How to make appointments for one-on-one sessions

Step 1
Ask for an appointment with SSP coordinators by telephone, e-mail, or personally visiting the office.

Step 2
Identify your strengths and weaknesses by acquiring appropriate skills and techniques through discussions with SSP coordinators placed in every campus.

Step 3
Coordinators provide students with the necessary assistance to resolve difficulties and connect them with relevant resources on campus.

Let us use the SSP support tools!

Students can find support tools for study planning and self-management on the SSP homepage and at the reception counter in the office of Student Affairs. Apply these support tools to make your student life more fulfilling. Please check the SSP homepage for further information.

http://www.ritsumei.ac.jp/ssp/english/

Open hours at SSP: Mon–Fri 9.30 –17.00

Kinugasa Campus
Kinugasa Office of Student Affairs, Kenshinkan Hall 2F
TEL:075-465-8174

Biwako Kusatsu Campus (BKC)
BKC Office of Student Affairs, Central Arc 1F
TEL:077-561-3951

Osaka Ibaraki Campus (OIC)
OIC Office of Student Affairs, Building A 1F, AS office
TEL:072-665-2130

Contact via e-mail at ssp1@st.ritsumei.ac.jp

Your concerns can be resolved and demands can be met by the SSP program.

Changes now lead to changes tomorrow
Become the person you aspire to be with SSP

I want to better handle the educational differences between Japan and my home country
I want to be more efficient in performing various tasks
I want my campus life to become more manageable and productive
I want to make good use of the various facilities and club activities offered by the university
I want to identify my strengths and weaknesses
How can I learn to balance my studies and a part-time job?

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The SSP is open during the working hours of the office of Student Affairs.
The Student Success Program (SSP) supports and guides students, helping them to foster the following skills within themselves, and aims to develop their capabilities as independent and self-directed learners.

**What is SSP?**

SSP organizes sessions for both large and peer assisted sessions, as well as one-on-one interventions. Students can use any of these services depending on their needs.

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**SSP support programs**

**SSP seminar**

- **Support for learning autonomy**
  - Time management
  - How to make a to-do list
  - Note taking
  - How to write an academic report
  - Preparation for examinations

- **Support for personal growth**
  - Leadership
  - Group management
  - Team-building
  - Career development

**Consultation hours by SSP peer supporters**

Peer assisted session

One-on-one session, self-assessment of learning practices

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**Self-reflection**

The capability of self-reflection and the ability to adapt one’s performance to the circumstances so that the next stage can be attained.

**Performance**

The ability to design (identify, plan, and prioritize) learning to achieve established self-goals.

**Goal setting and planning**

Identifying the self through multiple aspects

The aptitude of identifying one’s characteristics and conditions through multiple perspectives.

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SSP coordinators assist students by offering ideas and techniques they can utilize to obtain the abilities to help them achieve their individual goals.

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SSP peer supporters

Peer support results from students taking the initiative to learn collaboratively and to help each other through relationships of equality. The SSP peer supporters form the support group in this framework.