

**A Review of the Fundamental Pillars of the GSAIS Curriculum which Promote Academic, Professional and
Personal Development**

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Abstract

This paper aims to illustrate the academic, personal and professional growth of the author; a PhD student at the Graduate School of Advanced Integrated Studies in Human Survivability (GSAIS) at Kyoto University, through the various experiences and opportunities that were created by the academic curriculum. This development will be chronicled through the progression of the author's academic research, the Project-Based Research (PBR) that was conducted by the author as a result of his preliminary research findings, and the internship conducted in his 4th academic year, which also played an instrumental role in enabling the author to undertake this PBR. These three fundamental and interconnected pillars of the GSAIS curriculum have enabled the author to experience a transformation in character, which GSAIS promotes in its doctoral academic program, so students can be best prepared to handle and overcome future societal challenges. A former undergraduate student at Northeastern University in Boston, Massachusetts, majoring in Finance and Marketing, it was made clear from the beginning of his time as a GSAIS student that a personal, academic, and professional transformation was going to occur, and the author identifies his research, PBR, and 4th year internship as the major pillars of this transformation. Hence, this paper will detail the development of his academic research, illustrate how it has played its role in the development of his PBR, how the internship played a crucial role in realizing his PBR plan, and how these interconnected processes have enabled the author to grow.