

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!

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.15~22 (Ookayama) and Apr.24~26 (Suzukakedai)
*Make a reservation and answer the questionnaire ONLINE from Tokyo Tech Portal
- Special Medical Screening ::(ionizing radiation only)
~Apr.10~11 (Suzukakedai) and Apr.18~19 (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>