

Spring 2022

New Student Orientation Student Life Guidance

*Information current as of February 2022. As it is subject to change, please be sure to check each website for details.

Office of Student Affairs

1

R Congratulations and welcome to Ritsumeikan University!

The years you spend at university are a precious time. You will encounter many new friends and mentors in the course of your various activities, grow as a person, and develop your network of relationships with others.



Your time at university is also meant as a period to prepare you for living independently as an active member of society.

As a university student, the basic rule is to make choices and judgments for yourself, act on them, and take responsibility for them.



Through this guidance, you will learn the basics for living a safe and comfortable campus life

R Congratulations and welcome to Ritsumeikan University!

University students are also members of civil society. They are expected to uphold the rules and norms of the university and the wider community, to respect others, and to contribute to the creation of a better society.

→In the event that you infringe laws, university rules or norms, you will be subject to disciplinary action and punishment in accordance with university regulations.



Through this guidance, you will learn the basics for living a safe and comfortable campus life

RBeyond Borders Thinking About Your Situation: Advice for All Students

What is required of us during the COVID-19 crisis?

~Balancing a preventive lifestyle with a successful student life~

“Resuming economic activity” does NOT mean you can do whatever you want

In order to protect yourself and others, please be aware of your responsibilities to help prevent the spread of COVID-19.

Although there are restrictions, Ritsumeikan University would like you to experience a meaningful student life, and we hope that the coming academic years bring you many wonderful experiences. Please be mindful of the risks of becoming infected and infecting others, and take responsibility for the safety and success of everyone, not only yourself.

After every dark night, there follows a bright day!

For details, see the following URL

<http://en.ritsumeikan.ac.jp/news/detail/?id=475>



Part 1: For your successful student life

I. Extracurricular Activities

Commitment
&
Challenges

II. How to find Clubs & Circles matching your interests

III. All Members of the RU Participation System of Creating a Better Learning Community

IV. Various Services and Facilities of Ritsumeikan University (RU)

5

I. Extracurricular Activities

■ About Student Activities

There are about 400 clubs & circles at Ritsumeikan, and almost 60 to 70% of students are involved in them every year.

■ What is the purpose of Student Clubs & Circle Activities?

- To develop responsibility, leadership, and teamwork skills
- To expand your personal network beyond your class and campus community
- To acquire the valuable experience of sharing common goals and working together as a team to accomplish them

7

Clubs · Circles · Project Activities



I. Extracurricular Activities

■ Extracurricular activities during the Novel Coronavirus Pandemic

Following the State of Emergency Declaration in April 2020, all face-to-face activities including extracurricular activities and welcome events for new students were suspended, and activities were restricted to online formats only.

Since the State of Emergency Declaration was lifted in June 2021, the Student Affairs Division has been working to raise awareness of infection control measures to be implemented before, during, and after club/circle activities, and in the course of everyday life. With this, extracurricular groups who have proven their willingness to implement effective infection control measures across the board have gradually been permitted to recommence their face-to-face club/circle activities.

Separately, many student groups have remained active throughout the pandemic by creating new ways to interact.



R II. How to find Clubs & Circles matching your interests

Ritsumeikan Uni website [Club Activities]

<http://en.ritsumei.ac.jp/lifecareer/club-activities/>

Student Association's [CIRCLE COLLECTION]

<https://college.ritsumei.club/circle/>

Guidebook for participating in club activities written by and for international students

https://www.ritsumei.club/2021/0326_9696/

If you are interested, check it out by:

- ① Contacting via SNS
- ② Going to where the activity is held.

9

R II. How to find Clubs & Circles matching your interests

< Interactive Online Campus Initiative : Ritsumeikan Cyber-Campus (βversion) >



https://miro.com/app/board/o9J_1a5aWYs=/

- Participants move freely around several islands (such as the campus island and student clubs island), gaining a better understanding of the university and of student activities, including extracurricular activities.

10

For Extra-Curricular Fields

Extracurricular Activity Grant System

Support for your challenge in community involvement and initiative activity!

For individuals who aim to solve social problems that go beyond the scope of curricular and extra-curricular activities.

Grant for individual applicants

Challenge Scholarship (Individual)

Amount of award: ① First Step Support: 50,000 yen, 100,000 yen (Annual sum/person)
② Advanced Support: 50,000 yen, 100,000 yen, 200,000 yen, or 300,000 yen (Annual sum/person)

Grant for group applicants

Alumni Association Future Human Resources Development Scholarship (Group)

For groups which initiate diverse learning through extra-curricular activities that cross various borders, such as colleges, grad school, and campuses.

Amount of award for new applicants: 150,000 yen, 300,000 yen, or 500,000 yen (Annual sum/group)

[Application Procedures]

April-May: Get guidelines, attend seminars, and Apply! Search on the HP!

