

Student Life in Tokyo Tech
— A Message from the Counselor —

I. To a new stage in life – becoming a graduate student

1) Change in environment

- Entering graduate school - a fresh start is both exciting and stressful
Feelings: determination and hope vs/with Feelings of loss and weariness
- Cautions No to dangerous cults and fraud! No to the illegal drugs and No to binge drinking!
Preventing the spread of infection (COVID-19).

2) From recipient to seeker of knowledge

- Shifting from passive learning to independent researcher
- Easy to fall into a monotonous lifestyle

II. To keep healthy body and mind – know yourself

1) Different responses to stress

Be aware of signs and symptoms of stress:

- a) Physical (fatigue, weariness, stiff shoulders, backaches, eyestrain and psychosomatic disorders)
- b) Mental (emotional instability, depression, insomnia and mood swings)
- c) Behavioral (falling grades and productivity, avoidance and impulsivity)

2) Medical examinations (Wearing a mask, body temperature will be checked in advance)

- Annual Medical Checkup (M1/D1):
~Weekdays only. Apr.4~11 (Ookayama) and Apr.20~25 (Suzukakedai)
*Make a reservation and answer the questionnaire ONLINE from Tokyo Tech Portal
- Special Medical Screening ::(ionizing radiation only)
~Apr.12~13 (Suzukakedai) and Apr.17~18 (Ookayama)
*Make a reservation ONLINE

3) Inspection of work environment by a physician

- Finding sources of stress in the research environment

III. Your laboratory is your microcosm –Create your own place and style

Your lab can take many forms:

- a) Educational group (selection and assignment processes, research themes, supervisors, degrees)
- b) Functional group (achievement-oriented, competitive, business-oriented, conflicting with other labs)
- c) Pseudo-family (male-dominated, lacking female leadership, discriminatory against women, sibling rivalries)
- d) Fellowship group (collaboration, friendship, sports team, sense of loss, competition)
⇒ Be mindful of the “paper writing cycle” for master’ s or doctoral theses, conferences, etc.

IV. Harassment prevention – beyond mismatches

Mismatches may arise among lab members as a result of conflicting academic fields, research methods, educational environments, interpersonal relationships, etc.

⇒ Be aware of various kinds of harassment: academic, sexual and power harassment

(i.e., hindering a student's ability to progress, coercion in research activities, etc.)

For more information on harassment prevention (“Countermeasures Against Harassment”):

<https://www.titech.ac.jp/english/O/students/counseling/harassment>

V. Take action – ask questions and ask for help!

1) **Be responsible by taking a step forward and asking for help when you need it.**

2) **Organize your thoughts and feelings by talking to others.**

Gain new perspectives by listening to other's opinions

3) **More options for consultation beyond your lab**

- For counseling by specialists (psychological and psychiatric), call the Health Support Center at 03-5734-2346 (Ookayama Campus) or 045-924-5107 (Suzukakedai Campus)

- For guidance or advice from members of the Student Guidance Room, call 03-5734-2060 (Ookayama Campus) or 045-924-5888 (Suzukakedai Campus)

- For advice from retired faculty members by phone or by email, call the Telephone Consultation Service at 03-5734-2134

- For support from coordinator, call the Student Accessibility Services at 03-5734-2989

For more information and general inquiries:

<https://www.titech.ac.jp/english/students/counseling>



4) **For volunteer work, campus census, and other activities for the Institute, call the Student Support Center at 03-5734-7629 or visit**

<http://www.siengp.titech.ac.jp/link.html>