

2025

New Student Orientation Student Life Guidance

Office of Student Affairs, Ritsumeikan University

RITSUMEIKAN
UNIVERSITY

Futurize.
きみの意志が、未来。

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Welcome to Ritsumeikan University

Your four years at university are a precious time when you will meet many new friends and mentors, grow as a person, and form relationships. Please take on various challenges, engage in independent learning, and experience your own growth.

University students, as members of civil society, are also expected to uphold the rules and norms of the university and the wider community and to contribute to the creation of a better society.

This is also a period of preparation for independent living in the real world. As a university student, the basic rule is to make choices and judgments by yourself and take responsibility for them.

To ensure a secure, safe, and fulfilling student life, this guidance session will provide you with the minimum level of knowledge you need and show you how to find information and get help when you need it.

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Today's objectives



For a fulfilling student life...

Learn about the various activity opportunities and services at the university



For a safe and comfortable student life...

Know and understand the tools for avoiding problems



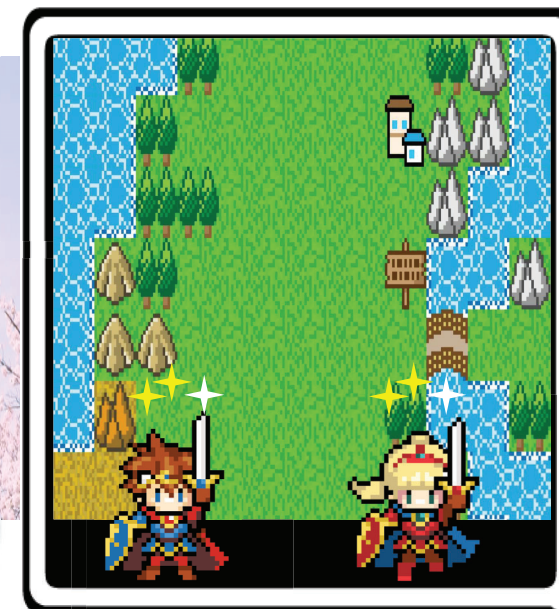
For the success of your student life...

Learn about being able to consult with a specialist on campus

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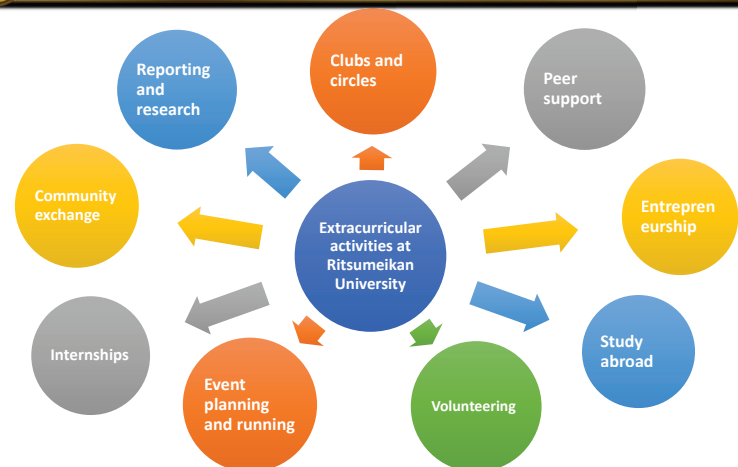




Message from veteran heroes



Lead a fulfilling life in your own unique way through not only regular classes, but also extracurricular activities.



You are sure to find a variety of extracurricular activities that match your interests, lifestyle, and the skills you wish to acquire!

Special experiences just for Ritsumeikan students!

Expo 2025 Osaka, Kansai, Japan & 125th Anniversary Project

Opportunities to participate, learn and grow for Expo 2025 Osaka, Kansai, Japan

Ritsumeikan sponsors the Playground of Life: Jellyfish Pavilion, one of the signature pavilions at Expo 2025 Osaka, Kansai, Japan.

Participation in the Expo = Opportunity to learn and grow

→ Ritsumeikan University launched the Expo Student Committee "Ookini," a student group that aims to promote awareness of social issues and has an exhibit during the Expo period.



