

## Managing Expectations CIR

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### Orientation A:

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### Orientation B:

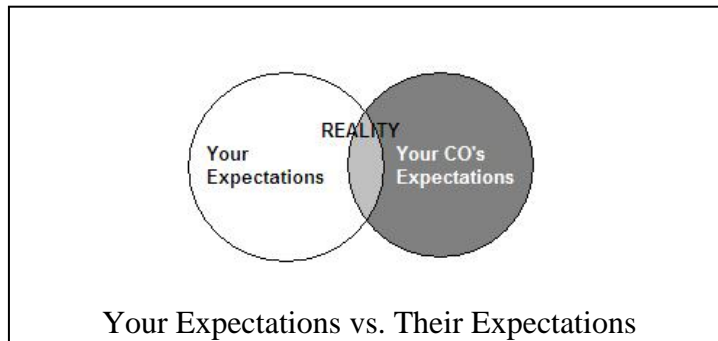
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### Mind the gap! Expectations versus Reality

#### 1) Realize that your situation will be different from your expectations



#### Your Title: Coordinator for International Relations

- You may be doing less “coordinating” than imagined
- You may have to teach English
- The terms “international” and “relations” are interpreted differently from person to person

#### Workload: Under-working & over-working

- It may take time before you are given real responsibilities
- How late should you stay after work?

#### Impossible Expectations: Don't create expectations that are too high

- Ex. First impressions are important but don't stretch yourself thin

#### Predecessor's Image: Expectations created by your predecessor's abilities

- Know that your predecessor wasn't perfect; everyone has their flaws

#### 2) Ways to adjust to the situation

- Know that you are not the only one who trains on the job—it's standard practice in Japanese offices
- Learn to be flexible
- Talk to your supervisor about your concerns
- Make sure to get your voice heard, but know when to back down
- Participate in your surrounding community

### 3) Ways to equalize the expectations and the reality of the situation

- Be patient; it takes time (maybe even a year to be fully comfortable)
- Talk with your office, find out what they expect of CIRs
- Ask questions to find out what people in your office think about topics with which you are concerned, because things are often intentionally left vague
- Do not take things personally

### 4) Keep good relations in the office

- Communicate with everyone
- Join the after 5 activities—hanging out with your co-workers outside of the office makes a big difference
  - Raise some issues casually
  - Plant the seed, see what happens

### 5) Stay healthy (stress control, support systems, etc.)

Eat and sleep well. Stay active. Don't bottle up your thoughts:

#### The JET Programme's Support Network

- [www.jetprogramme.org/e/current/support.html](http://www.jetprogramme.org/e/current/support.html)
- JETLINE: Monday to Friday from 9:00AM – 5:45PM  
03-3591-5489

#### ザ・CIR Network

- Take the time to connect with current and former CIRs. There is a good chance that other people are dealing with similar issues:  
[www.cirhomepage.org](http://www.cirhomepage.org)

#### AJET (The Association for Japan Exchange and Teaching)

- A support and social network for JET Programme participants. National AJET is the main branch, look for a local chapter in your area.

<http://ajet.net/>

- AJET Peer Support Group (PSG):  
Every night from 8:00PM – 7:00AM (all year)  
0120-437-725

- The PSG National Coordinator can be contacted at:

[jetpsg@yahoo.com](mailto:jetpsg@yahoo.com)

#### Stay in touch with your friends, vent a little:

- Skype, facebook, mixi.jp etc.