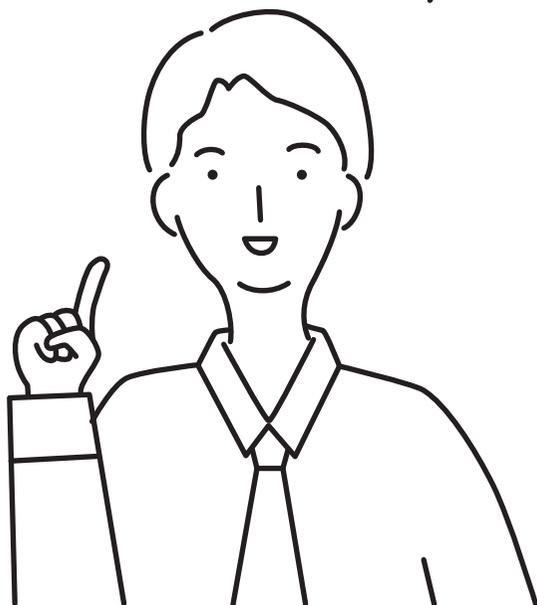


Introduction

In University life, you must deal with a variety of problems, such as academics, friendships and employment. Meanwhile, isn't there a lot of trouble? I want to talk to people, but I'm embarrassed that I can't ask and there are no people who can talk to me. Step by step of work on each problem can make it easier for you to solve it yourself. If you are wondering whether to go to consult about your problems, here are some tips to solve some of the most common problems in university life. If you know not only the problem you are having but also how to deal with another problem, you may find things can do when your friends and other people are in trouble. By all means, read it once. If you would like to ask about more detail, please feel free to use the nearby Center for Health Sciences and Counseling.



Welcome everyone

[Contact us at Center for Health Sciences and Counseling]

○Mon. – Fri. 9:00-17:00

○<http://www.chc.kyusyu-u.ac.jp/>

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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 2

Chat Tips



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

Chat Tips

1 What do we do for chatting?

It is said that there is no meaning in the chat itself. However, it is said that it is a lubricant of the interpersonal relationship because the sense of intimacy increases by chatting, and the person can be understood a little. It is the one that it is easy to get along much more when getting excited by the chat.

2 Chat points

One of the points of chat consists of (1) getting to know the person, getting to know the person's information, getting to know the school and the company, and trying to do something together, and getting to know yourself consciously. The trick is to take an interest in the other person and look for a common denominator.

3 What's the talking?

Greetings are quite important. Smiling and greeting them is essential to making a first impression. First of all, let's say hello. Here's what happens to a common story.

Topics related to climate, season and weather.

Topics related to hobbies

Topics related to news

Knowledge of places (places you've been, where you're from, etc.)

Topics related to acquaintances

Topics about occupations

Topics about first and last name

Topics about work

And the like.

Although they have a common experience, it seems to be a bit intriguing and something that contains specific episodes about themselves.

4 Chat points

I often hear the problem of not knowing what to talk about in a chat. chat doesn't have to be meaningful or conclusion. The theme is not fixed and the purpose is not clear. So, you may derail more and more, you may do, you may not want to summarize the story in a meaningful direction, you do not have to conclude.

It is also effective to put the mallet and nod vividly. Let's talk at a trial pace. It's better to talk short. When you tend to be silent, tell a story that was at a quiet pace. Sometimes I see people who say they've broken their backs, but chatting is normal even if your topic is cut off on the way. Let's get used to that.

One of the tips is to use the "question story method" that can be turned back to you. What about you? By asking "Tell me what you think", the point is to let the other person talk first of all what you don't want to talk about or that is hard to talk to.

When you round up a chat, it is important to round up it. Let's often use phrases such as "Oh, it's time," "I'm sorry," "Wow, I want to know that. Let me know next time, "I'll have a drinking party" and "See you tomorrow" and make good use of it.

5 Techniques for connecting stories to the next opportunity

It is also important how to connect today's chat to the next opportunity. You may want to borrow a book or a CD, tell them that you will e-mail you later, or after talking about the shop, you can say that you have heard the story and I went there.

6 Tips for questions that explore your partner's interests

Because it is the first meeting, it is not amusing even if it asks various questions. "If you ask a question like this, you might

violate the privacy of the other party," the more you consider the things that the conversation will be, so don't hold back too much. It's a good idea to talk about specific facts and this before you ask questions.

Wrong example: "Where are you from?"

Correct one: "I'm from Fukuoka Prefecture and where are you from?"

7 What if I can't find a topic?

The theme that you can talk about without hesitation is what you know the most. Moreover, the topic is enough for the fool story. Don't think too much. It is easy to be nervous or degenerate, especially if you don't have your knowledge or become a topic you don't have experience with. In such a case, let's push yourself as it is to the whole surface. It's okay to ask more and more questions.

8 Praise and conversation that never ceases to talk

It is good to praise each other because anything is good in the chat. Praising a person's good points is an art.

It is said that if you focus on positive points and select topics where you can agree and praise in the stories you have brought up, your chat will gain momentum and more.

9 Chat etiquette

It's better not to speak ill of people or others. As an etiquette when using other people's stories, it would be good to say, "This is a story I heard from you". After that, it is not good to talk sloppy only by oneself. Be careful so that everyone can participate.

Citations and References

Michihiro Akiba, "Introduction to Chat Techniques", Daiwa Publishing Co., Ltd. Takashi Saito, "How to Talk with Increased Chatting Skills", Diamond Company