

# GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY  
GAKUSEISHIEN  
DAYORI

October 3, 2016 No.

6



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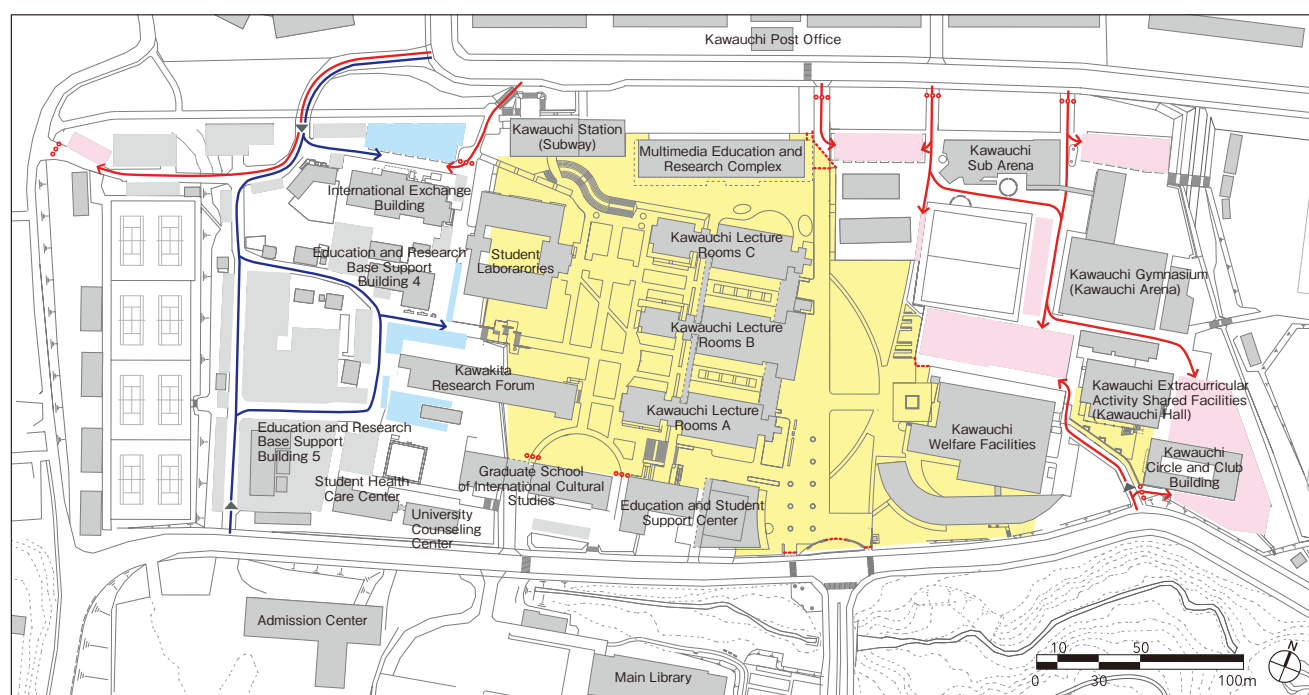
## Updated traffic access map for Kawauchi Kita Campus

Work on the Kawauchi Station plaza and the Extracurricular Activity Shared Facilities has been completed, so the traffic access map for Kawauchi Kita Campus has been updated accordingly. Bicyclists and motorcyclists are asked to please observe all traffic and parking rules, and always drive/cycle safely on campus.

### ● Kawauchi Kita Campus Traffic Access Map

#### Map Key

	Bicycle parking		Bicycle path		Vehicle access restricted
	Bicycle/motorcycle parking		Bicycle/motorcycle path		Do not park motorbikes/motorcycles in bicycle parking areas.
	Car parking		Bicycle/motorcycle barrier		
	Do not ride bicycles/motorcycles in this area		No vehicle access		



# Beware of deceptive recruiting!

In Japan, fringe religious groups sometimes attempt to recruit members by offering meals, holding sports events, or arranging free "study circles" without revealing their religious affiliation. They try to leverage these events to make it difficult for the participants to refuse the group's demands. In the past, students who have provided such groups with their contact information have been harassed in their own apartments. Sometimes students who attended seemingly innocuous meals or study circles later discovered that they were actually run by religious organizations.

