



Relay Essay Now Underway – Passing a Baton to Your Heart Every Month

Counseling Team of the Health Support Center

Spring is a perfect time to start something new, perhaps this year more than ever.

As we ushered in the new season, all the Health Support Center counselors got together and agreed to create a fresh opportunity to provide information and messages for Tokyo Tech students on a regular basis.

The reason for our decision is partly because we have had less chance to see you in person because of the pandemic, which spurred an increase in online and telephone counseling. Although we find these methods to be very useful and valuable alternatives, we couldn't help but feel that something was lacking. Another reason for our decision to act was the candid feedback on our activities from the Student Survey 2022. For example:

- "I have no idea what the counselors do"
- "You should put more effort into PR activities"
- "We want to know the specifics of what counseling involves"

This highlighted the increasing need

to be more proactive in promoting what support we can offer students.

Our team of three faculty and five part-time staff take turns at writing and publishing something every month, with the goal of connecting more with students.

We plan to write essays on our impressions and feelings about the counseling activities we conduct, or short pieces based on our professional knowledge of clinical psychology. We would also like to write more regular updates on new events related to our health management and counseling services. We already have a long list of ideas that we are keen to share including, for example, creating a "Saijiki" (a unique catalogue of terms and phrases which highlight and describe seasons, events, nature, etc.) on which we can base essays about seasonal campus events or ceremonies (new semester, examinations, summer holidays, graduation, etc.). This can generate a wealth of themes and topics such as:

"How to relax your mind"

- When you can't get to sleep

- How to control your emotions
- Simple and easy stress care
- How to deal with dreams

“How to live and study”

- Encountering themes
- Diversity and self
- Exploring different cultures
- What is resilience?

“Tips for relationships with others”

- Tension and relaxation
- How can I be better at talking?
- Why can't I be a leader?
- Being open vs. being guarded

These are just a few ideas off the top of my head. Writing them down like this, I'm already excited at the prospect of not only passing on knowledge that will help you in your campus life, but also passing our baton to your heart.

Our readers will not be limited to students but also faculty members and their families. As there are three English-speaking counselors, we are able to provide essays and messages in English as well as Japanese.

Please get ready to receive our baton very soon!

April 18, 2023

『Mental health and counseling』

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

