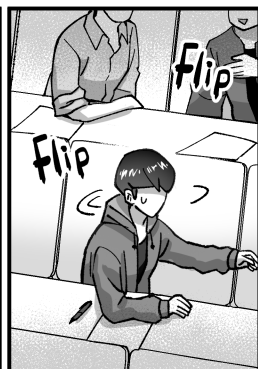
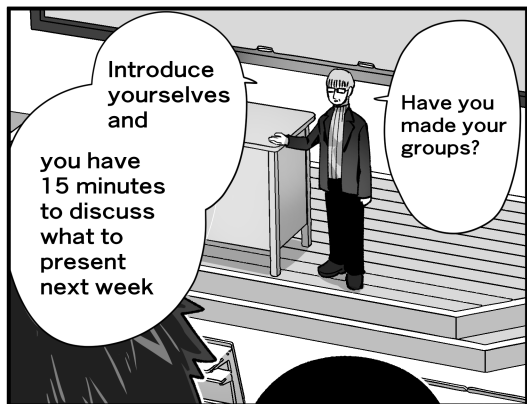
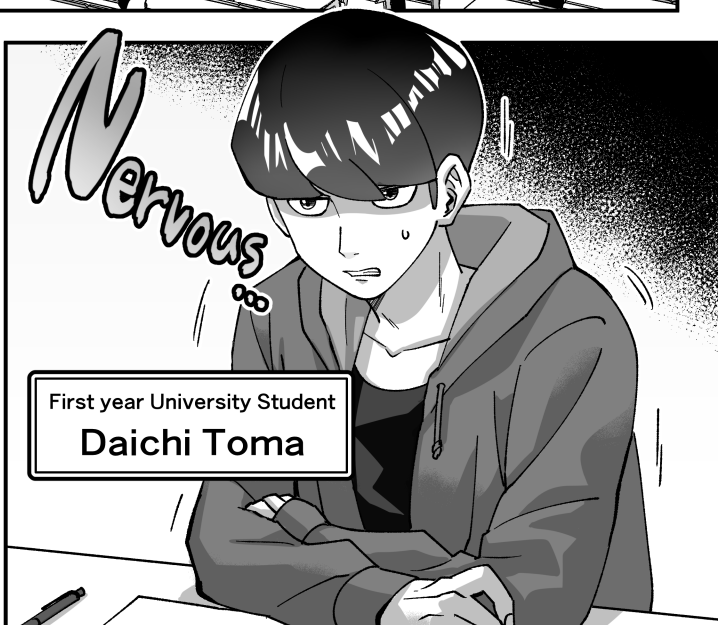
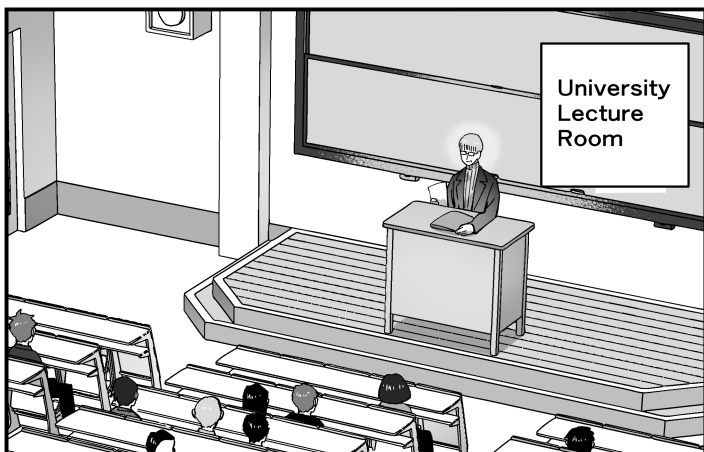
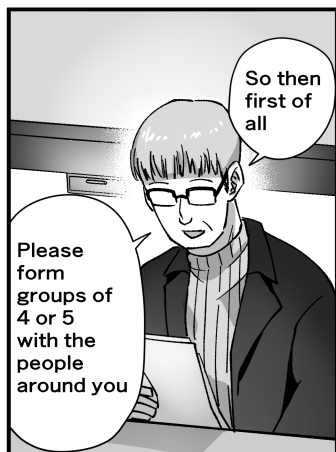
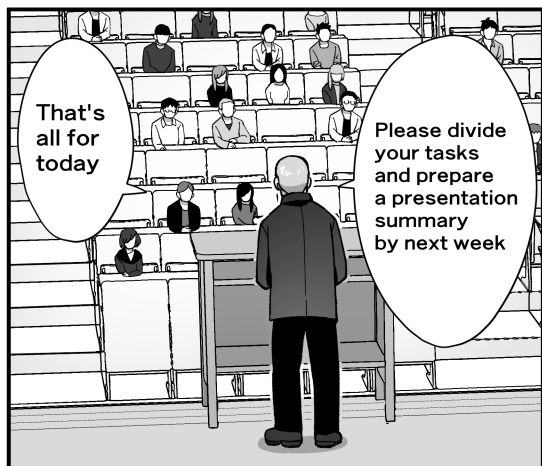


Campus troubles

—STOP! Leave problems behind—







-15 minutes later-





Yeah
I think
I need to
study
soon...



