

GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY
GAKUSEISHIEN
DAYORI

2022.10.28 No.

24



Student Support Newsletter

CONTENTS

P1	P2	P3	P4
● The 61st Seven Universities Athletic Meet (Nanadaisen) ● Student Life in the Second Term	● Center for Career Support Announcements	● About the Gakuyu-kai (Students' Friendship Association)	● Traffic Rules and Etiquette

The 61st Seven Universities Athletic Meet (Nanadaisen)

Tohoku University organized the 61st Seven Universities Athletic Meet (Hokkaido University, University of Tokyo, Nagoya University, Kyoto University, Osaka University, and Kyushu University), which was held for the first time in three years, and emerged the overall winner for the 4th time in a row.

The tournament began with ice hockey in December 2021, and concluded in late September 2022 with fierce competition in 44 events, from table tennis (men's/women's) to archery (and a cheer competition). The closing ceremony was held September 23 (Fri.) at Katahira Sakura Hall.

Tohoku University won a total of 16 events, for an unprecedented 4th consecutive overall win (excluding the 59th and 60th meets, which were canceled due to the COVID-19 pandemic). All of the participants worked incredibly hard. Our deepest thanks to all of them!

The next tournament will be hosted by the University of Tokyo. We ask everyone for their support, and wish our athletes the best of luck at the 62nd Nanadaisen!



Student Life in the Second Term

The new term started a while ago, but how are you adjusting? For first-year students, it may be a bit hard to come back after enjoying a summer vacation almost twice as long as high school vacations. Students preparing to graduate may also feel nervous about their last term and finishing up their research. Since various activities start up from autumn, here are some pointers on making it through life in term two!

Restore your daily routine

In August/September you may have started staying up late and waking up late, so now it is hard to get up in the morning. To restore your daily routine, you may have to rethink how you sleep, eat, and exercise. For example, try to wake up at the same time every morning, have breakfast, and go for a 10-minute walk.



Try to keep to a sustainable schedule/pace

From the second term specialized courses and research begin in earnest, and you might expand the scope of your activities such as club/circle. Try to make a schedule for the activities you want to do and write them on your calendar. It is also important to take time for adequate relaxation to maintain your level of performance over the long term.



As we approach the winter months and the weather becomes colder, the risk of health problems increases too. In particular, you should take precautions against influenza and COVID-19 to ensure you have a good second term. If you have any questions or concerns about the above, please contact the University Counseling Center.

Center for Counseling and Disability Services, Counseling Office (Kawauchi Kita Campus)

Phone 022-795-7833

E-mail gakuso@ihe.tohoku.ac.jp

Website <http://www.ccds.ihe.tohoku.ac.jp>

Center for Career Support Announcements

The Center for Career Support offers various services year-round. It provides support to students, from their first year on to help them solidify their career plans. All services are free of charge!

There are many services for students currently seeking employment too. Please have a look!



[Career Support Programs]

- Individual in-person/online counseling is available! We offer general counseling for career selection, job-finding, and specialized counseling for those seeking civil service employment.
- We conduct seminars and on-campus events in cooperation with enterprises/organizations. With some exceptions, these are open to students from their 1st year on.

Second Term Schedule (all held online)

**2022
10/25
(Tue.)**

Job Hunting Startup Seminar

[open to 1st -3rd year undergraduate/1st year master's students]

Learn about, and fully prepare for, the realities of job hunting!

**2022
11/19
(Sat.)**

**Winter Internship/
Industry Job Research Fair**

[open to all students]

Students can get internship and industry job information directly from enterprise/organization representatives.

**2022
11/29
(Tue.)**

Civil Servant Employment Seminar

[open to all students]

This is a must-see for those seeking employment as civil servants! It is an opportunity to learn about the benefits of working as a civil servant. The speakers will explain about the type of work they perform.

**2022
12/17
(Sat.)**

Alumni Industry Job Research Fair

[open to all students]

Students have the chance to interact with Tohoku University alumni working in various fields! It is a good opportunity to talk to them directly about choosing a career.

