for vanilla as the best ice cream. I also love strawberry, it's very good.

NOTES

