

# GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY  
GAKUSEISHIEN  
DAYORI  
2021.4.1

No. **19**



Student Support Newsletter

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## Congratulations to our new students!

Tohoku University strongly encourages students to participate in extracurricular activities to develop their social skills, independence, and leadership abilities.

The university-wide Gakuyu-kai (Students' Friendship Association) conducts voluntary student activities related to culture and sports. There are a total of 190 culture and sports organizations in the Gakuyu-kai.

The organizations conduct various performances and presentations to showcase their activities and welcome new students at the beginning of the term. There are other events for students too, such as the University Festival and Marine Sports Festival, throughout the year.

New students are encouraged to actively participate in events held by the Gakuyu-kai and any clubs/circles they find interesting for their own enjoyment and enrichment.

Descriptions of the groups that belong to the Gakuyu-kai can be found in its pamphlet. Please use it to find a group you want to join.

Note: Pamphlet information is posted on the Student Affairs Information System in April.



## Volunteer Fair

This fair features booths with information on volunteer organizations that support areas affected by the Great East Japan Earthquake, community development, children's education/learning assistance, the environment, and international activities.

Dates and details will be announced on the official Twitter account and website. The website also has information on volunteer experience programs (volunteer/study tours).

Twitter :  
@TOHOKU\_VOL

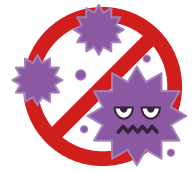


Website :  
<https://scrum-tohoku-univ.jimdofree.com/>



# Preventing COVID-19 during University Activities

To protect yourself and your loved ones from COVID-19 as you start your new semester and new student life, each of you must try to minimize your risk of infection.



- The "ABCs" of COVID-19 prevention (Japanese version only)  
<https://www.bureau.tohoku.ac.jp/covid19BCP/pdf/ABC.pdf>

- Prevention during on-campus classes  
[https://www.bureau.tohoku.ac.jp/covid19BCP/pdf/student/note\\_resumption\\_of\\_face\\_to\\_face\\_classes.pdf](https://www.bureau.tohoku.ac.jp/covid19BCP/pdf/student/note_resumption_of_face_to_face_classes.pdf)

## Lost & Found

The university receives many inquiries from people who either are looking for their lost belongings, or have found a lost item and wish to return it. Please take the following steps to ensure any lost items are returned to you quickly.

### ● Label your possessions

If possible, attach name labels to your possessions. If your item is turned in, this will enable the university to identify and contact you by email or phone.

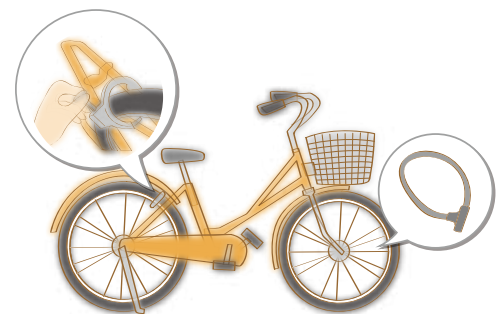
### ● Make your possessions easily identifiable

Put a distinguishing feature (such as a unique keychain or sticker) on the keys to your bicycle, home, etc. to make them easily distinguishable from those of others. The lost and found receives many similar items. If you have to inquire there, you will find your item faster if it has easily identifiable features.

## Theft

Please be extra careful with your bicycle and other valuables.

You can prevent theft with a few precautions, such as putting two locks on your bicycle and not leaving your possessions unattended.



## Alcohol

To avoid accidents and problems, please comply with the following warnings regarding alcohol consumption.

### ⚠ Warning

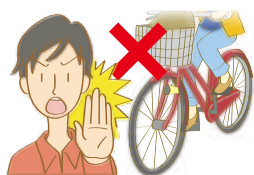
- Do not drink if you are a minor (under 20 years of age). Do not allow minors to drink.
- Never pressure others to drink (alcohol-related harassment). Do not participate in or encourage speed drinking ("ikki nomi" in Japanese).
- If someone gets alcohol poisoning, do not leave them alone. Take care of them. Call an ambulance if their condition noticeably worsens.



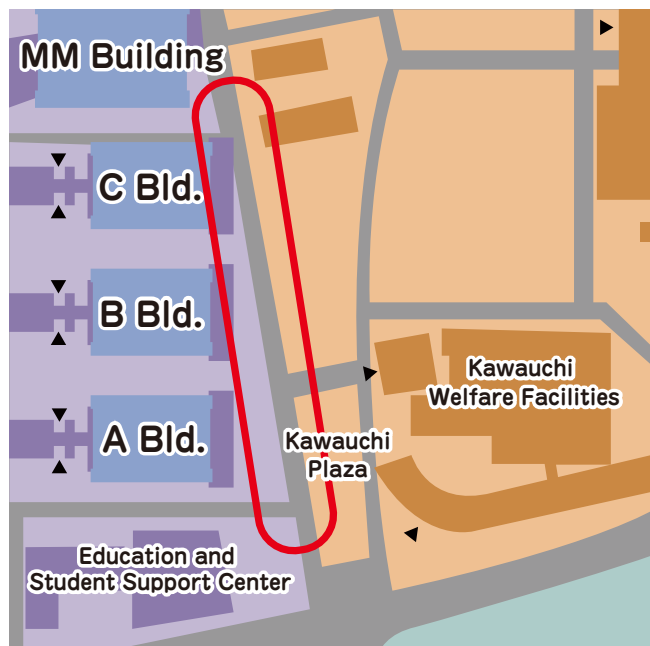
# Traffic Rules for Kawauchi Kita Campus