For more information about "Ookini" and its activities, please check the Instagram account and announcements on manaba+R!



Ritsumeikan University will implement a 125th Anniversary Project

Renovation of the Kyoto Museum for World Peace



BKC 30th anniversary



Establishment of ESEC as a research center to help maintain and expand the humanosphere in space



New development of the OIC



Opening of ROOT in Grand Green Osaka



April 2026 Plan to establish a College of Arts and Design (Establishment and planning stage)



Participate in the Expo and various on- and off-campus anniversary project activities to learn and grow.

Special experiences just for Ritsumeikan students!

Top level sports, culture, and arts activities

• Main athletic club activities

Women's Track and Field Team

All-Nippon Ekiden Women's (Morinomiya) Road Race

Victory!

All-Nippon Ekiden Women's (Mount Fuji) Road Race

Victory!

American Football Club (Panthers)

Koshien Bowl (college football national championship game)

Victory!

• Main arts and culture club activities in 2024

Symphonic and Marching Band

72nd All Japan Band Competition **Victory!**

Baton Twirling Club

52nd National Baton Twirling Championship **Victory!**

Shogi Club

55th National Intercollegiate Shogi Championship

Victory!

Get information about athletic clubs on the Ritsumeikan Sports app



★ReLIVE Home game event



ReLIVE HOCKEY HOME GAME



Baton Twirling Club solo performance



Symphonic and Marching Band regular concert



Share an emotional moment with enthusiastic cheers!

Campus Life Annual Calendar On & Off-Campus Experiences for Ritsumeikan Students

Attention!
Events marked with a ★ are lively festivals held on each campus with a variety of booths and shops! Regardless of which campus you are part of, many new students and current students participate!

RU offers a wide range of enriching activities throughout the year. We encourage all new students to join in and enjoy these opportunities to gain diverse experiences, discover your potential, and grow, making the most of your university life!

Spring

Fall

Events

Orientation



Ritsumeikan 125th Anniversary Project

Join Us in Creating a Special Year for Ritsumeikan's 125th Anniversary!

Expo 2025 Osaka, Kansai, Japan (Apr. 13 – Oct. 13)



For information on clubs, circles, social activities, volunteer work, entrepreneurship, and more, please visit the following page:
(In Japanese only)



Information for extra-curricular activities

■ SPORTS & CULTURE website



■ Web page and booklet for peer support groups



■ Circle Collection booklet by Student Union



■ Web page for the study abroad programs



■ Web page for startup programs



Feel free to visit the websites anytime!

Scholarship programs at Ritsumeikan University

Ritsumeikan University uses
two pillars of scholarship and
subsidy programs
to support the student life and
growth of students at Ritsumeikan.

Financial aid
scholarships

Growth
support
scholarships

Program supporting the spirit of taking
on a challenge!

Example: Challenge Scholarship (Individual
support), Alumni Association Future Human
Resources Development Scholarships (Group
support)

*Amount: Up to 300,000 yen for individuals
and 500,000 yen for groups

*Information session and application
reception: April to May

Inquiries: Office of Student Affairs on each Campus

For details, check
the RU Growth
Support
Scholarship site!



Application
guidelines



Past recipient
groups

Tips on how to lead a fulfilling student life

Understand diversity
and inclusion!

Use the university's
useful tools!

Use the university's useful
facilities and services!

Warrior Ritsu



HP: Health Point.
SP: Skill Point.

Below is windset, map and item box.



Warrior Ritsu

HP: Health Point.
SP: Skill Point.

Below is windset, map and item box.

Diversity and Inclusion

Aiming to be a university where you can learn with peace of mind

● Chancellor's statement

- Respect for diversity of others.
- All members can feel pride and joy in Ritsumeikan.

● Basic Vision and Basic Policy on the Promotion of Diversity and Inclusion

- Dignity and diversity of each individual.
- To create a school that is inclusive towards its diverse members and where they can help and support each other.

