

Navigating your student life at Science Tokyo

Shiho Otomo (upcoming 2nd year Master's student)

Energy Science and Informatics Course,
Department of Transdisciplinary Science and Engineering,
School of Environment and Society,
Institute of Science Tokyo



About myself

- **About**

- Born in Aichi, Japan, grew up in Aichi & Dalian, China
- Moved to Tokyo for university

- **Education**

- 2020-2024 B.Eng., Tokyo Institute of Technology
- 2024- M.Eng., Tokyo Institute of Technology

- **Research**

- **Bachelor thesis:** *In situ* infrared spectroscopic study on adsorbates on catalyst for electrochemical ammonia synthesis

- **Interests**

- Travelling, film photography, finding good eats and drinks



Shiho Otomo

Table of Contents

- 1. Being a master's student at Science Tokyo**
- 2. My student life at Science Tokyo**
- 3. Ookayama survival tips**
- 4. Additional information to help your student life**
 - Campus tour guide
 - International student help desk

Welcome to Science Tokyo!

1. Being a master's student at Science Tokyo

As a Master's student at Science Tokyo you will ...

1. Conduct your research

- Join a lab and work on a research project
- Present work in midterm and final presentation
- Write and submit your master's thesis

2. Take master's courses

- Take graduate courses to fulfil the required credits needed to graduate
- Plan your course schedule based on each course's requirements

3. Explore and prepare for your next career path

- Start looking for a job
 - Join job seminars and/or internships
 - Start application
- Pursue a PhD
 - Discuss with supervisors
 - Prepare application

Master's student life at Science Tokyo

1. Conduct your research

2. Take master's courses

3. Explore and prepare for
your next career path

Unlike bachelor's, master's student life will be research > lectures

You become responsible for:
planning your own schedule and maintaining a well-balanced life.

How do we do that?

Understand your current situation and roughly plan your yearly schedule

2. My student life at Science Tokyo

My student life at Science Tokyo

My current situation

1. Conduct your research

- Joined my current lab from bachelor's and working on a similar theme
- Experiment-based and time-intensive research

Want to devote sufficient time for research

2. Take master's courses

- 10/31 credits already acquired during bachelor's
- 8 credits for research project

