## CONTENTS

Introduction to the 10th Annive	rsary Issue ·····	···· iii
The 10-year History of Human	Informatics ·····	···· iv
⟨Article⟩		
The Effects of a First Year Edu	cation Program, "Elementary Seminar", on Students'	
Self-Evaluation for Learning:	A Comparison between 2018 and 2019.	
	······Yasuhiro SEYA et al.	1
Relaxing Effects of Flowers dur	ing Break Time	
	······Misuzu FUKUSAKI <i>et al</i> .	11
$\langle \text{Report} \rangle$		
Development of a Smartwatch S	System for Prevention of Locomotive Syndrome	
	······Mitsuteru KOKUBUN <i>et al</i> .	19
The Department's 10 <sup>th</sup> Annivers	sary Speech on Skills for Future Information	
Experts: Report	·······Mari ITOH	29
Report: A Joint Bibliobattle Eve	nt among Junior High School, High Schools,	
and University	······Kosetsu IKEDA	35