As a university, Ritsumeikan has established these two policies:

- Basic Approach to Sexual Diversity
- Guidelines on Support for Students regarding Sexual Diversity at Ritsumeikan University

▼ Diversity & Inclusion website
<https://www.ritsumeikan-trust.jp/diversity/>



Please value the concept of diversity and inclusion so you can
all enjoy a comfortable student life in your own unique way.

Warrior Ritsu



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SP: Skill Point.

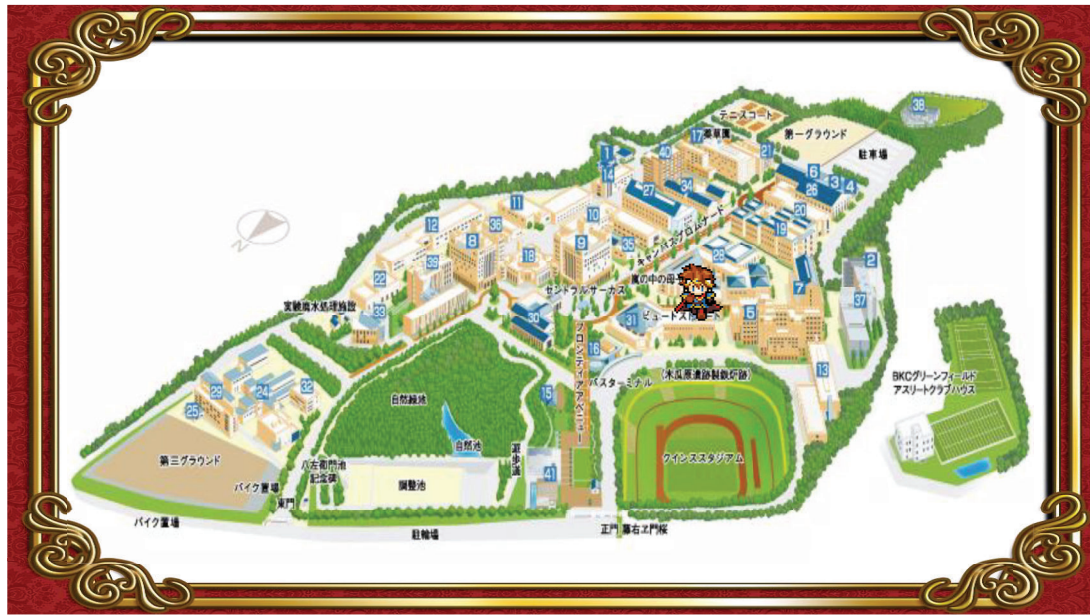
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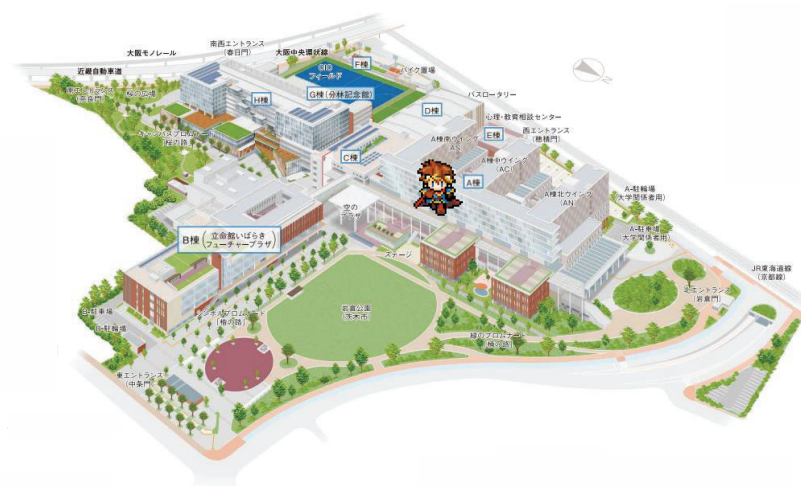
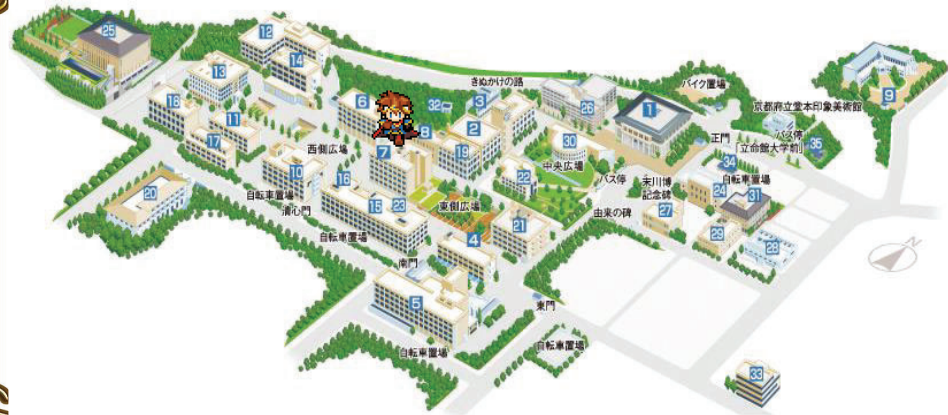


