

Special Interview OB・OGの今

# Alumni Today

歌手・声優・エッセイスト

Singer, voice actress, and essayist

坂本 真綾 さかもと まあやさん

Ms. Maaya Sakamoto

「なぜこう考えたんだろう」と  
自分の内面と向き合う教えが  
今に繋がっています。

1・2年生時に通った朝霞キャンパスの、緑豊かな大学らしい  
雰囲気がとても好きだったことを覚えています。学食で友人たち  
と話したり、ゼミの仲間と卒業旅行に行ったり、学生生活を満喫  
していました。この当時から声優や歌手の仕事に携わり、学業  
との両立は大変でしたが、「どちらもやっているから中途半端だと  
は言われたくない」という想いもあり、その責任感を糧に頑張  
れたのかもしれません。

印象に残っているのは、所属していたゼミの教員との出会い  
です。とてもユーモアがあり、私たち若者の意見に対しても柔軟  
に耳を傾けてくださったのが印象的でした。「どうしてそう考  
えたの？」と質問されるのがゼミの進め方で、その答えには、良い  
悪いといったことは言わず、ただ「なるほど」と……。今思い返  
せば「なんで自分はそう考えたんだろう」と自問するきっかけを  
作ってくれていたのだなと。当時、作詞の仕事をする上でも、  
自分の内面と向き合う時間は大切で、何を伝えたい？何が好き？  
何がわからない？と、普段意識していないことを具体的に深く  
掘り下げる良いトレーニングになっていたと思います。

いま、私には挑戦したいことがたくさんあるのに時間が全然  
足りないと感じています。でも大学時代は好きなことに没頭できる  
時間がたくさんあります。また、大学生のあいだに失敗したことは  
経験として糧にもなります。だからこそ、その時間を惜しみなく  
使って、恥ずかしがらずさまざまな経験からたくさんのものを  
吸収してほしいなと思います。

At university, I learned to listen to my inner voice,  
reflecting on the reasons for my thoughts.  
That attitude has made me who I am today.

I remember that I loved the atmosphere of the lush Asaka Campus,  
where I went during my first and second years. I think the atmosphere  
was unique to a university campus. I fully enjoyed my student life,  
chatting with friends at a cafeteria, and taking a graduation trip with  
fellow seminar members. I was already working as a voice actress  
and singer at that time, so it was very hard for me to study while  
working. However, I didn't like to be viewed as half-hearted on the  
basis of my studying and working at the same time. In hindsight,  
this sense of responsibility may have driven me to work hard.

My encounter with the instructor in charge of the seminar I belonged  
to left a strong impression on me. He had a good sense of humor,  
and I was deeply impressed by his flexible attitude toward listening  
to the views of young people like us. His seminars always proceeded  
with the same often-repeated question: "Why did you think so?"  
When we answered his question, he just said, "I see," instead of  
judging whether our answers were right or wrong... In hindsight,  
I now understand that he gave me a kind of cue to inwardly question  
myself. Since I use to write lyrics back then, spending time listening  
to my inner voice was very important for me. I believe that the  
practice of questioning myself as to what I wanted to express, what  
I liked, and what I didn't understand served as helpful training in  
digging deeply into what usually remained unconscious, in a  
concrete way.

I now feel that I don't have enough time to take up new challenges,  
though I have a long list of challenges I would like to accomplish.  
During your student years, you have a lot of time to devote yourself  
to doing what you like. Moreover, your student days are the phase  
of your life when all your failures turn into helpful experiences.  
That's why I hope that you as students do not hesitate to use your  
time to absorb many lessons from various experiences without  
feeling shy.



## Profile

2002年、社会学部社会学科卒業。8歳より子役として  
CMソング、映画・海外ドラマの吹替え等で活躍。1996年  
にCDデビュー、2009年より精力的にLIVE TOURも  
開催。2013年にはミュージカル「ダディ・ロング・レッ  
グズ～足ながおじさんより」ジルージャ役で菊田一夫  
演劇賞受賞。歌手、声優、ミュージカル俳優、ナレー  
ターのほか活動は多岐にわたり、日本のみならず世界各国  
のファンから支持を受ける。

Ms. Maaya Sakamoto graduated from the Department of  
Sociology, Faculty of Sociology, in 2002. She began her  
acting and singing career as a child actress/singer at the  
age of eight, mainly singing commercial jingles and  
dubbing movies and television dramas from abroad. In  
1996, she released her first CD. She has also actively  
toured since 2009. In 2013, she won the Kazuo Kikuta  
Theater Award for her performance as Jerusha in the  
musical Daddy-Long-Legs. Loved by many fans not only  
in Japan but also around the world, she is engaged in  
creative activities in a wide range of fields, including  
singing, voice acting, musical acting, and narration.



坂本さんの特集記事『「叶えられるものは、すべて叶えたい。」坂本真綾が語る、はじめること、続けることの尊さ』を  
Webメディア「LINK UP TOYO」にて公開中です。

A special feature article has been uploaded to the LINK UP TOYO webpage. (English unavailable)

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検索

