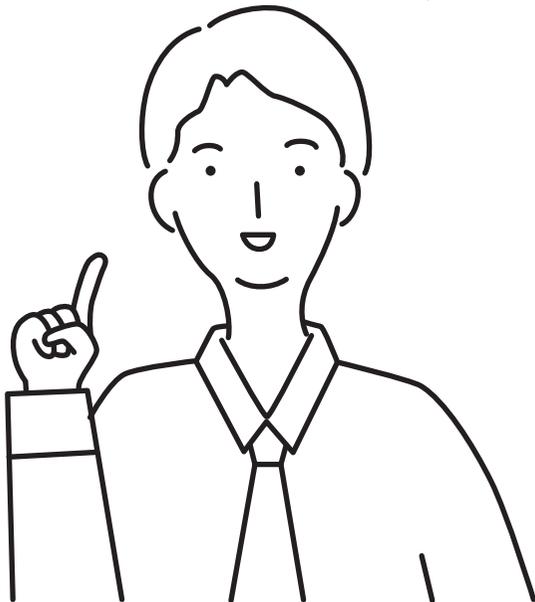


Introduction

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/>

Center for Health Sciences and Counseling
(2nd floor, Big Sand) 092-802-5881

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

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

**Center for Health Sciences and Counseling,
Hospital Campus**
(1st 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**
(2nd 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.

Illustration by Chiyo Inoue

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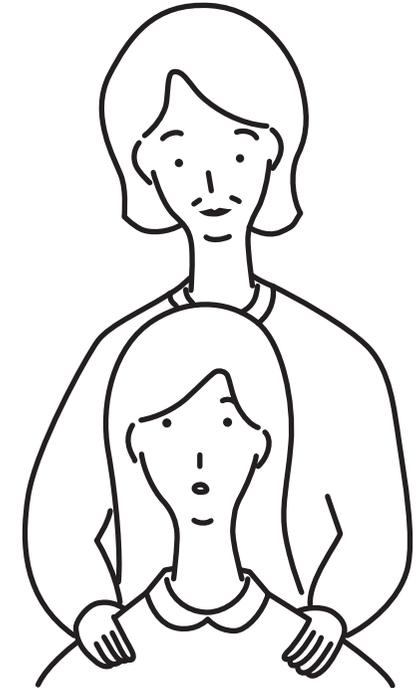


Selfcare

For students

Student life 6

Adolescence and Parent-Child Relationship



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

Adolescence and Parent-Child Relationship

あなたは、親との関係に悩んだことはありませんか？大学生になるまで、一度も親との関係で困ったことがないという人は、あまりいないかもしれません。

1. Parent-child relationship in kindergarten and middle school

The relationship between a child and a parent changes gradually as the child ages and grows. In general, much attention has been paid to the first rebellious period in kindergarten and the second rebellious period in adolescence in junior high school. A common feature of that period is that children's claims and behaviours are born. My parents don't listen to what they say, so I'm surprised, messed up and sometimes tried to get back. Some parents may change their responses flexibly due to changes in their children's behavior, but they may not change their responses due to their educational beliefs. From the child's perspective, as the world grows, the world that is associated with it expands and becomes widely influenced by the social relationships of people other than the family and parents. Where the parents don't know or do not know, new growth buds are born and grow. From an adult's perspective, it will appear to be out of the social framework and rebellious.

2. Universities are the beginning of a new parent-child relationship

As a university student, the parent-child relationship will probably enter a different stage. Many people start living alone and have to manage their own food, food and shelter themselves. You will also have to be able to spend your time alone, mentally. If you live with your family at home, you may encounter free parents and collide with your parents from different relationships and relationships you may have in high school. Now that we have become a highly educated society, it is said that the youth era has become even longer than before.

Under such circumstances, the university student era is the beginning of a new parent-child relationship and it may be said that it can be said to be the third rebellious period. It can be said that it is a good opportunity to rethink your relationship with your parents so that you can work as an adult and an adult in the future.

3. Various families and various parent-child relationships

Even if you say parent-child relationship or family, there will be no one. The general path of development does not apply to any parent, child or family. If the cultural and economic environment, such as the region, tradition, the temperament and conditions in the background of each parent and child are different, the relationship will naturally be different. Therefore, you don't have to think that you have to face your parents for self-reliance and be rebellious to be independent. The parent-child relationship differs depending on the relationship between the same-sex parent and the opposite-sex parent, the relationship with the father and the relationship with the mother. You can have a calm and good relationship with your father, but you are often too close to your mother or conversely, you can speak honestly to your mother, but you don't feel like talking to your father. There may be, If the father is a single person in his childhood and has fewer opportunities to interact with the child, a stable world is often created only by mother, father and child is often left behind. Now that you've grown up with such a family history, you may have a new awareness when you look back. More recently, it is said that the number of people who have not had a special rebellious period is increasing. In the past, the rebellious period (especially after the second rebellious period), which was regarded a necessary evil for

independence and is growth, not necessarily so, and there may be various patterns of growth. Some people think that is changing.

4. What kind of parent do you want to be

However, it is the parent-child relationship that forms the basis of interpersonal relationships such as friendships and romantic relationships. You can get some hints by unravelling the strings. Also, "becoming an adult" also means "becoming my own parent" and "becoming able to nurture myself". If you think about what kind of parents you want to be and how you want to grow yourself as a current problem, it will be solved from the problems of the past parents and children.

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