"I keep hitting a wall at various points in my studies, but overcoming it is fun."

So says ITO Maiko, an actress who has been in the entertainment world since debuting in her teens. So says ITO Maiko, an actress who has been in the entertainment world since debuting in her teens. Through her job, she came across the field of preventive medicine and it sparked her interest. To learn more about the subject more deeply and acquire and refine skills to lead their long lives more actively. Through her job, she came across the field of preventive medicine and it sparked her interest. To learn more about the subject more deeply and acquire and refine skills to lead their long lives more actively. The Council for the Creation of Future Education, established by Prime Minister KISHIDA Fumio last December, and in which Ito also participates, is proposing that Japan create an environment that encourages recurrent education and advocating the significance and joys of recurrent education.

"I entered the e-school at Waseda University’s Faculty of Human Sciences, a correspondence course with most of its lectures available online. However, Ito found that balancing her studies with her career and family was not an easy task. Her physical condition occasionally suffered as she burned the midnight oil, trying to complete her school reports alongside her regular job. She also had the misfortune of having a seminar on preventive medicine canceled because the professor who had taught the subject retired.

And yet, Ito did not give up. Whenever she bumped against a wall, she returned to her original intent and asked herself, "Why did I want to start learning at university? I still haven’t acquired the skills to give something back to society, have I?"

Having the longest healthy life expectancy of any country has motivated many Japanese people to study and continue to acquire and refine skills to lead their long lives more actively. The Council for the Creation of Future Education, established by Prime Minister KISHIDA Fumio last December, and in which Ito also participates, is proposing that Japan create an environment that encourages recurrent education and advocating the significance and joys of recurrent education.

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