

GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY
GAKUSEISHIEN
DAYORI
2017.10.13 No. **9**

Student Support Newsletter



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Center for Career Support Activities

The Center for Career Support offers various services year-round. These services are all free of charge. Why not drop by and have a look?

Seminars

The second term seminar schedule has been announced! Open to everyone, including 1st and 2nd year students. Dress code is casual. Feel free to check out any of the seminars that interest you!

Individual Counseling

We offer individual, private counseling for career planning, job-finding, life planning for female scientists, etc. There is also counseling for those seeking careers as civil servants.

Job Aptitude Test

Computerized job aptitude tests can be taken at the Center for Career Support. Get a sense of your competencies to help you consider future career choices.

Job-finding Report

You can browse past student job-finding activity reports on the Student Affairs Information System. Advice from former students is indispensable!

Information Services

The Center for Career Support also has newspapers and a job-hunting library to help you find the latest information! Materials can be checked out (for up to 10 days) from the library. Sign up for the newsletter to receive early notifications about seminars and part-time job opportunities at the university.

Shinjuku Lounge

This space is available to those looking for work in the Tokyo area. Here you can rest, change clothes, leave luggage, and gather information. Individual counseling is also available from April to June.

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

Please see the Center for Career Support website for details.

<http://www.career.ihe.tohoku.ac.jp/> or search for: Tohoku University Center for Career Support

東北大学キャリア支援センター

Center for Career Support
Tohoku University

後期セミナーのお知らせ

キャリア支援センターでは年間を通じて、さまざまな支援プログラムを実施しています。プログラム内容・日程・会場など、決定次第キャリア支援センターHPやTwitterでお知らせします。

STEP1 学生生活・ 進路を考える	<p>実施月/テーマ/対象学年: 学部1年から修士1年 (全学年参加可能)</p> <p>○11月8日(水) / 大学院進学と進路を考える・日本人学生の留学と就職活動</p>
STEP2 自分を知る	<p>実施月/テーマ/対象学年: 学部3年以上 (低学年参加可能)</p> <p>○10月30日(月) / 自己分析 (応用)・採用側にアプローチのための自己分析</p>
STEP3 社会・仕事 を知る	<p>実施月/テーマ/対象学年: 学部3年以上 (低学年参加可能)</p> <p>○10月24日(火) / 業界仕事研究(応用)・就職環境と業界・仕事研究のポイント ○11月中旬~2018年1月中旬/業界仕事研究1.5回予定 ・各界で活躍する先輩のキャリア&質疑応答・交流会</p>
STEP4 就職活動に備 える	<p>実施月/テーマ/対象学年: 学部3年・修士1年以上 (全学年参加可能)</p> <p>○10月18日(水)/就職活動スタートアップ・就活の流れ+内定者報告</p> <p>- 『就職活動準備ワーク』2018年2月6日(月)から2月9日(金) ○ビジネスマナー (就活編) ・基本的な就活マナー ○エントリーシート・面接対策 (理系向け) ○エントリーシート・面接対策 (文系向け) ○キャリア就職フェアレセミナー・フェアの回り方、参加企業Pの配布予定 ※キャリア就職フェアレセミナーは2月13日(火)も開催予定</p>
キャリア就職 フェア	<p>実施月/テーマ/対象学年: 学部3年・修士1年以上</p> <p>○2018年3月1日(木)~6日(火) / 『キャリア就職フェア』・川内北キャンパス体育館 約250社参加予定 ※特別企画: 外国人留学生のための合同企業説明会開催</p>
就職活動・ 最終学年支援	<p>実施月/テーマ/対象学年: 学部4年・修士2年以上 (就職活動中の学生)</p> <p>○9月28日(木)/就活Reスタートセミナー・これからの就職活動についてポイント、求人情報収集の仕方、新卒応援HW情報、各種選考試験対策</p>

*セミナー日程、内容などの詳細は、決定次第キャリア支援センターHP、Twitterで配信します。



東北大学キャリア支援センター (平日 8:30~18:30) TEL.022-795-7770
<http://www.career.ihe.tohoku.ac.jp/> Twitter: @tohokucareer