Want to finish my courses in the 1st year

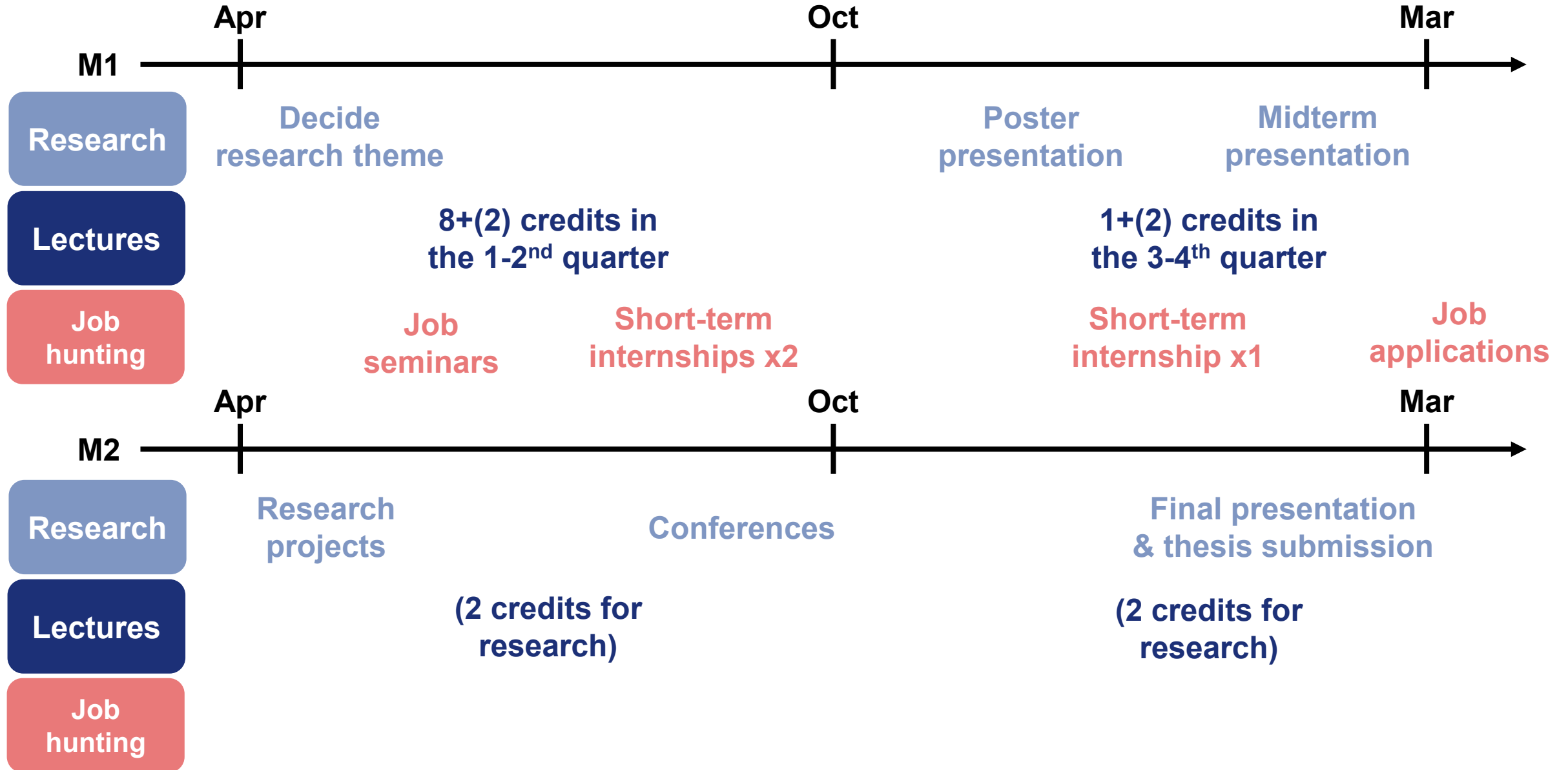
3. Explore and prepare for your next career path

- Starting a job > PhD
- Start applying for jobs (Japanese job-hunting is unique and starts early)

Don't want to rush my decision but can't spend too much time on job-hunting

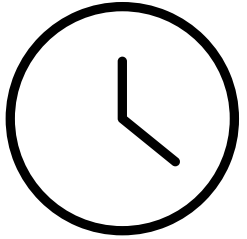
How do I balance all three of them in my 2 years of master's course?

An overview of my yearly schedule



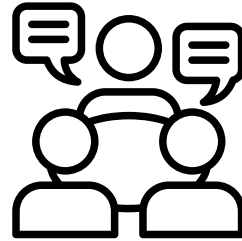
What does research look like?

About my lab



Lab hours

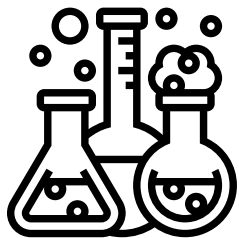
- 10am to 6pm
- Monday to Friday



Lab meetings

- Seminar: presentations from everyone, once a week
- Group discussion: discussion in small groups, once every two weeks

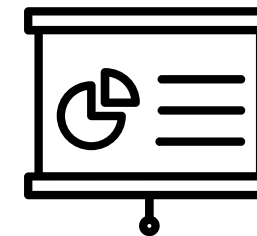
What do I do in lab?



Conduct experiments



Read papers/reviews



Make presentations/
documents

Maintaining your healthy well-being

Some things I learned after 2 years of research in my lab

- Research never goes as planned, flexibility is key
- Don't compare your progress with others
- Not obtaining results can lead to frustration, stress and anxiety. Be patient!

Taking a good care of your mental and physical health is NECESSARY

What you could do to maintain your mental and physical health

- **(Very important)** Always have a plan B for your research!
- Constantly communicate with others about your progress
 - **Reach out to your supervisor** and constantly update them on your progress
 - **Reach out to your “senpai”s** (older students)! They have also been through the same hardships you're going through now
 - Talking with people other than your lab is also important!