**2023
3/1~3/4
(Wed.) (Sat.)**

**Career & Job Hunting Fair
(enterprise/organization seminars)**

[open to students graduating in September 2023 or March 2024]

Features 240 enterprises/organizations that employ Tohoku University students! Students can ask about the enterprises and employment information. It is a chance to meet with representatives from many enterprises and organizations.

[The second term schedule for on-demand video seminars has been finalized!]

- 1st and 2nd year undergraduate students can view them too. We will also publish an archive of videos from first term.

[Career Support Information]

- We are preparing facilities for those seeking work in the Tokyo area! Details will be announced on the Center for Career Support website.
- Data on senior student job hunting activities and employment information is available on the Student Affairs Information System.

[Using our Services]

- You can browse our library of career and job-finding materials or past civil service exam questions and access our online interview booth and job aptitude tests.



Check **@tohokucareer** on Twitter for the latest information. Please follow us!

See the Center for Career Support website for more details.

<https://www.career.ihe.tohoku.ac.jp/>

Search for Center for Career Support

検索



東北大学キャリア支援センター Center for Career Support Tohoku University

2022年10月~2023年3月 全学年対象
後期セミナー・オンラインイベントのお知らせ
October-March, 2022-2023 Online Career Seminar

就職活動スタートアップセミナー
東北大生に採用企業は何を期待するのか 成果を出す文系・理系の活動プロセス
10月25日(火) 18:30~20:00 オンラインライブ
就職活動のリアルを知り、万全のスタートを切ろう!
東北大生限定! 増沢先生の講演が聞ける貴重なチャンスです!
講師: 増沢隆太先生(東北大学特任教授)

後期セミナーはGoogleドライブで11月上旬より配信します。詳細はキャリア支援センターホームページで随時お知らせ。
→ <https://www.career.ihe.tohoku.ac.jp>

全学年向けオンラインセミナー(使用言語: 日本語) For all students/ Language: Japanese

業界研究 業界研究: 東北大生必見! 人事担当者に聞く業界研究の進め方(文系版)
各業界の特色や各業界が東北大生に期待することや求める事項について、企業の立場からお話します。

自分を知る エントリーシート対策講座(文系版)
基本的な自己分析の進め方や志望動機、エントリーシートを書く際のポイントを確認し、秋先にも実施されるインターンシップ試験や本格的に開始される就職活動に備えましょう。

就職活動に備える「面接・オンライン面接・動画選考対策講座(文系版)」
動画での自己PR方法、オンライン面接、卒後や研究計画の伝え方、動画選考のポイントなどを併せて説明します。秋先にも実施されるインターンシップの選考や本格的に開始される就職活動に備えましょう。

留学生向けオンラインセミナー(使用言語: 日本語) For international students/ Language: Japanese

「日本における就職活動の進め方と進め方」(文系版)
留学生、交換留学生の日本における就職活動の進め方、相違点、就職活動の準備についてそれぞれ詳しく解説します。就職のみならず実務も。

キャリア就職フェア参加企業・団体が参加する**東北大生限定のオンラインイベント**
＜全学年学生対象＞ Language: Japanese
11月19日(土): 冬のインターンシップ・業界仕事研究フェア
11月29日(火) 公務員等業務説明会
12月 1日(木) 公務員等業務説明会
12月17日(土): OB・OGによる業界仕事研究フェア
2月上旬 国際公務員等業務説明会

＜2024年3月卒・修了予定学生対象＞ Language: Japanese
キャリア就職フェア 3月1日(水)・2日(木)・3日(金)・4日(土)

東北大学キャリア支援センター 川内北キャンパス 教行・学生総合支援センター4階 問い合わせ: 022-796-7799
詳細はキャリア支援センターホームページで: <https://www.career.ihe.tohoku.ac.jp/> Twitter: @tohokucareer

About the Gakuyu-kai (Students' Friendship Association)

Gakuyu-kai A Capella Chorus Club

The A Capella Chorus Club covers a variety of songs using only their voices, hence the name of the club. In each band, the "lead vocal" handles the main part of the song, while the chorus, composed of 2 to 4 people, carry the melody. The low harmonies are taken by the "bass," while the "vocal percussionist" plays the role of a human drum set.

