

## Introduction

Every year, many graduate students who enter to Kyushu University from various University, Colleges of technology and Foreign schools. It's hard for everyone to get used to the new environment. But students who came from other universities are likely to be forced to live in a form that is separated in Undergraduate school. Adapting can be more difficult.

This leaflet introduces common issues and worries that graduate students who came from other Universities often have and summarizes points to consider when adapting to a new environment. By all means, read it once.



## 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]

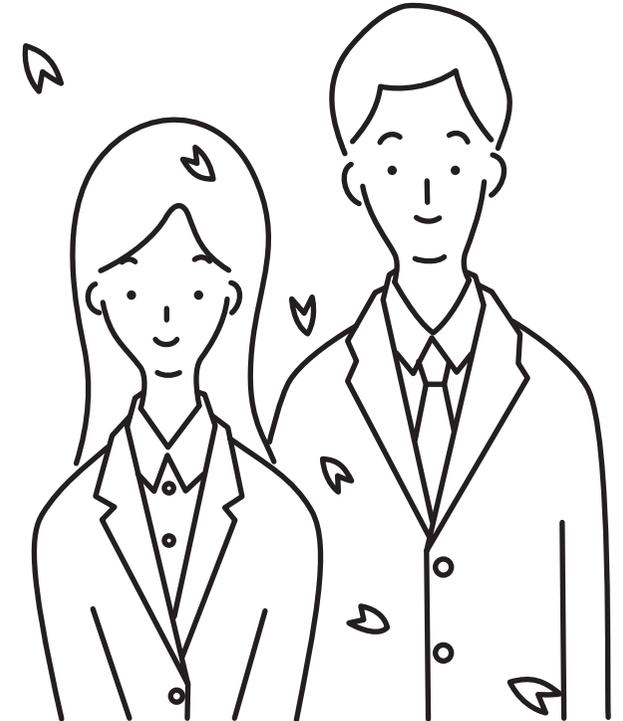
1. Sleep disorder
2. Headache
3. Anemia
4. Intestinal issues
5. Adjustment disorder
6. Anxiety disorder and panic disorder
7. Cause of depression
8. Symptoms of depression
9. Autonomic nerves and autogenic training
10. Relaxation
11. Health issues associated with smoking
12. Infectious diseases

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

Illustration by Chiyo Inoue

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## enrolled from other universities



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

# For students from other universities

Here are some of the issues common to graduate students from Universities and points to keep in mind when getting used to the new environment.

## 1. Problems common to those from other universities

### 《Adaptation to the living environment》

The living environment and eating habits are representative of the life environment.

Sleep and diet stability is the foundation of all activities. It is important to collect information about the stores and restaurants that sell the necessary items step by step in the living area where you live. In addition, this may include getting used to Fukuoka widely.

### 《Building relationships》

Some departments and laboratories have many students from other universities, while others do not. First of all, it is important to know the atmosphere of your department or laboratory and get used to it at your own pace.

### 《Adaptation to study environment》

Kyushu University's education and research procedures are often different from those of the university where they came from. First of all, you need to know the educational system of your school or major, and the guidance policy of your supervisor. In addition, there many are mechanisms that are not clearly written as "custom" in the study environment. In this regard, try to get information from insiders actively.

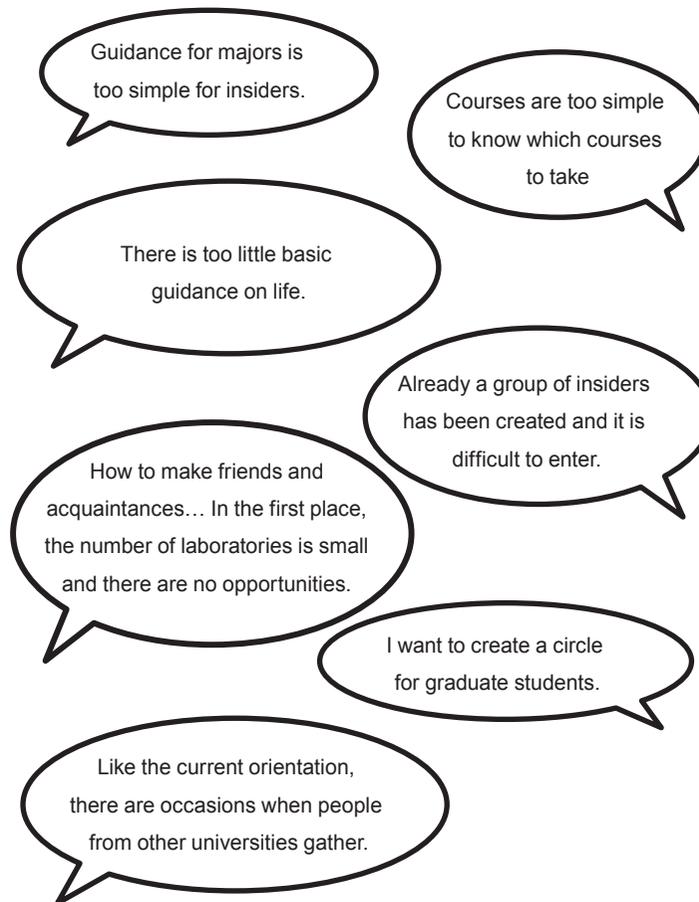
### 《Application to research》

Although it also overlaps with the adaptation to the learning environment, research problems cannot be removed from graduate school. You will often find differences from your university of origin, such as the determination of your research theme and how to proceed with your research. Also, due to differences in knowledge, people tend to think of themselves as "everyone looks smart". First of all, it is important to discuss with your supervisor and determine the direction of your research.

## 2. Voices from other universities

The Kyushu University Campus Life and Health Support Center have been conducting an orientation for graduate students from other universities since FY2014. Here are some of the voices of the participants. There may be many things that everyone in the same situation can sympathize with.

(Voices from students)



## 3. Toward adapting to a new environment

### 《What makes a difference》

Even if I think that the current laboratory at Kyushu University is different from the previous university laboratory, I do not know what is causing the difference. As you all know, even in the same university or department, the colour varies depending on the laboratory (supervisor). The culture and atmosphere in the laboratory are different. Differences or diversity will bring solid creativity to your studies and research, and thus to the university as a whole. Adaptation progresses little by little after a period of confusion and confusion. Do not panic, carefully.

### 《Expand without breaking human relations》

If you are an internal student, you will often be able to maintain various connections after entering graduate school, but if you are from another university, you will tend to be limited to relationships in the laboratory. In such a case, it is still good if the lab's relationships are good, but it can be difficult if you have trouble with the members of the lab or if the research progress is not progressing. For this reason, it is desirable to create relationships outside the laboratory as much as possible, but it is also very important to cherish the existing relationships at the university where you were born without breaking them.

### 《Unexpectedly short enrollment period》

If you are thinking about leaving Kyushu University for employment after completing the master's program, the minimum enrollment period at Kyushu University is 2 years. There are many things to do in the two years of the master's course, and it may be that the completion is imminent in the near future while getting used to the new environment, focusing on research activities, and job hunting. You don't have to feel impatient right from the beginning, but how about thinking about what you care about and want to spend your graduate life?