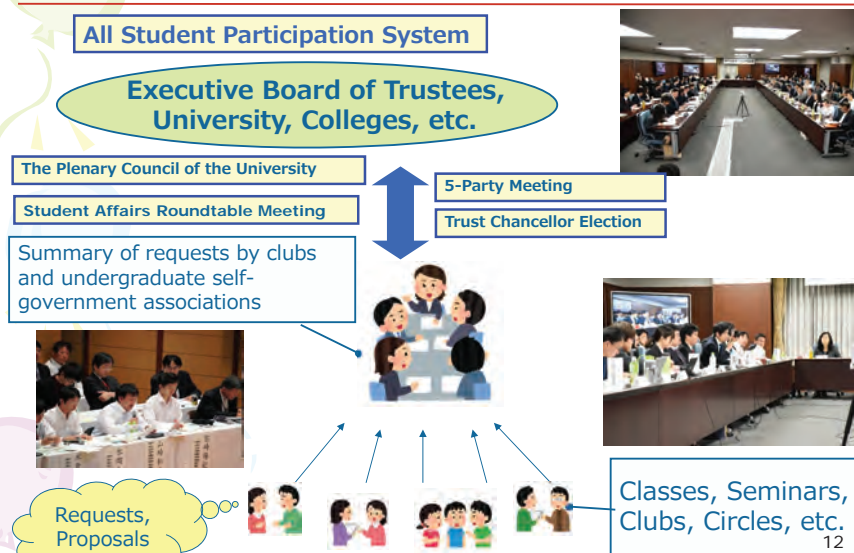
June: Interview

June-July: Selection result Announcement, Attend award ceremony

For more information, access the Webpage (only in Japanese) ➡ Or visit the Office of Student Affairs on your campus

Application Guideline, etc. Archive of Previous Years Activities

R III. All Members of the RU Participation System of Creating a Better Learning Community



12

■ Examples of actualizing student voices

Opening of OIC's "Wakebayashi International Plaza"

In response to request for "improvement of student-learning environment"



"Lunch Street" [BKC,OIC,KIC]

Various lunch stands/food trucks on campus
In response to request for "Improvement of on-campus food environment"



Eastern Square [KIC]

In response to request for
"Improvement of student-life environment"

13



Point!

**For a successful student life,
be self-directive, active,
and get involved in
extra-curriculum activities!**

→For details, please see the
Ritsumeikan Uni. website
「Club Activities」



<http://en.ritsumei.ac.jp/lifecareer/club-activities/>



14



IV. Various Services and Facilities of Ritsumeikan University (RU)

**To prevent the spread of COVID-19, the use of each system/facility is currently limited.
For details, see the following URLs.**

■ Inter-Campus Transportation:

RU operates a shuttle bus service connecting our three main campuses to support student activities

<http://www.ritsumei.ac.jp/infostudents/shuttlebus/>



You can ride for 150 yen!!



■ Training Room

• Machines and equipment are available for use by students from all campuses • Trainers are on-site to help!

• Good for athletes and anyone looking to improve their health!

• **Individual use is permitted provided ample care is taken to prevent the spread of Covid-19. Those who wish to use the training room must first participate in a short training seminar, after which a gym membership card will be issued.** Please see the HP for details.



■ BKC Sports and Health Commons

• A new sports facility for student health • Complete with swimming pool, gymnasium,

aerobic training rooms and more • Classes and events held

Currently, some usage is limited to prevent the spread of infection.

See HP for details.

<http://www.ritsumei.ac.jp/lifecareer/activity/facility/bkc-shc/>



15



IV. Various Services and Facilities of RU Insurance for all students

■ "Gakkensai," an insurance program

All regular students take out "Gakkenasi" after enrollment.

"Gakkensai" is the abbreviation for the "Personal Accident Insurance for Student Pursuing Education and Research". Enrollment into this insurance is done by the university, students do not need to apply individually.

■ Types of insurance payouts

Injuries from accidents such as the following are covered.

Types of activities/accidents occurring	Examples of cases	Number of treatment days
a. During regular curricular activities /university events	During lectures, experiments, practical training courses and research activities under the supervision of an educator	1 or more days
b. During extracurricular (club) activities	During cultural or athletic activities under the supervision of a student group approved by the school.	14 or more days
c. While on the premises of a school facility	During periods when the insured is in school facilities owned, used or managed by the school for education	4 or more days

Injuries caused by accidents on the way to school are not covered. Therefore, if you plan to commute by bicycle, you must purchase bicycle insurance on your own!

Contact for insurance claims: Office of Student Affairs

16

* Business hours are subject to change. For details, see the following URL. <https://www.ritsco-op.jp/>
 * Please cooperate with mask-wearing and disinfectant protocol when entering the store, keep your conversations low-key during meals, and leave as soon as possible after you've finished eating.



100 yen Breakfast -For a healthy start-

● Spring, Apr.6→ Jul.22

Approx. 800 students/day last year!



