

## Guide for Student Support

Student Support,  
Nagoya University

### Student Support

- **Student Counseling Center** (Student Counseling Division, Faculty Consultation Office, Mental Health Support Division, Inclusive Learning Division)
- **Career Support Center** (Career Support Division, Career Counseling Division, Doctoral Student Career Development Division, International Student Career Support Division)
- **Ability Support Center** (Academic Learning Support Division, Life Design Support Division)

Student Services, Nagoya University, Furocho, Chikusa-ku, Nagoya 464-8601

TEL: 052-789-5805 ) Mon.-Fri. 10:00-17:00)

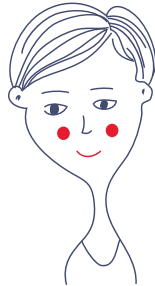
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There are many challenges in university life. Including relationships, one's self, study, disabilities and personal attributes, career and future plans. Everyone grows up with some worries and doubts. However, there are times when it is hard for you carry them alone. At times like this, there is support available for you. Please take a look through this guide so that perhaps you can remember us at some point. It will certainly make the future look a little bit brighter.



## Student Counseling Center

In university life, you may encounter a variety of difficulties. It can be very exhausting, but if you talk to someone about it, sometimes it will make you see things from a different perspective. You may find that what you thought was a difficulty has aspects that can be a source of growth for you. At the Student Counseling Division, **clinical psychologists** provide counseling and **psychiatrists** offer medical consultations, on issues related to student life, such as **academics, career, future, interpersonal relationships, and relationships with family members**. Consultation for faculty, staff, and family members is also available.

### Concerns brought to us include

- Trouble with my relationships (labs, friends, clubs, etc.).
- Relationship with my family.
- Not motivation for lectures or research.
- Not sure if I should change my career path.
- Wondering how I will live after graduation.
- Having been absent from the university for a long time.
- Trouble in sexual matters.
- Nuisance by persistent solicitation.

## Ability Support Center

A "disability" is generated when a person's innate qualities do not mesh with the way society works. This may interfere with one's ability to perform at their best. **If you experience difficulties in learning or living due to a disability, or if you are unsure if you have a disability, why don't you think about it with us?**

We are certain there is something we can do.

The Ability Support Center has two divisions: The "**Academic Learning Services Division**," which helps to accommodate your academic needs, and the "**Life Design Support Division**," which helps you sort out life difficulties and find your own way of life.

### Concerns brought to us include

- Want to request accommodations for classes and exams appropriate to my disability
- Want to ask about how to tackle studies and assignments
- Want to know how to explain my disability to the people around me.
- Want to know about apps and IT devices that can help to self-manage better.
- Want to know if I have a disability.
- Want to talk with other people who have similar problems.

## Career Support Center

The Career Support Center provides counseling and information about employment and career paths. Counseling includes **how to receive interviews, how to apply, how to choose a company, how to find a job, and anxiety about finding a job.** Our full-time career counselor are also available to talk with you individually. Counseling on how to gather information on interviews and examinations and mock interviews is also available. We also constantly hold seminars on employment and career choices at any time.

### Concerns brought to us include

Career choice: Not sure which school to go to, not sure whether to go to school, get a job, or return to home country... etc.

Preparation for Employment: having nothing to promote, having little to write on the application documents, don't feel like getting a job... etc.

Job Hunting: I can't pass my ES, I'm too nervous to speak at an interview... etc.

Future: I got a job offer, but I'm not sure if I can make it... etc.

Anxiety of earlier grade level students: I can't imagine my future including employment, I don't know what I should do for my future... etc.

## Faculty Consultation Office

Campus life is supported by a variety of people surrounding students, including faculty, staff, and their families. The Faculty Consultation Office is a consultation service **exclusively for faculty, staff and families.** Even if you feel your concerns may not be warranted for consultation, please do not hesitate to contact us. We are here to help faculty, staff and family to **resolve problems related to students, support students' growth and development, and support collaboration and cooperation with related parties.** We also offer a psycho-education program, Psychological Wellness Program.

### Concerns brought to us include

How to deal with a student who has written a comment of concern in a class survey.

A student's long-term absence.

I can't get in touch with a student. I want to contact the student's family, but when should I do so?

There are students for whom our accumulated knowledge of student support is inapplicable. How should we work on this?

We would like to improve the interpersonal relationships in the laboratory.

We would like to consult about improving students' skills such as communication skills.