

Peer Newsletter

Health and Counseling Center
Counseling and Support Division, Peer Consultation

OCT 2021 10月

Vol. 5 : It's already Halloween Month!

Next "Leisurely Peer Salon"

The theme of the next Leisurely Peer Salon will be "Let's Exercise in the Autumn of Sports!". The autumn wind has started to blow, and some of you may think that autumn means "sports". However, it's not always easy to start exercising by yourself....

So, we'll have an online session where we'll watch a video and do some muscle training and stretching exercises that even those who are not athletic can do! There will also be a time for chatting in the latter half of the event. Let's move our bodies together to get rid of our lack of exercise and have a change of pace (^^).

Date and Time : October 29 (Fri) 13:30-15:00

Apply by : October 26 (Tue)

For : Students at Osaka University

Preparations: Comfortable clothes, drink, towel

Please email seikatsu-stu@ml.office.osaka-u.ac.jp with your

① Name, ② Student ID Number, ③ Academic/Research Dept., ④ Academic Year, ⑤ Contact information)

(Space may be limited for event reasons)

For inquiries: 06-6850-6651

*The event will be held in Japanese.



Reviews on Previous Events

Leisurely Peer Salon Vol.4 "Let's Gather, Music Lovers!"

On Friday, September 10 from 1:30 p.m., the fourth Leisurely Peer Salon of the year, "Let's Gather, Music Lovers!" was held. We received many applications for this event and had a chance to casually chat with 7 students and 2 peer advisors!

We started by talking about our favorite artists and the instruments we play, and then we talked and shared information about various genres of music, such as J-Pop and Western music, sometimes playing them on YouTube. One of the participants had created an electronic musical instrument, and it was even more exciting when he actually played it for us!

We hope this was a place where we all could learn and enjoy new things about music (*^^*)

Peer Station Cafe Vol.3 "Consultation Meeting for All-Sorts-of-Stuff for the New School Year"

- On Monday, September 27th from 3:30 p.m., we held the third Station Cafe "Consultation Meeting for All-Sorts-of-Stuff for the New School Year," where two students and two peer advisors were able to talk in a relaxed manner about the new school year.

- In the midst of the restless days of the COVID-19 pandemic, we all seemed to feel a sense of lightness as we all shared our different thoughts and feelings about the new semester, regardless of whether we were a student or a peer advisor.

- We hope to have another seasonal event like this in the future, so please come and join us!



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

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	

Toyonaka



Student Service and Union, 3rd Floor

Suita



Cybermedia Suita Educational Training Center, 2nd Floor

✿ 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.