Rice + Main Dish + Miso Soup

* Choose from two dishes

8:00~8:40

Only **100 yen!**

Payment is accepted by the Co-op electronic membership card or by the RU meal system. (Cash is not accepted)

【KIC】 Zonshinkan Cafeteria
 【BKC】 Union Square 2F Food Court
 【OIC】 OIC Cafeteria



A good breakfast can help you stay focused in class!¹⁷

Takeout lunches and snacks are available ! BKC Lunch Street

Shops and locations vary depending on the day.
Please check the latest calendar and map below.



Website



http://www.ritsumeikan.ac.jp/mng/cm/sokan/img/schedule_english.pdf



Food Trucks

TIME : 11 : 30 ~ 18 : 00
 * End when sold out
 PLACE : Please check the QR code on the left.



Bento Box Lunch Stands

TIME : 11 : 30 ~ 13 : 30
 * End when sold out
 PLACE : Please check the QR code on the left.



Class Room Lunch
 Some classrooms are open during lunch break as a place to eat lunch!



※ Temporary closures may occur.
 ※ Sudden closures may occur due to inclement weather.
 ※ Open hours may be extended or shortened at the discretion of each shop.



Part 2: For a Safe and Secure Student Life

Safety & Security

- I. Lowering the Age of Adulthood to 18
- II. Various crimes and malice targeting college students <dangerous solicitation, marketing scams, etc.>
- III. Trouble caused by SNS, smartphones, etc.
- IV. Dangers surrounding college students <commuting, daily-life, part-time jobs, alcohol>
- V. Ritsumeikan University Rules
- VI. Necessary attitude and actions to avoid trouble
- VII. Understanding Mental Health during Pandemic
- VIII. Support Services

19



I. Lowering the Age of Adulthood to 18 ~ From April 1, 2022 ~

● What is the age of adulthood?

- ① It is the age at which one person can make a valid "contract" alone
- ② It is the age at which a person is no longer subject to parental authority



● While they can enter into "contracts" without parental consent, they are also responsible for upholding the contracts they enter into.

● Being able to "contract" alone means being welcomed as a full-fledged member of society.

● If aged 18 or 19 and therefore now considered a young adult, it is our hope that you play an active role in society.²⁰

R I. Lowering the Age of Adulthood to 18 ~ From April 1, 2022 ~

- A "**contract**" is paying someone to provide goods or services, or a **promise** to work for money. It is established by **written (or verbal) agreement***.
- Upon reaching the age of adulthood a contract can no longer be rescinded on the basis of age, and **you are responsible for upholding whatever "contract" you have entered into.**

*Minors can enter into a contract without parental consent as long as it is within the allowance that they are told they are free to spend. If it is outside that range, the contract can be rescinded by you or your parents = minor's right of rescission.

- **When you sign a contract, it is important to consider carefully whether it is what you need.**



R I. Lowering the Age of Adulthood to 18 ~ From April 1, 2022 ~

- **Beware of malicious business practices** that deliberately deceive people or take advantage of their circumstances to get them to sign a contract.



- FYI, contracts **may be rescinded** in the following scenarios:

• I bought a ¥100,000 financial product because I was told that this product would **absolutely** rise in value, but then it crashed (may be rescinded on grounds of **providing a definitive judgment**).

• A person with whom I thought I was in a relationship told me that he/she would leave me if I did not buy this item, and forced me to buy expensive jewelry (may be rescinded under **dating business** grounds).

※ You are invited to recommend a product you bought to a friend, and that if they buy it, you will be given a referral fee (**pyramid scheme**).

※ In addition, be careful of using your credit card to make purchases beyond the amount of money you **actually** have on hand to spend.

- **If you suspect something is fishy, please contact The Office of Student Affairs, the Consumer Affairs Center, or consult with the Consumer Hotline by dialing "188".**

22

R I. Lowering the Age of Adulthood to 18 ~ From April 1, 2022 ~

- Even though the age of adulthood is now 18, **drinking alcohol under the age of 20 is illegal.**
- Drinking alcohol under age, chugging alcohol, driving while intoxicated, and forcing someone to drink are all "**criminal acts**". Beware of Alcohol Harassment !
- Drinking large amounts of alcohol (or allowing others to drink) can put a person at risk of death from acute alcohol poisoning. *If you feel danger, do not hesitate to **call an ambulance (119).**
- **Never drink and drive!** The law is in place to protect others, not just yourself. Any action that leads to someone else drunk driving is also illegal (**you may be fined!**). This all goes for cars, motorcycles, and bicycles!
- **Smoking and gambling** such as horse and bicycle racing are also not allowed for those under 20 years of age.



23



Point!

I. Lowering the Age of Adulthood to 18

Please understand society's expectation of "adults", and the responsibilities which come with "adulthood."

24

R III. Various crimes and malice that target college students <“Friendly” businesses>

■ “Friendly” businesses (e.g., mobile planners)

<Characteristics of “Friendly” business >

Commercial transactions conducted through **personal networks, including social networking services.**



<Case (mobile planners) >

Via SNS, etc. friends/acquaintances from an internship or college students you aren't directly acquainted with solicit deals like "change contracts to get a lower cell phone bill" or a "sales and marketing 'internship' " opportunity.

