



Counseling and Health Center, Kyushu University
Division of Student Counseling

Counseling for International Students in English and Chinese

Living and studying in a different culture is not always easy. You could sometimes encounter unexpected situations. At such times it can be beneficial to have someone who can help you to understand and deal with your situation.

The Division of Student Counseling, Counseling and Health Center offer counseling in Japanese, Chinese, and English. For Chinese speakers, we have two native Chinese counselors who are licensed Clinical Psychologists in Japan, and are themselves former students of Kyushu University. For English speakers, we have two Japanese licensed Clinical Psychologists who have experience of counseling in English.

You can seek counseling (for yourself or on behalf of your family members) for issues such as:

- *Not being able to adjust to Japanese culture;
- *Feeling homesick;
- *Human relations problems related to teachers and other students;
- *Communication difficulties with your teachers and lab members;
- *Stress related issues leading to physical illness (including inability to sleep, loss of appetite, difficulty in studying, etc.);
- *Campus life issues not covered by the International Student and Researcher Support Center.



Counseling is available at the following places and times:

Ito Campus (Counseling and Health Center, Center Zone Office. Call 092-802-5820)

Tuesdays 1 p.m. to 5 p.m.: Ms. Takano (Counseling in English)

Tuesdays 1 p.m. to 5p.m.: Mr. Takamastu (Counseling in English)

Wednesdays 10:30 a.m. to 4:30 p.m.: Mr. Jiang (Counseling in Chinese)



Hakozaki Campus (Counseling and Health Center, Hakozaki Office. Call 092-642-2287)

Mondays 1 p.m. to 5 p.m.: Ms. Takano (Counseling in English)

Wednesdays 11 a.m. to 5 p.m.: Ms. Takano (Counseling in English)

Wednesdays 10 a.m. to 4 p.m.: Ms. Li (Counseling in Chinese)

Hakozaki Campus (International Student Center)

Thursdays 1 p.m. to 5 p.m.: Mr. Takamastu (Counseling in English)

Fridays 1 pm. to 5 p.m.: Mr. Takamastu (Counseling in English)



To get enough time for counseling, please make an appointment in advance. You could also just drop by. You can make an appointment at the counter directly or by phone in Japanese. If it is difficult for you to make an appointment in Japanese, please ask the International Student and Researcher Support Center for assistance.

(2015.4.1~2016.3.31)



中文咨询服务



怀着不同的梦想，大家来到九州大学，过着充实而又忙碌的留学生活。远在海外，身边没有家人的陪伴，也没有好友的帮助。在遇到困难或烦恼的时候，我们通常会陷入困境却又不知所措。为了帮助大家更好地享受留学生活，我校自2013年11月起，在校内设立了中文心理咨询处并配置了专业的心理咨询人员。如果需要咨询请随时联络我们！咨询处严守个人隐私及咨询内容，无需收费。

◆咨询服务的内容

- ☆ 学习、研究方面（比如：学分、研究项目及有关事宜）
- ☆ 生活、经济方面（比如：因为找工作而产生的困惑或烦恼）
- ☆ 人际关系方面（比如：教授、研究室里的同学或者打工地方的人际关系）
- ☆ 发展方向的问题（比如：升学就业、回国或留日的选择）
- ☆ 精神状态和身体健康方面（失眠、焦虑、情绪起伏）
- ☆ 关于自己或者家人的各种烦恼
- ☆ 突发事件、性骚扰 等等



◆咨询服务的时间和地点

◎伊都校区（Centre Zone, Centre 1号馆1楼「学生相談室」）092-802-5820

时间：每周三 10:30-16:30

心理咨询师：江志远（男，九州大学临床心理学博士毕业）

自我介绍：我是辽宁大连人。2014年来日，并在九州大学学习临床心理学。

现在主要在中小学和医院做心理咨询。希望我的在日感受和生活经验能对大家的留学生活尽一点微薄之力。期待着和各位的相识、相知！



◎箱崎校区（理学部，留学生中心旁，旧健康科学中心）092-642-2287

时间：每周三 10:00-16:00

心理咨询师：李晓霞（女，九州大学临床心理学硕士毕业）

自我介绍：我来自山东，是两个孩子的妈妈。在留学生活中经历过很多挫折，同时也收获了很多宝贵的经验。当你或你的家人在日本的生活遇到困惑时，请来咨询室，我们会一起想办法度过难关！



◆预约方法

事先确认咨询服务的时间和地点，然后进行电话预约。

注：也直接来访但为了保证咨询服务的时间，建议预约来访。