

GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY
GAKUSEISHIEN
DAYORI

2024.10.30 No.

30



Student Support Newsletter

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Student Life in the Second Term

Everyone reacts differently to the start of the new semester. While some may feel energized in their daily activities, others find it hard to return to their school routine after the long break and can't make it to their 1st period classes. Others may be struggling with their research to graduate within this academic year but aren't getting the results they need, or are feeling pressure from the increase in advanced courses. Anxiety over research or advanced courses, and switching back from vacation to academics, may cause stress that prevents some students from being able to function as well as they'd like. If that is the case for you, we hope you'll remember the basics of healthy living: sleeping, eating, and occasionally exercising. There are individual differences in how much sleep, food, and exercise each person needs, so please don't worry too much about the exact amounts. What is important for reducing mental and physical stress is to prioritize these basics.

Also, if you notice that you are feeling stress you may want to think about ways to cope with it. For example, one method we recommend is writing down the issue that is causing you to stress. This allows you to put some distance between you and the issue and to observe your own situation. Please value any emotions you have while observing yourself and appreciate your own efforts up to now. If you have family and friends you can confide in, another good method is talking to them. This may give you a wider perspective and different viewpoint from which to observe things. Of course, you can also talk to the counselors at the Center for Counseling and Disability Services. We want to work with you to find ways of making your university experience fulfilling.

Lastly, during the coming winter season it is easy to become ill. Please take precautions against the flu and COVID-19 in your daily university life. If you have any concerns or anxieties, not only about your lifestyle and stress but also how to cope with your studies, personal relationships, sexuality, etc., please inquire at the Counseling Office. Please inquire with the Disability Services Office if you are living with a disability and require learning support.



- **Center for Counseling and Disability Services** **Website** <https://www.ccds.ihe.tohoku.ac.jp/>
- **Counseling Office** **Phone** 022-795-7833 **e-mail** gakuso@ihe.tohoku.ac.jp
- **Disability Services Office** **Phone** 022-795-7696 **e-mail** t-sien@ihe.tohoku.ac.jp

Center for Career Support Announcements

The Center for Career Support offers various services year-round. It provides students support from the first year on to help them solidify career plans. All services are free of charge! Self-evaluation/career aptitude tools and a lending library are also available. Please have a look!

Career Support Programs

- Individual in-person/online counseling is available! We offer general counseling on career selection and job-finding and specialized counseling for those seeking civil service employment.
- We conduct seminars and on-campus events in cooperation with enterprises/organizations. With some exceptions, these are open to students from their first year on.
- On-demand seminar videos now available! 1st and 2nd year undergraduate students can view them too.

**東北大学生のための
2024年度
後期イベント**
Center for Career Support Tohoku University Event
2024.10-2025.3 (Language: Japanese)

グループディスカッション対策講座、面接対策講座、コンサルティング志望者向けケース面接対策など
11月下旬から順次開催！詳細はキャリア支援センターHPで！

2024 10/12 (Sat.) 秋の企業Day 対面 全学年 企業の方が東北大学に集合！ 学内版オープンカンパニーに参加できる！	2024 10/16 (Wed.) 内定報告会 対面 全学年 就職活動と学習・研究との両立や留意点など 気になるアレコレを先輩から話を聞いてみよう！
2024 10/07 ~11/29 秋の企業大博覧会 掲示形式 全学年 キャリア支援センターで閲覧できる！ 週替わりのポスター掲示企画	2024 12月中旬 東北大学生企画 若手OBOGとの座談会 全学年 東北大学を卒業した先輩から 就活体験談や仕事の話を聞こう！
2025 01/11 (Sat.) 冬の企業Day in 川内 対面 全学年(文系) 川内キャンパスで開催 文系積極採用企業と出会うチャンス！	2025 01/25 (Sat.) 冬の企業Day in 青葉山 対面 全学年(理系) 青葉山キャンパスで開催 理系積極採用企業と出会うチャンス！
2025 2月初旬 公務員・独立行政法人等 業務説明会 対面 全学年 直接公務員や独立行政法人等の担当者に 対面でお話が聞ける業務説明会！	2025 3月初旬 キャリア就職フェア 電子版 2025年9月及び2026年3月卒業(修了)予定の学生 東北大学限定の専用システムを使って 26卒向け採用情報をチェックしよう！

Second term schedule

October 12 (Sat.) 2024: Company Day in Autumn - Open Company Fair on Campus open to all students

Seminars will be given on campus for students who wish to pursue industry/enterprise research.

