

GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY
GAKUSEISHIEN
DAYORI
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Student Support Newsletter

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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 university's Gakuyu-kai (Students' Friendship Association) oversees voluntary activities related to culture, sports, and more. There are a total of 195 cultural and sports groups in the Gakuyu-kai.

Many Gakuyu-kai groups hold explanations, performances and presentations at the Spring Festival during the beginning of the term when new students arrive. 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.



Mixed Chorus



Futsal

Volunteer Support Office Announcements

Our office provides individual consultations on volunteer-related matters (e.g. information requests, counseling on activity-related concerns, guidance for establishing new groups, etc.) to enrolled students. It also conducts onboarding events and workshops for students interested in volunteer activities. If you are interested, please check the Volunteer Support Office website.



Website

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



Preparing for the New Semester: from the Student Counseling Office

Congratulations to our new and continuing students. Everyone at the Counseling Office wants to help you lead an enriching student life.

Taking first steps in new interpersonal relationships

Meeting your new classmates and the senior students is an opportunity to expand your world. However, meeting new people requires energy. Trying too hard to put your best foot forward and excessively going along to get along are exhausting. Don't try too hard from the outset; instead take the first steps while focusing on forming relationships over time.



Build a foundation for learning and growth

Many students are probably eager to take up new challenges, not only studies and research, but also extracurricular activities and part-time jobs. It is important to create a firm foundation to lead a full university life. During the spring semester, the large temperature variations can impact your health, so please get adequate sleep, nutrition, and relaxation. Many of you will be living on your own for the first time, so please take things slowly and find your own rhythm.



Managing expectations and anxiety

It is natural to have expectations and anxiety regarding your new life. If these become disproportionately large, you may lose motivation when reality fails to live up to your expectations, or begin avoiding situations that make you anxious. In such cases, you can try writing about your feelings and situation and/or talking to someone. Once you feel that things aren't hopeless, your motivation will return.

The Counseling Office provides consultation on various concerns related to student life. Please feel free to contact us.

Center for Counseling and Disability Services, Counseling Office (Kawauchi Kita Campus)

Phone 022-795-7833

Email gakuso@ihe.tohoku.ac.jp

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

Regular Medical Checkups

Tohoku University Student Health Care Center conducts Regular Medical Checkups for all students. Regular Medical Checkups will be conducted only once a year. Be sure to take it.

For more details, please visit the Student Health Care Center website.

**Student Health
Care Center
website**



Center for Career Support and Social Contribution Career Support Office

The Career Support Office 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!

The center also has self-evaluation, career aptitude tools, and a lending library. 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!
- Individual in-person/online counseling is available! We offer general counseling for career selection and job-hunting, as well as specialized counseling for those seeking civil service employment, and multilingual counseling.
- We hold special joint programs year-round in cooperation with enterprises/organizations, while also conducting industry/enterprise research and interactive events with alumni both on campus and online.
- We also plan to release on-demand seminar videos!

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 (Tokyo VIP Lounge), which offers a changing room, 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-hunting materials (including digital materials) or past civil service exam questions and use our online interview booth and job aptitude tests.

The main events planned for AY 2026 are the Summer Open Company (May), Fall Open Company (October), and Fall Online Open Company (November).



Fall Open Company

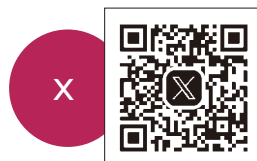
Check out Tohoku University's "Michishiru" evaluation/job-hunting website!

By answering just 20 questions, this website will show you an evaluation of your aptitude and interests for job hunting. After the evaluation, it will produce a list of recommended companies that you can use as a first step in thinking about your future. If you are not sure where to begin, or what industries and companies might suit you, try Michishiru!

Tohoku University's
"Michishiru"
evaluation/job-hunting
website



You can find the latest information on **X (@tohokucareer)** and **LINE (@tohokucareer)**. Please Follow/Friend us!



See the **Career Support Office website** for more details.