Of course,
we should
study for
exams
together
sometime!

What
a save!
Can I
copy them
later?

Do you
want to
see?

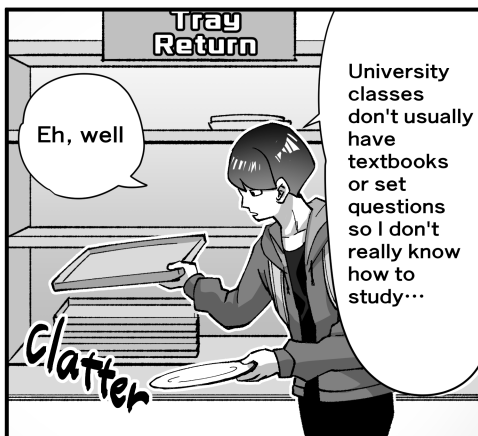
I got some
past exams
from a
senior
in my club



AH Shoot!
I forgot!
When's it
end?

Did you
register
your class
preferences
yet?

Today!



Eh, well

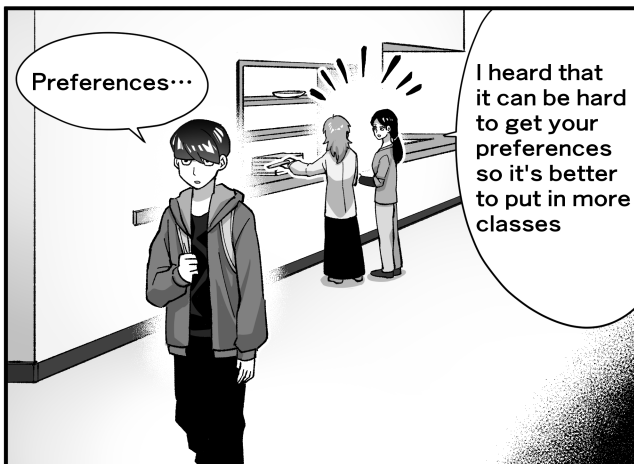
University
classes
don't usually
have
textbooks
or set
questions
so I don't
really know
how to
study...

Clatter



Ahh well
it's
annoying
to look up
and I just
didn't ask

I feel like
it was
explained
during the
enrollment
orientation
but what was
it?

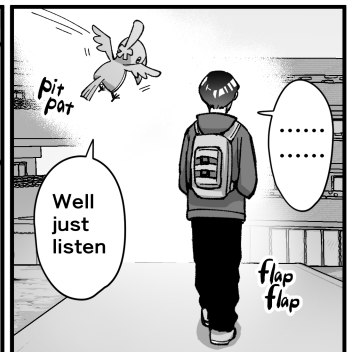
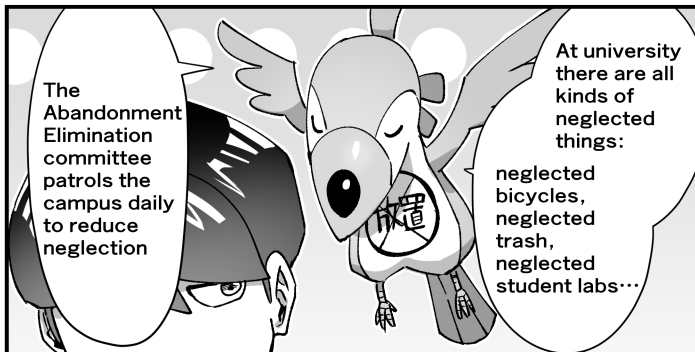
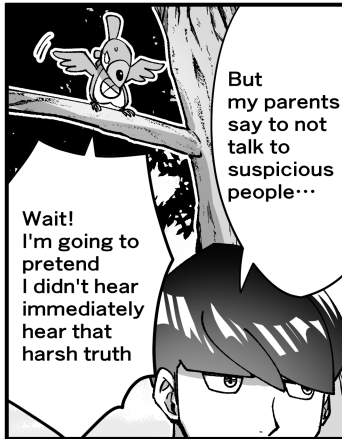
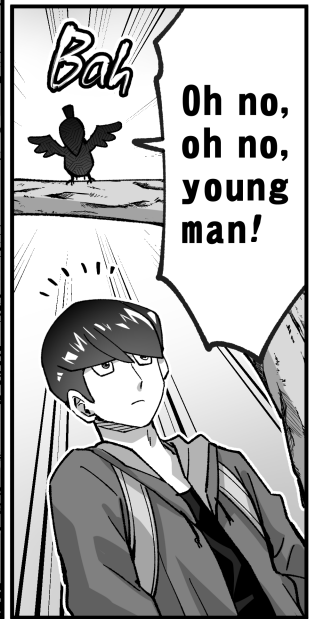