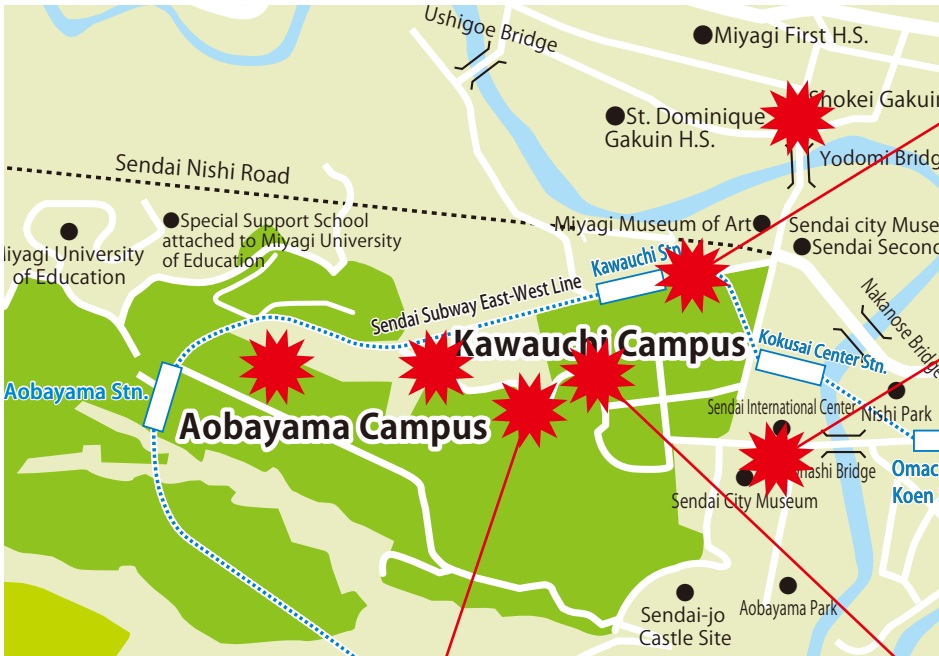
Sign up for
our newsletter



Improve your road safety awareness!

Between this April and September, 14 students were involved in traffic accidents (7 requiring ambulances). All occurred while the students were riding bicycles or motorcycles. Most of the accidents occurred along commuting routes near campus and were caused by riding too fast or inattention to surrounding traffic. Very sadly, one student died in August as a result of a collision between their moped and a vehicle.

Locations of accidents near campus



April/Bicycle

A bicycle collided with a vehicle entering a convenience store driveway. The cyclist's right ring finger was broken.

July/Motorcycle (ambulance called)

Two students heading for Aobayama Campus on a single motorcycle were struck by a vehicle as it made a right turn. The students were thrown off the motorcycle, suffering a broken hip

July/Bicycle (ambulance called)

A student was cycling home and collided with a guard rail at a curve on the hill between Kawauchi and Aobayama. The student lost consciousness. The student suffered dislocated toes and a fractured skull.

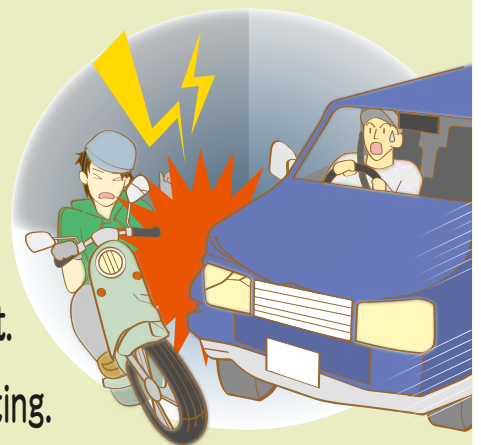
June/Motorcycle

A student commuting by motorcycle skidded on the hill between Kawauchi and Aobayama. The student suffered bruises on the right side of their body.

In the fall/winter season, it becomes dark early, and fallen leaves, snow, and ice often make for poor road conditions.

Please follow the guidelines below when commuting by motorcycle or bicycle.

1. Observe traffic rules closely.
2. Pay sufficient attention to surrounding vehicles and pedestrians.
⇒ Even if an accident is not your fault, if you collide with a motor vehicle it will be you (the motorcycle/bicycle rider), not the automobile driver, who is injured. In the event that you injure a pedestrian, you may be liable for extremely high damages to the injured person.
3. Carefully consider weather conditions, your skill level, and your physical condition before riding.
Do not attempt to ride when you are not feeling up to it.
4. Think about public transportation options for commuting.



Drinking etiquette

During second term, many clubs, circles, and departments hold parties at which alcohol is served. Of course, underage drinking is prohibited, but please take time to read the following "Warning on Alcohol Consumption" as well. In September of this year, an underage university student in the Tokyo area died from alcohol poisoning while on a retreat with a school circle. It is not worth risking your life over a few drinks. Please drink safely and responsibly.



