

Peer Newsletter

Health and Counseling Center
Counseling and Support Division, Peer Consultation

SEP 2021



9月



Vol.4 : It is already September, isn't it?!

Next "Leisurely Peer Salon"

The theme of the next "Leisurely Peer Salon" will be "Let's gather, Music Lovers!"

We are sure many of you enjoy music in your daily life. There must be many people who listen to their favorite or trendy songs while commuting to school or studying, or who play musical instruments as a hobby or lesson. (By the way, one of us the Peer Advisors started learning to play the piano last spring, which she'd wanted to do since she was a child, and this is her second year)

On the other hand, in the past year or two, due to the Covid-19 pandemic, we imagine that there are some people who are frustrated as it has been difficult to go to karaoke, or for those who belong to clubs and circles, to not able to hold live concerts and performances as they would like...(TT)

Although we have been in a situation where it is somewhat difficult to fully enjoy music, we would like to invite people who are fond of music in various ways to participate in the next Peer Salon (^).

Let's have some fun together, chatting casually about the music you like!

Date and Time : September 10 (Fri) 13:30-15:00

Apply by : September 7 (Tue)

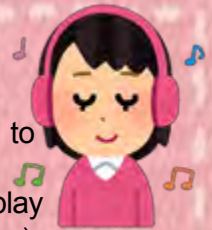
For : Students at Osaka University

Preparations: Nothing special

Please email seikatsu-stu@ml.office.osaka-u.ac.jp with your ①Name, ②Student ID Number, ③Academy/Research Dept., ④Academic Year, ⑤Contact information

(Space may be limited for event reasons)

For inquiries: 06-6850-6651



Reviews on Previous Events

Leisurely Peer Salon Vol.3 "Let's share what we got into during our 'stays-at-home.' "

On Wednesday, August 25, from 1:30 p.m., we held the third Leisurely Peer Salon of the year. The theme this time was "Let's share what we got into during our 'stays-at-home,'" and we had a casual chat with one student and two peer advisors!

Although the number of people was small, the peer advisors enjoyed listening to the many stories of the student who was interested in various things such as reading, games, and cooking! It was an opportunity even for us to gain new insights and stimulation, feeling like "I didn't know there were such hobbies and ways to spend time!" (^). We are happy for the student if the event was a motivation to start something new or an opportune diversion.

Peer Station Cafe Vol.2 "Perfectionists, Let's Get Together!"

On Thursday, July 29, from 3:30 p.m., we held our second Peer Station Cafe of the year. The theme this time was "Perfectionists, Let's Get Together!" and it was attended by three interested students and two peer advisors.

The motivations for their participation, they told us, were: "I think I'm a perfectionist and I want to know more about it," and "I don't know anyone around me who is like me," etc. In addition to the chat with the participants and the mini, psychology-based lecture on perfectionism, we also did some work to examine our own ideas and thoughts. All three participants seemed to have gained a lot of insights in a short time, and we are happy if they were able to learn, even a little bit, more about perfectionism!



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 **October**. (The deadline is the end of September)★

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

*Not taking any new cases in August and September, 2021

	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	

🌸 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