

Turn this experience into a chance to expand your perspective and grow!

How are students reacting to the social upheaval caused by the novel coronavirus (COVID-19)? Some are carrying on as usual, some are battling with anxiety each day. What is the best way to get through this situation?

One thing we can say about unusual times like these is that they allow you to notice new things. For example, they provide an opportunity to think carefully about your own future. Or, if you have lost touch with your relatives, now is a good time to reconnect by phone or SNS, and reexamine the importance of family. It is also probably a good time to consider your priorities for student life if you were too busy with entrance exam preparation, extracurricular activities, and working to do so until now. You also have time to revisit any tasks you had set aside or were putting off until later.

It is also a chance to think about your own response to unexpected events, explore the role and contributions of universities and research, and reflect on your own interests and field of study. Moreover, the situation also allows you to consider what responses are appropriate/possible at various levels of national and local government, and how the international community can move forward cooperatively. In light of the realities to which this kind of experience exposes you, it provides a chance to think for yourself and expand your perspective.

The Center for Counseling and Disability Services has posted a FAQ for new students on its website containing ideas and perspectives on addressing issues that may arise in the current situation, and hints for students as they live university life. Please refer to it

Those who desire direct counseling should feel free to contact us using the information below.

In other words, now is a good time to consider what kind of person you want to become, and reinvent yourself. We hope that you can use this time to reflect on your student life, change the things that need changing, and build a new you.

The Center for Counseling and Disability Services is here to help everyone lead a full student life. Our staff wants to help all students feel secure as they begin the term.

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

Counseling Office (counseling on academics, interpersonal relations, and various matters related to student life)

Phone: 022-795-7833 / Email (receptionist): gakuso@ihe.tohoku.ac.jp

Disability Services Office (counseling on academics and daily life for students with disabilities)

Phone 022-795-7696 / Email (receptionist): t-sien@ihe.tohoku.ac.jp

Note: Due to the COVID-19 pandemic, currently counseling is being conducted by phone.

Please make an appointment by phone or email.

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