

Peer Newsletter

Health and Counseling Center
Counseling and Support Division, Peer Consultation
MAY 2021

Vol.2 : Spring Blossoms, Circle of Activities Expands



What are "Peer Station Café" and "Leisurely Peer Salon"?

As we reported in the April issue, this issue contains more details about two types of events that our peer advisors are planning and running! **Currently conducted mainly by Zoom*

Peer Station Café

We gather according to the theme of each meeting to **exchange opinions and share information**. The peer advisors may **introduce (psychological) techniques and knowledge**, or all of us may **make something** together. We would be happy if you can find some relief, **new discoveries**, or **new ways of thinking** through the Station Café.

Themes from the previous events:

Time management

How to proceed in research

How to deal with 'lab' stuff

Hi, int'l students!

Self-introduction Master



Leisurely Peer Salon

Compared to the Station Café, this is an event to enjoy **"relaxed" socializing**, where people with the same habits(?) can get together, talk about what they like, and so on. We run this event as a "conversation lounge" where each participant can talk freely.

Themes from the previous events:

We love manga!

Procrastinators

Let's share what we love

Let's talk about anything!

Married students w/ or w/o child(ren)



Search on **Health and Counseling Center's** website
Details on past events [\(https://hacc.osaka-u.ac.jp/ja/\)](https://hacc.osaka-u.ac.jp/ja/) for

Station Cafe	Q	ピアサロン	Q
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Notice of NEXT Peer Station Café **2021 Vol.1 Peer Station Café** **Let's Talk about Anything about the "New School Year"!**

It has been about two months since the start of **the new school year**. What kind of changes have you experienced in your environment? At this time of the year, when we get used to the new year and relax a little, we can take a breather, but at the same time, it is also a time when we start to feel the fatigue of the past months and our moods tend to waver (so-called "May sickness"). In particular, university life under the conditions of **COVID-19** has its own difficulties. Don't you feel like **"I feel depressed because I spend so much time alone at home"**, **"I don't understand XX, but I have no idea who to ask"**, **"I don't feel comfortable in online classes"**, or **"I just want to talk with someone"**?

At **this year's first Peer Station Café**, we will **share our questions, concerns, thoughts and feelings** about the new year, and try to find clues to a better university life together. Please feel free to join us!

- **Date & Time: May 28, 2021(Fri) 13:30~15:00** **The event will be held in Japanese.*
- For: Osaka University Students (Non-freshmen are welcome, too!)
- Place: Web Meeting Service "Zoom" (Details after sign-up) ● Preparations: None
- Application: Please email seikatsu-stu@ml.office.osaka-u.ac.jp with your Name, Academic/Research Dept., Academic Year, Student ID Number, and Contact information by **May 26 (Wed)**
(Please notify us upon sign-up if you are not confident in conversation on Zoom)
- For inquiries: 06-6850-6651



What is "Peer Postbox"?

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 such a question using the QR code** at the bottom right, Peer Advisors who are graduate students majoring in clinical psychology will think about it and answer it in a **special issue of Peer Newsletter**.



Examples of previous posts (partial summary)

Details

Search at **Health and Counseling Center's Website** (<https://hacc.osaka-u.ac.jp/ja/>) for

I can't clean my house. I live in a dirty room (*obeya*). Please cast a spell on me to help me clean it up.

After entering the graduate school, I got tired of the endless series of steps to my goal.



Although we may not be able to answer all the questions, please read **the notes** carefully and feel free to bring them up.

★The next round of questions will be answered in **July**. (**The deadline is the end of June**)★

What is "Peer-Tomo*"? (Peer sultation)

*"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.

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	
Days	Mon, Wed, Fri	Thu
Contact	(06) 6850 - 6651 campuslifekenkou-peer@office.osaka-u.ac.jp	



Toyonaka

Student Service and Union, 3rd Floor



Suita

Cybermedia Suita Educational Training Center, 2nd Floor

<https://hacc.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.