Warning on Alcohol Consumption

● Do not drink if you are underage. Do not allow drinking by underage persons.

Drinking by persons under the age of 20 is forbidden by law in Japan. This applies to international students too, even if the drinking age is different in their country. If you are having an event that will be attended by many underage students, please consider not serving or ordering alcohol for that event.



● Be aware of your physical limitations

If you are tired or sleep-deprived, you may become intoxicated more quickly, even when drinking the same amount as usual. Pay attention to your own physical limitations and moderate the amount/pace of your drinking if you are feeling fatigued. Also take notice of any changes in the condition of other drinkers around you.

● NEVER pressure others to drink (alcohol-related harassment)!

Pressuring others to drink using your seniority or peer pressure, coercing others to drink excessively, and/or encouraging "chugging" etc. to liven up a party, are potentially life-threatening activities. Never engage in, or allow, this manner of drinking.

● Take care of anyone who is feeling ill

Turn them on their side. Get them to drink water. Cover them with a blanket to keep them warm.

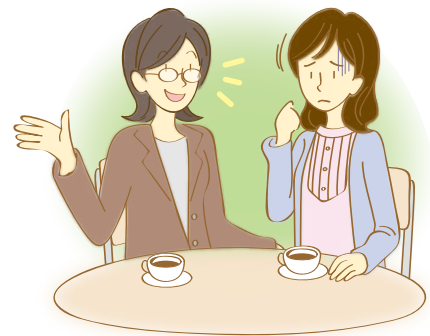
Call an ambulance (dial 119) immediately if they don't react even when shaken, their temperature suddenly falls, or they appear to be in pain.



Advice from the University Counseling Center

Although we are only about two weeks into the new term, we hope you are having a good fall. We often hear that after summer vacation it is difficult to get back into a steady daily rhythm, and many students miss classes as a result. Indeed, it is not always easy for students to conform to the "9-to-5" schedule that most of the world seems to follow. During this season in particular, students often tell us they have become caught in a cycle of missing a class, then not returning the following week because they have already fallen behind. Eventually, they are not just missing classes, but avoiding coming to the university altogether. It would be nice if we always had complete control over our own situation, but we do not. If you ever feel you have lost that control, please make use of the University Counseling Center.

We realize that many students feel uncomfortable or embarrassed about using counseling. This is normal, considering that this is a stage of life when you are striving to become more independent. However, using counseling as a way to adapt to your situation is indeed a means of becoming more independent. Put another way, not confiding in others due to discomfort or embarrassment may be more of a sign of isolation than independence. We want to provide a safe environment in which you can learn to consult with others, and when appropriate rely on them, while building a positive model for your own independence.



University Counseling Center (Kawauchi Kita Campus)

TEL : 022-795-7833 Mail : gakuso@ihe.tohoku.ac.jp

12th Tohoku University Survey of Student Life

The Survey of Student Life is used to ascertain student awareness and living conditions as they relate to their studies and daily life, and thus to improve the university. It is conducted periodically, and forms the reference material we use to address and solve various problems at the university. This year marks the 12th survey.

Over the past surveys, we have received many useful opinions and requests from students. Tohoku University has undertaken various actions and improvements based on this feedback. This time too, we hope to improve our support for students using feedback from this survey and further enhance student life for everyone at Tohoku University.

For this reason, the survey is open to all students enrolled at Tohoku University. We ask that you please participate as it will be difficult for us to ascertain actual student life conditions if we receive an insufficient number of responses. Let's work together to build a better Tohoku University.



- **Survey Period** October 30 (Mon.) - November 20 (Mon.)
- **Instructions** Survey instructions will be sent to your student e-mail (DC Mail) address. The survey can also be accessed using the QR code.
- **Time Required** about 30 min.
- **Language** Japanese or English

Survey available starting Oct. 30.



Examples of actions taken based on past surveys

- Opened convenience stores and coffee shops on campus
- Improved welfare facilities (cafeterias) on Aobayama, Kawauchi Kita, Katahira, and Seiryō campuses
- Asked the Sendai Transportation Bureau to open city bus routes from Sanjo to Kawauchi
- Extended the maximum length of stay at University House dorms
- Extended Center for Career Support office hours



Win a Sony Bluetooth stereo headset or 8 GB Tohoku University USB thumbdrive

Those who respond to all the survey questions will be eligible to enter a drawing for either a **Sony Bluetooth stereo headset** (MDR-EX31BN, **30 winners**) or an **8 GB USB thumbdrive** with the Tohoku University logo (**200 winners**).