Maintaining your healthy well-being

What you could do to maintain your mental and physical health

- Get yourself out of the lab!
 - **Join programs and events** held at/outside university. Check the university website/slack for information!
 - **Internships/job seminars** can also take your mind off research.
 - Pack your bags, **go on a trip**, and escape reality



Study abroad guide for
Science Tokyo students



News & events at
Science Tokyo



ASPIRE Forum Student Workshop (Beijing, China)



Trip to Taiwan

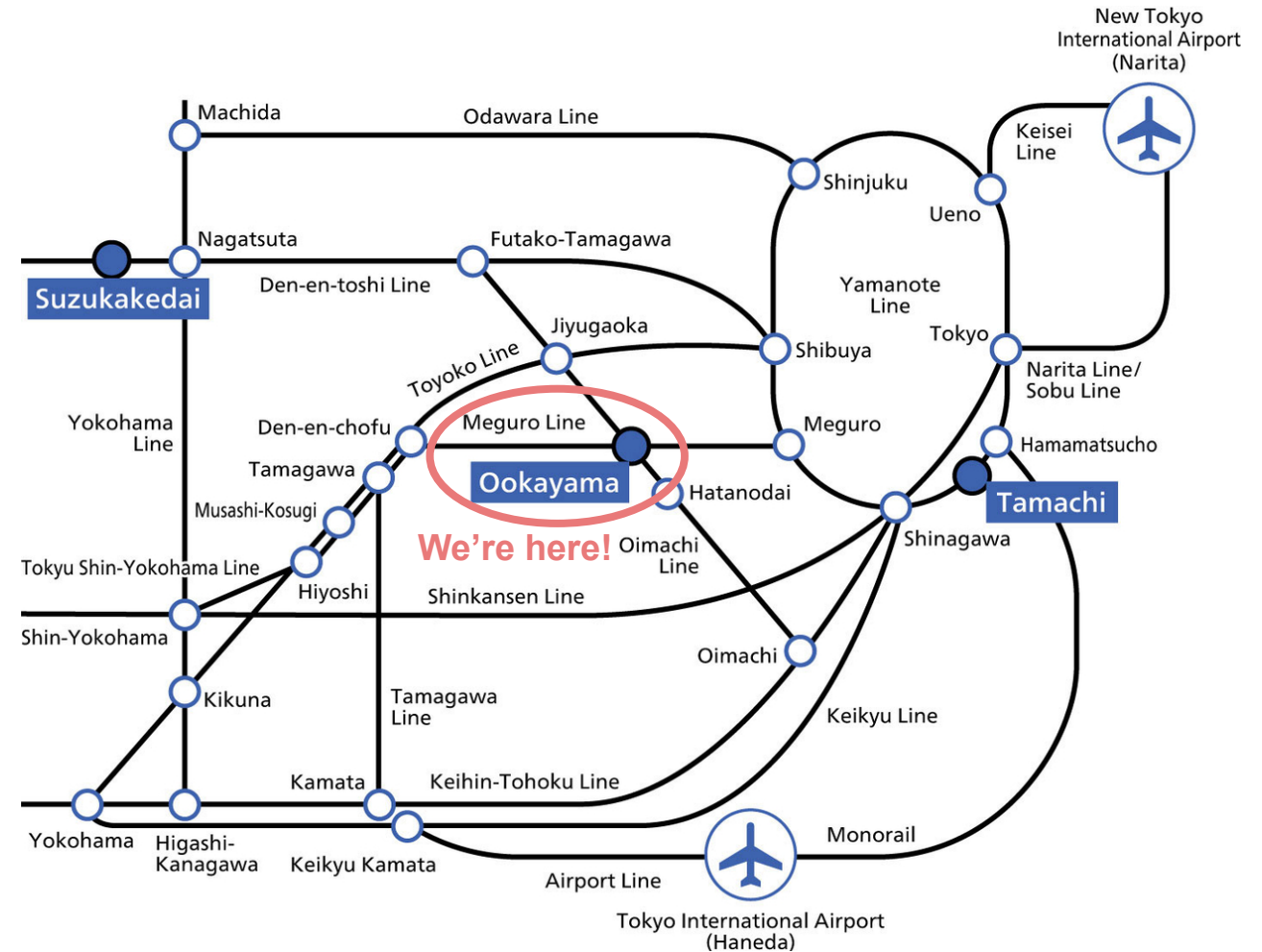
- 1. Think about your priorities and plan a schedule that fits for you!**
- 2. ALWAYS try to take care of your mental and physical health**
- 3. And importantly... enjoy your Science Tokyo life to the fullest!**

3. Ookayama survival tips

Where is Ookayama?

