

# GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY  
GAKUSEISHIEN  
DAYORI

2021.10.29 No.

21



Student Support Newsletter

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## Advice from the University Counseling Office

It has been a few weeks since the start of second term classes. This time of year, the Counseling Office hears such concerns as "I got used to staying up late over the summer vacation, so now I can't wake up early," or "I am having trouble falling asleep because I'm looking at the computer screen all day for online classes." The amount of time we spend sleeping generally changes with the seasons. Some people say they tend to sleep longer in the fall and winter. So, you need not worry about small changes in your sleep habits. But you should take notice if these are affecting your daily life. If that is the case, please see "Hints on Improving your Sleep Patterns" below.

Some other concerns we hear are: "I was good about attending classes and submitting assignments for about the first month, but it slowly became more difficult," "I know I have to work on my graduation thesis, but I keep putting it off," and "I've been staying home due to the pandemic, but it's making me feel listless." If you find yourself thinking, "I can't continue like this!" please contact us.

The University Counseling Office provides consultation to university students on various concerns related to student life. Please feel free to make use of it. Our website also has information for dealing with student life on topics such as "Feeling Demotivated" and "Communication" (EMPOWERMENT Series). Please check them out.

### Hints on Improving your Sleep Patterns

- 1 Get up at a consistent time and open your curtains to let in sunlight.
  - Try to eat breakfast each day.
- 2 Get sufficient exercise.
  - We recommend stretching and walking.
- 3 Take a short nap during the day if you feel sleepy.
  - For example, 20-30 minutes, preferably no later than 3:00 PM.
- 4 Do something you find relaxing 1-2 hours before you want to go to sleep.
  - However, avoid using smartphones, PCs etc. near bedtime.
- 5 Don't worry if you have trouble sleeping for a day or two.
  - In most cases, your sleep cycle will correct itself naturally.



Center for Counseling and  
Disability Services,  
University Counseling Center

TEL 022-795-7833

E-mail [gakuso@ihe.tohoku.ac.jp](mailto:gakuso@ihe.tohoku.ac.jp)H P <http://www.ccds.ihe.tohoku.ac.jp>

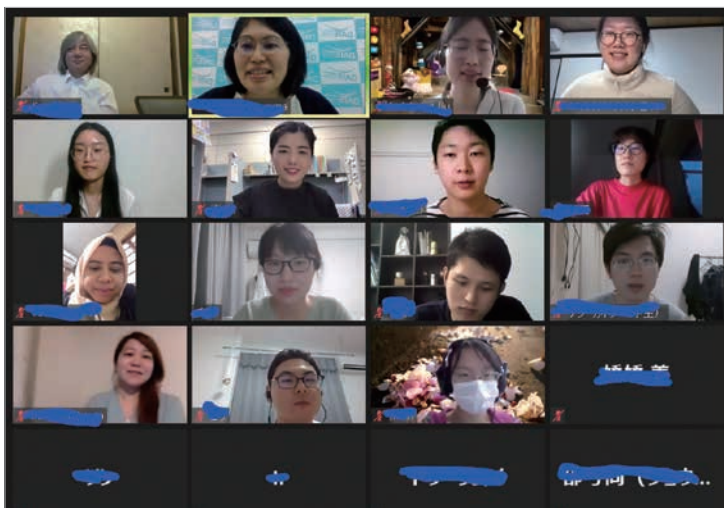
# Tohoku Innovation Human Resources Development Program(DATEntre):Career support for international student

The Tohoku Innovation Human Resources Development Program (commonly known as DATEntre) is a career support program for international students who wish to work in Japan. Tohoku University is one of the program's seven participating educational institutions. The program allows students to pursue skills necessary to employment in consultation with coordinators through a curriculum mainly composed of regular classes.

Japanese major corporations follow a fixed hiring schedule when employing new graduates. Students must be prepared to follow this schedule even if they graduate in the fall instead of the spring. Engaging in both academic work and job-finding at the same time is not easy for international students. Finding employment information in Japan, writing a statement of purpose and "gakuchika" (description of one's student activities), and preparing for the SPI test often take longer than expected.

Moreover, during the COVID-19 pandemic they tend to become isolated as job-finding seminars are mainly online, making it difficult to form networks for sharing information. DATEntre strives to build job-finding networks among international students through exchange events with international alumni who work at Japanese companies and employment seminars.

