

Peer Newsletter

Health and Counseling Center
Counseling and Support Division, Peer Consultation

APR 2021



Vol.1: Peer-Tomo 2021 has begun!



What is “Peer-Tomo*”?

*“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 “**Peer Station Café**” and “**Leisurely Peer Salon**” events monthly or bimonthly, 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.
- ◆ In addition, “**Peer Postbox**” is held on an irregular basis, where we call for casual “posts” on Google Form, and peer advisors reply to them in the peer newsletters.

Details for “Peer Station Café”, “Leisurely Peer Salon”, and “Peer Postbox” will be in the next Peer Newsletter!



When, Where, and About What to Come for Consultation?

Currently, only Zoom and phone consultations are available (Reservation required)

Open Hours, Locations, and Contact Information

| | Toyonaka Campus | Suita Campus |
|---------|--|-------------------------------|
| Hours | 13 : 00 ~ 17 : 00 | 13 : 00 ~ 17 : 00 ※Changed |
| Days | MON · WED · FRI ※Changed | THU ※Changed |
| 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

<https://hacc.osaka-u.ac.jp>

Find us on Facebook



Meet the peer advisors: Their Self-introductions and Messages/Columns



Tomohiko KISHI (MON @Toyonaka)

[Self-introduction]

My name is Tomohiko Kishi, and this is my second year as a Peer Advisor. As in the previous year, I hope that I will be able to help you in some way if you drop by when you have something you would like to discuss with someone, but feel uncomfortable discussing it with someone close to you. I look forward to talking with you.

[Message/Column]

As I was thinking about what to write in this column, the theme song of a certain anime was playing in my head. Including something I have read somewhere before, it seems that heroes and anime are changing a bit these days. In "Anpanman" and "Kamen Rider", there are many works where the enemy and ally, righteousness and evil are clearly separated, but in "Kimetsu no Yaiba", for example, when a demon is defeated, there is a scene where the show is looking back on the demon's memories of his past when he was human and on the parts of the demon that are not necessarily evil. It reminded me of the word "indivisible". I guess it means I've become an adult.



Akemi YAMAMOTO (WED @Toyonaka)

[Self-introduction]

My name is Akemi Yamamoto, and I have become a Peer Advisor this year. Everyone has probably once thought "I wonder if it is okay to discuss this with someone," or "If I said this to someone, what would they think?" At such times, I would like to help you in any way I can, from the standpoint of a student myself. Please feel free to talk with me!

[Message/Column]

How do you spend your time at home? I play a 12-year-old Pokémon game during my relaxation time, or laze around with my favorite stuffed animals by my side. Recently, I've been addicted to a Youtube channel called "Hina Channel", where you can find a variety of exercises ranging from simple 3-minute stretches to hard workouts that will leave you breathless. I highly recommend it to anyone who has nothing to do these days, because the day after a workout, your body feels relaxed and you can go to school with a fresh mind.



Satoko DOKI (FRI @Toyonaka)

[Self-introduction]

My name is Satoko Doki, and I have become a Peer Advisor this year. I would like to help you sort out your situations and feelings when you are troubled or have something on your mind. I look forward to hearing from you.

[Message/Column]

In infection prevention, awareness of distance has become a constant concern. 'Distance' is a word that refers to the '距離-space between', but in Japanese we have the word '間-ma'. As it is in the word for '間合い-the space between two opponents', '間柄-a relationship between people', and even the word for '人間-human', '間-ma' is inseparable from '人の間-space between humans'. '間-ma' is not only a physical space, but also a "living" distance that reflects various interpersonal senses, such as the feeling of the other person's presence, the mirror of the relationship, and so on. It also implies a feeling of interpersonal distance. This nuance of '間-ma' can be found in a compound word '距離感-kyori-kan' (the sense of distance). What we need to be aware of now is the physical distance where no droplets can reach us, so it is hard to see the natural distance. In such a situation, feelings may not be conveyed as a firm response, and you may feel uncertain or uneasy about the other person's words. In such a situation, putting your feelings into words may help you to find the right distance between you and your uneasiness. Please try using peer counseling as well.



Nanae KURIYAMA (THU @Suita)

[Self-introduction]

My name is Nanae Kuriyama, and I have been a Peer Advisor since last year. Even though it is difficult to find a quick solution to your worries and problems, once you let your thoughts and feelings out, you may be able to vent, gain awareness, and see the next step. I would be happy if I could help in any way. Consultations for international students (in Japanese and English) are also welcome!

[Message/Column]

Looking back on the last year, there were many times when we were forced to refrain from going out or our activities were restricted, and it was a year that more or less affected our lives and the way we live. It was difficult to switch between on-time activities such as school and work and off-time activities such as private life and leisure in this stay-home period. At the events we hold, we sometimes hear people talking about this. At the same time, there were people who told us that they were unexpectedly having a good time, or that they had time to reflect on themselves. Spending time alone, connecting with others, and the way society is...it was a year that made me think about many things. If you would like to tell us what you felt and thought during this exceptional(?) year, please let us know at the events and peer consultations.