➡ In many cases, you may be solicited with low quality advertisement materials containing **very little objective data**, and they may try and lure you in with claims like if you work for us **“you'll gain sales experience”** or **“you'll improve your skills for job hunting”**.

These schemes come with a **high risk of destroying your friendships and people's trust in you**, all for the benefit of a “specific organization”. Further, **you may be held liable** if you take up one of these “sales” positions and there is a problem with a service you then solicit to a third party.

25

R III. Various crimes and malice that target college students <“Friendly” businesses>

■ Marketing scams (pyramid schemes and network businesses)

Solicitation of financial products, forex, virtual currency, and AI prediction tools, etc. that are “guaranteed to turn a profit” or that “many people still don't know about.”

These often introduce examples of the prosperous lives of those who have done well using the product. They often entail paying a high initial investment or signing a contract, **but then not seeing the return on investment as advertised.**

➡ **There is always a catch to a “get rich quick” scheme. There is no such thing as a low-risk, high-return financial instrument. Do not assume something to be safe just because your friends are doing it.**

■ Be careful of door-to-door sales

They might say: “I was introduced by your apartment manager,” or “I came from the fire department” to gain your trust and get you to open the door, then aggressively sell you fire extinguishers, internet provider contracts, etc.



➡ **Do not open the door, and report it to the manager !**

26

R III. Various crimes and malice targeting college students <Beware of recruitment by dangerous cult groups>

■ Dangerous solicitation by cult groups, etc.

<Characteristics of cult groups>



1. They **limit individual thought and action.** (Control and restrict your daily life)
2. They mandate participation in and propagation of solicitation and sales of goods
3. They make you participate in **antisocial activities such as vandalism and violence**

<Cult groups are targeting students>

Cult groups cleverly hide the true purpose of their activities and the group's name to recruit you. ➤ Cases of cult recruiters claiming to be a classmate, obtaining students' info from SNS, etc. to try and recruit them have been reported

<What you should do when you encounter them>

1. Say “No” clearly, avoiding ambiguous attitudes or words
2. Do not disclose your personal information
3. Consult with your guardian and/or staff of the student affairs office immediately

27

R III. Various crimes and malice that target college students

<Dangerous solicitation>



■ Prevention of illicit drug abuse

Recommendations such as “helps recover fatigue,” “helps clear your mind,” “helps you lose weight” for illegal drugs

are all lies!

Getting involved in illegal drugs is not only a crime, but can cause serious harm to your mind and body that will last the rest of your life. Even just possession of illegal drugs will bring upon you severe social sanctions and ruin your life. Stay away from illegal and dangerous drugs no matter what!

Drugs destroy life, physically and mentally!

Drugs destroy students' lives, families, relationships, and society! After a brief high, nothing awaits you but severe punishment!

The use, possession, sale, and distribution of illegal drugs are all criminal acts under Japanese law and are severely punished.

Overseas smuggling and online import is also illegal. It does not matter if the drug is permitted in another country. When in Japan, you must follow Japanese laws.



Point!

III. Various crimes and malice targeting college students

5 things you should know to not be deceived

- ① When a stranger talks to you in a friendly way, inviting you or suggesting a “get rich quick” scheme, be cautious!
=> **Do not respond or agree easily.**
- ② Never have an ambiguous attitude like “just listening won’t hurt.” => **Say “No” clearly.**
- ③ Do not fall for “sweet words” or “good stories”. **Be critical.**
- ④ **Do not share your personal information** such as address, telephone number, or email easily. Such info might be resold to traders, and can be abused for crimes.
- ⑤ **Do not sign easily.** When you do, receive a copy of the contract and keep it safe.

29



Point!

III. Trouble caused by SNS

5 things you should know about using SNS

- ① Information on SNS is not always correct.
- ② Even on SNS, we must observe social rules.
- ③ Information on SNS spreads all over the world.
- ④ On SNS, even if it is anonymous, you are responsible for your remarks.
- ⑤ Careless remarks on SNS may cause damage to family and friends.

31



III. Trouble caused by SNS

■ Do you know the danger hidden in SNS?

SNS (Social Networking Services) such as Facebook, Twitter, LINE, Instagram are very useful and convenient tools.

However, if you think that it is okay to write anything because it is “anonymous” or “only open to limited friends,” **YOU ARE WRONG!!!**

Stop and think for a moment before posting something over SNS.

Poor judgement and carelessness may lead to irreparable harm to you, your friends, and family.

Be aware of the dangers and use SNS with caution.



30



IV. Dangers surrounding college students <Commuting>

■ Obey traffic safety rules and laws

Bicycle commuters must complete anti-theft registration and get liability insurance

Attend the “Bike Riding Safety Lecture” (required).
Commuting by motorcycle is not recommended, and commuting by car is prohibited.

