



## Spring 2021 New Student Orientation

## **Student Life Guidance**

\* The information is as of January 2021. As it is subject to change, please be sure to check each website for details. \*

## **Student Affairs Office**

**Reyond Borders** Thinking About Your Situation: Advice for All Students

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

 $\sim$ Balancing a preventive lifestyle with a successful student life $\sim$ 

### "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. We all hope that you have wonderful experiences in the coming academic years. Please be aware of the risks and be responsible for the safety and success of everyone. After every dark night, there follows a bright day.

For details, see the following URL http://www.ritsumei.ac.jp/file.jsp?id=458274









## Part 1 For a Safe and Secure Student Life

- I. Dangers surrounding college students <commuting · daily-life· part-time job · alcohol>
- II. Troubles caused by SNS, including smartphones



III.Various crimes and malice that target college students <dangerous solicitations · marketing scams, etc.>

**IV.Ritsumeikan University Rules** 

# R. Dangers surrounding college students < Commuting>

Riding while using a mobile phone Riding with headphones Riding while using an umbrella Riding with no front light at night Two people riding one bike Drunk riding (driving)

# ⇒Violation of the law (fine!) ⇒Risk of accident !

## I. Dangers surrounding college students Commuting>

### Keep traffic safety rules and laws

Complete anti-theft registration and liability insurance. Attend the "Driving Safety Lecture" (required). Commuting by motorcycle is not recommended, and cars are prohibited.



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### 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.

# R. 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 valuable items 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 •Key• Bicycle •Shoes

# 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 increasing.

Do not walk while using a mobile phone.

 $\rightarrow$ Your attention is distracted. It may prevent

### you from catching danger signs.

Choose a path with as many people as you can.

### 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 110Tel: 075-411-0110

- Shiga Pref. Plice Crime victim support Te
- Osaka Pref. Women Line

Tel: 077-521-8341

Tel: 06-6941-0110

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## I. Dangers surrounding college students < Part-time job>

(Only for students who have a work permit)

## Common troubles at part-time jobs

" I thought I found a good job from a well-know magazine ad (or website), but it was very different from what was written about the job and wage." "The employer won't let me quit my job," etc....

Important points to check before signing a contract:

- ① Length of the contract period
- ② 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



### I. Dangers surrounding college students <<u>Alcohol</u>>

Underage drinking, dangerous "Ikki (chugging)" drinking and forced drinking, and drunk driving are <u>criminal acts.</u>

Alcohol is allowed for people over
 20 years old in Japan.

Be aware of alcohol harassment

- Understand the dangers of acute alcohol poisoning. Do not hesitate to call an ambulance (Dial 119), if you sense danger.
- Absolutely No Drunk Driving! Not only cars and motorcycles, but bicycles as well !!







### 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 !!



### 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!!!

Wrong judgements and careless actions may lead to irreparable harm to you, your friends, and family.



## Trouble cases of Acting Foolishly on Twitter · Flaming · Exposing



I want to draw attention by doing something special. So I uploaded a joke picture at my part-time job

If you are a friend, is it okay to upload the picture without permission?

Spreading information written by others without checking authenticity.

Effect on your job hunting: It is very common for personnel of the company to check through SNS posts. We have seen cases where students are rejected by a company due to their SNS posts.



# I. Troubles 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.

## ■ Various crimes and malice that target college students <<u>Marketing scams</u>>

### 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 so you open the door, and then will aggressively try and sell you fire extinguishers, Internet provider contracts, etc.

# Do not open the door, and report it to the manager ! Do not be deceived by marketing scams ! Commonly reported cases:

"My friend introduced me to a good paying job if I paid an admission fee. When I joined and signed the contract, they forced me to buy expensive goods and membership tickets."

There is always a flipside to "a good story" that makes profit easily. Do not assume it to be safe just because your friends are doing it.





## II. Various crimes and malice that target college students

< Dangerous solicitation>

## Prevention of illicit drug abuse



Any illegal drugs will trigger a crime and cause serious harm to the body and mental state throughout life.

As soon as you possess an illegal drug, you will receive severe social sanctions and ruin your life. Stay away from illegal or dangerous drugs no matter what!

Drugs destroy life physically and mentally! Drugs destroy student life, family, relationship, and society! Beyond a light feeling, severe punishment!