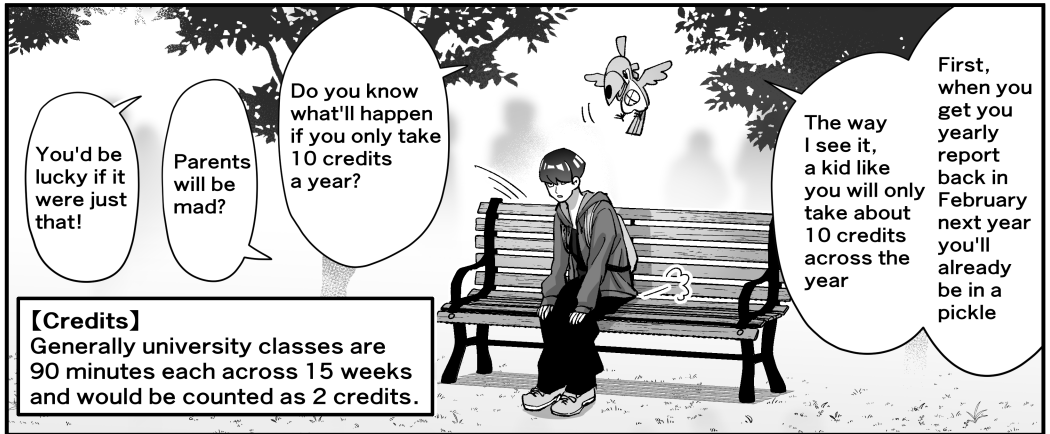
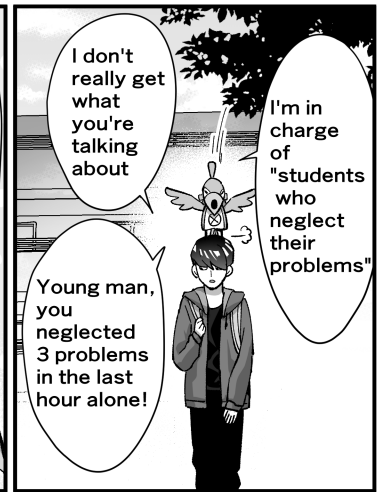
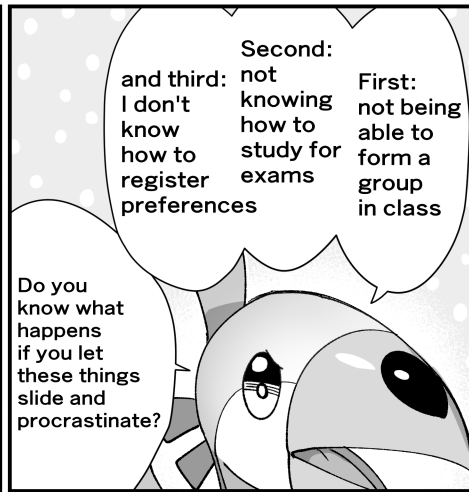
Preferences...

I heard that
it can be hard
to get your
preferences
so it's better
to put in more
classes

[Chusen tōroku]

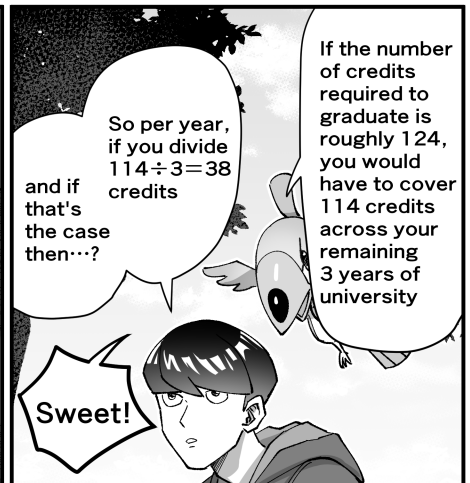
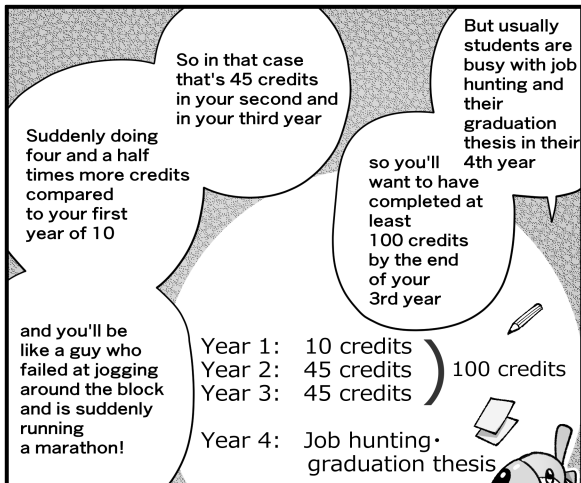
In university classes (especially liberal art classes) the class size may be limited to certain number of students, so getting into those classes is based on a lottery system. Registering the classes you want to take during the preferences registration period is called Chusen tōroku.