## Kawauchi Plaza is for pedestrians.

Do not ride bicycles or motorbikes through Kawauchi Plaza



It is a shared, public space, not a road. Since there is a subway station on campus, in addition to university students everyone from the elderly to small children walk through it. If you collide with a pedestrian you could severely injure them. Therefore riding through Kawauchi Plaza is strictly forbidden. Dismount your bicycle/motorbike and walk it through the plaza.



## Road Etiquette for Commuters

**Obeing traffic rules contributes to safer, more secure roads for everyone.**

Many students commute to the university by bicycle. Unfortunately, every year the university receives numerous complaints from local residents about the students' poor road manners. For example, riding recklessly on sidewalks and startling pedestrians.

### Cyclist Checklist

- Do you always keep left when riding on roads?
- Do you slow down when it's necessary to ride on sidewalks?
- Do you increase your visibility by turning on your bike light, even before it gets dark?
- Do you remove headphones when riding to increase your situational awareness?
- When road conditions are poor or you feel fatigued, do you use public transportation?

Obeying road rules increases traffic safety for pedestrians, motorists, and cyclists alike. Please drive/ride considerately and conscientiously.

# Preparing for the New Semester: A message from the University Counseling Office

Congratulations to the new students and welcome back to the others. All must be starting the new semester with fresh but mixed feelings.

Last year, COVID-19 unexpectedly impacted our lives and forced us to make many changes. New students had to study for entrance exams under new norms, and current students had to adapt to online classes and restricted extracurricular activities. It was a year spent with mixed feelings for everyone.

For the second year in a row, the school year has started with major changes to our lives. Students, especially new students, will need to deal with several challenges simultaneously in their new environment. While this might be exciting and fulfilling, it could also be depressing and tiring. In many cases, you will gradually get used to it, so don't rush and go step-by-step. University life is like long-distance running. It's a good idea not to push yourself, to get enough rest after doing your best, and to eventually find a pace that suits you. It may be helpful to think that you will be learning from the experiences you will be accumulating.

The University Counseling Office offers counseling sessions for university students regarding problems they may have during their student lives. Please feel free to use this service.

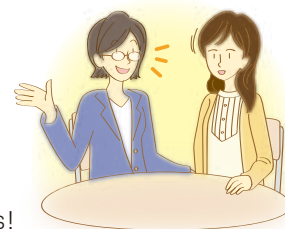
**Center for Counseling and Disability Services, Counseling Office**

Phone : 022-795-7833 E-mail : [gakuso@ihe.tohoku.ac.jp](mailto:gakuso@ihe.tohoku.ac.jp) <http://www.ccds.ihe.tohoku.ac.jp>

## Center for Career Support Announcements

The Center for Career Support offers various services year-round. It provides support to students from their first year on to help them solidify their career plans. All services are free of charge! Please have a look!

Note: Support for doctoral students is also available. See our website for details!



### Career Support Programs

- We offer career classes in the General Education curriculum on topics such as how to use your time at university, selecting a career path, and understanding the community. We can help you find your own career path!
- We also conduct extracurricular individual counseling, seminars, and on-campus events jointly held with enterprises. With some exceptions, these are open to all students regardless of school year.

### Career Support Information

- The Shinjuku Lounge, located in Tokyo at Second Campus Shinjuku, is available to those looking for work or internships in the Tokyo area. The lounge offers PCs, desks, and a cloakroom service free of charge. Please make use of it.  
See here for details: [http://www.career.ihe.tohoku.ac.jp/ug\\_ma/syutoken](http://www.career.ihe.tohoku.ac.jp/ug_ma/syutoken)
- Employment information is available on the Student Affairs Information System.

### Information Services

- We offer various information services, such as books, newspapers, and magazines related to careers and job-hunting, employment/informational seminars, job aptitude tests, on-campus part-time employment, etc. Feel free to use these services for your information-gathering activities.
- Join our mailing list to receive timely information on part-time jobs and seminars! See the below URL for instructions.



Check  
**@tohokucareer**  
on Twitter for our  
latest Tweets.  
Please follow us!

More information is  
available on our website!

Center for Career Support

検索

Kawauchi Kita Campus, Education and Student Support Center 3F  
Center for Career Support

<http://www.career.ihe.tohoku.ac.jp/>



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TOHOKU UNIVERSITY  
Student Support Committee

学生支援だより

検索



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「水なし印刷」により  
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