October 16 (Wed.) 2024: Informal job offer (naitei) debriefing open to all students

Senior students who have completed their job searches will talk about their personal experiences and how to make use of Center for Career Support resources.

October-November 2024: Center for Career Support special projects open to all students

We have many plans for luncheon seminars, group interview/group discussion seminars, and case study & design seminars!

January 11 (Sat.), 25 (Sat.) 2025: Company Day in Winter open to all students

Companies oriented toward the humanities and sciences will gather on Kawauchi and Aobayama campuses respectively! You can get information on companies directly from employees.

Early February 2025: Civil Servant/Independent Administrative Organization Employment Seminar open to all students

This is a must-see for those seeking employment as civil servants! It is an opportunity to learn about the benefits of working as a civil servant or independent administrative organization employee.

Career Support Information

- Information on employment opportunities and internships is available on the Student Affairs Information System.
- You can use our facility near Tokyo Station, which offers a changing room, free Wi-Fi, and a cloakroom, when looking for work or internships in the Tokyo area. You can also use private rooms, subject to availability.



Tokyo facility

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 **X (@tohokucareer)** or **LINE (@144qmswr)** for the latest information. Please follow & friend us!



PR System for Students

for all students

Check for company internship information!



Interactive offer-type system (Through Dec.)

exclusively for students in their final school year seeking employment

This system enables you to apply to, and receive offers from, companies.



↓ See the Center for Career Support website for details.

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

Center for Career Support

Search



Gakuyu-kai (Students' Friendship Association) Clubs

Drama Club

The Drama Club has about 50 members. Our main activity is putting on plays 4 times a year. A unique feature of our club's performances is that the members change for each performance, so the audience can enjoy a different theatrical experience every time. We are based in room 104 of Kawauchi Hagi Hall. We have members who just began drama in university as well as those with experience. The members handle all elements of the plays, from acting to direction, production, sound, and props. We take pride and care in the performances in terms of the appearance of the stage and execution of the shows.

For the summer performance we put on the play /Sōnan/. We tried to provide the audience with a realistic experience that would make a strong impression on them. As a result, 117 people came to see the play.

We perform every April, August, November, and February. The next play will be /Akisu/ on November 9 and 10 for the Autumn performance. It is a play that combines chaos and order involving a burglar who sneaks into an unusual home. We are working hard to make sure the play is enjoyable for the audience. Please come see it!

Please check our official SNS or website for details. We will continue our efforts to improve our plays and hope to see you at the theater.



Mandolin Club

Hello. Today we will tell you about the Mandolin Club.

Are you familiar with the musical instrument called the mandolin? It is a stringed instrument from Italy, distinguished by its cute shape and bright sound. The Mandolin Club plays as an orchestra with 6 types of instrument, including guitar, contrabass, and flute.

Each member is currently practicing hard for our two main concerts in the spring and winter. This May we held a joint concert with the University of Tokyo and Nagoya University. We were able to improve through interacting and performing with members from the other universities. In September we participated in the Tohoku Mandolin Festival held in Yamagata, where we deepened our ties with other groups active in the Tohoku region. Besides concerts performed by the entire club, we have small group ensembles that periodically give recitals within the club. We will also play at the Tohoku University Festival in October.

On December 21 we will hold the 59th Annual Concert, which will be the final performance for the 3rd year members. We will play "The Phantom of the Opera," "Ame no sekai" (by Daigo Marumoto) and a mystery medley. We are practicing hard to master the nuances of each song to ensure a memorable concert for you all. It will be a large performance at which every current member of the club will play, so please come.

The Mandolin Club thanks you for your support.



The 63rd Seven Universities Athletic Meet (Nanadaisen) Finale

The 63rd "Nanadaisen" Summer Tournament (a yearly athletic competition between the 7 national universities of Hokkaido, Tohoku, Tokyo, Nagoya, Kyoto, Osaka, and Kyushu), hosted this year by Nagoya University, ended with a closing ceremony on September 21.

Tohoku University aimed to win the tournament but placed 3rd overall despite a good showing and victory in 6 events: women's basketball, women's lacrosse, fencing, water polo, and men's and women's soft tennis. Each university's ranking is shown below. All the athletes worked incredibly hard. Our deepest thanks to everyone who came out to support them!

The next tournament will be hosted by Hokkaido University. We ask everyone for their support and wish our athletes the best of luck at the 64th Nanadaisen!

University Rankings

1.	Hokkaido University	232points
2.	Kyushu University	214points
3.	Tohoku University	209points
4.	University of Tokyo	195points
5.	Kyoto University	192points
6.	Osaka University	174points
7.	Nagoya University	162points