[Credits]

Generally university classes are 90 minutes each across 15 weeks and would be counted as 2 credits.



If the number of credits required to graduate is roughly 124, you would have to cover 114 credits across your remaining 3 years of university

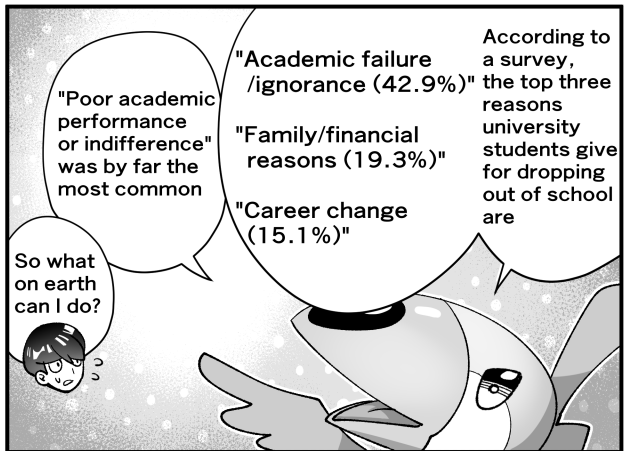
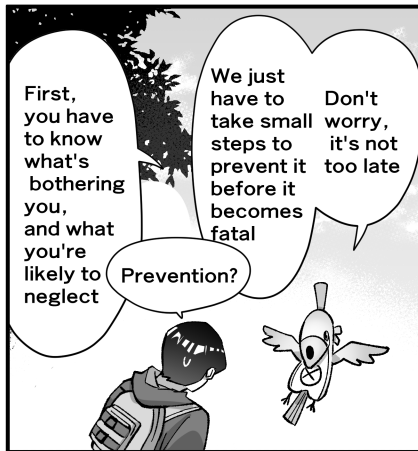
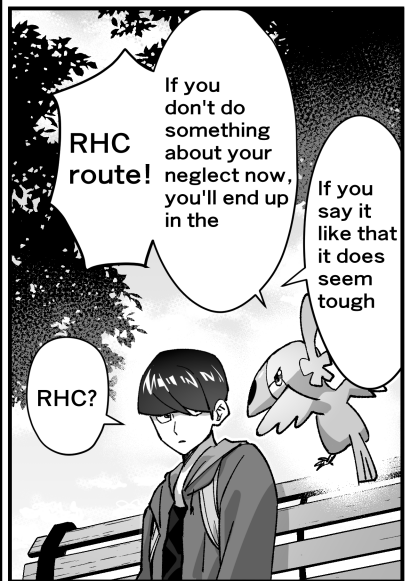
So per year, if you divide $114 \div 3 = 38$ credits

and if that's the case then...?

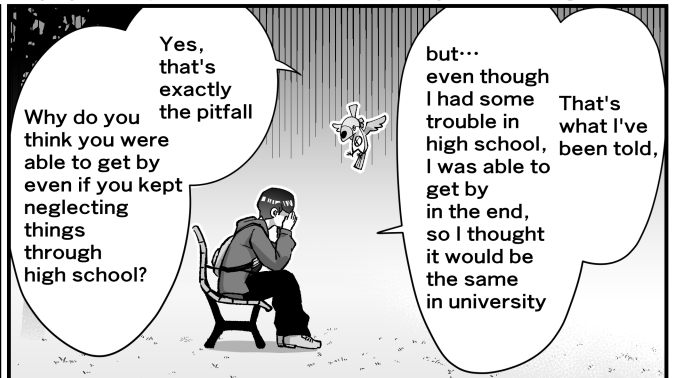
Sweet!

Year 1: 10 credits
Year 2: 45 credits
Year 3: 45 credits
Year 4: Job hunting· graduation thesis

100 credits



※Survey by the Japan Institute for Labour Policy and Training (2015)



	High School	University
Communicating necessary information (irregular events, deadlines for submissions, etc)	Your homeroom teacher tells you during homeroom	No communication Figure it all out yourself
Reminders	The homeroom teacher will remind you when events and deadlines are approaching.	None
Ease of consultation	Students can feel free to ask their homeroom teachers for help if they have any questions. If a student is in trouble, the homeroom teacher will say something	There is no teacher around who can easily be consulted No one will say anything even if you appear in trouble.