The use, possession, sale, and distribution of illegal drugs is a crime under Japanese law and severely punished.

Overseas smuggling or online import from overseas is also criminal. It does not matter if the drug is permitted by other countries, you have to follow Japanese laws.



## Beware of recruitment by dangerous cult groups

### <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 goods sales activities
- **3.** They make you participate in antisocial activities such as vandalism and violence

### <Cult groups are targeting students>

Cult groups hide the purpose of their real activities and the group's name using clever language to recruit you.

### <What you should do when you encounter them>

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



**II**. Various crimes and malice that target college students

## 5 things you should know to not be deceived

- When an unknown person talks to you in a friendly way, inviting or suggesting "a good story," be cautious!
   => Do not respond or agree easily.
- ② Never use ambiguous attitudes or words such as "just listening won't hurt." => Say "No" clearly.
- **③** Do not fall for "sweet words" or "good stories". Be critical.
- ④ Do not release your personal information such as address, telephone number, or email address easily. Those 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 carefully.

# **R**Itsumeikan University Rules

No Smoking on campus except in the designated smoking areas on all campuses of Ritsumeikan University.

smoking outside of designated areas is against the law

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

NSOC is considerate and supportive for the 96% of campus stakeholders who are non-smokers, and is asking the other 4% for cooperation to keep manners and understanding the no-smoking policy.

### <Don't smoke to begin with!>

The risk of death from lung cancer is 6 times greater! No.1 factor to shorten life expectancy!



For smokers, the Medical Service Center can help you quit.

To prevent the spread of COVID-19, the Smoking Cessation Support Area (which is also called "Designated Smoking Area") is temporarily closed.

## 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

#### For more details, see the

TIPS ON CAMPUS LIFE FOR STUDENTS 2021

#### Process Flow

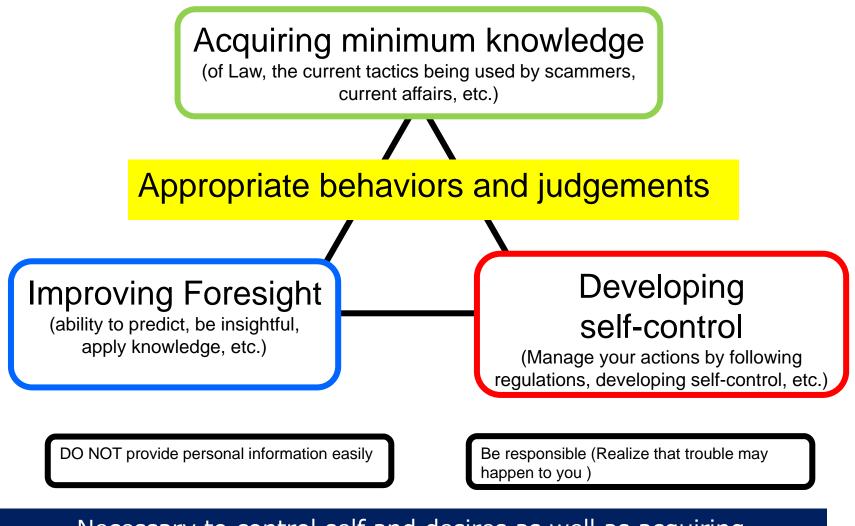
- ① Occurrence of a misconduct or criminal activity.
- ② Investigation in each section, college, or department.
- ③ Interview and guidance at department.
  - Provide educational guidance based on preparation of reflection paper. (student support will be also provided if it is necessary)
- ④ Preparation 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.
- ⑧Final determination by the president. Execution of disciplinary actions
  - Notification to the student and guardians
  - Announcement of the actions
- (9) Continuing educational guidance by the department.



http://www.ritsumei.ac.jp/i nfostudents/campus-diary/



### Necessary attitude and actions to avoid troubles



Necessary to control self and desires as well as acquiring "Knowledge" and improving "Foresight"

## Relations between knowledge, foresight and self-control (examples)

(ex) Why do people bike while distracted and can't stop? (e.g. using phone while riding a bicycle, etc.)

