

GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY
GAKUSEISHIEN
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Student Support Newsletter

CONTENTS

P1	P2	P3	P4
<ul style="list-style-type: none"> ● A big welcome to our new students! ● Volunteer Fair 	<ul style="list-style-type: none"> ● Preparing for the New Semester: a Message from the Counseling Office ● Personal Accident Insurance for Students Pursuing Education and Research (Gakkensai) & Supplementary Personal Liability Insurance for Students (Gakkenbai) 	<ul style="list-style-type: none"> ● Center for Career Support Announcements 	<ul style="list-style-type: none"> ● Parking & Traffic Rules for Bicycles & Motorcycles on Kawauchi Kita Campus

A big welcome to our new students!

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

The Gakuyu-kai (Students' Friendship Association) is a university-wide organization that oversees activities related to culture, sports, and more. There are a total of 191 culture and sports groups in the Gakuyu-kai.

At the beginning of the term, Gakuyu-kai groups play a central role in holding various performances and presentations to showcase each group's activities and welcome new students. There are events at other times of the term too, such as the University Festival and Marine Sports Festival.

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.



Volunteer Fair

This fair gathers together volunteer organizations that offer support for areas affected by the Great East Japan Earthquake, education/learning, regional activities, the environment, and international activities, and hold joint seminars to explain their activities. We plan to hold individual consulting and experiential events too. The schedule will be announced on Twitter and the official website. The website has information on volunteer experience programs (volunteer/study tours) that are open to new students.



● **Twitter**
@TOHOKU_VOL



● **Website**
<https://sites.google.com/view/volunteer-fair/>



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

Congratulations to our new and continuing students! You are probably both excited and anxious about your new student life. As we enter the 4th year of the COVID-19 pandemic, many of you have adjusted to "life with corona" and may be thinking about trying new activities.

Doing this may provide you with a sense of accomplishment and satisfaction, increase your motivation, and give you a broader perspective, so we hope you will challenge yourself. On the other hand, engaging in unfamiliar activities can also increase your stress and fatigue before you even realize it, so please take time for self-care too. If you start to feel tired, it is important to take a break.

Being mindful of the balance between challenging yourself and resting is one way to ensure a successful student life. The Center for Counseling and Disability Services website has a video with 10 tips for leading a fulfilling student life (<https://www.youtube.com/watch?v=KEDdcvBybK8>). If you are interested, please watch it. If you are worried about managing your schedule, getting enough rest, or any other issues, please do not hesitate to visit the Counseling Office.

Center for Counseling and Disability Services, Counseling Office

Phone 022-795-7833

E-mail gakuso@ihe.tohoku.ac.jp

Website <https://www.ccds.ihe.tohoku.ac.jp>

Personal Accident Insurance for Students Pursuing Education and Research (Gakkensai) & Supplementary Personal Liability Insurance for Students (Gakkenbai)

Life is unpredictable! Don't forget to sign up for Gakkensai & Gakkenbai!

Personal Accident Insurance for Students Pursuing Education and Research (Abbreviation: Gakkensai)

- Commuting to school ● Curricular/school events
- Campus, commuting between campuses
- Extracurricular (club) activities
- Clinical practice (School/Graduate School of Medicine)

→ **Covers expenses in the event you are injured in an accident**

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

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

Example ③ You are injured at a club competition.



Supplementary Personal Liability Insurance for Students (Abbreviation: Gakkenbai)

- Curricular/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**

Example ① You damage some equipment during a laboratory class.

Example ② You hit and injure someone while commuting to school.

Example ③ You accidentally 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

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/workshops and conferences 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

- Information on employment/internships and corporate events 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.

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 (including digital materials) or past civil service exam questions and access our online interview booth and job aptitude tests.



Check **@tohokucareer** on Twitter for the latest information.
Please follow us!

More information is available on our website!

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



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

Parking & Traffic Rules for Bicycles & Motorcycles on Kawauchi Kita Campus

The university has received a number of complaints and requests for improvement regarding parking for student bicycles and motorcycles. On Kawauchi Kita Campus in particular, students parking or abandoning their vehicles in places other than designated parking areas is a constant problem. We ask for your cooperation in creating a better campus environment for everyone.



Park in the designated parking areas. Do not park on roads or sidewalks.

Try to avoid using parking areas that are already full. Look for a less crowded one.

Double-locking (locking with two different types of lock) your vehicle is recommended to prevent theft.