Communicating necessary information, reminders, easy to ask any questions, etc. In high school, homeroom teachers are full of perks

Ping!

Look at this table showing the difference between high school and university regarding homeroom teachers

Because there were people who helped you

Your homeroom teacher, your classmates ...

I don't know if I had help...

I'm really bad at that
I basically ignore e-mails from the university



For example, I have to check the bulletin boards and the many e-mails sent by the university for information I need, and I have to figure out everything on my own

so we have to be independent for everything

At university, we don't have this convenient system,

It's true that in high school I had a few friends and we helped each other out a lot

There are so many benefits

3) They can remind you of important information such as what you need to hand in when

2) They can help you when you forget your homework or have other problems

1) You can easily ask for help if you don't understand something

Having classmates is also a big perk!

But in university, I don't know how to make friends

Just to give you an idea:

	High School	University
Class seating	There are classroom seats	There aren't even classrooms
Ease of talking	It's easy to talk to the people around you and to each other.	You need to talk to the students around you who you have never met before.
Events that the whole class participates in (such as cultural festivals)	There are events with the whole class. It is easy to get along with classmates.	No class based events
Club Activities (Circle)	Since there are not that many, it is easy to visit and choose.	You need to find one from many and contact them for a tour.

Ping!

That's another big difference

This is the difference between how easy it is to make friends in high school versus university

Yeah, I'm really bad at talking to strangers and contacting people

Oh no...

But for shy students

it's quite a hurdle to talk to people around you or contact clubs to visit

If you want to make friends, you have to talk to other students around you or

Alone...

In university, you don't have classes, so you don't have your own seat, and basically you don't have classmates that you see every day

join clubs and find like-minded people

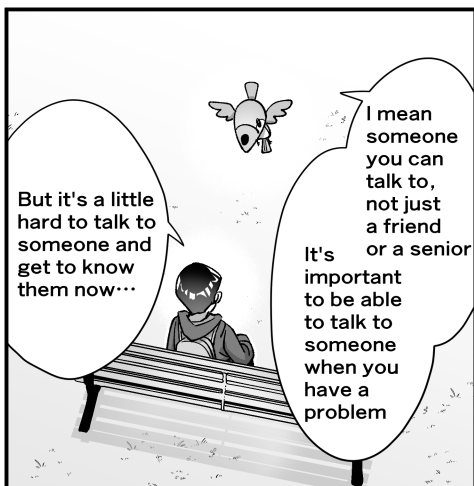
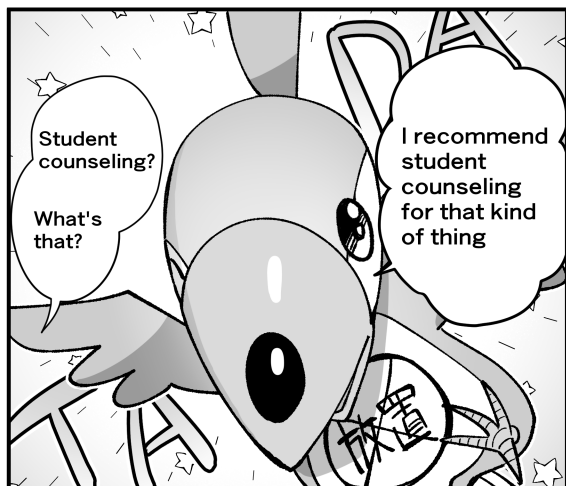
So, I have to work hard to find good friends and mentors?

But many of them have to muster up the courage to talk to other students or to join club activities they're interested in,

