

# Peer Newsletter

Health and Counseling Center  
Counseling and Support Division, Peer Consultation

NOV 2021

11A

## Vol. 6: Deepening Autumn

### Next Leisurely Peer Salon



**It's been 6 weeks since the second semester started! Take a break!  
What do you actually think of face-to-face classes after a long while?**



It's been a month and a half since the second semester started, but how are you doing? To some of you, it may have been a while since you've had a face-to-face class!

Whether you have any thoughts on this change in class format or not, please feel free to take a short break and come talk with us!

\* Participants may be personally asked to speak as well. We will try to create an atmosphere where you can talk with the staff and other participants in an easy-going way, but with a little courage from yourself.

**Date and Time: November 15, 2021 (Mon) Apply By: November 11, (Thu)**

**For: Osaka University Students Preparations: Nothing special**

**Please email [seikatsu-stu@ml.office.osaka-u.ac.jp](mailto:seikatsu-stu@ml.office.osaka-u.ac.jp) with your ①Name, ②Student ID Number, ③Academic/Research Dept., ④Academic Year, ⑤Contact information)(Space may be limited for event reasons)**

\* If you would like to participate remotely (Toyonaka), please let us know when you apply. You can join ZOOM from the Campus Counseling and Support Division's Meeting Room at Toyonaka. This is recommended for those who would like to participate between classes in Toyonaka.

**For inquiries : 06-6850-6651**

*\*The event will be held in Japanese.*

### Next Peer Station Café

The end of the year 2021 is fast approaching. Face-to-face communications, all sorts of end-of-the-semester stuff, and the still lingering effects of COVID-19... Possibly, there are a lot of things that you feel and think, but you can't talk about them with others, and you have been "keeping it all to myself"...? You may be thinking, "It's hard to keep it all to myself...", "Why do I feel that way?", or "I want to talk to someone a little bit...".

Therefore, the fourth Peer Station Café this year will focus on the theme of "keeping things to yourself". We may not be able to find a quick solution, but let's casually discuss topics related to this theme! We would also like to share psychological knowledge and information about the counseling services on campus that may be able to help you. Please feel free to join us!

**Date and Time: November 26, 2021 (Fri)**

**Apply By: November 22, (Mon)**

**For: Osaka University Students Preparations: Nothing special**

**Place: Health and Counseling Center, Counseling and Support Division's Meeting Room at Toyonaka (#304 in Student Service and Union Building)**

**Please email [seikatsu-stu@ml.office.osaka-u.ac.jp](mailto:seikatsu-stu@ml.office.osaka-u.ac.jp) with your ①Name, ②Student ID Number, ③Academic/Research Dept., ④Academic Year, ⑤Contact information) (Space may be limited for event reasons)**

**For inquiries: 06-6850-6651**

*\*The event will be held in Japanese.*

\* If you would like to participate remotely, please let us know when you register.



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



## 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

|         | Toyonaka Campus  | Suita Campus |
|---------|--|--------------|
| Hours   | 13:00 ~ 17:00  |              |
| Days    | Mon, Wed, Fri  | Thu          |
| Contact | (06) 6850 - 6651<br>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>