Warrior Ritsu

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TRY FIELD

Ready to try something NEW?

Make it even more FUN and CHALLENGING!

At Ritsumeikan, you can begin tackling challenges from your first year.

So, where will you begin?
Uncover your puzzle pieces of student life!



Social Co-creation

A new puzzle piece to discover at Ritsumeikan!
There are unique opportunities waiting for you at Ritsumeikan! As a student, now is the perfect time to take on new challenges. Connect with peers, companies, and society beyond your campus to expand your skills and possibilities—and make an impact. This is "social co-creation." It may sound formal, but it's all about innovation and real-world experiences! No matter your college or year level, you can start anytime.

Connect with diverse players across ages and disciplines to take on challenges like these!

- ☒ Connect with companies on campus
- ☒ Participate in company projects
- ☒ Meet peers from other colleges and campuses
- ☒ Develop strengths that you can showcase in your job search

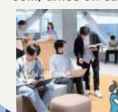
How can I get started with Social Co-creation?

Sign up to become a SEEDS Member!

Register as a SEEDS Member to connect with your peers and start a project!

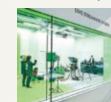
Your ideas just might change society!

Join projects with companies on campus



Enhance your skills with other students!

Harness your strengths to lead student-driven workshops



Hone your digital skills and business sense!

A wide range of Microsoft Base seminars are also available online
Ritsumeikan is the only campus in Japan to open a Microsoft Base!



Develop your creative skills!

Use Adobe apps to communicate with the world
Ritsumeikan is the only university in Japan named an Adobe Creative Campus!



Last year, 100 students applied in just one month!
Scan here for details on registering as a SEEDS Member >>>

Special tools

■Inter-Campus Transportation

• Ritsumeikan operates a shuttle bus service connecting the three Campuses to support student activities.

• The shuttle bus also stops at JR and private railway stations on weekdays after 6:00 p.m.

*Please check the website for more details.



Tickets are only 150 yen



■CAMPUS DIARY



It also has the university schedule (class dates, etc.), timetable, campus map, study tools, and more!

Don't forget these useful tools!

Warrior Ritsu Lv 1 Novice Hero

HP 25/25
SP 15/15

Windset Map Special Tools

Warrior Ritsu



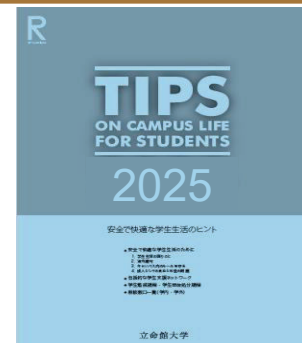
HP: Health Point.
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Below is windset, map and item box.