The club is divided into bands that perform club activities in two main categories. Bands plan out their practice schedules and give performances of a capella arrangements of songs they choose themselves. One category of band performs throughout the year, the other performs mainly at special events. Once or twice a week, the entire club performs relatively short songs together or gives presentations on a capella music.

As for year-round events, the club holds live performances 2 or 3 times a year, with most bands giving performances at school events. Bands that pass an audition perform at periodically held concerts and/or the Winter Live event. Many bands also set their sights on performing at off-campus events or competitions, so members can participate in a wide range of activities whether they want to simply enjoy singing or wish to dedicate themselves to it and improve.



▲The A Capella Chorus Club in action!

Gakuyu-kai Photography Club

Next, we'll introduce the Photography Club. How often do you take photographs? Recently, we have many chances to take photos with our smartphones. At the Photography Club, we go one step further and learn about photography.

The club activities are composed of 3 pillars: photo shoots, meetings, and exhibitions. First, we'll explain the photo shoots. As the name suggests, we carry our cameras to various places to take pictures. Second, we'll explain the meetings. Everyone brings the photos they took and we share impressions of them. Third are the exhibitions. This is a major event, held 3 times a year. Our carefully composed photographs are put on display. The club members have diverse equipment and subjects, so visitors can enjoy a range of photographs conveying the individuality of the photographers. The exhibited photos can be taken with either digital or film cameras. We have a darkroom, where we both develop film and print photos, so the exhibitions are an opportunity to see film photography, which has become increasingly rare these days.

Photography lets you preserve your precious years of university life as pictures, or share your perspective of the world with others. There are various ways to enjoy it. The next photo exhibition will be at the end of October. Please come and catch a glimpse of our vision of the world.



▲A sample of the Photography Club's skill!

Traffic Rules and Etiquette

The university has issued regular warnings on traffic rules and etiquette for bicycles/two-wheeled vehicles, but this year the number of "Red Cards" issued to Tohoku University students by the Sendai City Police Station between January and June was particularly high.

If you commute by bicycle, take some time to review Japanese traffic rules for cyclists. Please observe these rules and be a courteous cyclist.

Most common violations by Tohoku University students: Based on Red Cards issued by the Miyagi Prefecture Police

- ! Endangering pedestrians
- ! Wearing headphones
- ! Failure to use headlights
- ! Riding while using mobile devices etc.

※Use the QR code to read specific examples of dangerous cycling. Please take some time to reevaluate your own cycling habits.



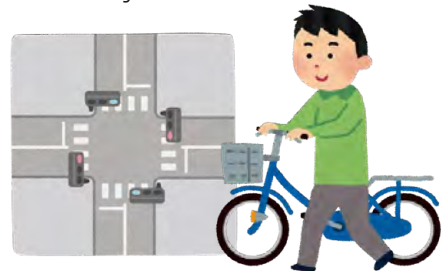
Intersection at the Miyagi Museum of Art/ Sendai Daini High School

To increase safety for pedestrians, this intersection now uses alternating vehicle-only/pedestrian-only crossing lights. The stoplight at this intersection alternates between vehicle-only and pedestrian-only crossing from 7 AM to 7 PM.

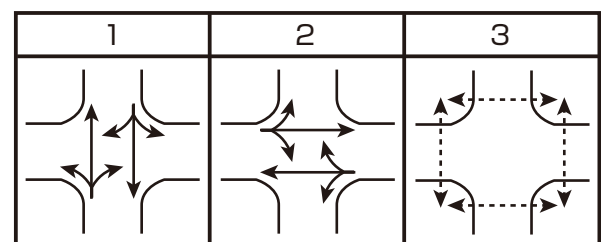
This means that vehicle traffic is stopped in all directions to allow pedestrians to cross. However, **crossing it diagonally is not permitted. Cyclists should dismount their bicycles when crossing with pedestrians.** Please be aware that your public actions reflect on the Tohoku University community as a whole —observe traffic rules, and commute safely!



▲Intersection in front of Sendai Daini High School



3 shows directions for pedestrian crossing



→ :車両

←-----→ :歩行者

(Reference: Police Bureau website, Miyagi Prefecture Police website)