

# 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.

At Tohoku University, the Gakuyu-kai (Club Association) oversees voluntary activities related to culture, sports, and more. There are a total of 188 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.



## Announcement from the Service Learning Support Office

This office provides individual consulting on volunteer activities for all enrolled students. It accepts individual consultations on volunteer-related matters (e.g. information requests, counseling on activity-related problems, guidance for establishing new groups, etc.). It also conducts onboarding events and workshops for students interested in volunteer activities. If you are interested, please check the website and SNS.



● Website

<https://sites.google.com/view/vol-tohoku/home>



● X @TOHOKU\_VOL

[https://x.com/TOHOKU\\_VOL](https://x.com/TOHOKU_VOL)



# Preparing for the New Semester: from the Student Counseling Office

Congratulations to our new and continuing students! We want all of you to have a fulfilling experience here at Tohoku University. You may feel uneasy or nervous at first, but with time you will adjust to the new environment and daily routine, which will give you the space to enjoy your university life and studies. You will meet many reliable university staff and friendly classmates who will support your learning and growth. Please actively participate in classes and university events and ask your instructors or other students if you have trouble understanding something. You can also make new friends by joining extracurricular activities such as clubs, circles, or volunteer organizations, and gain work experience through part-time jobs, so don't hesitate to give these things a try.

However, the time it takes to adjust to the new environment may be shorter or longer depending on the person. The amount of effort, if any, one can devote to clubs, circles, volunteer work, study abroad, or studying for certifications, also differs from person to person. Don't feel pressured to compete with those around you. It is fine to take some time and adjust gradually. If you find you have your hands full with just your studies, that's normal. If you feel tired, take a break.

"I don't get along with my romantic partner."

"I feel unmotivated."

"I can't sleep well due to stress."

"I don't know what I want to do and am worried about the future."

If you are facing any difficulties, obstacles, stress, or mental/physical problems, please make use of the Center for Counseling and Disability Services.



## Personal Accident Insurance for Students Pursuing Education and Research (Gakkensai) & Liability Insurance Coupled with Gakkensai (Gakkenbai)

Life is unpredictable! Don't forget to sign up for Gakkensai & Gakkenbai!

### ● Personal Accident Insurance for Students Pursuing Education and Research(Gakkensai)

- Commuting to school
- Curricular/school events
- Campus, commuting between campuses
- Extracurricular (club) activities
- Clinical practice (School/Graduate School of Medicine and Dentistry)

Covers expenses in the event you are injured in an accident

#### Examples:

- ① You are injured by a gas burner during a laboratory class.
- ② You break a bone falling down some stairs on campus.
- ③ You are injured at a club competition.

### ● Liability Insurance Coupled with Gakkensai(Gakkenbai)

- Curricular/school events
  - Campus, commuting between campuses
  - Commuting to school
  - Internships, educational training, or volunteer activities
- \* Does not cover extracurricular (club) activities

Covers expenses in the event that you cause injury or property damage to others

#### Examples:

- ① You damage some equipment during a laboratory class.
- ② You collide with and injure someone while commuting to school.
- ③ You accidentally break some merchandise at an internship.

**Inquiries: Student Services Division, Support Planning Section (Desk ①)**

☎ **022-795-7819**    ✉ **hoken-gakusei@grp.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. 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, job-finding, and specialized counseling for those seeking civil service employment.
- As part of our special joint programs held year-round in cooperation with enterprises/organizations, we conduct 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-finding materials (including digital materials) or past civil service exam questions and use our online interview booth and job aptitude tests.