シート / Course Study Planning Sheet

[illegible]

安全で快適な学生生活のために



安全で快適な学生生活のために

1. 学生生活の確保と心
 - ・学生生活がまはれるプログラム
 - ・クラブ活動を通じた「活動」の奨励と！
 - ・他校との交流
 - ・大会・行事などに参加して得意な得意なことを「活動」に活かす
 - ・アルバイトやボランティア活動など
 - ・アルバイトの心得
 - ・就職・進学・資格取得・留学への支援！
 - ・その他様々な注意・指導・サポート、夜間外出時の危険
2. 法令遵守
 - ・飲酒禁止
 - ・喫煙禁止
 - ・交通規則を守り、地域社会のルールをきちんと守る
3. マイナスイメージのイメージをなくす
 - ・社会教育センターや学生生活課
 - ・学生生活アドバイザー、奨励・奨励的な学生生活！
4. 個人として他校との関係の構築
 - ・他校との交流を促進
 - ・ボランティア活動
 - ・他校との交流を促進
 - ・アルバイト
 - ・就職活動のサポートや、2次面接などの面接準備を支援
 - ・他校との交流・奨励的な学生生活、大学側のサポート、有償参加の奨励

学生生活センターについて

**TIPS ON
CAMPUS
LIFE FOR
STUDENTS
2025**



Check these when you are having difficulties or do not know what to do in campus life.



100-yen Breakfast

- Weekdays during the course period 8:00 - 9:00



Rice+2 side dishes+ Miso Soup

* 55 yen extra for each additional side dish

Only **100 yen!**



BKC Lunch Street

Check the application for the latest schedule and location.



Food Trucks

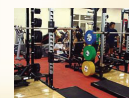
Time: 11:30 - 18:00

 Bento Box Stands

Time: 11:30 - 13:30

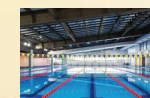
Training Room

- Many exercise machines you are free to use
- Available for individual use (after attending a training seminar and receiving a gym card)



BKC Sports and Health Commons

- New sports facility for improving your health
- Has programs and events you can easily join
- Assists with recruitment of research subjects



How to earn HP (Health Points): Food and physical exercise

100-yen Breakfast

- Weekdays during the course period 8:00 - 9:00



Rice+2 side dishes+ Miso Soup

* 55 yen extra for each additional side dish

Only **100 yen!**

Kinugasa Lunch Street

Check the application for the latest schedule and location.



Food Trucks

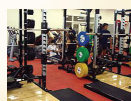
Time: 11:30 - 18:00

Bento Box Stands

Time: 11:30 - 13:30

Training Room

- Many exercise machines you are free to use
- Available for individual use (after attending a training seminar and receiving a gym card)



BKC Sports and Health Commons

- New sports facility for improving your health
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- Assists with recruitment of research subjects



How to earn HP (Health Points): Food and physical exercise

100-yen Breakfast

- Weekdays during the course period 8:00 - 9:00



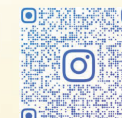
Rice+2 side dishes+ Miso Soup

* 55 yen extra for each additional side dish

Only **100 yen!**

OIC Lunch Street

Check the application for the latest schedule and location.



Food Trucks

Time: 10:30 - 15:30

Bento Box Stands

Time: 10:30 - 15:30

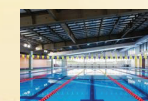
Training Room

- Many exercise machines you are free to use
- Available for individual use (after attending a training seminar and receiving a gym card)



BKC Sports and Health Commons

- New sports facility for improving your health
- Has programs and events you can easily join
- Assists with recruitment of research subjects



How to earn HP (Health Points): Regular medical examinations

The purpose of regular medical examinations:

To maintain and promote health through early detection and treatment of physical abnormalities.

The number of young people who are diagnosed with diseases called lifestyle diseases has been on the rise in recent years.

Lifestyle diseases can be prevented or treated by detecting them early in regular medical examinations and improving lifestyle habits. **Every year, serious illnesses such as pulmonary tuberculosis are detected, and there are cases where early intervention has helped people regain their health.**

You may need a Certificate of Health to receive a scholarship, take an employment examination, or join extracurricular activities, and you sometimes cannot receive one if you have not had regular medical examinations.

Be sure to undergo regular medical examinations so you can enjoy a healthy student life. You can find information on manaba+R.



