

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

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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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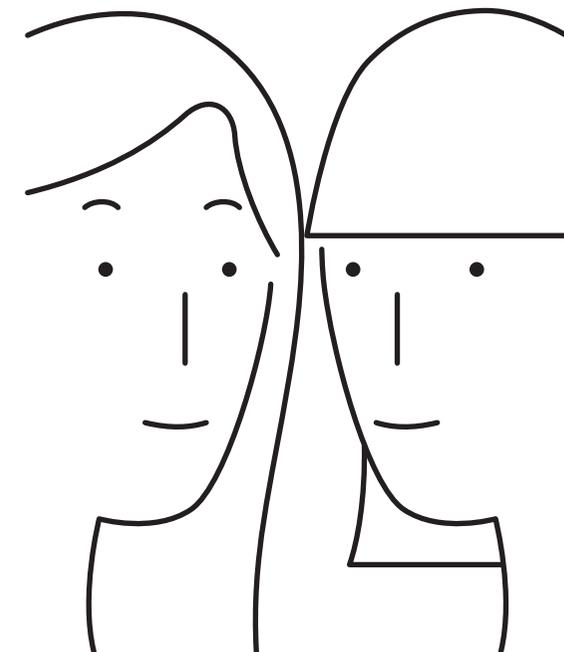
Selfcare



For students

Student life 10

Friends of College Students



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

Friends of College Students

College Friends - What is a friend? —

Human beings have a universal desire to belong to a group and have a close relationship with each other, and to recognize their values from others.

Friendship is an important part of relationships in college. However, because the class is weak in the university, the number of people who "inevitably be together" decreases, so many people find it difficult to make friends.

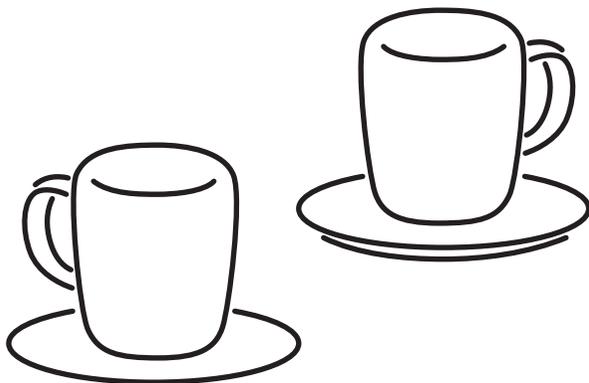
1. Various "Friendships"

What friends do you want?

- 1. A friend who eats lunch together?
- 2. A friend who hears something you don't understand in the study?

- 3. Friends, who share hobbies?
- 4. A friend with the same aspirations?

There are many relationships, distances and intimacy sit-ins with friends.



2. The Role of Friends in College Students

(1) A friend is a person to consult with.

Because friendships at university share positions, ages, values and sometimes situations, it is easy to understand your worries in a sense of the party. Since it is not a vertical relationship, but an equal relationship, we can exchange opinions openly.

(2) Friends are competitors

In class, in club activities, in circles, part-time jobs, belongings, clothes and good friends are also rivals. People perform self-assessments by comparing themselves with others close to them. When you compete with others who are at odds with each other, you can feel more rewarding and interesting to work together than when you are not.

(3) A friend is a mirror that reflects himself.

College friends are often made up of people who are interested in similar things and have similar qualities, abilities, and similar backgrounds. If you can like it, you'll also like to be part of such a group, leading to an indirect sense of self-affirmation.

3. How do I talk to you? What am I supposed to tell you?

There are a lot of people who are not good in the first stage of becoming friends. There are several steps to get along with people you don't know at all. How many steps are you going through before you get along with nature? This process, which you are not aware of at all when you become friends with nature, once you are conscious of it, you will feel surprisingly difficult. Here are some of the first conversations you'll get to know and the points of chatting.

(1) First of all, from a topic common to everyone

About the class (isn't that class fast? The question is, are you doing? What's good about school meals? Circle, circle, what are you doing? Don't you look like a teacher?), byte, etc.

(2) Tips for introducing yourself

"How far can I tell you? It's easy to look at everyone and make it as much as it is. But introducing yourself was a time when you were publicly allowed to talk about yourself. Even if it is a little popular, it is not so to buy the cool. Let's include one topic. It is also very important to listen to others. You can find the opportunity to talk about things that you have in common and interests.

(3) How to proceed with the conversation

When you wave the topic and ask for something and you say, "Yes, it is. It may end. When the role is decided by "questioner" and "respondent", it becomes difficult to continue as a conversation. If you're the first person to be a questioner, how to ask the respondent a question that the respondent will talk to. 5. Question sending the conversation ends, Closed Question: How to listen to the answer with "Yes/No"

○ The Question to tell me, Opened question:

"What? Which? Who? Where? How?"

(4) Basics of self-disclosure

Step by step.

Let's start with basic information, such as where you come from and the non-bland conversation. Human relationships have the property of maintaining and developing them through the exchange of similar resources and information (retribution of self-disclosure). When the person you want to be close to has a weighty self-disclosure until then, let's raise one step of self-disclosure. Also, if you want to be more friendly with your partner, why not try to self-disclose yourself at one level than before?

People always want to talk about interesting things and want to be seen, but the more they are aware of it, the more things happen. It would be nice to start by being natural and interested in others.