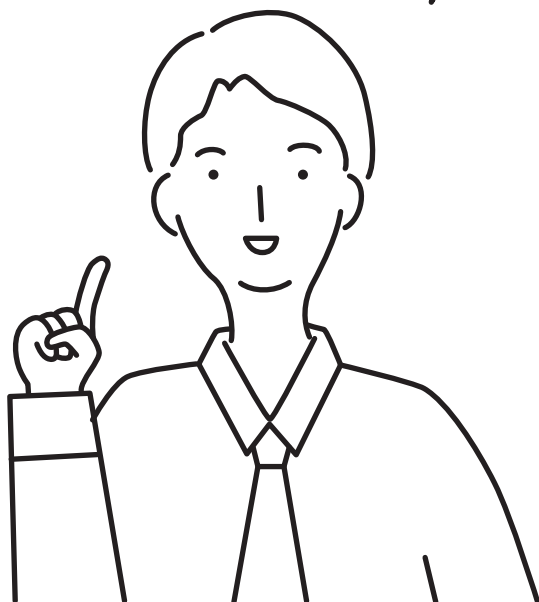


Introduction

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.
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Selfcare



For students

Student life 11

Quitting Coll



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

At first

I think some people think that their studies are not going well and that they want to change their careers by quitting college. I will introduce the attitude of the time and what kind of road there is.

If you are thinking of quitting university, you may feel depressed by the impasse or frustration of your university life. When you think about your next course in that mood, you tend to be passive. To change course, it is necessary to change your mind and face it with a strong feeling. Why don't you discuss with a counselor in the student counseling room, sort out your feelings and then think about your next career?

Before you stop

1. Take the time to think

Quitting college is a big decision. Many jobs cannot be done without a college degree. It is important to take the time to think carefully so that you do not regret scaring with a temporary feeling. Let's make a period of hold for at least a few months or six months. Think calmly about whether quitting is the right decision for you.

2. Talk to people around of you

Instead of thinking on your own, you need to talk to your family and people around of you.

Please consult with a student counsellor. If you are alone, your perspective tends to be narrower.

Let's listen to various opinions. Quitting college is important for parents and families. It is easier to think about the course after you stop with the consent of those around you.

3. After you quit.

There is another reason why it is better to put a time on hold. If you stop, you will be asked to think about what you will do in the future and act immediately. People who want to quit university are often at their best to make realistic and concrete choices about what they have done after they quit. You need to put a hold on hold and think about what you want to do after you quit, and what direction you choose.

What can be considered as another course

1. go back to college

In addition to deciding which university or faculty you want to enter, taking the entrance exam and entering as a freshman, there are also ways to enter the school from the middle. The admission system is a system that allows students who have already earned certain credits at previous universities to take examinations and transfer from the third year. It is necessary to find out which universities have a school admission system. The Student Counseling Office in the Ito Center Zone also has books introducing universities that have a complete admission system.

2. Aiming to acquire qualifications at vocational schools

If you drop out of college, your academic background is high school. That limits the number of jobs you can get. Therefore, there is a way to enter a vocational school and aim at obtaining a specific qualification. There are vocational schools to qualify for examinations related to medical care, welfare, machinery, electricity, construction, construction, construction, sports, nutrition, cooking, beauty, etc. or vocational schools that provide examination guidance.

3. They get a job

There is also a way to get a job. There are civil service examinations that you can take at a high school graduate and of course there is a way to get a job in a private company.

Some people start looking for a job while working part-time. Go to Hello Work and find out what jobs are available. Searching the company's home page is also helpful. Rather than thinking about it in your head, it's important to think while collecting job information. Also, there is an employment counseling room at Kyushu University. You can also have individual consultations. Please consider communicating your situation and hopes and having them think together.

