

Beginning University Life: Overcoming Adversity Together

Due to the novel coronavirus (COVID-19) pandemic, the Tohoku University entrance ceremony, orientation, and start of the new term did not proceed as usual.

This was probably a disappointment for many of our new students, who were anticipating the start of your university careers. The instructors who were looking forward to meeting them are disappointed too.

When starting out at university most people have many expectations related to studying, obtaining credits, interpersonal relations, and living on their own. However, the majority of students are probably currently feeling concerns and anxiety about student life in light of information about COVID-19. It is natural to feel unsettled; both the university and the new students are facing a completely new problem. On the other hand, dealing with this situation calls for the sharing of knowledge and cooperation on the individual, university, and community levels. Overcoming this crisis and starting your university life with a healthy mind and body will contribute to your future life and further growth as an individual.

However, anxiety can lead to intense stress, which could impact your mood, health, and behavior. It is therefore important to be aware of and address it at an early stage.

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

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

The Center for Counseling and Disability Services is here to help everyone lead a full student life. Our staff wants to help new 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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Shunji Sugawara
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