

Peer Newsletter



Health & Counseling Center
Counseling and Support Division, Peer Consultation

MAR 2021



Vol.10: Reason for the tears...
Graduation...Hay fever...

“Peer Postbox” Call for Posts



Do you ever feel you have something on your mind that you can't usually ask out loud, but still want to ask someone about?

If you submit a question using the form you can access with the QR code(↗), peer advisors who are graduate students majoring in clinical psychology will think about it and answer it in a special issue of Peer Newsletter. Although we may not be able to answer all of your questions, please read the notes carefully, and feel free to bring them up.

The next round of questions will be answered in May. (Deadline is the end of April)



Review on Events in February

Vol.8 Leisurely Peer Salon “Talk freely about whatever”



At the 8th Leisurely Peer Salon held on February 8, the peer advisor intentionally did not propose any particular topic, but set up a meeting where participants could talk freely according to what they wanted to talk about!

This was the first time for us to try this kind of event, and there were should have been some thoughts, from both the facilitators and the participants, such as "Won't there be a long period of silence...?" or "What kind of topics will we talk about...?" However, five students participated, and two peer advisors joined in the fun.

Although the time was limited to an hour and a half, I think we had a wide range of topics, from pop hobbies to more serious topics.

It seemed to be a good atmosphere where the participants got to talk with each other, and not only the peer advisors to talk and answer questions.

Of course, there were some participants who said they were just going to listen this time, and I think this event was a good listen for them, too!

I'd like to do this kind of light project again, so please join us if you're interested! (Kishi)

Contact: Counseling & Support Division, Peer Consultation Mail: seikatsu-stu@ml.office.osaka-u.ac.jp

[About the Leisurely Peer Salon]

※In order for students to freely participate in a leisurely atmosphere, we would like to continue to plan themes based on your suggestions from the next salon on too.

Please enter your desired themes at the link below (or QR code to the right)

<https://forms.gle/oxs9sDQRzuNm4n889>



Review on Events in February



Vol.9 Leisurely Peer Salon “Let’s Talk about PROCRASTINATION”

This time, five students, including both undergraduate and graduate students, participated. It was an event to have a casual discussion about procrastination. There was a lot of talk about procrastination in assignments, shopping, and applying for part-time jobs. We also talked about factors relevant to procrastination such as "perfectionism" and "thoughts of what people think of me", how to talk to other people related to "relying on others", and even a question, "Is procrastination really a bad thing?" and so on. It was so much fun that I was impressed the whole time I was listening. In retrospect, I think it's important to be aware that preventative attempts for procrastination are just a means to an end, not the main focus. Like, don't let life hacks hack your life. Thanks to everyone who participated, and look forward to the next one! (Tanaka)

Geeting

We, Tanaka and Suzuki, will be retiring as peer advisors in March. It has been a very fulfilling and enjoyable three years. Our successors will be planning fun and informative events for next year. We look forward to your participation. Thank you very much!



What is “Peer-Tomo*” (Peer Consultation)?

*“Tomo” is the abbreviation of “Tomodachi” meaning “Friend(s)” in Japanese

- ◆ At the Health and Counseling Support Center’s Counseling and Support Division, we, “Peer-Tomo,” offer individual consultations on all aspects of student life. Our counselors major in clinical psychology at our Graduate School of Human Sciences. They are graduate students themselves acting as your peer advisors(counselors) along with instructors.
- ◆ We handle various student life issues related to, not only school work, academic path, interpersonal relationship worries, etc., but also cult organizations, consumer troubles, student group activities, financial troubles, and so on.
- ◆ We also hold monthly “Peer Station Café” events where you can interact with fellow students through the sharing of common experiences. It provides a place where fellow students can interact with each other through sharing an experience different from the daily norm.

Open Hours, Locations, and Contact Information

Zoom, phone, and in-person consultations available from OCT (Reservation required)

	Toyonaka Campus	Suita Campus
Hours	13 : 00 ~ 17 : 00	12 : 30 ~ 16 : 30
Days	Mon, Thu, Fri	Mon
Contact	(06) 6850 – 6651 campuslifekenkou-peer@office.osaka-u.ac.jp	

🌸 Mental Wellness Check 🌸

- It is hard to wake up in the morning.
- Though I believe I slept well, I don’t feel refreshed.
- I am told that my face seems pale by others around me.
- I have continued unexplained pains such as headaches or backaches.
- My room hasn’t been tidied.
- It feels like a bother to go to school.
- I can’t readily make decision on anything.
- Times when I feel irritated or anxious have increased.
- I have an unusually strong appetite or loss of appetite.

How many of these apply to you? During these hectic days, please try listening to that little voice inside your heart.



Toyonaka

Student Service and Union, 3rd Floor



Suita

Cybermedia Suita Educational Training Center, 2nd Floor