

GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY
GAKUSEISHIEN
DAYORI

April 1, 2017 No.

7



CONTENTS

P1	P2~P3	P4
<ul style="list-style-type: none"> ●Congratulations to our new students!(Welcome Events) ●Observe the law and drink responsibly! 	<ul style="list-style-type: none"> ●University House Aobayama to open in October 2018 	<ul style="list-style-type: none"> ●Notes on library usage ●Advice from the University Counseling Center

Congratulations to our new students! (Welcome Events)

Tohoku University strongly encourages students to participate in extracurricular activities as they contribute to the development of social skills and independence. In April, the 180 clubs and circles affiliated with the Gakuyu-kai (Students' Friendship Association) conduct recruitment drives, performances, demonstrations, and various other events to welcome new students. We urge you to participate in these activities, as they provide opportunities to discuss any concerns you may have about university life with older students as well as try out new things.

●Spring Festa

Spring Festa begins April 15 (Sat.) (New Student Welcome Concert will be held on April 16, 13:30)

The Spring Festa is composed of a number of events: the Culture Festival (in which the culture-related groups hold exhibitions), the Sports Festival (consisting of performances by the sports groups), Spring Sports Day (held to foster friendly relations between new students), and the New Student Welcome Concert (jointly performed by the music-related groups).



Sports Festival



Culture Festival

●Volunteer Start-up Fair

April 6 (Thu.), 8 (Sat.), 10 (Mon.), 13 (Thu.), 15 (Sat.), 19 (Wed.), and 25 (Tue.)

This event provides information on the activities of volunteer organizations that support people in temporary housing and assist with community development.

Observe the law and drink responsibly!



Last year, a number of students had to be taken to the hospital due to alcohol-related accidents. In some cases, disciplinary measures were taken. Throughout the spring, there will be many opportunities to drink at circle or departmental parties. However, it is illegal for the majority of new undergraduate students to consume alcohol since they are under the drinking age (which is 20 in Japan). Never encourage drinking by underage people, and please do not drink if you are underage yourself. Alcohol can severely impair your judgment, leading you to do or say things you normally wouldn't. Drinking too much too fast can lead to serious accidents, and is potentially life-threatening. Never pressure others to drink or encourage "chugging" (*ikki nomi*). At events where alcohol is present, please look after each other.

University House Aobayama to open in October 2018

The University House (UH) dormitories provide housing for Japanese and international students, thus facilitating the development of an international outlook and intercultural understanding through daily interaction. They were created with the goal of fostering global human resources with overseas experience. Japanese and international students live together in the dorm units, which are comprised of eight individual rooms and a shared living room. This allows residents to develop their collaborative and interpersonal skills in an at-home setting. Each dormitory unit houses 8 residents, who come from different undergraduate and graduate departments. Through daily contact they learn about other fields which promotes cross-fertilization between the humanities and sciences and increases their motivation towards their studies and research. These dormitories have housed over 4,000 residents since their founding, and are effective for increasing intercultural understanding and English communication skills.

The university currently has four University House dormitories: UH Sanjo, UH Sanjo II, UH Sanjo III, and UH Katahira. UH Aobayama will be located on the new Aobayama Campus, further expanding our ability to foster global HR capable of leadership on the international stage. An overview of UH Aobayama follows.

UH Concept

- Foster human resources to become leaders in internationalization (providing international perspectives to study)
- Develop cooperativeness and social skills
- Provide a safe and secure living environment
- Provide a high quality living environment

(Park between dorm buildings)

UH Aobayama Map
(Route from Aobayama subway station to UH Aobayama)

1 Overview of UH Aobayama

1 Address: Sendai-shi, Aoba-ku, Aramaki-Aza-Aoba 468-1 (5 min. walk from Sendai Tozai Subway Aobayama Station)

2 Capacity: 752 bedrooms in 6 buildings (94 units, each with 8 bedrooms per unit; includes 4 rooms (2 men's, 2 women's) for disabled residents)

3 Bedrooms/open living room

The open living rooms and private bedrooms are furnished with a variety of necessities, enabling students to settle in easily as they begin their new campus life. The university employs a contractor to provide 365-day/24-hour support, cleaning, security, handling of equipment breakdowns or malfunctions, and emergency response.

Bedrooms: 10 m² (6 tatami mats)

Open Living Rooms: 31.68 m² (1 per unit)



(Concept image of bedroom)



(Concept image of living room)

4 Interaction plaza

This is a space over 400 m² wide that will contain a multipurpose room, lounge, study room, vending machines, and a small convenience store.