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



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

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



# Avoid smartphone distraction!

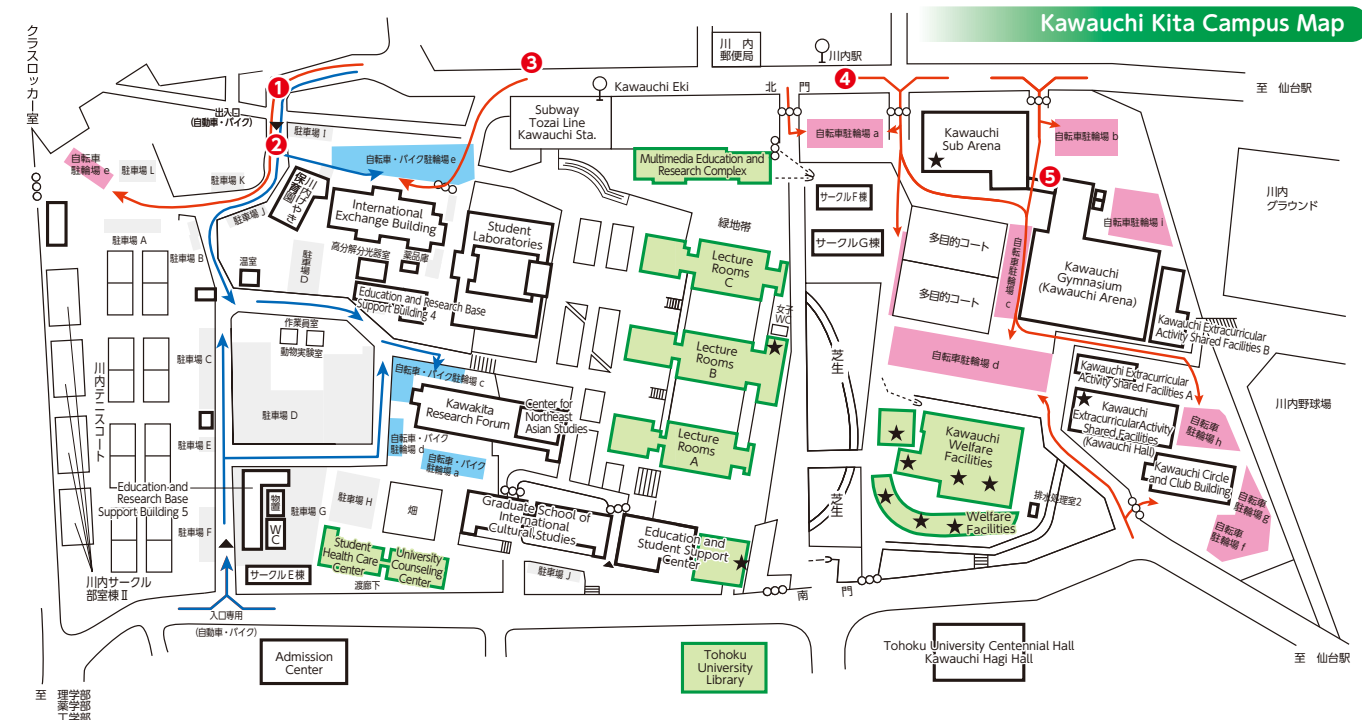
Walking, cycling, or driving while distracted by your smartphone is extremely dangerous as it decreases your environmental awareness. In the past, a pedestrian was killed by a student who was cycling while using a smartphone. If you are at fault in such an accident, you will be liable for damages.

We therefore ask you to please not use your smartphone in situations that require environmental awareness.



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

<b>Overall view of Kawauchi Kita Campus</b>		<b>You may not commute to the university by private car.</b> 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.	<b>Riding bicycles/motorcycles on campus grounds is forbidden</b> 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.	<b>Smoking</b> Smoking is forbidden on Kawauchi Kita Campus and all Tohoku University Campuses.
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			



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

<p><b>1</b> Intersection with footpath. You must stop at this intersection.</p>	<p><b>2</b> Area in front of the pre-school. Be extra careful of children in this area.</p>	<p><b>3</b> 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.</p>	<p><b>4</b> DO NOT park bicycles at campus entrances/exits. If there are no places to park, look for a place at another parking area.</p>	<p><b>5</b> DO NOT park bicycles in front of the gymnasium entrance, as it hinders access to the building.</p>
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