

GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY
GAKUSEISHIEN
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Student Support Newsletter

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A big welcome to our new students!

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

Besides academics, Tohoku University offers the Gakuyu-kai (Students' Friendship Association), an organization that oversees voluntary student activities related to culture, sports, and more. There are about 200 cultural and sports organizations in the Gakuyu-kai.

These organizations hold various explanations, performances and presentations, especially at the beginning of the term when new students arrive. The Gakuyu-kai holds other functions too, such as Homecoming.

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.



The Seven Universities Athletic Meet (Nanadaisen)

The "Nanadaisen" is a yearly athletic competition between Hokkaido University, Tohoku University, University of Tokyo, Nagoya University, Kyoto University, Osaka University, and Kyushu University. Tohoku University will host the 61st competition next year, so events will be held in locations around Miyagi prefecture.

This will be the first time in 2 years that the competition will be held. Due to the COVID-19 pandemic, only 3 winter events were held at the 59th competition at Osaka University, and the 60th competition at Kyoto University was canceled.

The 61st competition will begin with 2 winter events (ice hockey and skiing; aviation was canceled) from December to March, and continue with 40 summer events from June to September. Points are awarded to universities depending on their results in each event, with the university that earns the most total points declared the winner.

Tohoku University has won the competition a total of 15 times, winning 6 of the last 10 competitions. Before the event was suspended two years ago, Tohoku University had won three consecutive competitions (56th-58th), so we hope to make the 61st competition our 4th straight win.

We wish the best of luck to all of the competitors! We hope that all of you will join us in cheering on Tohoku University's athletes too!

Preparing for the New Semester: a Message from the Counseling Office

A warm welcome to our new students. Although the ongoing COVID-19 situation is the source of anxiety and unexpected obstacles, we are sure you have overcome these challenges in your own way as you face the new term. Please be kind to both yourself and those around. We may experience changing conditions again this year, and our activities may be limited by the pandemic, but hopefully the situation will increasingly improve too. Please keep an eye on the situation, and focus on doing the activities you can do at the time.

Advice for the New Semester

To some degree, with the start of the new semester in April you will need to adjust to changes in your environment and lifestyle. In particular, new students must start living alone for the first time in an unfamiliar place, building new interpersonal relationships and scheduling their classes and extracurricular activities. Almost everyone tackles these tasks diligently, but if you continually push you will run out of breath. Don't forget to take a break after working hard, and try to adjust to your new environment and life a little at a time.



About the Counseling Office

The Counseling Office provides consultations to university students on various concerns and problems related to student life. If you have a concern, don't keep it to yourself. When you enter your post-university adult life, the ability to rely on others when necessary to maintain your well-being and performance will be very important. So, please make use of our services. You can think of it as practice for developing this ability.

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

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

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).



@TOHOKU_VOL



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



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!

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 conduct extracurricular seminars and on-campus events held in cooperation with enterprises/organizations. With some exceptions, these are open to all students regardless of school year.



Individual Counseling

- The Center for Career Support can help you solidify your career plans through individual counseling. We offer general counseling for career selection, job-finding, and specialized counseling for those seeking civil service employment.

Career Support Information

- The Shinjuku Lounge, located at Second Campus Shinjuku, is available to those looking for jobs or internships in the Tokyo area. The lounge offers PCs, desks, and a cloakroom service free of charge. Please make use of it.
- Employment information is available on the Student Affairs Information System.



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 or past civil service exam questions and access our online interview booth and job aptitude tests.



Check [@tohokucareer](https://twitter.com/tohokucareer) on Twitter for the latest information. Please follow us!

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

Website



More information is available on our website!

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

Tohoku University Center for Career Support

Search



Theft/Lost & Found/Alcohol/Illegal Bicycle Parking

Lost & Found

The university receives many inquiries from people who are looking for lost items, or have found a lost item.

If possible, **attach name labels** to your possessions so that if you lose them they can be quickly returned to you. **Put a distinguishing feature (such as a unique keychain or sticker)** on your bicycle/apartment keys etc. so you can easily tell them apart from those of others.



Theft

Please be extra careful with your bicycle and other valuables.

Taking a few precautions, such as putting two locks on your bicycle and not leaving your belongings unattended, can deter theft.

Alcohol

As of April 1, 2022, the age of adulthood will be lowered to 18 in Japan. Even so, persons under the age of 20 will not be allowed to drink alcohol or use tobacco products. If you are under 20, please do not drink or smoke, regardless of the situation.



Illegal Parking

We have received many complaints from business owners about students improperly using customer-only parking areas. Do not illegally park bicycles/vehicles or park them in places that inconvenience others. Please be considerate and use a designated public parking area instead.

About Gakkensai/Gakkenbai:

Life is unpredictable! Don't forget to sign up for personal accident and liability insurance!

Gakkensai

Personal Accident Insurance for Students Pursuing Education and Research

Time zone

- Classes/school events
- Campus, commuting between campuses
- Extracurricular (club) activities
- Commuting to school
- During clinical training (School/Graduate School of Medicine)

Covers expenses in the event you are injured in an accident

Examples 1 You get burned by a gas burner during a laboratory class.

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

Examples 3 You are injured at a club sports activity.

Gakkenbai

Supplementary Personal Liability Insurance for Students

Time zone

- Classes/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

Examples 1 You damage some equipment during a laboratory class.

Examples 2 You hit and injure a pedestrian while commuting to school.

Examples 3 You break some merchandise at an internship.

Inquiries: Student Services Division, Life Support Section (desk ③)

Phone 022-795-7766 E-mail sta-ryo@grp.tohoku.ac.jp