

GAKUSEI SHIEN DAYORI

Student Support Newsletter

TOHOKU UNIVERSITY
GAKUSEISHIEN
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28



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A big welcome to our new students!

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

At Tohoku University, the Gakuyu-kai (Students' Friendship Association) oversees voluntary activities related to culture, sports, and more. There are a total of 194 cultural and sports groups in the Gakuyu-kai.

Many Gakuyu-kai groups hold explanations, performances and presentations at the Spring Festival during the beginning of the term when new students arrive. There are events at other times of the term too, such as the University Festival and Marine Sports Festival.

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.



Announcement from the Center for Service Learning and Extracurricular Activities

This center provides consulting on volunteer activities for all enrolled students. It accepts individual consultations on volunteer-related matters (e.g. information requests, counseling on activity-related problems, guidance for establishing new groups, etc.). It also conducts onboarding events and workshops for students interested in volunteer activities. If you are interested, please check the center website and SNS.



● **Website**
<https://sites.google.com/view/vol-tohoku/home>



● **X (formerly Twitter)** @TOHOKU_VOL
https://x.com/TOHOKU_VOL



Preparing for the New Semester: from the Counseling Office

Congratulations to our new and continuing students! Your life will probably be quite different from last year. It will be a new beginning whether you are eagerly looking forward to it, have big plans for it, feel anxious about it, or are starting it with some loose ends from last year. Beginning something new can make you feel a certain amount of stress. Even if you were looking forward to something, you may feel stressed about it, but this does not have to be a problem. What is important is how you recognize the stress, accept it, and cope with it. We recommend talking to your friends and family, eating well, going to concerts or events, getting a little exercise, and plenty of sleep as ways of reducing stress. To refresh, you can reward your hard work by going to a cafe with your friends or take a trip by yourself to see a concert. Try stretching, breathing exercises, spas, and sleeping to relax. Take a moment to think if it is important for you to refresh or to relax. Both can help reduce stress, but sometimes you need to prioritize relaxing over refreshing. If that is the case, please make time to relax at your own pace to avoid burnout.

If you've tried relaxing and refreshing but your stress does not decrease, and you cannot find a method for coping with it yourself, please visit the Counseling Office. We will try to help you find a personalized way to manage your stress. The Counseling Office also provides consultation to university students on various concerns and problems related to student life. Please feel free to make use of our services.



Center for Counseling and Disability Services, Counseling Office (Kawauchi Kita Campus)

Phone 022-795-7833 E-mail gakuso@ihe.tohoku.ac.jp Website <https://www.ccds.ihe.tohoku.ac.jp/>

Personal Accident Insurance for Students Pursuing Education and Research (Gakkensai) & Supplementary Personal Liability Insurance for Students (Gakkenbai)

Life is unpredictable! Don't forget to sign up for Gakkensai & Gakkenbai!

Personal Accident Insurance for Students Pursuing Education and Research (Abbreviation: Gakkensai)

- Commuting to school ● Curricular/school events ● Campus, commuting between campuses
- Extracurricular (club) activities ● Clinical practice (School/Graduate School of Medicine)

→ Covers expenses in the event you are injured in an accident

Example ① You are injured by a gas burner during a laboratory class.

Example ② You break a bone falling down some stairs on campus.

Example ③ You are injured at a club competition.

Supplementary Personal Liability Insurance for Students (Abbreviation: Gakkenbai)

- Curricular/school events ● Campus, commuting between campuses
- Commuting to school ● Internships, educational training, or volunteer activities

* Does not cover extracurricular (club) activities

→ Covers expenses in the event that you cause injury or property damage to others

Example ① You damage some equipment during a laboratory class.

Example ② You collide with and injure someone while commuting to school.

Example ③ You accidentally break some merchandise at an internship.

Inquiries: Student Services Division, Support Planning Section (desk ①)

Phone 022-795-7819 E-mail hoken-gakusei@grp.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! Self-evaluation/career aptitude tools and lending library are also available. Please have a look!



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!
- Individual in-person/online career advising is available! We offer general counseling for career selection, job-finding, and specialized counseling for those seeking civil service employment.
- As a special collaborative program, in cooperation with companies and organization, we hold Industry job research fair, events with OB and OG on campus and online throughout the year.
- We also plan to release on-demand seminar videos! 1st and 2nd year undergraduate students will be able to view them too.



Career Support Information

- Information on employment/internships and corporate events is available on the Student Affairs Information System.
- You can use our facility near Tokyo Station (Tokyo VIP Lounge), which offers a changing room, Wi-Fi, and a cloakroom, when looking for work or internships in the Tokyo area.

Information Services

- In addition to notices and publications, we offer various kinds of information on employment/informational seminars, enterprise/organizational job listings, on-campus part-time work, an alumni directory, etc. Feel free to use these services for your information-gathering activities.

Using our Services

- You can browse our library of career and job-finding materials (including digital materials) or past civil service exam questions and access our online interview booth and job aptitude tests.