#### **Action**

Biking while distracted

State of mind/ Cognition

Being aware it is dangerous for self and others

#### Knowledge

Know that biking while using a phone is legally punishable "Prison sentence of less than 6 months or a fine of under 100,000 yen"

#### Nevertheless, why do people keep doing it?

#### (Desire)

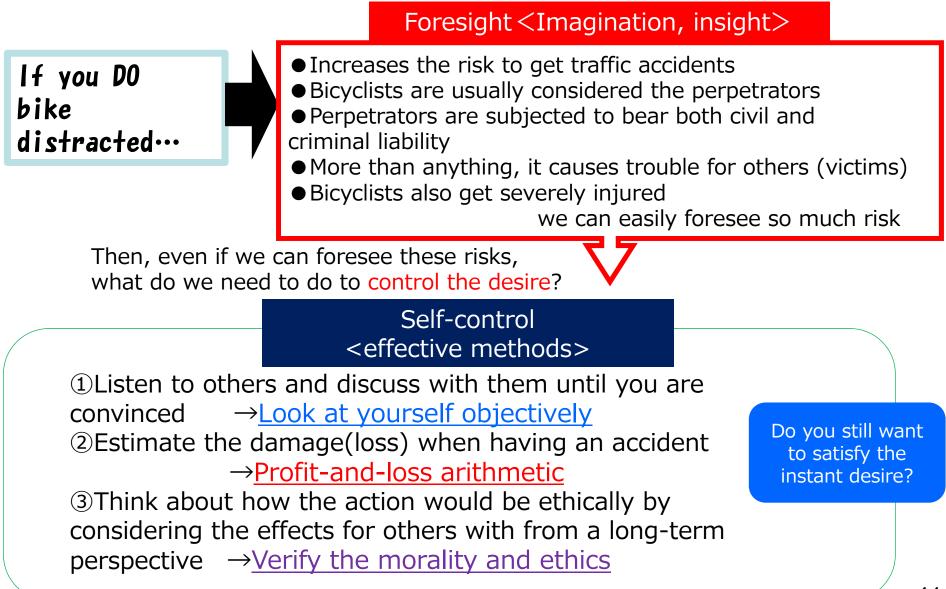
- •Various motivations such as playing games, interacting with others and reading internet information, etc.
- Using phones habitually

(Making excuses to justify doing it) Optimistic but groundless ideas such as "Just a little will be fine", "It won't be discovered by police", "It will not happen to me". Believing "Everyone does the same".

Why are there so many people biking while distracted despite the fact that it is widely known to be dangerous and should not be done?



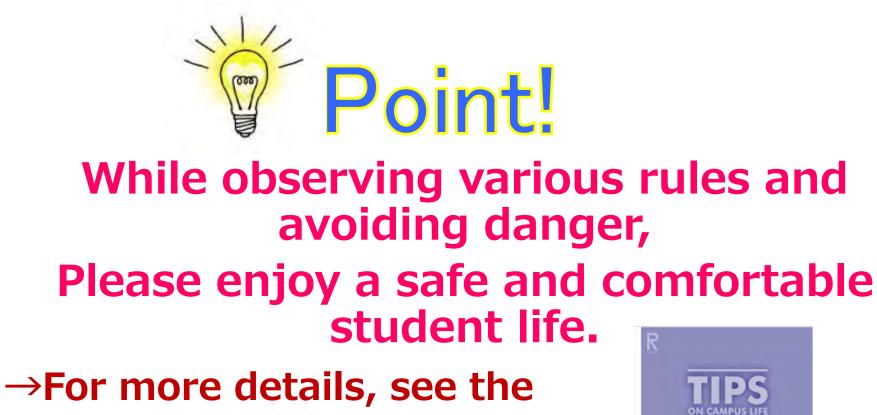
### Let's get to know the importance of self-control



## Having knowledge, foresight and self-control will help keep you safe from many risks



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



→For more details, see the TIPS ON CAMPUS LIFE FOR STUDENTS 2021





http://www.ritsumei.ac.jp/ file.jsp?id=455429 Available at the Office of Student Affairs 48





If you feel  $\cdot$   $\cdot$ unsure 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 discover your own learning style, strengths, and weaknesses ■ you want to accomplish many things efficiently. **SSP** English Services of Student Success Program Website Time management Making To Do list SSP Seminar Note-taking method How to write an academic report etc. • Peer assisted sessions 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.

