



[www.sacc.hokudai.ac.jp](http://www.sacc.hokudai.ac.jp)

Hokkaido University  
**Student Advice and Counseling Center**  
 Hokkaido University Student Communication Station 2F  
 Weekdays 9:00-17:00



- 01 Institution for the Advancement of Higher Education
- 02 Gym 03 Health Care Center
- 04 Welfare Facilities North Cafeteria
- 05 Student Communication Station
- 06 Graduate School of Chemical Sciences and Engineering
- 07 Hokkaido University Hospital
- 08 School of Medicine
- 09 Graduate School of Biomedical Science and Engineering
- 09 School of Engineering



**Tel** 011-706-7463  
 Student Counseling Office,  
 Accessibility Services Office

011-706-8001  
 International Student Counseling Office  
 (English available)

**Email** [yoyaku@sacc.hokudai.ac.jp](mailto:yoyaku@sacc.hokudai.ac.jp)  
 Student Counseling Office,  
 International Student Counseling Office

[aso@sacc.hokudai.ac.jp](mailto:aso@sacc.hokudai.ac.jp)  
 Accessibility Services Office



# Student Advice and Counseling Center



Hokkaido University  
**Student Advice and Counseling Center**

Talking with us is practice  
 for relying on people.

## Talking with us is practice for relying on people.

University life is full of new experiences and changes.

You may encounter difficulties and  
changes that you have never encountered before.

But don't worry.

While you are still a university student,  
start practicing consulting with others.

Once you enter the workforce,  
it is natural for people to cooperate  
with each other.

One form of "independence" is to increase  
what you can do with the help  
of those around you.

Why don't you start now  
by learning how to rely on others?

## Student Counseling Office

Our services are available to any Hokudai student, regardless of grade or department. You can discuss various concerns about university life, such as academics, relationships, personality, mood swings, career paths, and other things with a counselor who is a licensed clinical psychologist. Please feel free to use our counseling service not only for yourself but also in the case of "I am worried about my friends." The privacy of your consultation will be respected. Please come with peace of mind.



Please come talk to us with any problem or concern.

## Accessibility Services Office

We provide support for "reasonable accommodations" which are necessary to remove or reduce restrictions/ difficulties in conducting academic studies or research due to disabilities. Reasonable accommodation varies from case to case, and there are no set rules. We are available for consultation with students as well as consultation for families of students with disabilities. We also lend out assistive devices and other equipment. Through dialogue with our coordinators, let's create an environment for learning.



Please come talk to us with any problem or concern.

## International Student Counseling Office

Our services are available to all international students at Hokkaido University. You are welcome to come in alone or with a group of friends to talk about yourself as well as your friends and family. Counselors are clinical psychologists with study abroad experience who can conduct counseling in Japanese, English, or Chinese. We offer individual counseling, group sessions, and workshops for international students, as well as consultation and training for faculty and staff.



Please come talk to us with any problem or concern.

## Our Peer Support Unit



Student Counseling Section, Student Peer Support Room



International Student Counseling Section, International Student Support Desk



Accessibility Services Section

## We are looking for peer supporters!

We're looking for peer supporters to provide support to fellow students. You will be trained and paid as a part-time employee. Why don't you join us if you have time between classes?