Check **@tohokucareer** for the latest information.
Please follow us!

See the Center for Career Support website for more details.

<https://www.career.ihe.tohoku.ac.jp/en/>

Center for Career Support Tohoku University

Search



Avoid smartphone distraction!

Walking, cycling, or driving while distracted by your smartphone is extremely dangerous as it decreases your environmental awareness. In the past, a pedestrian was killed by a student who was cycling while using a smartphone. If you are at fault in such an accident, you will be liable for damages.

We therefore ask you to please not use your smartphone in situations that require environmental awareness.



Parking & Traffic Rules for Bicycles & Motorcycles on Kawauchi Kita Campus



You may not commute to the university by private car.

In order to preserve the campus environment, students are forbidden from driving to Kawauchi Kita Campus by car, except for reasons of physical disability or illness. However, two-wheeled vehicles are allowed.

Riding bicycles/motorcycles on campus grounds is forbidden.

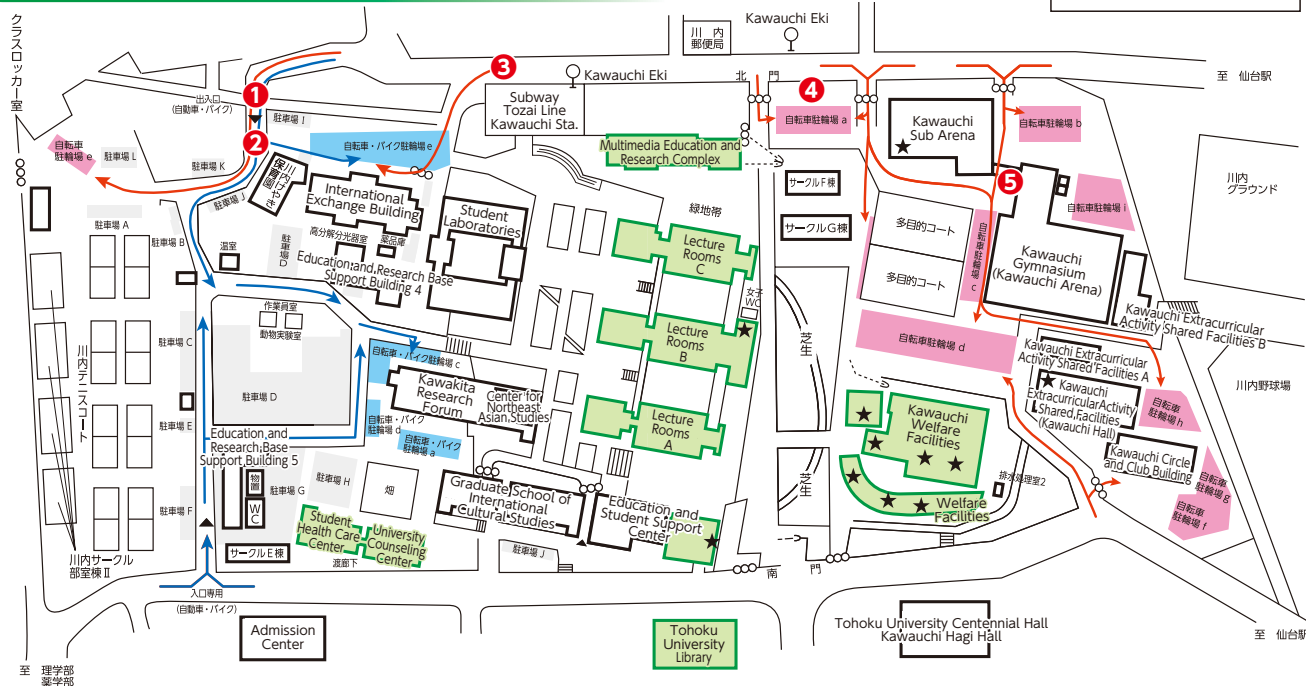
It is forbidden to ride bicycles/motorcycles on campus grounds. (They may be used only on roads.) When riding bicycles/motorcycles on campus roads, go slowly and watch for pedestrians.

Smoking

Smoking is forbidden on Kawauchi Kita Campus and all Tohoku University campuses.

	Commonly used buildings
	Car parking
	Motorcycle parking
	Bicycle parking
○○○	No vehicle access
▲	Vehicle access restricted
⋯⋯→	No bicycle access
←	Bicycle path
←	Bicycle/motorcycle path
★	Electronic notice board

Kawauchi Kita Campus Map



Take care when traveling through the five zones shown here as the danger of collisions with pedestrians or vehicles is particularly high.



1 Intersection with footpath. You must stop at this intersection.



2 Area in front of the pre-school. Be extra careful of children in this area.



3 When moving between the road and parking area, cyclists must dismount and push their bicycles up the slope in the middle of the stairs. When descending too, cyclists must dismount.



4 DO NOT park bicycles at campus entrances/exits. If there are no places to park, look for a place at another parking area.



5 DO NOT park bicycles in front of the gymnasium entrance, as it hinders access to the building.