About Ookayama

- Great access to central Tokyo and suburban areas
 - Shinjuku, Shibuya, Yokohama are all reachable within 30 minutes
- Four lively shopping streets surround the station
 - “Ookayama North Exit Shopping Street” alone is home to 140-150 shops
- Full of nature
 - Beautiful cherry blossoms line up in the Nomigawa Greenway and also inside the Science Tokyo campus



Ookayama eats and drinks

Where to eat

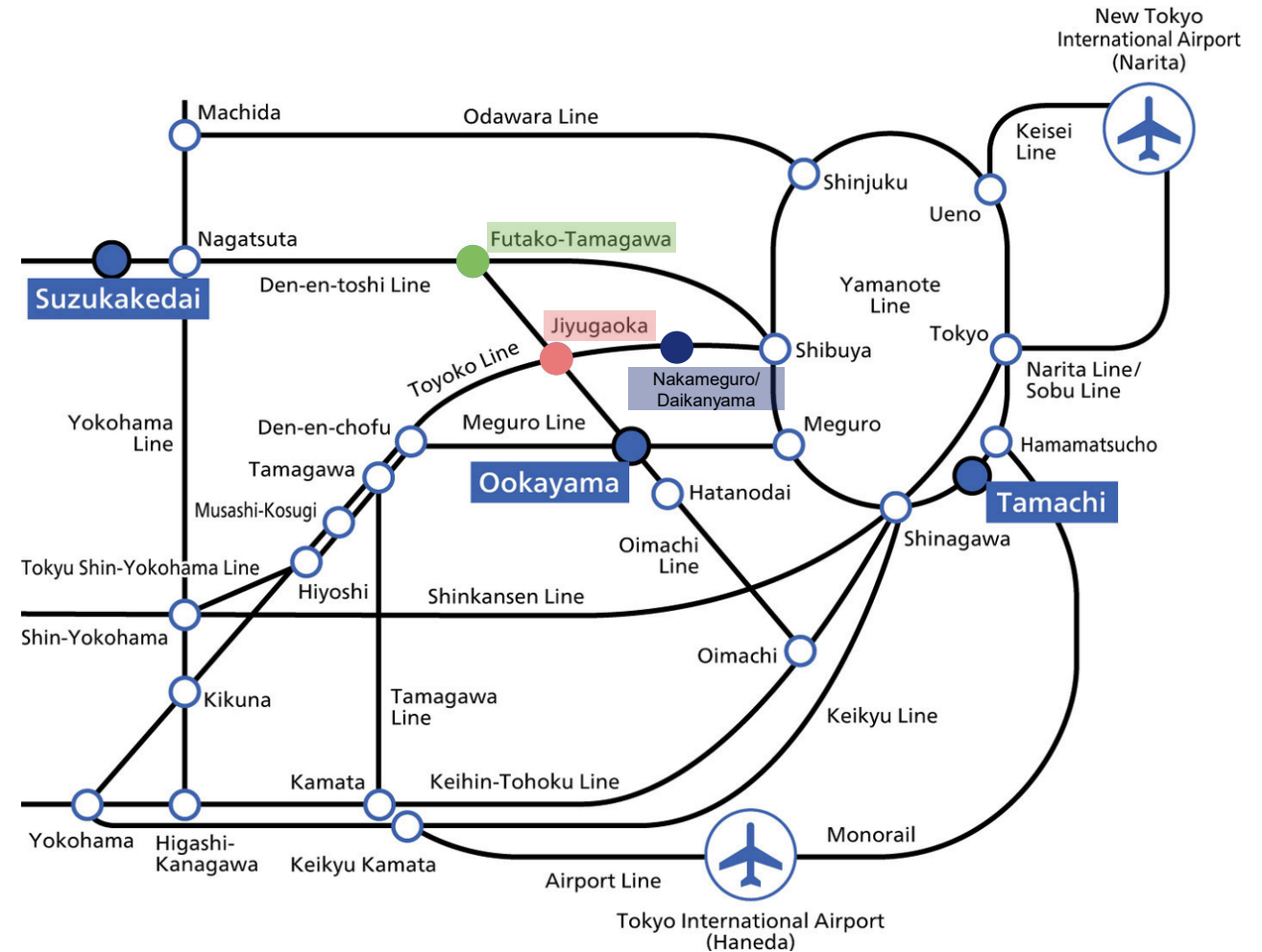
- **Tsubame terrace (the school cafeteria)**
- **Japanese food**
 1. **つかさ (Tsukasa)**: Offers tasty seafood lunch under 1000 yen
 2. **やぶ (Yabu)**: Offers a huge variety of Japanese food and teishoku (set menus)
 3. **歌志軒 (Kajiken)**: My favorite abura soba (ramen without soup)!
- **Chinese food**
 1. **四川屋台 (Shisen-yatai)**: Great Chinese food under 1000 yen, all-you-can-eat buffets on Wednesdays
- **Cafes**
 1. **Seattle Espresso Cafe**: Coffee shop inside Taki Plaza
 2. **Doutor**: Popular coffeeshop chain in Japan
 3. **Excelsior Caffé**: Popular coffeeshop chain in Japan