International students interested in working in Japan are invited to join DATEntre and turn their dreams into a reality! Participation on an as-needed basis is also possible. Please inquire if you are interested.



## Tohoku Innovation Human Resources Development Consortium Office

Phone 022-795-4994・4995

E-mail [datentre@grp.tohoku.ac.jp](mailto:datentre@grp.tohoku.ac.jp)

H P <https://datentre.ihe.tohoku.ac.jp/>

For details please see the DATEntre website.



# 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]

- Individual online consulting is available!
- We hold various seminars and on-campus corporate presentations (career/job fairs).  
Note: With some exceptions, these are open to all students regardless of school year.
- The second term seminar schedule has been finalized! First and second year students can participate too.

## [Career Support Information]

- The Shinjuku Lounge is available to those seeking work in the Tokyo area.
- Employment data for alumni and job-recruitment information is available on the Student Affairs Information System.

## [Newsletter Information]

Join our mailing list to receive timely information on part-time campus jobs!

Please log in with your DC email account.



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

Check @tohokucareer2 for same-day consulting availability. Please see the Center for Career Support website for details.

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

Search Center for Career Support

検索

東北大学キャリア支援センター Center for Career Support  
Tohoku University

## 後期セミナーのお知らせ 2021年10月～ 2022年3月

キャリア支援センターでは年間を通じて、さまざまな支援プログラムを実施しています。  
内容・視聴方法・予約方法など詳細は決定次第、キャリア支援センターHP、Twitter  
でお知らせいたします。

**Online (Live配信) 学部3年生・修士1年生以上必見！全学年対象**

「2021年度冬のインターンシップフェア・業界研究フェア (合同企業・団体説明会)」  
11月13日 (土)・11月20日 (土) 終日 (予定)

「公務員等業務説明会」  
12月9日 (木) 1部 12:50-14:30 2部 14:30-15:00 (予定)

「OB・OGによる業界・仕事研究セミナー：OB・OGとの交流会」  
2022年1月8日 (土) (予定) OB・OGから働く生の現場を聞いてみよう!

**Online (Live配信) 学部3年生・修士1年生以上対象！**

～これからの就職活動準備対策講座～ ～今後のポイントと最新企業動向～

「就職活動スタートアップセミナー」  
10月21日 (木) 18:00-19:00

「オンライングループワーク実践講座」：限定50名  
2022年1月 18:00-19:30 (予定)

「グループディスカッション (GD) + 集団模擬面接」  
2022年1月～2月 複数回実施 (予定)

「2021年度東北大学キャリア就職フェア」 (合同企業・団体説明会)  
2022年3月1日 (火)～3月4日 (金)  
～東北大生を積極採用企業・団体270社が集結！自宅から参加可能！～

**Online (オンデマンド配信) 学部3年生・修士1年生以上必見！全学年対象**

公開日：セミナータイトル ※チャプター毎、20分～30分の動画セミナー！

10月22日：文理別「ES対策講座」①自己分析  
10月22日：文理別「ES対策講座」②志望動機編  
10月20日：文理別「面接・オンライン面接・動画選考対策講座」  
11月8日：文理別「企業が東北大生に求めるもの」

東北大学キャリア支援センター  
川内|キャリアパス 教育|学生総合支援センター|TEL:022-795-1770 平日:8:30-17:00 検索 東北大学キャリア支援センター  
<http://www.career.ihe.tohoku.ac.jp/> Twitter:@tohokucareer

Use the QR code to sign up!



# Career Support for PhD Students and Postdocs

## PhD Career Development unit(PhDC)@Aobayama

PhDC offers practical programs to PhD students and postdocs to help them find fulfilling post-university lives: Innovative Leaders Fostering Course(a practical education program), individual support, exchange and matching event between private companies and PhD students/postdocs, and research internship support.

See here for details!



# Protect Yourself & Others by Observing Traffic Rules

Although we periodically issue reminders about bicycle/motorbike safety, we continue to receive numerous complaints, from both inside and outside the university, regarding the road manners of our commuters.

According to the Sendai City Police Station, the top three most commonly cited violations between this January and June were as follows.

## WORST 3



**Cycling while using headphones etc.**



**Endangering pedestrians**



**Failing to use lights at night**



Also, during the fall the sun sets earlier and it becomes dark much sooner than in summer, requiring you to use extra caution when cycling or driving.

When weather conditions are bad, please consider using public transportation instead of braving the elements.

**Please use courtesy and caution when commuting by bicycle or motorbike.**