The multipurpose room and lounge will be partitionable, allowing the spaces to be adjusted as needed. The study room will seat over 100, and be suitable for holding lectures etc.



(Concept image of multipurpose room/lounge)



(Concept image of study room)

2 Life at UH

To help all new residents at University House smoothly adjust to dorm life, senior students are appointed to act as UH Student Advisors. Advisors are responsible for dorm events such as welcome parties, and plan/conduct exchange activities for the residents, such as excursions, cooking parties, game tournaments, etc.



(Barbecue party)

3rd-year School of Medicine student at UH Sanjo II:

I lived at UH Sanjo for two years, and will live at UH Sanjo II from April. In my 2nd year, I worked as a UH Student Advisor. Living together, we developed deep connections. Also, living together with international students deepened my understanding of other cultures and allowed me to learn everyday English conversation.

The experience I gained planning and conducting events was also valuable. The advisors also met to exchange opinions on how to make UH better for the residents.

3rd-year School of Engineering student at UH Sanjo:

Most of the people in my unit spend a lot of time in the shared space, maximizing UH's utility as a place where "you can always be with your classmates at home." In addition to studying, gaming, and watching movies, we take turns making dinner, wake each other up in time for classes, help each other keep regular hours, and motivate each other in our studies. This is our unit's own unique culture.

As a UH Advisor, I am working hard to provide the administration with ideas for improving UH and planning events so that the residents can lead a fun, fulfilling life here while concentrating on their academic duties and studies. By successfully planning a game competition and shaved ice stand for the August summer festival, I gained an appreciation for the challenges of facilitating cultural exchange between students from different departments and countries.



(Life in the units)

Notes on library usage

Collectively, Tohoku University's main, branch, and departmental libraries hold about 4.1 million books. These books can be used for studying in your academic field, research activities, or simply to expand your horizons. The library facilities/equipment can also be used for your studies. Please observe the following rules to ensure that all students have equal access to the library books and facilities.



Borrowing books



Take the book you want to borrow and your Student ID Card (or library card, if you do not have a magnetic Student ID Card) to the counter.

- *Depending on the book, you may be able to borrow it using a self-checkout terminal.
- *If you lose or damage the book, you will be billed for a replacement. Please inform the library promptly if this happens.

Returning books



Return borrowed books to the main, branch, or departmental library counter by the due date.

- *If nobody else has reserved the book before the due date, you may renew it a set number of times using the MyLibrary online service.
- *Some branch and departmental libraries have a return box where you can return books even if the library is closed.
- *Failure to return books by the due date will result in the suspension of your borrowing privileges.

No unauthorized borrowing

do not take library books outside the building without permission.

- *Check books out before taking them with you.



No lending

lending out library books you have borrowed in your name is forbidden. Also, lending your Student ID or library card to others is forbidden.

- *If you lend out your library books, and the books become lost etc., you will be held responsible.



No disruptive behavior

Making excessive noise in the library, monopolizing library books/facilities for inappropriate reasons, eating/drinking (except in designated areas), and any other behaviors that bother library users, are forbidden.



Inappropriate behavior will result in the revocation of library privileges. It may also result in disciplinary measures from the university (reprimand, suspension, or expulsion).

Advice from the University Counseling Center

Starting out on your university life will put you in new environments. Frequently, this feels exciting, but also overwhelming.

When entering a new environment, we often regard our surroundings with caution. This helps us identify and deal with perceived dangers. So, we tend to see everything through a filter of "anxiety." We may compare ourselves to others, and think: "she is smarter than I am," "he is more fun/sociable," "she's more of an adult," etc., though actually others probably see us in the same light. This feeling of pressure to achieve can cause you to overextend yourself, leading to mental and physical fatigue (i.e. burnout).

When climbing high mountains, seasoned climbers don't try to rush to the top. They take it slowly and allow themselves time to adjust to the new altitude. When aiming for lofty goals, don't try to get there all at once; you might feel fine at first, but eventually the changes in pressure and environment will catch up with you, and you might develop a case of "academic altitude sickness."

While starting out on your student life give yourself time to ease into the new environment. This will allow you to set your own pace.

Center for Counseling and Disability Services Contact
URL : <http://www.ccds.ihe.tohoku.ac.jp/>

University Counseling Center Tel: 022-795-7833 Mail: gakuso@ihe.tohoku.ac.jp
Disability Services Office Tel: 022-795-7696 Mail: t-sien@ihe.tohoku.ac.jp