Deceptive recruiting can be extremely subtle and difficult to detect. If you have any questions or concerns regarding such recruiting, please contact the University Counseling Center or Student Services Division.

University Counseling Center:  
**022-795-7833**  
Student Services Division:  
**022-795-7818**

## Preventative Measures

- Never provide strangers with personal information (address, phone number, email, or SNS username).
- Clearly refuse offers from any group whose identity and objectives are unclear to you.

\*Tohoku University forbids organized recruiting activities on campus by outside groups.



# Observe traffic rules, avoid accidents

Many students commute to school by bicycle. However, as Table 1 shows, the number of bicycle-related warnings issued by police to Tohoku University students during the 3-month period from April to June was extremely high. If you commute by bicycle, take some time to review Japanese traffic rules for cyclists. Please observe these rules and be a courteous cyclist.

**Table 1: Bicycle-related warnings issued by Sendai Police to Tohoku University students (April-June, 2016)**

Violation	No. of Accidents	Violation	No. of Accidents	Violation	No. of Accidents
Cycling while drunk	7	Cycling in pedestrian-only areas	56	Cycling while holding umbrella	16
Failing to obey stoplights	36	Failing to use bicycle light	150	Cycling while using mobile phone	32
Failure to obey stop signs or markings	5	Endangering pedestrians	217	Cycling one-handed	5
Cycling on wrong side of road	53	Riding double	7	Cycling while using headphones etc.	162
Total					746

Also, during this season the sun sets early, so it may already be dark when you return home, requiring you to use extra caution when cycling or driving a motorbike. Fallen leaves, snow, and ice can also contribute to skidding, leading to more accidents during this season. When road conditions are bad, we encourage you to use public transportation instead. Japan's public transportation system is reliable and generally on time!

# Double-lock your bicycle

Given that many students use bicycles and motorbikes to commute, Kawauchi Kita Campus is an attractive area for bike thieves. As of September 30, the number of thefts in 2016 is already close to the total number for all of 2015. The majority of the bicycles and motorbikes stolen had been left unlock (or with the keys in the ignition). To protect your vehicle from theft, please double-lock it (use two locks on two different parts of the vehicle), even when parking on campus.

# Alcohol-related medical emergencies on the rise

In the six months between April and now, a very large number of students have been taken to the hospital by ambulance due to alcohol poisoning. During second semester, there will be many opportunities to consume alcohol at university events and club or departmental parties. However, drinking too much too fast can lead to serious accidents, and is potentially life-threatening. Underage drinking (and abetting same) and pressuring others to drink both carry severe punishments. If you drink, please be conscious of your drinking habits and drink responsibly.

## Case 1

At a large drinking party, some students started calling on others to chug their drinks (*ikki nomi*). Several students became extremely drunk. One of the students suddenly became cold, vomited, and stopped responding even when spoken to. An ambulance was called.

## Case 2

A group of students consumed large amounts of alcohol at a pub, then returned to their homes individually. One of them lost consciousness and fell down in the street on the way. A passer-by called an ambulance.

### No underage drinking

Drinking by those under the age of 20 is forbidden by law in Japan under the Minor Drinking Prohibition Act.

Consuming alcohol while your body and brain are still developing can negatively impact physical health (particularly the brain, liver, and reproductive system) and mental health.

In addition, it can impair rational decision-making abilities and concentration.



### Never pressure others to drink (alcohol-related harassment)

Each person has a different tolerance to alcohol, and a significant number of people are genetically unable to metabolize it. Moreover, people's ability to consume alcohol is also affected by their day-to-day physical condition. Never press alcohol on or bully those who are unable or unwilling to drink.

### Do not chug/drink fast

Chugging (*ikki nomi* in Japanese), or just drinking too much in too a short time, can quickly lead to acute alcohol poisoning. Because symptoms can take from 30 to 60 minutes to set in after that "one drink too many," the victim may continue drinking for some time, leading to an even worse case of alcohol poisoning. This makes chugging a particularly dangerous pastime. Respect the right of others to moderate their own drinking pace.

