

Skill Development Workshop Series for International Students

—How to Deal with Yourself—

The goal is to help you to understand your thought patterns, to get out of bad thinking habits, and to increase variations in problem solving. By participating this workshop series, you can also make friends with other international students and discuss things with each other.

Location: : Student Communication Station IF106

(May be held in ZOOM depending on the infection status of COVID-19)

Date&Time :

June 3 (Friday): Introduction to cognitive, behavioral, and emotional mechanisms

June 10 (Friday): How to better understand your mind and body

June 17 (Friday): Take a break with simple mindfulness skills

July 8 (Friday): Tips for organizing your thinking habits

July 15 (Friday): How to Turn on the Motivation Switch

12:10-12:50 (Total of 5 sessions scheduled)

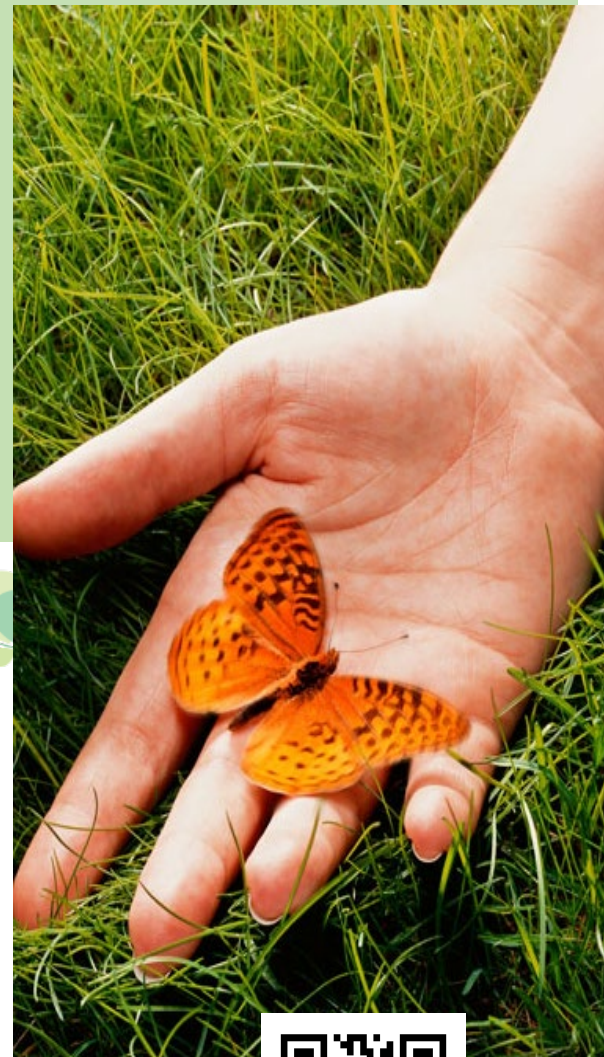
Language: Japanese (with English interpretation)

Introducer : Clinical psychologist at the International
Student Counseling Office, Student advice and
Counseling Center

Inquiry: Student Advice and Counseling Center

inq@sacc.hokudai.ac.jp

We are looking forward to your participation!



How to participate:

- ① Easy registration via QR code on the poster.
- ② Please send an email to inq@sacc.hokudai.ac.jp with the subject line "Skill Development Workshop Series for International Students" and write (1) your name, (2) student ID, and (3) affiliation.

