

# For HU Students Support Guide

Who should you ask for help?

Do you have any problems?

Hokudai has many services to support you!

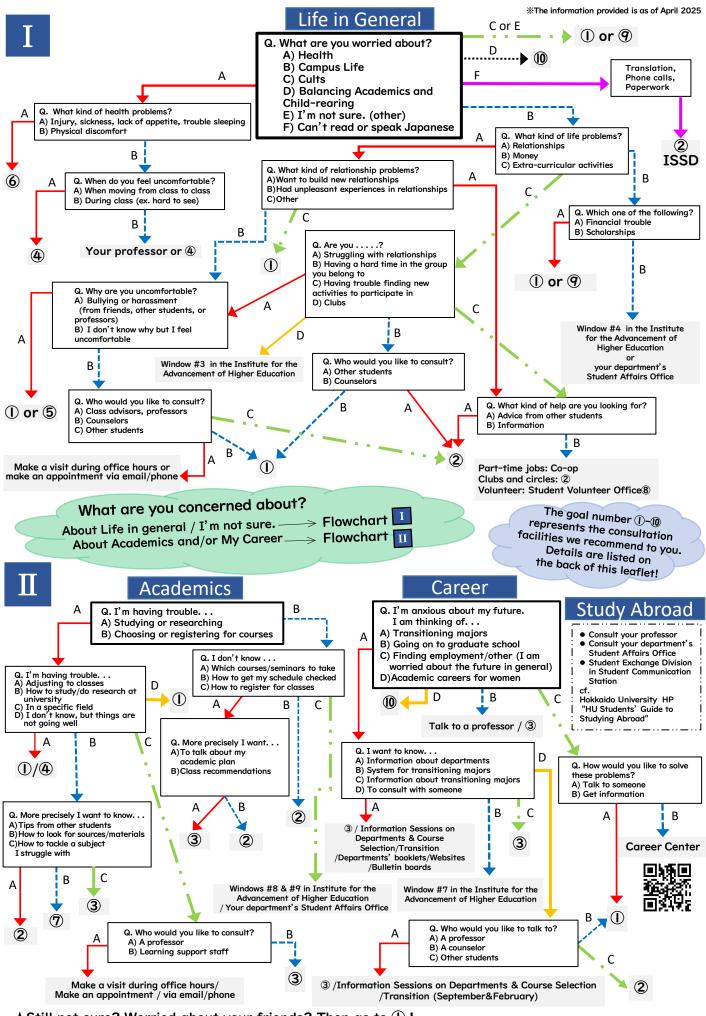
Let's see what kind of support you can get!



Student Advice and Counseling Center (SACC)

- Student Counseling Office
- · Accessibility Services Office
- International Student Counseling Office ©2018 Hokkaido University

HU Festival official character Futto-kun ©2018 Committee of HU Festival



★Still not sure? Worried about your friends? Then go to ①!

### 1) Student Counseling 🗡 🗨





Professional help for personal issues (academic and career concerns, relationship concerns, psychological issues, and other difficulties). Counseling services are confidential and free! \*Student Advice & Counseling Center

#### (Japanese and English available)

#### INTERNATIONAL STUDENT COUNSELING OFFICE in SACC\*



Date & Time: Mon-Fri. 9:00 -17:00 Place: Student Communication Station 2F TEL: 011-706-8001 (English available) E-mail: yoyaku@sacc.hokudai.ac.jp

#### STUDENT COUNSELING OFFICE in SACC\*

Date & Time: Mon-Fri. 9:00-17:00 Place: Student Communication Station 2F TEL: 011-706-7463 (Japanese)

E-mail:yoyaku@sacc.hokudai.ac.jp



#### **Departmental Counseling Services**

Available for undergraduate and graduate students in your department. (Japanese)

#### **GRADUATE SCHOOL & SCHOOL OF HUMANITIES & HUMAN SCIENCES**

Date & Time: Please scan the QR to confirm Place: Faculty of Humanities & Human Sciences Building 2F





#### **GRADUATE SCHOOL & SCHOOL OF LAW**

Date & Time: Please scan the QR to confirm Place: Faculty of Humanities & Human Sciences Building 2F

E-mail: letsoudan@let.hokudai.ac.jp

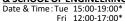
#### SCHOOL OF SCIENCE

Date & Time: Tue & Thu 13:00 - 17:00 Place: School of Science Main Building 2F, N215

TEL: 011-706-3716

E-mail: nayami@sci.hokudai.ac.jp

#### **FACULTY, GRADUATE SCHOOL,** & SCHOOL OF ENGINEERING



Place: Faculty of Engineering, Building R, 2F, R-216

TEL: 011-706-7297

E-mail: nandemo@eng.hokudai.ac.jp

\*Open hours are subject to change. Please check our website through the QR code for the latest information.