See the SSP website for more details.

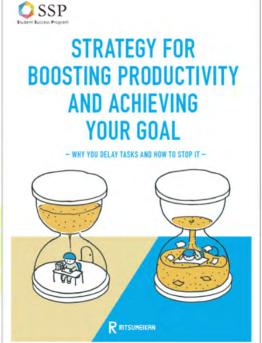
### Student Success Program (SSP)

### Our support 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/



To receive SSP support or more detailed information, please feel free to contact us via email with your college and year. Mail : <u>ssp1@st.ritsumei.ac.jp</u> ▲A guidebook for "Overcoming Procrastination" is also available and can be downloaded from the SSP website

# Reserve 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. Student Support Room

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学生サポートルームのごあんない Student Support Room Services Guide

SSR is located in the Office of Student Affairs at each campus: [KIC] Kenshinkan 2F [BKC] Central Arc 1F [OIC] A-BI TEL 075-465-8174 TEL 077-561-3952 TEL

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



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

or by email at: <u>o-go-1@st.ritsumei.ac.jp</u>\* In your email, please include: (1) name, (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.

## **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[OIC] A-Bldg-South TEL 072-665-2110 [BKC] West Wing 1F TEL 077-561-2635

For details, see the following URL: URL: <u>https:en.ritsumei.ac.jp/health/document/</u>



## **Disability Resource Center**

- Receive support/accommodation from student disability services.
- Specialized DRC coordinators are stationed at the DRC of the Student Affairs Office.

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





## R Harassment Prevention Committee

## If you feel that you are being harassed:

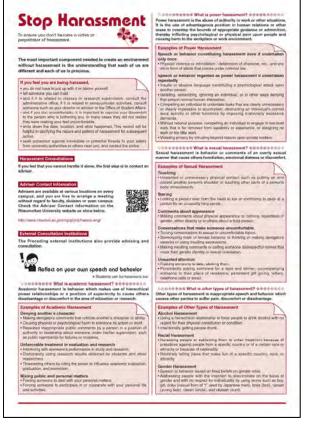
Do not think you have to go through it alone.

Please feel free to contact the harassment advisers, who provide compassionate support that responds to your needs.

Academic Power Sexual

Harassment

## For details, see the leaflet or the following URL:



URL:http://www.ritsumei.ac.jp/mng/gl/jinji/harass-eng/



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.







For full-time students, it will be provided at the college orientation.

## 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, where to go?>
- Original book cover of your choice 9:00~22:00

### **Book Cover Download:**

Top page of Ritsumeikan Japanese HP  $\Rightarrow$  Search "ダイアリー" ("Diary" in Japanese)



学生発リオリジナル表紙





UNIVERSITY

## Part 2 For your successful student life

I. Extracurricular Activities

<mark>活躍•参加</mark> 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 Challenge Systems and Services** 

## Clubs · Circles · Project Activities



## I. Extracurricular Activities

## About Student Activities

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

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

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

## **I**. Search for circles matching your interests!



http://en.ritsumei.ac.jp/li fecareer/file/student\_acti vities.pdf Student Affairs Office Publication
STUDENT ACTIVITIES 2020



Ritsumeikan Uni. Homepage [SPORTS & CULTURE]

http://en.ritsumei.ac.jp/lifecaree r/club-activities/

Student Association Publication [CIRCLE COLLECTION]