and then gradually make friends with their classmates and mentors

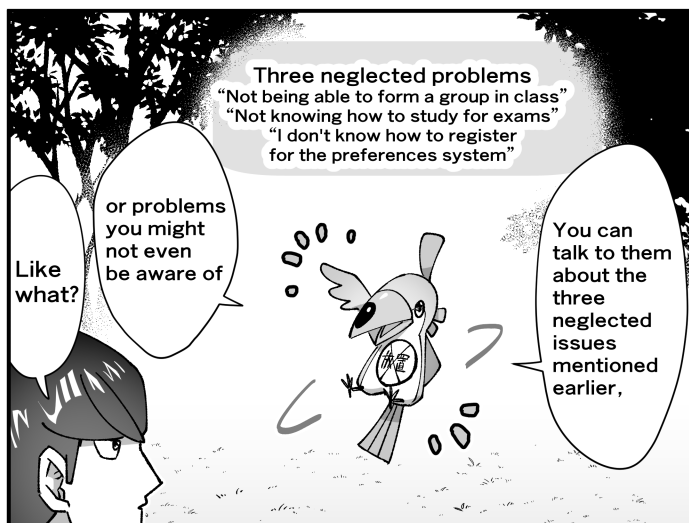
It's not just you, bro

Most first years are fresh out of high school and aren't independent



Department	Assisting person	Type of assistance	
①Health Service Center	Mainly doctors	Mainly about physical and mental disorders	Universities have a number of departments that students can go to if they need help It varies from university to university, but here's an example
②Student counselling room	Mainly counsellors	Any kind of problems such as study, human relations, career, etc.	
③Support room for students with disabilities	Support Coordinator for Students with Disabilities	Mainly about academic difficulties due to disabilities	

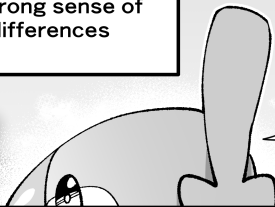
If you don't know which department to go to, you can also go to ② Student Counselling Room and ask for help



[The First Year Confusion]

Many first year university students feel a strong sense of confusion and difficulty due to the various differences between high school and university.

For example, there is a phenomenon called "First Year Confusion", which is often seen among first year university students during the transition from high school to university



To what extent have you been confused or troubled by the following situations or matters since you entered university? Please choose one that applies to you.

1. Not troubled at all 2. Not very troubled 3. Can't say either
4. Somewhat troubled 5. Very troubled

[Class difficulties]

1.	I don't know what to study since the scope of examinations are so broad	1-2-3-4-5
2.	Some questions on the examination include essay style questions, not just questions you can memorize	1-2-3-4-5
3.	There are no exercise books or reference texts to use when studying for examinations	1-2-3-4-5
4.	Sometimes I will be asked to answer questions that do not have a clear answer, such as "Write what you think about ____"	1-2-3-4-5
5.	There are many assignments and reports to be submitted	1-2-3-4-5
6.	I need to choose the clothes I will wear each day because we don't have uniforms	1-2-3-4-5
7.	Some classes have a variety of class formats, including group work, discussions, student presentations, or other formats	1-2-3-4-5
8.	Many answer sheets that have already been graded are not returned, and thus cannot be used for future study	1-2-3-4-5
9.	Classes are longer than in high school	1-2-3-4-5
10.	It is hard to know what are the main points in classes where PowerPoint presentations are used	1-2-3-4-5
11.	Some classes have no textbooks or reference texts	1-2-3-4-5

[Self management difficulties]

1.	I need to register for classes on my own	1-2-3-4-5
2.	I need to determine how I spend my time	1-2-3-4-5
3.	I need to check the syllabus and choose classes on my own	1-2-3-4-5
4.	I need to understand the various class categories, such as liberal arts subjects, specialized subjects, elective subjects, compulsory subjects, optional compulsory subjects, and make a plan to get the credits I need to graduate	1-2-3-4-5
5.	Self-management is needed, such as obtaining the information I need by myself through the university bulletin boards, the university web system, or university e-mails sent to me	1-2-3-4-5
6.	I have no homeroom, and no homeroom teacher to convey necessary information	1-2-3-4-5
7.	I need to manage various schedules such as schoolwork, club activities, extracurricular activities, part-time jobs, etc	1-2-3-4-5

[University life difficulties]

1.	I have no set way to spend my lunch break	1-2-3-4-5
2.	I don't have a set place to eat lunch	1-2-3-4-5
3.	I don't have an assigned seat or classroom	1-2-3-4-5
4.	I sometimes have long periods of free time between classes	1-2-3-4-5
5.	I have no single class to which I belong, and few opportunities to make friends	1-2-3-4-5
6.	I'm not sure how to communicate with others when I go out for drinks with them	1-2-3-4-5
7.	I was invited to participate in various club and extracurricular activities during the welcome period for new students	1-2-3-4-5
8.	There are so many things to remember outside of class, such as how to use the library, etc	1-2-3-4-5
9.	I'm not sure how to develop relationships in club activities, extracurricular activities, part-time jobs, etc	1-2-3-4-5

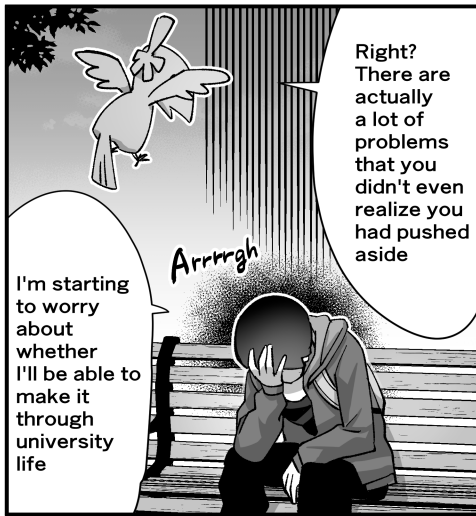
Take a look at this

It's a list of 27 items that summarize scenarios from The First Year Confusion

Do any of them seem confusing or troubling to you?