## Mechanism of Acute Alcohol Poisoning

Large amount of alcohol consumed quickly



Liver cannot metabolize it fast enough



Blood alcohol level rises sharply



**Unconsciousness**

## Caring for alcohol-poisoned/unconscious people

### ● Do not leave them alone

Their condition could suddenly worsen, or even lead to death. There is also the danger of them injuring themselves if they try to leave while in a heavily intoxicated condition.

### ● Turn them on their side

If they are allowed to sleep on their back, they could asphyxiate on their own vomit and suffocate.

### ● Call an ambulance if their condition is serious

Examples of when to call an ambulance: they are unconscious and don't wake up even when shaken, sudden drop in body temperature, irregular breathing, vomiting copiously, incontinence



# Please undergo the fall tuberculosis X-ray

X-rays will be conducted as part of our efforts to combat tuberculosis. We ask that all eligible students participate.

## ●Eligibility:

- 1) All students newly enrolling in October 2016
- 2) All non-degree students who enrolled in or after May 2016, and will be enrolled for one month or longer

## ●Date/time:

November 8 (Tue.) 11:30-13:30 (please be punctual)  
November 9 (Wed.) 11:30-13:00 (please be punctual)

## ●Place: Student Health Care Center (Kawauchi Kita Campus)

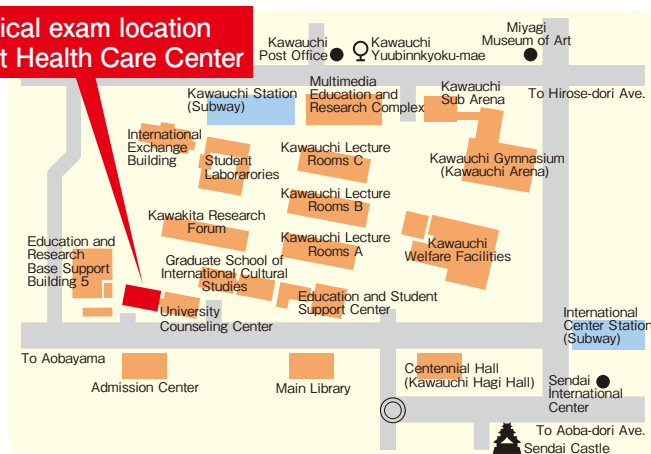
## ●Bring: Student ID Card

## ●Student Health Care Center

Phone: 022-795-7829

URL: <http://www.health.ihe.tohoku.ac.jp/>

## Medical exam location Student Health Care Center



## Advice from the University Counseling Center

### ●Theme: Transitioning to Second Semester

Whether you had a relaxing summer vacation, or were busy with clubs, circles, and part-time work, it's time to dive back into classes.

Below is our advice for having a productive semester.

#### 1. Resetting your routine

It's time to switch over from "vacation mode" (whether that entailed work or play) to "study mode." At the beginning of the semester, being back in an intense academic schedule can feel overwhelming. If you have early classes, just getting up in time can be a challenge. It may be hard, but try to hit the ground running, as this will get you in good habits for the rest of the term.

#### 2. Beware of complacency

Through your experiences during first semester, you probably figured out how to pace yourself and effectively distribute your efforts. On the other hand, this can lull you into a false sense of security. Each semester is different and poses different challenges. It is important to stay focused and alert. Don't procrastinate on important tasks.

#### 3. Adapting to seasonal changes

Many people become ill during the transitional period between fall and winter. In the cold weather, it's harder to make yourself get up and go outside in the morning. The campus suddenly seems a lot farther away. During this time of year it's important to maintain your health and motivation.

The University Counseling Center offers consultations on a variety of issues, including academic and research work and interpersonal relationships, in addition to physical and mental health. Moreover, the Disability Services Office provides counseling for those who require assistance with their studies due to disabilities. Feel free to contact us if you have any problems or concerns.



### Center for Counseling and Disability Services

#### University Counseling Center

Phone: 022-795-7833 Email: [gakuso@ihe.tohoku.ac.jp](mailto:gakuso@ihe.tohoku.ac.jp)

#### Disability Services Office

Phone: 022-795-7696 Email: [t-sien@ihe.tohoku.ac.jp](mailto:t-sien@ihe.tohoku.ac.jp)