Protect your own health by yourself. Be sure to get a medical examination to learn about your health condition!

If you get injured...

■ All regular students must enroll in Gakkensai after admission.

Gakkensai is the Japanese abbreviation of the Personal Accident Insurance for Students Pursuing Education and Research. The university handles enrollment procedures, so students do not need to do anything on their own.

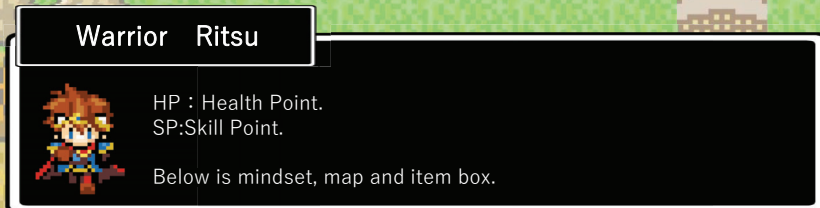
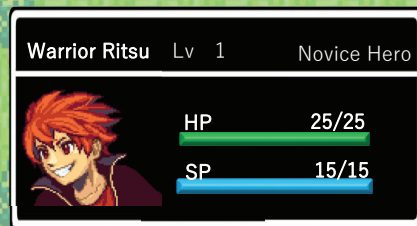
■ Types of Insurance Payouts

Types of activities/accidents	Examples	Number of days receiving treatment
a. During regular curricular activities/university events	During lectures, experiments, practical training courses, and/or research activities under the supervision of an instructor	1 or more days
b. During extracurricular (club) activities	During cultural or athletic activities under the supervision of a student group approved by the school	14 or more days
c. While on the premises of a school facility	During periods when the insured is in school facilities owned, used, or managed by the school for educational purposes	4 or more days

Please refer to the following page for information on how to file an insurance claim.



Injuries caused by accidents on the way to school are not covered. Therefore, if you plan to commute by bicycle, **you must purchase bicycle insurance on your own!**



For a safe and comfortable student life

1. Familiarize yourself with the kind of trouble students are prone to getting involved in
2. Protect yourself by developing an understanding of laws, regulations, and the rules of Ritsumeikan University
3. Develop the attitude and actions to protect ourselves
4. Have someone to talk to in mind if something is troubling or bothering you

University students are prone to getting deceived, targeted, and involved in trouble.

Why is that?

Why are university students prone to being deceived and targeted?

- They lack experience in community life and are **short on knowledge** of consumer affairs
- They **don't know who to turn to** when they run into trouble.
- They keep things to themselves because **they don't want to bother others.**
- They never imagine that **they're the one who will end up in trouble.**

Get knowledgeable !

Have someone to talk to in mind!

Recognize that "things can happen to you too!"



1. Troubles that students tend to get involved in

2023 Overall	
No.1	Power harassment, sexual harassment, and moral harassment
No.2	Part-time work wages and work environment
No.3	Doorstop sales contracts
No.4	Interaction on social media
No.5	Multi-level sales schemes

2022 Overall	
No.1	Part-time work wages and work environment
No.2	Harassment in relationships outside the university
No.3	Interaction on social media
No.4	Doorstop sales contracts
No.5	Multi-level sales schemes

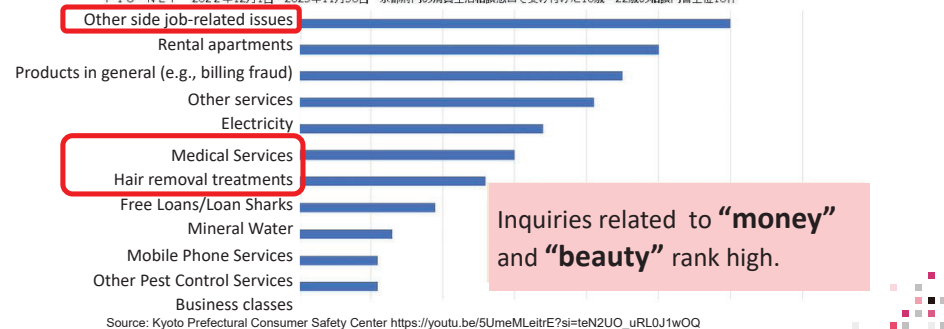
Source: Extracted from 59th (2023) Student Life Survey: Ritsumeikan University Data (Ritsumeikan Co-Op)