- Riding while using a **mobile phone** ■ Riding with **headphones**
- Riding while using an **umbrella** ■ Riding with **no headlight**
- **Two people** riding one bike ■ **Drunk riding** (driving)

⇒ **All are a violation of the law (you may be fined!)**

■ In case you have a traffic accident :

Call **110** to report the accident. If injured, call **119** for an ambulance.
Contact your insurance company.

Consult with either the International Center, your Administrative Office, or the Office of Student Affairs.



32

R I. Dangers surrounding college students <Daily Life>

Your neighborhood and the commute to campus may not be safe!

Incidents such as sexual harassment, stalking, molesting are on the rise.

- Do not walk while using a mobile phone.
→Your attention is distracted, which may prevent you from noticing possible danger signs.
- Choose a commuter route with as many people as possible.
- Avoid being alone outside at night.

If you are harmed, please do not hesitate to get help!

[On Campus, Contact] Office of Student Affairs • Student Support Room • Medical Service Center

[Off Campus Resource (for women)]

- Kyoto Pref. Ladies 110 Tel: 075-411-0110
- Shiga Pref. Police, Crime Victim Support Tel: 077-521-8341
- Osaka Pref. Women's Line Tel: 06-6941-0110

33

R I. Dangers surrounding college students <Daily Life>

■ Sexual assault can be committed by a stranger, an acquaintance, a friend, a date... by anyone.

- ☐ Go places in groups, and avoid walking alone on and off campus, especially at night.
- ☐ Be sure to limit your alcohol intake and watch your drinks at all times.

If you are harmed, please do not hesitate to get help!

[On Campus, Contact] Office of Student Affairs • Student Support Room • Medical Service Center

[Sexual Assault Victim Hotlines]

- Kyoto **SARA** (10:00~22:00/7days) Tel: 075-222-7711
- Shiga **SATOCO** (24hours/7days) Tel: 090-2599-3105
e-mail: satoco3105biwako@gmail.com
- Osaka **SACHICO** (24hours/7days) Tel: 072-330-0799

35

R I. Dangers surrounding college students <Daily Life>

Theft and robbery are common!! The campus is not safe, especially the library, multi-media room, and bike parking areas, which anyone can access. Protect your valuables.

- ☐ Keep your valuables with you
- ☐ Do not leave baggage on your seat, even for a moment
- ☐ When you use a gym locker, lock it properly
- ☐ Bicycles and motorcycles should be double locked
- ☐ Be attentive when you are walking or riding a bike, and protect your personal belongings from theft



Common Stolen Items:
Wallet, PC, iPod, Smartphone, Keys,
Bicycle, Shoes

34

R I. Dangers surrounding college students <Part-time jobs>

(Only for students who have a work permit)

■ Common troubles at part-time jobs

"I thought I found a good job from an ad in a well-know magazine (or website), but the work and wages were very different from what was advertised." "The employer won't let me quit," etc....

Important points to check before signing a contract:

- ① Length of the contract period
- ② The rules of the contract renewal
- ③ Place and content of your work
- ④ Hours, breaks, and days off of your work
- ⑤ Wage payment method

36



Point!

I. Dangers surrounding college students

**Observe the rules and
avoid danger!**

**Take responsibility for your
actions!**

**Don't let yourself become
a victim or a perpetrator !!**

37



V. Ritsumeikan University (RU) Rules <No Smoking on campus>

- **No Smoking on campus** except in designated smoking areas
- **Smoking outside of the designated areas is a violation of the law!!**

<Be aware of the danger caused by second-hand smoke>

NSOC is considerate and supportive for the 97% of campus stakeholders who are non-smokers, and is asking the other 3% for cooperation in minding their manners and understanding the no-smoking policy.



<Don't smoke to begin with>

The risk of death from lung cancer is 6 times greater for smokers!

Smoking is the No.1 factor to shorten life expectancy!

The Medical Service Center can help you quit. Inquire for help.

To prevent the spread of COVID-19, the Designated Smoking Areas (officially "Smoking Cessation Support Areas") are currently closed.

39



V. Ritsumeikan University (RU) Rules

<RU Student Disciplinary Regulations (Excerpt)>

Acts subject to disciplinary actions

1. Acts that disturb social order (criminal acts)
2. Harassment
3. Acts against information ethics
4. Acts against academic ethics
5. Acts that infringe on the academic and research rights of students and faculty and/or interfere with administration of the university.
6. Cheating or disrupting of examinations, etc.
7. Acts that violate regulations and matters based on regulations the university set forth to be observed by students.
8. Other acts that are contrary to students' obligations

Process Flow

- ① Occurrence of a misconduct or criminal activity.
- ② Investigation in each section, college, or department.
- ③ Interview and guidance at department.
Provide educational guidance based on preparation of reflection paper. (student support will be also provided if necessary)
- ④ Preparation of disciplinary draft by the department.
- ⑤ Coordination by Student Affairs Conference.
- ⑥ Opportunities for defense.
- ⑦ Deliberation at the Faculty Council and Creating a petition.
- ⑧ Final determination by the president. Execution of disciplinary actions
 - Notification to the student and guardians
 - Announcement of the actions
- ⑨ Continuous educational guidance from the department.