#### GRADUATE SCHOOL OF INTERNATIONAL MEDIA. **COMMUNICATION & TOURISM STUDIES**

Date & Time: 1st. 3rd. 5th Mon. of the month 2nd, 4th Wed. of the month

9:00 - 14:00

Place: International Media Building, 6F, room 607 TEL: 011-706-8091

E-mail: soudanshitsu@imc.hokudai.ac.jp



#### **HAKODATE CAMPUS**

Date & Reception Time: Please scan the QR to confirm Place: Student Center 2F (Hakodate Campus) TEL: 0138-40-5647

E-mail: soudan@fish.hokudai.ac.ip



# Student Support & Counseling Services at Hokkaido University

% Names, dates and locations are as of April 1, 2025. They may be subject to change, so please check before using.



#### (2) Student Advice & Counseling Center Peer Support Unit

Talk to other students about study and campus life!

(Multilingual staff available)

# International Student Support Desk

Date & Time: Mon-Fri. 12:00 -16:00 Place: Student Communication Station 1F International Student Support Desk TEL:011-706-8071



#### Student Peer Support

Date & Time: Mon-Fri. 12:00 -14:30 Place: Multimedia Education Bldg. 2F Peer Support Room

TEL: 011-706-5350

E-mail: peer-support@academic.hokudai.ac.jp

XOpening hours are subject to change.



Get counselling on career path & course selection. Get advice about tutorial support.

Date & Time: Mon-Fri, 10:00-18:15 (career path & course selection) Mon-Fri. 12:00-18:15 (tutorial support)

TEL: 011-706-7526

E-mail: lso\_office@high.hokudai.ac.jp Place: Institute for the Advancement of

Higher Education 2F

E211 for career path & course selection

E210 for tutorial support

# **4** Accessibility Services Office in SACC\*

Consultation services for students with disabilities. reasonable accommodation assistance.

Date & Time: Mon-Fri, 9:00 -17:00

TEL: 011-706-7463

E-mail: aso@sacc.hokudai.ac.jp

Place: Student Communication Station 2F

# **6** Health Care Center

Health consultation and psychiatric consultation by medical professionals.

Medical Consultation: 13:00 - 15:30 on weekdays First Aid Service: 8:30 - 17:00 on weekdays

TEL: 011-706-5348

[Psychiatric Consultation]

Appointment Required: TEL: 011-706-5418

(10:00 - 16:00 on weekdays)



#### Categories

Mental Health Questions **Health Questions** 

Learning Support



Providing Info



# (7) Libraries (Central North and Faculty Branches)

Whenever you need the right textbooks or learning materials for your reports, etc., visit our libraries!

- > Feel free to ask the staff at the counter.
- You can also consult via the library's website. (Search "Hokkaido University ask online")
- If you don't know how to write a report, we also have workshops. Information on workshops can be found on the library's website or on ELMS.
- https://www.lib.hokudai.ac.ip/

#### **8** Student Volunteer Office

Date & Time: Mon. Wed & Fri. 15:30 -18:30

TFI: 011-706-2119

E-mail: hokubora@jimu.hokudai.ac.jp

Place: Institute for the Advancement of Higher Education N109



## Window #2 in the Institute for the Advancement of Higher Education

Matters related to campus life procedures.

If you do not know where to go for consultation, please contact us.

Date & Time: Mon, Tue, Thu & Fri, Days with classes / 8:30-18:15, Days with no classes / 8:30-12:15, 13:00-17:00

Wed, Days with classes / 8:30-13:00, Days with no classes / 8:30-12:15 TEL: 011-706-7460 Place: Institute for the Advancement of Higher Education 1F

# **(5)** Harassment Advice Service

Consultation about sexual harassment and academic harassment.

Date & Time: Mon-Fri. 10:00 - 17:00 TEL: 011-706-2096, 2862

E-mail: soudan@general.hokudai.ac.jp



# 10 Office of Diversity. Equity, and Inclusion

If you need information about "Diversity," "Balancing studies and childcare." "Academic careers for women." or other issues, please access the following:

URL: https://www.dei.hokudai.ac.ip / E-mail: office@dei.hokudai.ac.ip







\*\*As part of the 2018 Student Participation Project, this brochure has been prepared by Hokkaido University students [(Uchida Shiho (Faculty of Law), Tanaka Yusuke (Faculty of Education), Hirano Miki (Faculty of Education), Hirayama Yoshinori (Faculty of Agriculture)] under the supervision of the Student Counseling Office manager.

\* The character Futto-kun on this brochure is used with the permission of Committee of Hokkaido University Festival.



