Consumer trouble common among university students

Details of consultations from 18 - 22 year old in Kyoto Prefecture (Dec. 2023 - Nov. 2024)

P I O - N E T 2022年12月1日~2023年11月30日 京都府内の消費生活相談窓口で受け付けた18歳~22歳の相談内容上位10件



Source: Kyoto Prefectural Consumer Safety Center https://youtu.be/5UmeMLeitRE?si=teN2UO_uRL0J1wOQ

Consult with the Consumer Hotline at #188 if you find yourself in trouble.



Use examples to help you learn what kind of criminal methods people use and how to counter them!

Examples of trouble that could occur in your everyday life

- (1) Theft
- (2) Shady part-time jobs
- (3) Contract problems



(1)Example of theft

In a classroom on campus, I had some spare time, so I was working on an assignment on my computer. I then had to go to the restroom. Figuring, "I'll be right back. It should be fine," I went to the restroom while leaving my computer on the desk and my bag containing my tablet, wireless earphones, wallet, and textbooks next to it. When I came back to the classroom, I couldn't find any of my belongings anywhere. They were never found after that.

How to avoid theft

1. Keep your **valuables** on your person
2. **Do not leave your bags unattended**
3. Make sure your gym or locker room locker is properly locked
4. **Double-lock** your bicycle
Apply for anti-theft registration for your bicycle
5. Beware of bag snatchers

Thefts and snatchings occur frequently in places like the library, gymnasium, cafeteria, lounges, and bicycle parking lots!



Universities are places where people from all walks of life come and go. Remember: You are responsible for protecting yourself.

(2) Example of shady part-time job

I was looking for a part-time job where I could earn money efficiently.

I saw a job posting on a social media site that said,
“High pay! Just follow the instructions given to you!
Anyone can do it!”

Using a dedicated app, I casually entered my personal information just as I was told (including information about my parents' home) and applied for the job.
It was immediately offered to me. I was instructed to go to the specified address and pick up cash.

Source: Crime Situation Analysis Section, Community Safety Administration Division, Tokyo Metropolitan Police Department
https://www.keishicho.metro.tokyo.lg.jp/about_mpd/joho/movie/seian/740.html

(2) Example of shady part-time job

I carried out the job, figuring, “If I just pick up the cash, I can just say ‘I didn't know’ and everything will be fine.”

However, I got scared and gave notice that “I want to quit” after just one job.

That was when I was threatened, “You are already a criminal. If you run away, consider your whole family dead.”
I could no longer get out of the job until I was arrested.

Working shady jobs is a crime that cannot be fixed by saying “I didn't know!”

Source: Crime Situation Analysis Section, Community Safety Administration Division, Tokyo Metropolitan Police Department
https://www.keishicho.metro.tokyo.lg.jp/about_mpd/joho/movie/seian/740.html

How to avoid getting involved in shady part-time jobs

1. Do not blindly believe information about “attractive” part-time jobs on social media and bulletin boards.
2. Be careful about offers coming through social networking sites and messaging apps commonly used for shady part-time jobs.
3. On the off chance that you apply for a shady part-time job, do not keep it to yourself. Make sure to consult with the police or other public agencies.

Source : <https://www.baitoru.com/contents/list/detail/id=3525>

**Working shady part-time jobs is a crime.
Learn to say no if someone recommends you do it!**

(3) Contract problems

Being interested in hair removal treatment, I went to a salon that was popular on social media.
I went there because they said, "It's fine if you are just looking for information."
The staff was very nice and kindly listened to my concerns.
They told me, "If you want to have a hair removal treatment, now is the best time age-wise. If you sign a contract here and now, you'll get a discount of ●%."
I felt sorry for the kind staff, plus I wanted to sign the contract with the best timing and price. I therefore signed on the dotted line.

