

# For Students

Tohoku University provides various support services to help students enjoy healthy and fulfilling student life, including counseling services that address concerns and problems arising on- and off-campus.

If you are worried about anything during your student life, please do not hesitate to use the counseling services provided by the university or your department.

## Academic work

- ◎ I might not be able to keep up with the class.
- ◎ I don't feel like going to the campus.
- ◎ I can't make any progress on writing my thesis.
- ◎ I'm losing my motivation for my research.

## Future plans

- ◎ I'm wondering about reapplying to another university/school.
- ◎ I have no idea what to do after graduation.
- ◎ I'm worried about job hunting.

## Physical/mental health, Personal traits

- ◎ I feel depressed.
- ◎ I feel mentally unstable.
- ◎ I have a concern about my personality.

## Interpersonal relationships

- ◎ I have a problem with my family relationship.
- ◎ I'm having trouble with my friends.
- ◎ I'm worried about relationships with people in my lab.

## Off-campus life

- ◎ I'm wondering how to decline suspicious solicitation.
- ◎ I haven't been paid from my part-time job employer.

**Center for Counseling and Disability Services**  
022-795-7833 (Counseling Office)  
022-795-7696 (Disability Services Office)

**Graduate School of Information Sciences**  
022-795-5814 (Educational Affairs Section)