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



Cyclist Traffic Violation Notification System (Blue Ticket)



In keeping with revisions to the Road Traffic Law, starting April 1, 2026 the Cyclist Traffic Violation Notification System (Blue Ticket) will take effect. Fines will be charged for negligent or dangerous cycling, such as looking at/using smartphones, wearing earphones, or using umbrellas while cycling, as well as ignoring stoplights etc. Please be careful when cycling.

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

Overall view of Kawauchi Kita Campus

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

You may not commute to the university by private car.

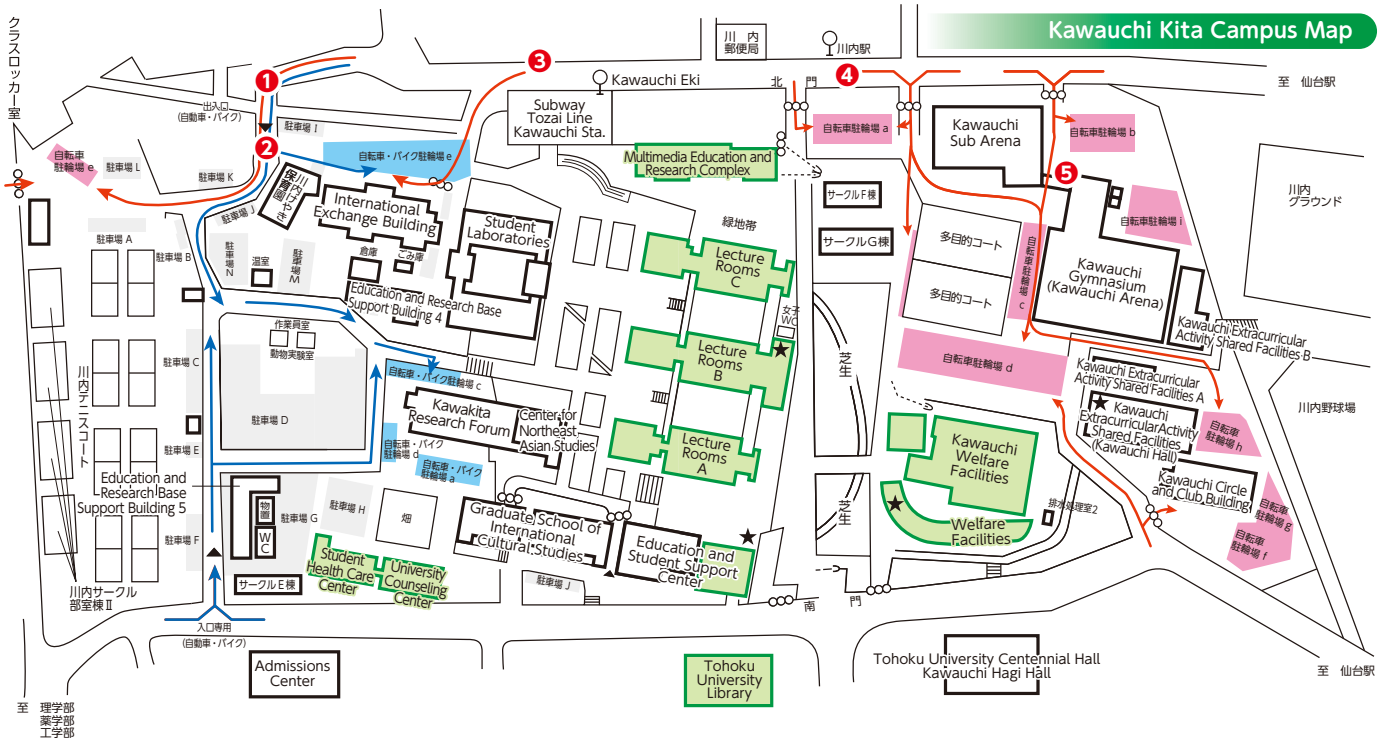
In order to preserve the campus environment, students are forbidden from driving to Kawauchi Kita Campus by car, except for reasons of physical disability or illness. However, two-wheeled vehicles are allowed.

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.



Take care when traveling through the five zones shown here as the danger of collisions with pedestrians or vehicles is particularly high.



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.