

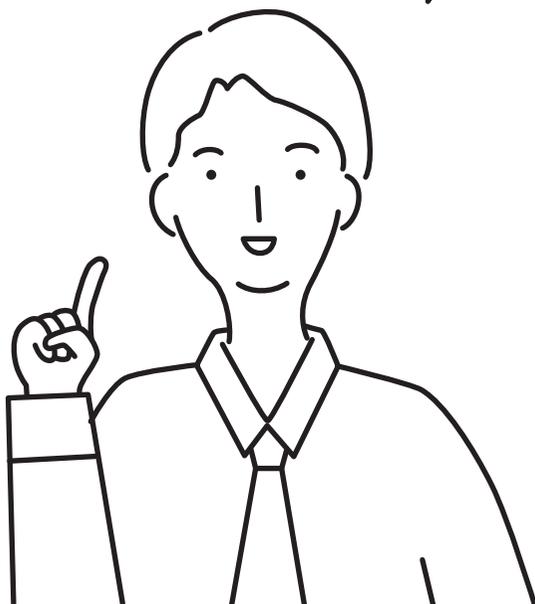
## Introduction

During in your student life, have you ever been worried about your academic works, relationships and future? I want to talk about these, but there is no one near for you, do you know who can consider about you? In such a case, I would like to use counselling on campus easily for you.

However, there are many students who have heard about your problem, but they don't know what to do or how to use it.

In student consultation Q&A, what is the counselling? For all the students who are thinking, we have summarized the questions about counseling.

Not to mention the person who is troubled now, it is the content that we want you to know especially to the person who is not in trouble now. Please read it once by all means.



## Welcome everyone

### [Contact us at Center for Health Sciences and Counseling]

○Mon. – Fri. 9:00-17:00  
○<http://www.chc.kyusyu-u.ac.jp/>

**Center for Health Sciences and Counseling**  
(2<sup>nd</sup> floor, Big Sand) 092-802-5881

**Center for Health Sciences and Counseling,  
Center Zone, Ito Campus**  
Ito Center Zone (1<sup>st</sup> floor, Center Zone 1) 092-802-5859

**Center for Health Sciences and Counseling,  
Ito Campus West Zone**  
Ito West Zone (3<sup>rd</sup> floor, West Zone 3) 092-802-3297

**Center for Health Sciences and Counseling,  
Hospital Campus**  
(1<sup>st</sup> floor, Building of Administrative  
Offices of Research and Education) 092-642-6889

**Center for Health Sciences and Counseling,  
Chikushi Campus**  
(old health science center) 092-583-7685

**Center for Health Sciences and Counseling,  
Ohashi Campus**  
(2<sup>nd</sup> floor, Design Commons) 092-553-4581



## Selfcare series for students

[Student life]

1. Student counseling Q & A
2. How to make small talk
3. How to take tests and make presentations
4. How to not procrastinate
5. How to get over failures
6. How to deal with parents during adolescent year
7. How to control anger
8. Transfer students
9. How to manage your schedule
10. Friendship at the university
11. Quit the university?
12. For students that plan to study abroad

[Mental and physical health]

1. Sleep disorder
2. Headache
3. Anemia
4. Intestinal issues
5. Adjustment disorder
6. Anxiety disorder and panic disorder
7. Cause of depression
8. Symptoms of depression
9. Autonomic nerves and autogenic training
10. Relaxation
11. Health issues associated with smoking
12. Infectious diseases

Source: Center for Health Sciences and Counseling, Kyushu University.  
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Selfcare



For students

Student life 1

## Student Counselling FAQs



This pamphlet summarizes the information necessary for you to manage the mental and physical problems you may encounter. Please refer to this pamphlet as needed.

**Kyushu University**

Center for Health Sciences and Counseling

# Student Counselling

## FAQs

### **Q. When should I get counselling?**

**A. If you have any concerns, please feel free to contact us.**

Student consultation varies. "Academic scholastic work goes wrong", "I want to think about my future", "Relationships(with friends, professors, etc.) go wrong", "I don't feel well", "I'm in trouble because I've been harassed," "Love Relationship," "I'm worried about my friends being withdrawn." Examples include "May disease," "I want to repair broken relationships," and "worries about part-time jobs and circles."

### **Q. What is the process of counselling?**

**A. There is counselling after pre-registration. Please feel free to speak in the interview room.**

In the counselling session of the student counselling room, you will first have to write down the contents you want to consult on the acceptance sheet at the student counselling room in each district.

Since the interview room is a protected space, in counselling you are free to talk about your current feelings and problems. Counsellors listen to their stories and feelings without criticizing them. As you put your problems and feelings into words, you will find yourself realizing the tips for solving problems, what to do next or the real feelings that have been hidden deep within you. Counsellors may organize problems and feelings as needed and give advice.

If it's hard to talk, you can bring a note and talk to it in advance. As a rule, the content of the talks is carefully kept confidential (except in special cases where life or crime is involved and urgent action is required).

### **Q. Who are counsellors?**

**A. They are qualified people of counselling.**

Student counsellors are qualified as clinical psychologists.

### **Q. How much does counselling cost?**

**A. If you are a university student, you can use the student consultation room free of charge.**

Counselling in the student Counselling room is free of charge, so please feel free to come and talk.

### **Q. What is the difference between psychological counselor and a psychiatrist?**

**A. A psychological counsellor encourages self-understanding. A psychiatrist performs medical treatment.**

A psychological counselor (clinical psychologist) deepens understanding based on clinical psychological theory. In the course of the dialogue, we help you make better choices in your life and in your life and help you find clues to solve problems while listening to your stories. Sometimes, relaxation and other techniques are used to relieve anxiety.

A psychiatrist uses medical knowledge to provide medical treatments such as relieving symptoms and reducing anxiety. In a condition where insomnia continues, anorexia continues, motivation declines and there is nothing we can do about it, it is the most important issue to physiologically rest the brain and set the rhythm of life.

### **Q. I don't want to get counselling because I'm not sick.**

**A. Counselling is often about problem solving and growth and not necessarily for the treatment of diseases.**

It is regrettable that there is still a prejudice that counselling is still something that sick people receive. Counselling is not necessarily for treatment by a sick person. Love and career worries are something that anyone bumps into in their university life and the experience of overcoming them will be a lifetime asset. There are some things that I get for treatment (treatment models), but many of them are about problem solving and growth.

### **Q. Can I consult with my family and friends at the student counselling office?**

**A. We accept consultations with parents of Kyushu University students of who have troubles with their families and friends.**

The Student Counseling Office provides counselling services for students at Kyushu University, so we do not provide counselling services directly to family members or friends other than Kyushu University. However, we accept consultations with parents of Kyushu University students and students who have concerns about family and friends. We also provide information on medical institutions, institutions, consultation organizations and we also provide support to find a better direction.