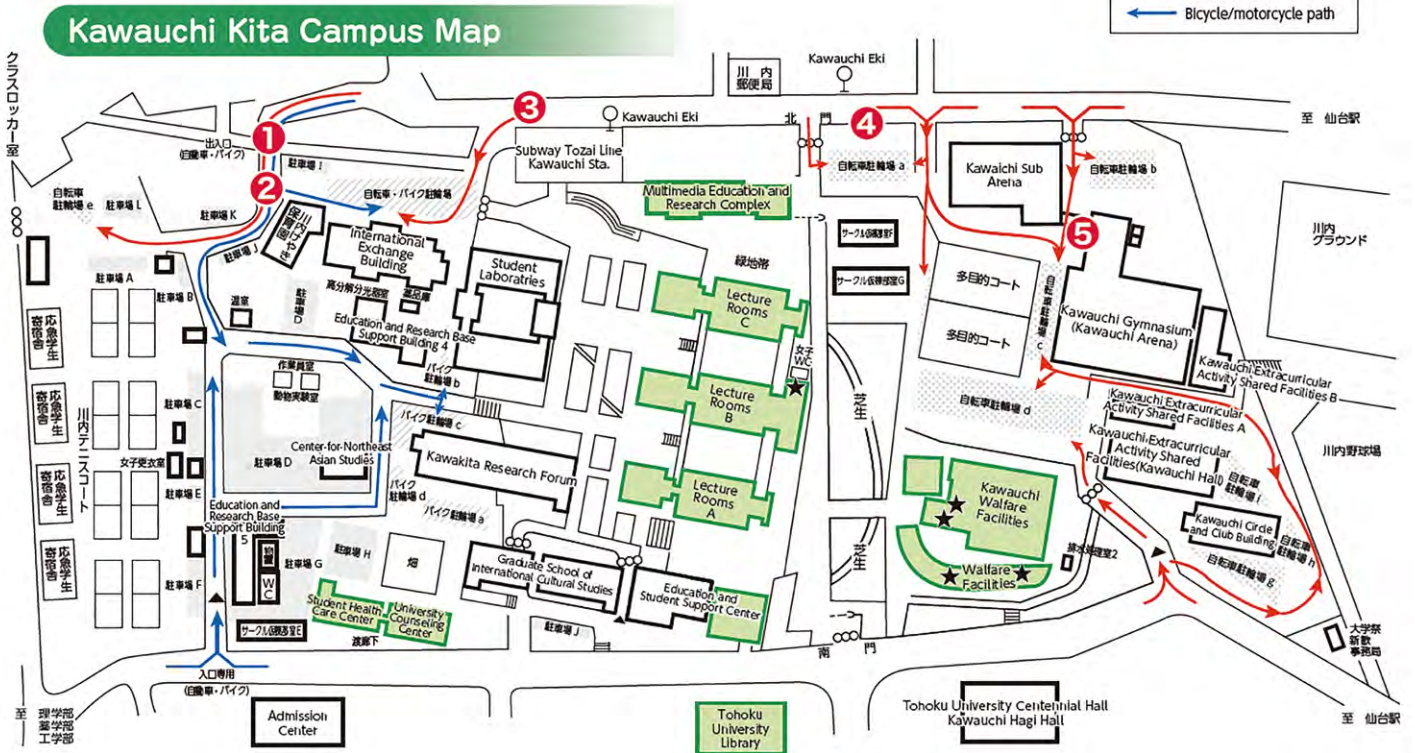
Note: Illegally parked or abandoned vehicles will be removed.

You may not commute to the university by private car.
In order to preserve the campus environment, students are forbidden from driving to Kawauchi Kita Campus by car, except for reasons of physical disability or illness. However, two-wheeled vehicles are allowed.

Riding bicycles/motorcycles on campus grounds is forbidden
It is forbidden to ride bicycles/motorcycles on campus grounds. (They may be used only on roads.)
When riding bicycles/motorcycles on campus roads, go slowly and watch for pedestrians.

Smoking
Smoking is forbidden on Kawauchi Kita Campus and all Tohoku University campuses.

- Commonly used buildings
- Car parking
- Motorcycle parking
- Bicycle parking
- Electronic notice board
- No vehicle access
- Vehicle access restricted
- No bicycle access
- Bicycle path
- Bicycle/motorcycle path



Take particular care to avoid hitting pedestrians and vehicles when traveling through the five danger zones shown below.



1 Intersection with footpath. You must stop at this intersection.



2 Area in front of the pre-school. Be extra careful of children in this area.



3 When moving between the road and parking area, cyclists must dismount and push their bicycles up the slope in the middle of the stairs. When descending too, cyclists must dismount.



4 DO NOT park bicycles at campus entrances/exits. If there are no places to park, look for a place at another parking area.



5 DO NOT park bicycles in front of the gymnasium entrance, as it hinders access to the building.