For more details, see the

**TIPS ON CAMPUS
LIFE FOR STUDENTS
2022**

<http://www.ritsumeikan.ac.jp/file.jsp?id=493008>



V. Ritsumeikan University (RU) Rules <Diversity and Inclusion>

~Aiming to be a school where you can learn with peace of mind~

Ritsumeikan values the ideas of diversity and inclusion, so that new students may spend their student life with peace of mind and realize the person who they want to become.



● Chancellor's Statement

~Toward the Promotion of Diversity and Inclusion~

- Respect for the diversity of others
- All members can feel pride and joy in Ritsumeikan.

● Basic Vision and Basic Policy on the Promotion of Diversity and Inclusion

- Dignity and diversity of each individual
- To create a school that is inclusive of its diverse members and where they can help and support each other.

For full text, visit the D&I Promotion Office website.

40

V. Ritsumeikan University (RU) Rules <Diversity and Inclusion>



http://en.ritsumeikan-trust.jp/diversity/sogie_guideline/sogie_guideline01.html/

As a university, we have also established the following framework and guidelines.
※For full text, visit the D&I Promotion Office website.

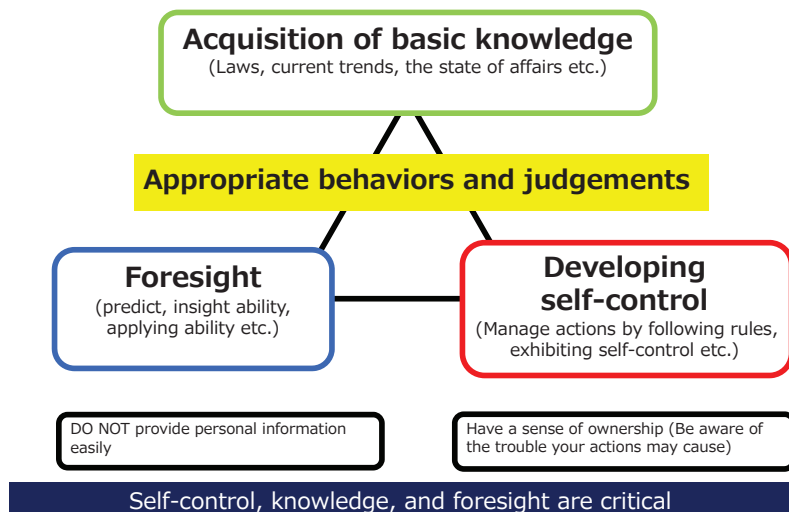
Basic Approach to Sexual Diversity Guidelines on Support for Students regarding Sexual Diversity at Ritsumeikan University



http://en.ritsumeikan-trust.jp/diversity/sogie_guideline/sogie_guideline02.html/

If you have any concerns or worries about your student life, please check our website. You will also find information on consultation services.

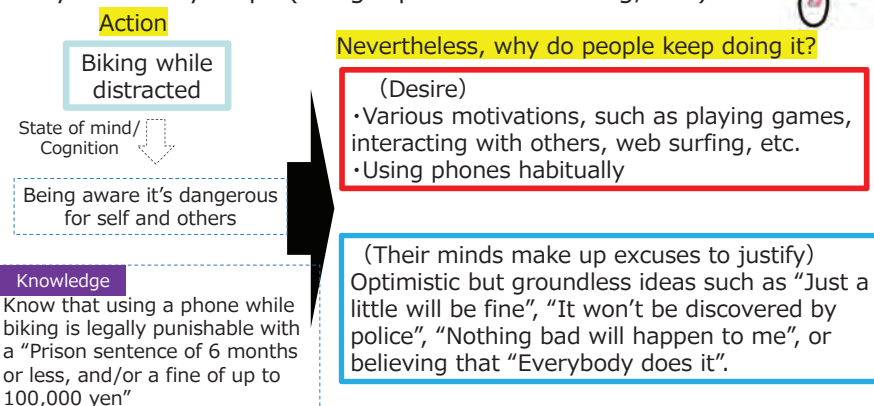
VI. Necessary attitude and actions to avoid trouble