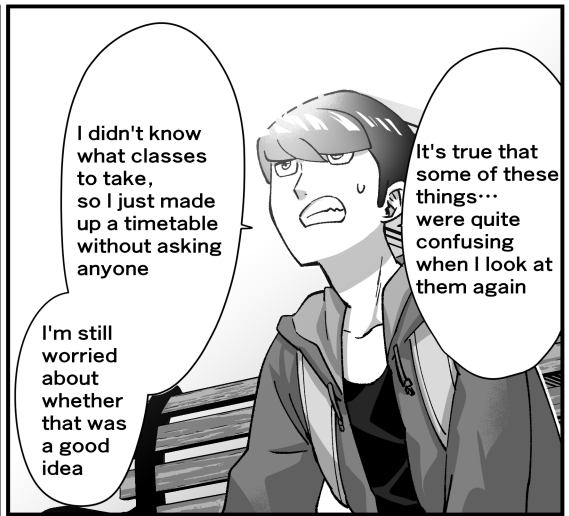
Click



I'm starting to worry about whether I'll be able to make it through university life

Arrrrgh

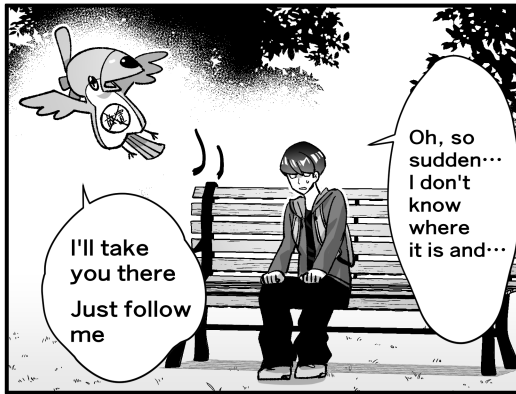
Right? There are actually a lot of problems that you didn't even realize you had pushed aside



I didn't know what classes to take, so I just made up a timetable without asking anyone

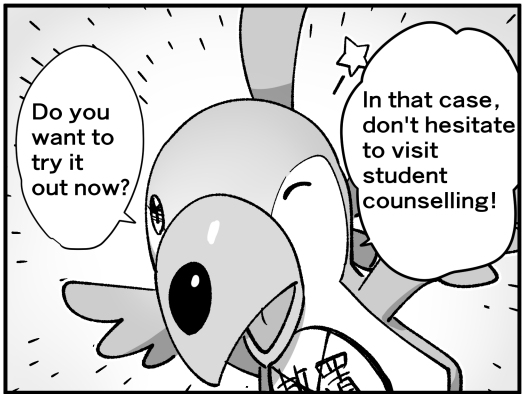
I'm still worried about whether that was a good idea

It's true that some of these things... were quite confusing when I look at them again



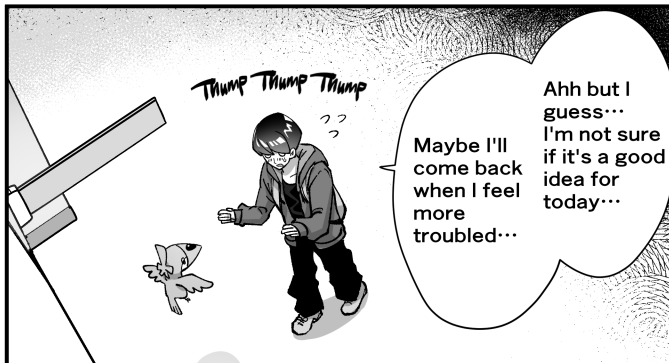
I'll take you there
Just follow me

Oh, so sudden... I don't know where it is and...



Do you want to try it out now?

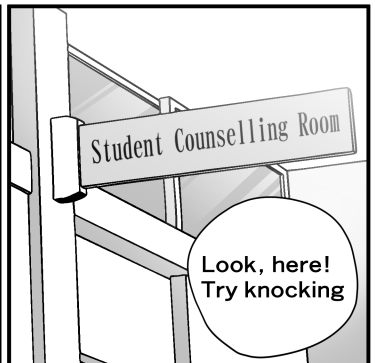
In that case, don't hesitate to visit student counselling!



THUMP THUMP THUMP

Maybe I'll come back when I feel more troubled...

