

Greetings

It's been for a while since the Autumn Semester began. How are you doing? You may get used to the online courses, but may also feel troubled with the current situation, having few opportunities to see people or make a healthy daily cycle.

The Student Support Room is a counseling center for students in the Graduate School/Faculty of Economics. Students can consult with a licensed clinical psychologist about any concerns they have in their university life (**FOR FREE**). We are also open to collaboration with faculty members (if needed) to deal with a wide range of matters such as daily concerns, interpersonal relationships, mental and physical health, academic difficulties, or future careers. Currently, we are available for online counseling/consultation via Zoom. Please feel free to contact us.

How to use the Student Support Room

Who can use the Student Support Room?

Any student and faculty member of the Graduate School/Faculty of Economics can visit us. In addition to a private visit, we also welcome your family members or friends.

What can I talk about?

Interpersonal difficulties: "I feel isolated in the seminar," "I can hardly speak in class."

Mental and physical problems: "I can't motivate myself well," "I'm having trouble sleeping."

Academic/Career concerns: "Should I go on to graduate school or get a job?"

"I can't concentrate on studying," "I want to practice for an interview."

What can we do for you?

Counseling/Consultation: Professionals in clinical psychology (licensed psychologist) carefully listen to your story and help sort out problems or consider a solution.

Referral: If your concerns and the situation require further specialized support, appropriate institutions and services are provided (by a referral letter).

How to make an appointment

Please fill out the application form and send it to the Student Support Room by email. We will send you a Zoom URL for online counseling/consultation in a week.

◆ E-mail address (to the Student Support Room): support-room@e.u-tokyo.ac.jp

◆ Application form:

Please copy and paste the URL below to download a writable form.

<https://drive.google.com/open?id=1isTQox8IvOisNLjtLBbZW0yazBjqL4XH>

お知らせの続き

Be connected with peers

We've heard that the current "online courses" situation makes students have few opportunities to talk with peers. It is, of course, important to have your own time being alone, but as the time alone lasts, it may make you burden yourself with your problems. During the COVID-19 outbreak, it's not easy to casually see your friends, but remember that you can talk and spend with people through Zoom and other SNS, and stay connected with peers that you can rely on when you have a problem.

It would be a good idea to create an opportunity to chat after class if you are taking a seminar or small group course right now, or you can plan to get together and have an online drinking party. We keep going through this online situation for a while, so try to stay connected with people as possible as you can.



We are planning social gatherings!

Considering the current situation, we, the Student Support Room, are planning social-gathering events for students. The first meeting was held on October 14th (Wednesday) and some master's students came by. The next one is scheduled for the coming January or February.

We would like to organize a social gathering based on your preference and needs. If you are interested in this kind of event, please take a quick questionnaire below and let us know what kind of event can benefit you. For those who responded to the questionnaire, we will send you information about upcoming events.

Brief questionnaire URL: <https://forms.gle/jQVJYged6mJTzTwu6>

Staff members



北原 祐理（きたはら ゆうり） Yuri Kitahara

Hi, I'm Yuri, a counseling staff from this year. I've been doing clinical work and research in and out of Todai, having an interest in emotion regulation. University life brings you a lot of new values, while sometimes you may feel troubled by your identity, relationships, study, or future. I would be happy if we could be a part of that assistance. Please feel free to talk to us.



内村 慶士（うちむら やすし） Yasushi Uchimura

Hello, I'm Yasushi Uchimura. I've been worked as a counseling staff for a year. I myself had struggled with working at the new workplace, but thanks to faculty staffs, I've got accustomed to this faculty. I hope I could be of such help to you. Even just having a chat is fine, please feel free to visit us.

Free Counseling Spots on Campus

For people having daily concerns and mental health problems
(The information below is based on the Dept. economics student handbook)

【When you are not sure where to go】

Nandemo-Sodan (One-Stop Resources) Office

You can consult them about anything, such as interpersonal problems, academic concerns, career options, legal problems, romantic relationships, gender identity or sexual orientation. You can also get information on possible on-campus resources.

<https://dcs.adm.u-tokyo.ac.jp/nsc/>

【When you are concerned about mental health】

Student Counseling Center (Hongo Campus)

You can talk and sort out your psychological problems with professional therapist. You can also have an advice on how to deal with other people (as well as problems between you and them) such as your family and friends.

<https://dcs.adm.u-tokyo.ac.jp/scc/>

If you have specific psychological problems such as insomnia and depressed feelings, you are recommended to visit the **Office for Mental Health Support**.

(<https://dcs.adm.u-tokyo.ac.jp/mhs/>)

【Support for international students】

International Student Support Room

You can consult them on any daily concerns in English. They help international students to get used to the environment and have a better university life.

<https://www.u-tokyo.ac.jp/adm/inbound/ja/support-issr.html>

➡ If you have questions on office procedures or financial supports, please visit GAIA (Group Administering International Affairs) at the faculty of economics. (<http://www.student.e.u-tokyo.ac.jp/ryugaku-index.html>)

【Professional Support recourses】

Communication Support Room

You can consult them on concerns in interpersonal communication, and your trait including differences between you and others or problems in attention regulation.

<https://dcs.adm.u-tokyo.ac.jp/csr/>

Career Support Center

If you are having trouble with job hunting, then visit here. They offer various resources to support your decision-making on career choice.

<https://www.careersupport.adm.u-tokyo.ac.jp/>

Student Support Room
(Graduate School/Faculty of Economics)