42

<Relationship between knowledge, foresight, and self-control (example)>

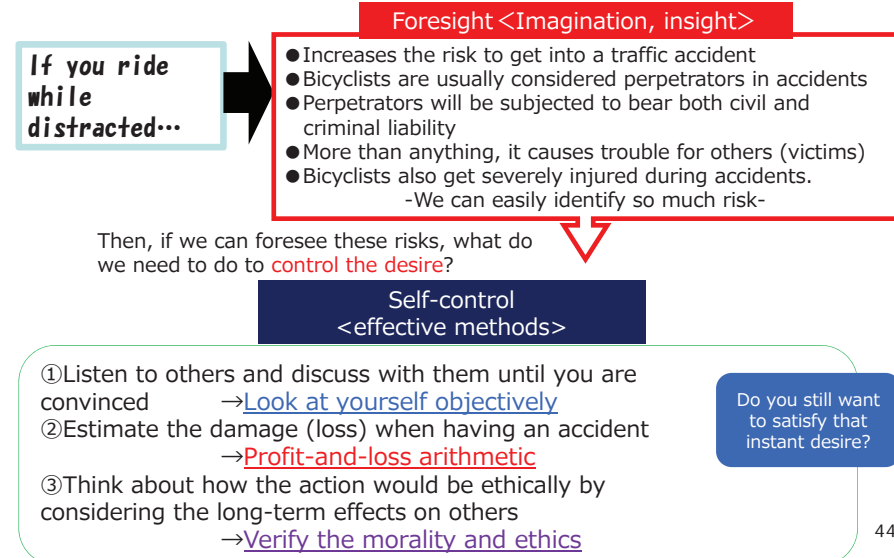
(ex) Why do people distract themselves when biking, and why can't they stop? (using a phone while biking, etc.)



Why do many people ride while distracted, despite the fact that its widely known to be dangerous and illegal?

43

<Let's get to know the importance of self-control>



44

<Having knowledge, foresight and self-control prevents risky and dangerous situations>



Foster your mind and attitude to avoid becoming a victim or perpetrator

45



Point!

Enjoy a safe and comfortable student life while observing the rules and avoiding danger.

→For more details, see the
TIPS ON CAMPUS
LIFE FOR STUDENTS 2022



<http://www.ritsumei.ac.jp/file.jsp?id=493008>



46

R VII. Understanding Mental Health during Pandemic

The spread of COVID-19 has put in danger not only our physical health but also our **mental health**.

I can't make any friends...

What's going to happen with classes... Will I be able to keep up?..

I can't work and am worried about my finances...

I'm so anxious...

I don't feel like I belong anywhere...

I miss my friends and family...



These feelings are NOT unusual at all during the COVID-19 pandemic! **Please visit the Student Support Room** in the Student Affairs Office whenever you feel stressed, anxious, or lonely.

Our counselors - certified clinical psychologists - will help you overcome these feelings. All counseling information is kept strictly confidential.

[KIC] Kenshinkan 2F
TEL 075-465-8174
<http://www.ritsumei.ac.jp/ssr/en/>

[BKC] Central Arc 1F
TEL 077-561-3952

[OIC] A-Bldg.1F (AS Office)
TEL 072-665-2130

Website▶



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<How to Cope with Stress>

With many restrictions during the COVID pandemic, **university life is more stressful than ever**. It is, therefore, very important to understand your stress and acquire strategies to cope. Become aware of your stress and learn how to deal with it.

(1) Become aware of your stress

Stress reactions are manifested in body, mind and behavior. Check your stress level with the stress check on the SSR website.

Website▶



(2) Strategies for coping with stress

<http://www.ritsumei.ac.jp/ssr/en/kokoro/article.html?id=58>

The more coping strategies that you have, the more resistant you are to stress. Using the "Stress Coping Checklist" on the website, find out the coping strategies you are currently using. Also, learn other ways to cope with your stress.

There are various stress coping strategies on the SSR website's "Mental Health Tips" page. Try any that fit your circumstances or your style!

<http://www.ritsumei.ac.jp/ssr/en/kokoro/>

Website▶



48

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<Workshops/Events by the Student Support Room>

The Student Support Room hosts various workshops and events to facilitate your well-being. Join us!



Some events are
Online
No reservation
required

Check the HP ↓

<http://www.ritsumei.ac.jp/ssr/en/event/>



And more!

49

VIII. Support Services <Student Support Room(SSR)>

For more information, please refer to our website.

URL: <http://www.ritsumei.ac.jp/ssr/en/>



In response to the current COVID-19 crisis, appointments may now be made via the HP: <http://www.ritsumei.ac.jp/ssr/en/>

or via email at:

o-go-1@st.ritsumei.ac.jp*

In your email, please include:

①name, ② student id number, ③ department and year, ④ contact number (mobile phone number)

We will contact you within 2~3 days.

* This email address is only for making new appointments. We do not offer counseling via email.

VIII. Support Services <Student Support Room(SSR)>

- Academic / Career related concerns
- Depression or Anxiety
- Interpersonal relationship issues
- Homesickness
- Difficulties in adjusting to student life in Japan, etc.

SSR is here to help you find a solution.
Counseling services are provided by certified and experienced professional counselors.
Counseling is available in Japanese and English.
All counseling information is kept strictly confidential.

SSR is located in the Office of Student Affairs at each campus:
[KIC] Kenshinkan 2F TEL 075-465-8174
[BKC] Central Arc 1F TEL 077-561-3952
[OIC] A-Bldg.1F (AS Office) TEL 072-665-2130



VIII. Support Services <Student Success Program>



If you feel . . .

