

GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY
GAKUSEISHIEN
DAYORI

2023.10.30 No.

27



Student Support Newsletter

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Student Life in the Second Term

It has been about a month ago since the new term started, but are you having any problems? The university has lowered its BCP level to 0, meaning that in-person classes and extra-curricular activities can be conducted just as before the COVID-19 pandemic. During the 1st term, the Counseling Office received some requests for counseling regarding interpersonal communication difficulties. This was probably because the pandemic imposed limits on opportunities for face-to-face communication for several years. Here we will provide a few useful tips on interpersonal communication. If you have any trouble with communication, please feel free to visit the Counseling Office, whatever the issue may be.

[When initiating conversations yourself:]

- Just say something, even a simple "good morning" or "how are you?"
- Others will not get to hear about your thoughts and ideas if you don't express them, so just talk without worrying about being eloquent.
- If you find the discussion getting too heated, pause the conversation to take a rest. Think about how to express yourself in a way that the other person will readily accept.



[When listening to others:]



- Listening carefully is the key to being a good listener. As you can imagine, this means listening attentively.
- Have the courage to listen carefully to others, even when you are anxious about not knowing what they might say.
- Try to be respectful, not judgmental, about what others say to you. In communication both you and your conversation partner are important.

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

TEL 022-795-7833

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

HP <https://www.ccds.ihe.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. We encourage you to make active use of service to help you choose a career path and develop your career. All services are free available! Please have a look!

Career Support Programs

- Individual in-person/online career advising is available! We offer general counseling for career selection, job-finding, and specialized counseling for those seeking civil service employment.
- We conduct seminars and on-campus events in companies/organizations. With some exceptions, these are open to students from their 1st year on.

Second Term Schedule

- **December 9 (Sat.), 2023 — Company Day in Winter: Industry job research fair by OB and OG (For all students)**

Students have the chance to interact with Tohoku University alumni working in various fields! It is a good opportunity to talk to them directly about choosing a career.

- **Early February, 2024 — Company Day in Spring: Selection strategies by corporate human resources (For mainly 3rd-year undergraduate students, 1st-year master students)**

These talks will be joined by corporate human resources among Tohoku University students. Learn about career paths, job rotation, and selection strategies.

- **Mid-February 2024 — Civil Servant/Independent Administrative Organizations Employment Seminar (For all students)**

This is a must-see for those who seeking employment as civil servants! It is an opportunity to learn about the benefits of working as a civil servant. You can hear about it directly from the civil servants.

- **March 1 (Fri.)–4 (Mon.), 2024: Career Job Fair (companies/organizations seminar) (For students graduating/finishing by March 2025)**

Features companies/organizations that actively recruit Tohoku University students! Students can obtain information about companies and employment. It is a chance to meet with representatives from many companies/organizations.

- On-demand seminar videos now available! 1st and 2nd year undergraduate students can view them too.
- Company information available through the "Shūkatsu Hiroba" app at the Tohoku University booth!



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, free Wi-Fi, and a cloakroom, when you do job-hunting or internships in the capital area.



Tokyo VIP Lounge

Using our Services

- You can see our library of career and job-finding materials or past exam questions in the past and use our online interview booth and job aptitude tests.



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

See the Center for Career Support website for more details
<https://www.career.ihe.tohoku.ac.jp/en/>

Search for Center for Career Support Tohoku University



Introduction to Tohoku University Club(Gakuyu-kai)

Wind Orchestra

The Gakuyu-kai Wind Orchestra Club has over 260 members, from undergraduate to graduate students. The club holds lively concerts that include both musicians who have been playing since middle school and those who started in college.

At the "Theater" themed July 2023 Summer Concert, the club performed music from Dante's "Divine Comedy," "Les Miserable," and various other musicals. This year the concert was well-attended and an all-round success.

The club holds not only large concerts, but also performances by small group ensembles organized by club members. The ensembles are currently practicing hard for the School Festival in October.

On December 3rd, the 43rd Annual Concert will be held in Sendai. This year's theme is "Wonderland." We are working to make it an enjoyable concert providing a fantastical aesthetic and beautiful scenery. It will be at Hagi Hall. Please attend! The Gakuyu-kai Wind Orchestra Club thanks you for your support.



Calligraphy



Hello from the Gakuyu-kai Calligraphy Club. How much effort do you put into your handwriting? Handwriting is an everyday task, but if you concentrate on mastering it, a deep new world opens up to you. At the Calligraphy Club we work hard to improve each other's calligraphy skills.

Our main activity is holding calligraphy exhibitions four times a year. The Tohoku University Calligraphy Club hosted a joint all-Japan calligraphy exhibition for 7 national universities in September. Over 150 works of calligraphy were exhibited, drawing about 300 visitors. The other exhibitions, held in March, June, and at the School Festival, feature works from Tohoku University only, but our members' works are diverse in terms of style and form. In addition, the exhibitions give everyone a chance to show off their work. Every year, we also perform calligraphy live at the School Festival. There you can see members writing bold dynamic works that you won't find at the usual exhibitions.

Our next exhibition will be at the School Festival. We hope that through the exhibition, you will learn about the joys of calligraphy. You can come and see this year's calligraphy performance too!

The End of the 62nd Seven Universities Athletic Meet (Nanadaisen)

The 62nd "Nanadaisen" Summer Tournament—a yearly athletic competition between 7 national universities (Hokkaido, Tohoku, Tokyo, Nagoya, Kyoto, Osaka, and Kyushu)—ended with a closing ceremony on September 20 (Wed.).

Tohoku University aimed to achieve an unprecedented 5th consecutive victory, but instead placed 5th overall, despite winning eight events—skiing, men's basketball, equestrian, women's volleyball, handball, fencing, water polo, and women's table tennis. Each university's ranking is shown below. All of the participants worked incredibly hard. Our deepest thanks to all of them!

The next tournament will be hosted by Nagoya University. We ask everyone for their support, and wish our athletes the best of luck at the 63rd tournament!

University Rankings

1. University of Tokyo, 220 points
2. Hokkaido University, 204 points*
3. Kyoto University, 204 points
4. Osaka University, 201 points
5. Tohoku University, 198.5 points
6. Kyushu University, 184 points
7. Nagoya University, 138.5 points

*In the event of a points tie, the university that placed 1st in more events is ranked higher.

More residents wanted for the co-educational international dorm, University House! *Japanese students only.

University House (UH) is a student dormitory at Tohoku University.

At UH, Japanese and foreign students gain an international perspective and deepen their understanding of other cultures by living together and having daily interactions.

It enables students to increase their communication skills, particularly in English.

The living space offers independent units composed of eight private rooms, along with shared showers, toilets, kitchens, and living rooms.

A contractor provides 24-hour/365-day support, and facilities are kept safe and secure by IC card readers on building and unit entrances, as well as password locks on private room doors.

Currently, UH is seeking additional Japanese students who

- wish to improve their foreign language skills.
- want to develop an international perspective.
- want to foster collaborative/social skills.
- want to make an easy transition to living independently.
- want to keep their living costs low.

If any of these applies to you, use the QR code at right!



Private room (UH Sanjo III)



Welcome party (UH Aobayama)

