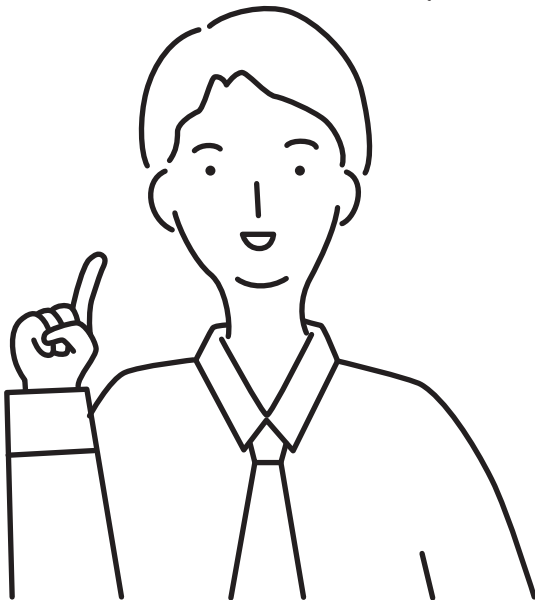


Introduction

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]

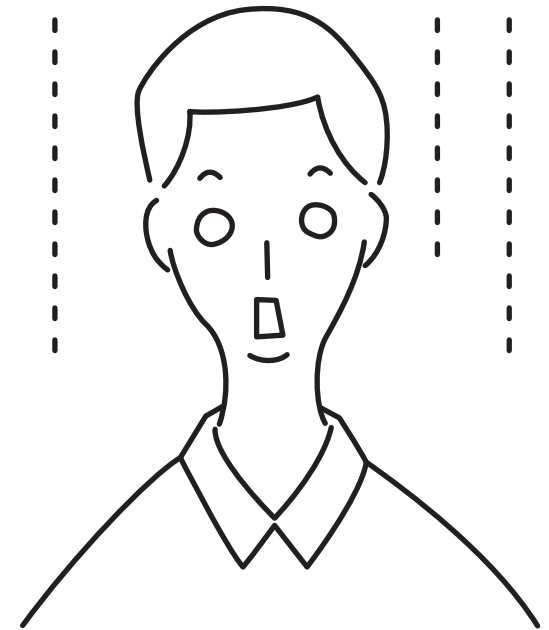
1. Sleep disorder
2. Headache
3. Anemia
4. Intestinal issues
5. Adjustment disorder
6. Anxiety disorder and panic disorder
7. Cause of depression
8. Symptoms of depression
9. Autonomic nerves and autogenic training
10. Relaxation
11. Health issues associated with smoking
12. Infectious diseases

Source: Center for Health Sciences and Counseling, Kyushu University.
Illustration by Chiyo Inoue
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Student life 5

Recover from failure

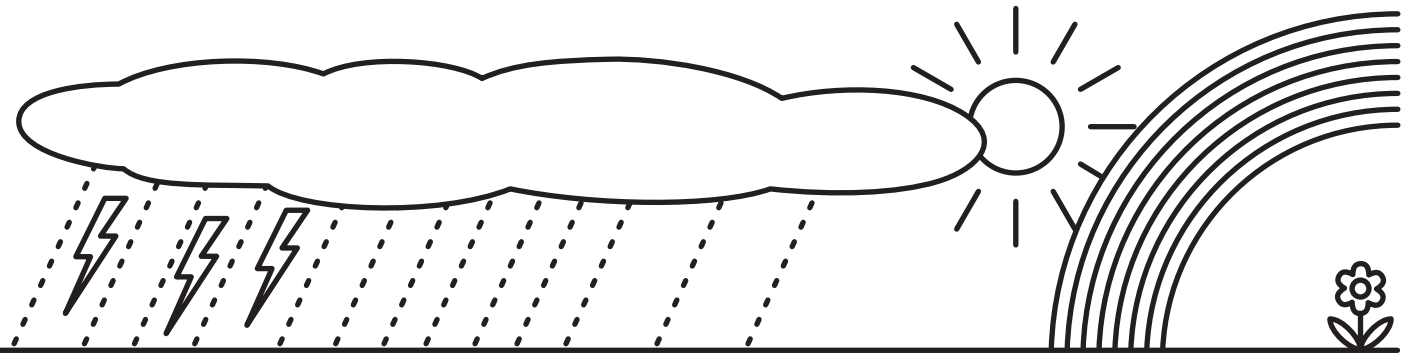


This pamphlet summarizes the information necessary for you to manage the mental and physical problems you may encounter. Please refer to this pamphlet as needed.

Kyushu University
Center for Health Sciences and Counseling

Recover from failure

Failing exams, failing presentations and interviews can also be seen as the previous steps towards "success". To learn how to work, you need to go through failure as well as success.



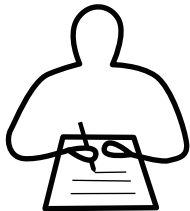
About dealing with failure

1. Take the bad feelings of failure



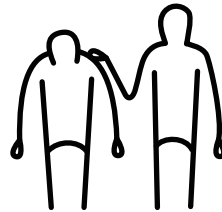
When anyone learns of failure, everyone feels bad. You may be shocked, regretted, embarrassed or angry. Recognize feeling bad and decide when to switch yourself.

2. Organize feelings and thoughts after



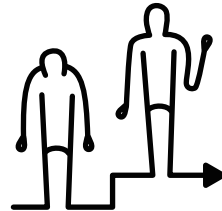
If you are worried about your failure and think for a long time, try writing out your feelings and thoughts on paper. It may be clear why you feel that way and what is caught in your heart. You can ask someone you trust to listen to.

3. Associate yourself with your failure



Take a rest or adjust your face to someone who understands the story according to your own mental and physical condition. Let's get along with myself who has been dragging for a while.

4. Connect failure to the next



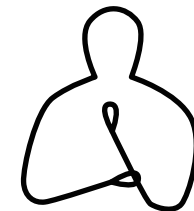
Let's think that this failure should be connected next. A single failure does not mean everything ends. Even if a failed class is a very bad experience, it does not deny your human nature. Let's take care of again.

5. Ask people if you don't know



Failure may be due to lack of preparation or information. If you don't know, ask teachers, seniors or listen to information from friends. Use it to help solve problems and plan.

6. Think about what you can do now



How did you think about respond to your failure? Even if you continue to blame yourself or someone, there is nothing beneficial. Give up what you can't help and think about what you can do now.