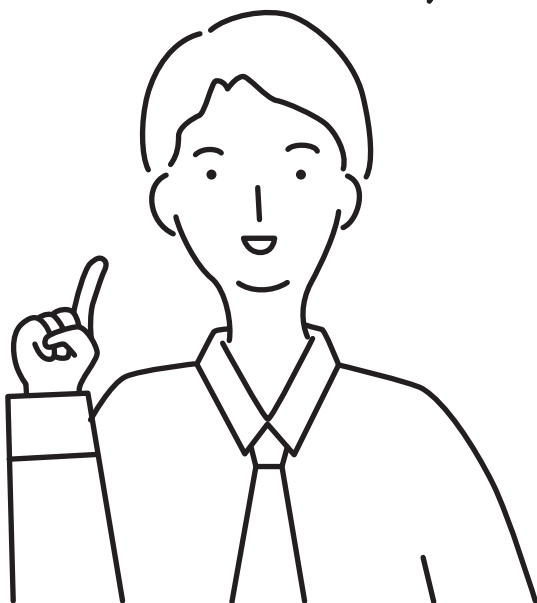


Introduction

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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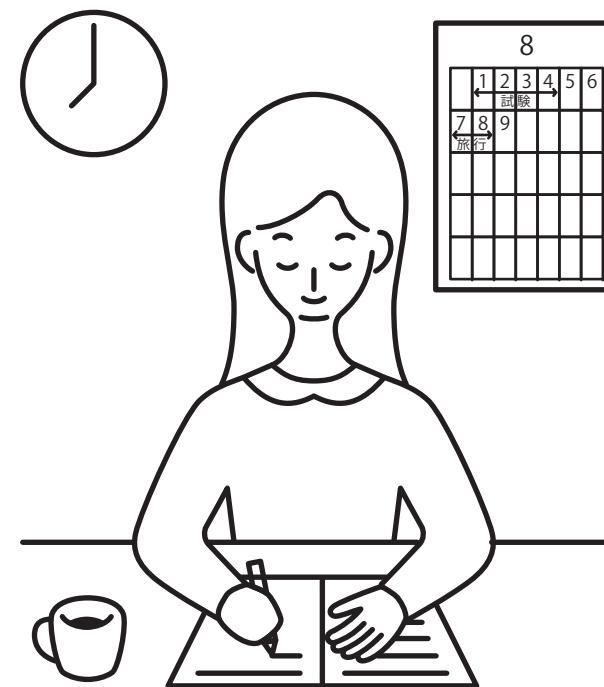
Selfcare



For students

Student life 3

Exams and announcement 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.

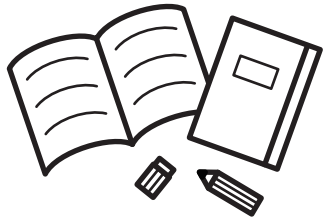
Kyushu University

Center for Health Sciences and Counseling

Exams and announcement tips

How to prepare for an exam or presentation?

Preparing for exams and presentations is the best way to deal with stress. Not only does tension and anxiety decrease, but the results also have a positive effect.



Make a plan early.

1. Check the timetable for the exam and make an appointment for your studies.
2. Get started early and don't get stuck in the end.
3. Ask a friend who is going to take the exam or a senior who has already taken the credit.

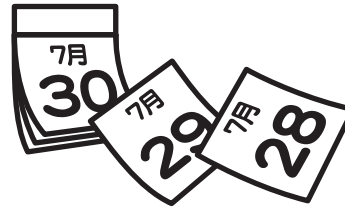


Let's look at the basics.

1. Check priorities where you might need to study
2. Practice reviewing notes, points, and past questions and writing answers
3. Make the information you need to memorize over and over again.
4. Think about creating a learning group with other friends.

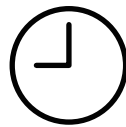
How to spend time during the exam period

It is not special to feel uneasy during the exam period. A little anxiety can make you cautious and improve your grades.



Health management

1. Keep a meal and sleep at a fixed time every day
2. Stop staying up all night and get at least four to five hours of sleep.



Manage your appointments

1. If I can take a break from my part-time job, I'll take a rest.
2. Avoid spending time playing games or hobbies until the exam is over
3. Schedule a short review just before the exam.



How to handle tension

1. Have a positive feeling that you can do it.
2. Relax by taking a deep breath or moving your body



1. Check the location and time of the exam
2. Prepare for what you should take for the exam at night.



To stay calm during the exam

1. Focus on the exam rather than what others are doing.
2. Don't worry about what you don't understand and focus on what you remember
3. If you feel nervous, take time to take a deep breath.