Ahh but I guess... I'm not sure if it's a good idea for today...



Look, here! Try knocking



Hi!
Come in!

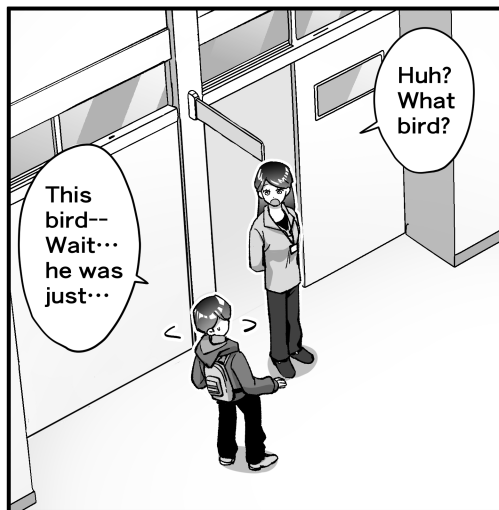
Slide

Oh!
Ah..
N-n-



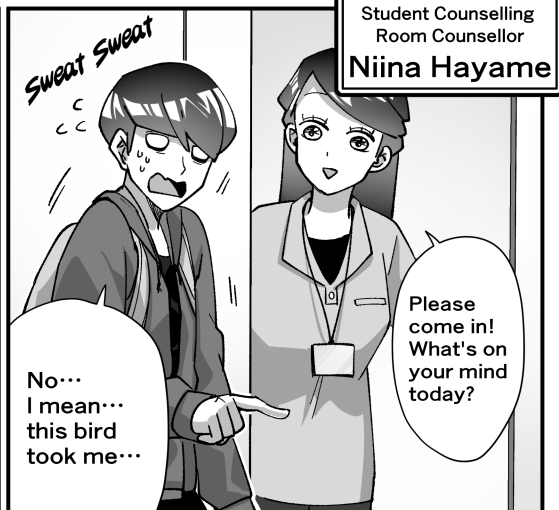
peck peck peck

Ah!
Wai--
What
are--



This
bird--
Wait...
he was
just...

Huh?
What
bird?

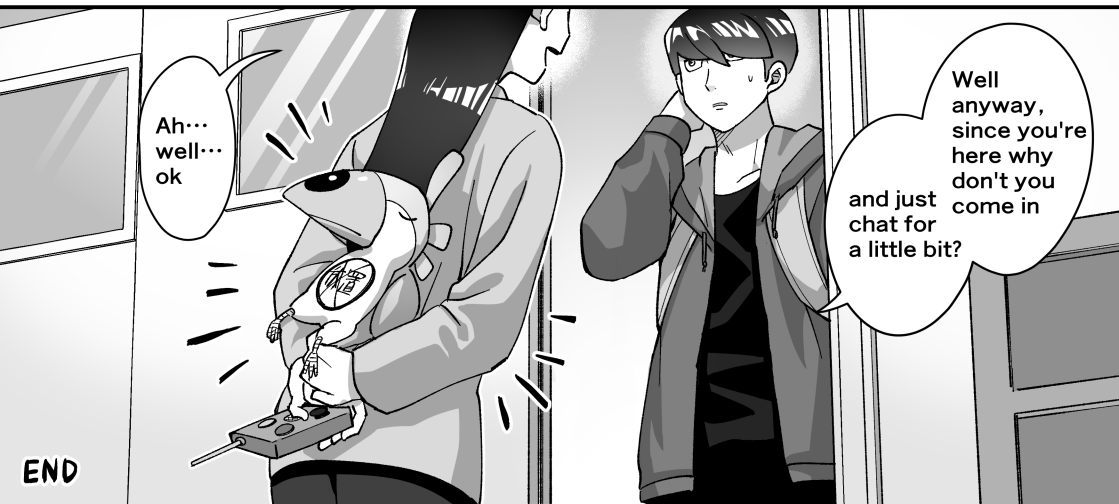


Sweat Sweat
C C

Student Counselling
Room Counsellor
Niina Hayame

No...
I mean...
this bird
took me...

Please
come in!
What's on
your mind
today?



Ah...
well...
ok

Well
anyway,
since you're
here why
don't you
come in
and just
chat for
a little bit?

* Please feel free to use this page to remember the consultation departments at your university.

	Counseling Department Name	Opening Hours	Contact・Application Method	Remarks (Homepage URL, etc.)
Consultation on physical and mental disorders (eg Health Service Center)				
Consultation on student life in general (eg Student Counseling Room)				
Consultation on disabilities (eg Support Room For Students With Disabilities)				
Other consultations (eg Career Support Office, International Student Advising Room, etc.)				

Campus troubles
-STOP! Leave problems behind-
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