

For International Students,

## Counseling Services Provided!

“We are here to help you”



**To support your pleasant campus life,**

- ▶ Counselling can help you find ways to overcome difficult stages.

**Content of counselling:** College life, relationships, physical issues, etc.

**Common issues:**

- ▶ I can't fall asleep at night and I get chest pains.
- ▶ I am feeling irritated for no reason.
- ▶ I feel angry and I need to talk to someone.
- ▶ I need to know myself better by taking a counseling services.
- ▶ I need advice about my future.
- ▶ I want to take a psychology test.

**[What is Counselling? Who is Counselor?]**

**Counselor: Eri Kigawa sensei (Available in English)**

Counselling is a process to listen to you and think together to solve your problems.

Counselor is specifically trained therapist to help find ways to deal with emotional issues or other problems.

**To request a counseling appointment, please come to the International Relations and Student Affairs Division or call the clinic (ext. 2212) to schedule an appointment.**