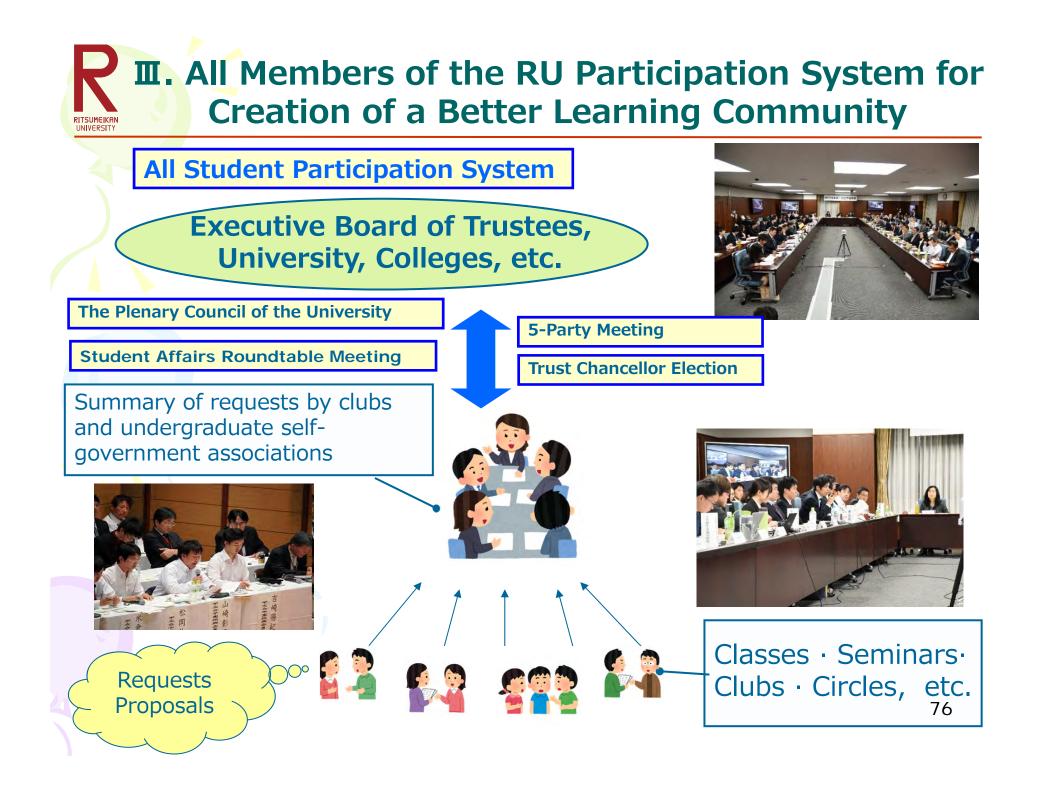
RITSUMEIKAN UNIVERSITY

STUDENT

ACTIVITIES

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If you are interested, check it out by: ① Contacting with SNS ② Going to where the activity is held.



## Examples of actualizing student voices

#### Opening of the Peer Learning Room "Piala "

Improvement of student-learning environment



### Eastern Square [KIC]

Improvement of student-life environment



**"Lunch Street" [BKC · OIC]** Various lunch box stands and food vendors now on campus, improving the food environment



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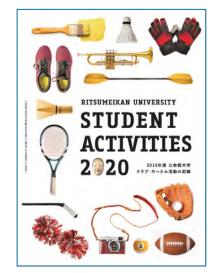
## For a successful student life, be self-directive and active, and get involved in extra-curricular activities!

### $\rightarrow$ For details, please see the





http://en.ritsumei.ac.jp/lifecareer/file/student\_activities.pdf



Available at the Office of Student Affairs

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

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

## Inter-Campus Transportation:

RU operates a shuttle bus service connecting three campuses in order to support the activities beyond each campus.

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

## Training Room

Machines and equipment are available for use by students from all

campuses · On-site trainers are here to help · Good for athletes and dieters!

Currently closed to regular students/faculty/staff.

## BKC Sports and Health Commons

#### Currently closed to regular students/faculty/staff.

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

https://mobile.twitter.com/bkcshc







\* Business hours are subject to change. For details, see the following URL. <u>https://www.ritsco-op.jp/</u> \* Please cooperate with mask-wearing and hand-sanitization when entering the cafeteria.

## **100 yen Breakfast** -For a healthy start-

Fall, . 28 ~ Jan. 26

Enjoyed by about 800 students every day!



## Rice + Dish menu + Miso-soup \*Choice of two dishes 8:00~8:40 (At the cashier) Only 100 yen!



Payment is accepted by the Co-op electronic money 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 helps you focus in class! <sup>84</sup>

The Kinugasa Student Affairs Office is located on the 2<sup>nd</sup> Floor of the Kenshinkan(KE). The BKC Student Affairs Office is located on the 1<sup>st</sup> Floor of the Central Arc.

The OIC Student Affairs Office is located on the 1<sup>st</sup> Floor of the South of Building A (AS)

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

Thank you for your attention!