Where else should I go?

Other good places nearby

- **Jiyugaoka**: 2 mins by train. The most popular place for food and drinks for Science Tokyo students
- **Futakotamagawa**: 12 mins by train. For shopping, food, movies, and a relaxing time along the Tama river!
- **Nakameguro/Daikanyama**: 15-20 mins by train. Great food, drinks, atmosphere, and vibes. Not too crowded!



4. Additional information to help your student life

English

CAMPUS 2025 TOUR 4.3-4.4

guided
by Peer Life Coach Students!

Let's take a walk around the
Ookayama campus and
learn about the places!!

Pre-reservation



- Pre-reservations required.
Held only on days when
reservations received.
- Even if it rains, this event will
be held.

Ookayama

Taki Plaza, Main Bldg., West
Bldg. 1, Library, etc.

WHERE TO MEET

Ookayama : Taki Plaza
Entrance

Suzukakedai : Suzukake
Hall

Suzukakedai

Library
J2 Bldg.
G-Area
Suzukake Hall
etc.

YOU CAN ASK
SENIOR STUDENTS
ABOUT
CAMPUS LIFE
IN
ENGLISH, JAPANESE



Contact

Student Support Center, Student Success Support Section, Peer Life Coach
E-mail : internationalstudentsupport@jim.titech.ac.jp

International Student Help Desk

Peer Life Coaches are here to provide you necessary information and help you settle down in a new environment!

- **Where:** Global Lounge, Taki Plaza B1F
- **When:** Usually during lunch period on weekdays. English, Korean, Chinese are also available!



Peer Life Coach
International Exchange Team

International Student Help Desk

Let's work together to solve your problem !

You may have encountered problems like...

- How can I join a club activity?
- What are the opening hours of the library?
- How can I apply for a credit card?
- Can you help me to explain this notification?

The International Student Help Desk provides information to foreign students who have questions. Japanese Students are also welcomed!
You can just drop by and chat too!
Please feel free to talk to us!

Schedule Monday to Thursday, 12:40-13:20
Also open in the afternoon on some days. Please check the schedule through QR code.

Where Taki Plaza B1F Global Lounge

Language English • Chinese • Korean • Chinese
Please ask the language proficiency to the staff.

Contact
Student Support Center, Student Success Support Section, Peer Life Coach
E-mail : internationalstudentsupport@jim.titech.ac.jp

Google Calendar



**Thank you
& enjoy your student life at Science Tokyo!**