- not sure about study skills for college.
- worried that high school and college study are different.
- you want to do well in both classes and extra-curricular activities.
- you want to find your own learning style, strengths, and weaknesses.
- you want to accomplish multiple things efficiently.



Services of Student Success Program		SSP English Website
SSP Seminar (in-person / online) (English version coming soon)	<ul style="list-style-type: none"> • Research and organizing data • Making To Do lists • Time management • Note-taking techniques • How to write an academic report etc. 	 https://secure.ritsumei.ac.jp/students/ssp/english/support.html/
Peer assisted session	Consultation hours and events by peer supporters.	
One-on-one intervention by SSP coordinator	One-on-one session, self-assessment of learning practices.	

The SSP will assist you in understanding your own learning strengths and weaknesses, and to acquire the necessary skills to pursue your own student life goals.
SSP is located in the Office of Student Affairs on each campus.

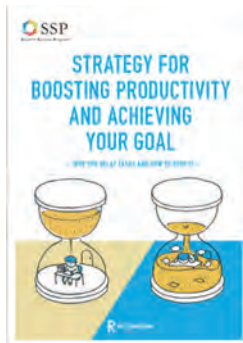
52

Our goal is to enhance your student life!



◀ For more information on the SSP, please see the yellow brochure on the SSP website.

You can also find various useful tools for study skills and student life skills on the website. Please check it out!
<http://www.ritsumei.ac.jp/ssp/english/>



▲ A guidebook for "Overcoming Procrastination" is also available and can be downloaded from the SSP website

53

To receive SSP support or more detailed information, please feel free to contact us via email with your college and school year.
Mail : ssp1@st.ritsumei.ac.jp

VIII. Support Services Medical Service Center

- When you get injured, or feel sick.
- Get consultation on physical and/or mental health
- When you want to quit smoking
- A "fever clinic" has been established in response to the novel coronavirus.

[KIC] Shigakukan1F TEL 075-465-8232
[BKC] West Wing 1F TEL 077-561-2635
[OIC] A-Bldg-South TEL 072-665-2110

For details, see the following URL:

URL : <https://en.ritsumei.ac.jp/health/document/>



Disability Resource Center

- Receive support/accommodation from student disability services.
- Specialized DRC coordinators are stationed at the DRC of the office of student affairs.

For details, see the following URL:
<http://www.ritsumei.ac.jp/drc/en/>

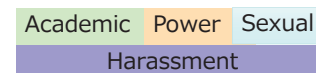


54

VIII. Support Services <Harassment Prevention Committee>

■ If you feel that you are being harassed:

Do not think you have to go through it alone. Please feel free to contact the harassment advisers, who provide compassionate support that responds to your needs.



For details, see the leaflet or the following URL:

URL : <http://www.ritsumei.ac.jp/mng/ql/jinji/harass-eng/>



55

VI. Support Services <General Guide for Student Support> (Support Coordinator of the Office of Student Affairs)

I am troubled by something, but don't know who I should talk to...
You can come to see the

Support Coordinator of the Office of Student Affairs

<http://www.ritsumei.ac.jp/drc/sougou/en/detail/>



The Support Coordinator will listen to your concerns and guide you to the most appropriate support on or off campus.



56



Point!

When in trouble,
use on-campus support services!

→For details, please see the **CAMPUS DIARY**
(Ritsumeikan University Planner)



Distributed to new students during the orientation period.

57

The Office of Student Affairs at Kinugasa Campus is located on the 2nd Floor of Kenshinkan (KE).

The Office of Student Affairs at BKC is located on the 1st Floor of Central Arc.

The Office of Student Affairs at OIC is located on the South end of the 1st Floor of Building A (AS).

Please visit us whenever you need help or want to challenge yourself.

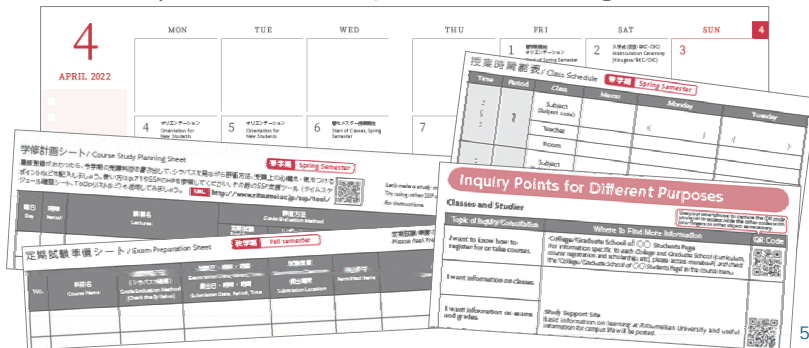
Thank you for your attention!



59

Features of the CAMPUS DIARY

- University schedule (class days, make-up dates, examination period, vacation, etc.)
- Your class schedule
- Campus Maps, Directory
- Guide for various on-campus student services:
 - For your learning program design
 - When you are in trouble, info on where to go



58