Be careful when you reach the age of adulthood (turn 18)!



When you are still a minor...

You need a parent or guardian's consent to sign a contract. If a minor signs one without that consent, they can cancel the contract by exercising the "minor's right to cancellation" set forth in Japan's Civil Code.

When you reach the age of adulthood (are at least 18 years of age)...

You can sign a contract without the consent of a parent or guardian.
You can no longer exercise the "minor's right to cancellation."
You yourself are responsible for any contracts you enter.

You are able to do things on your own responsibility, like:

- Entering a mobile phone contract
- Taking out a loan
- Getting a credit card
- Renting a room to live alone

Source: Public Relations Office, Government of Japan <https://www.gov-online.go.jp/>

How to avoid contract problems

1. Do not blindly accept information on the Internet and carefully assess the contents of the product or service.
2. Even if someone presses you to make an immediate decision and sign a contract, never sign on the spot.
3. Even if you are urged to sign a loan or credit contract, don't sign it if you do not have cash.

If you run into any consumer problems, call the Consumer Hotline at #188.

2. Protect yourself by developing an understanding of laws, regulations, and the rules of Ritsumeikan University

- (1) Consumption of alcohol and smoking
(Not permitted for students under 20 years of age)
- (2) Use of illicit drugs
- (3) Harassment
(Do not commit harassment. Ask for advice if you are on the receiving end of it.)
- (4) Ritsumeikan University Student Disciplinary Regulations

(1) Alcohol and Tobacco

Alcohol

- ◆ **Drinking, smoking, and gambling** such as betting on horse and bicycle races **are not allowed for anyone under 20 years of age.**
- ◆ Underage drinking, chugging alcoholic beverages, forcing someone to drink, and drunk driving are all **criminal acts.**
- ◆ Drinking large amounts of alcohol (or making others drink) can also put you or others at risk of death from acute alcohol poisoning. *If you feel you are in danger, do not hesitate to **call an ambulance (119).**
- ◆ **Never drink and drive!** This does not just mean you. Any action that leads to others driving drunk is prohibited! This applies not only to motor vehicles and motorbikes but **also to bicycles!**

Tobacco

- ◆ **Smoking is prohibited on Campus** except in designated smoking areas.
- ◆ Smoking outside of designated areas **is a violation of the law!!**
- ◆ Be aware of the danger caused by secondhand smoke.
- ◆ Don't smoke to begin with.
- ◆ The Medical Service Center can help you quit. Inquire about help.

Alcohol and tobacco cause harm to your body!

(2) Illicit drug abuse

Drugs harm your physical and mental health!

➢ Marijuana and other drugs compromise both your body and spirit. You may intend to try them just once, only to find that willpower **isn't enough to quit.**

Drugs destroy your life and your relationship with your family, other people, and society!

➢ Drug abuse isn't just your problem. Your family and members of society **suffer too.**

After a brief high, nothing awaits you but severe punishment!

➢ The fallout in the form of severe criminal penalties and social censure **will ruin your life.**
➢ **The use, possession, sale and distribution of illegal drugs are all criminal acts under Japanese law and are severely punished.**

Illicit drug use is a crime punishable by law.

(3) Harassment

(Do not commit harassment. Ask for advice if you are on the receiving end of it.)

- Understand that **every person is different**, and recognize that both you and the others you deal with are invaluable individuals.
- Do not say or do anything that makes others feel bad or hurt.
- Remember that everyone reacts differently.
Never assume that someone thinks the same way as you or downplay the effect of what you say or do.

Examples of frequently occurring harassment

- Sexual harassment
- Academic harassment
- Alcohol harassment
- Racial harassment

For types of harassment, applicable acts, and other information, check the "Harassment Prevention Committee" website on the right!

Harassment
Prevention
Committee



Contact
information
or Advisors



If you experience harassment, do not keep it to yourself.
Please contact one of our Advisors.

(4) Ritsumeikan University Student Disciplinary Regulations (Excerpt)

Acts subject to disciplinary actions

1. Acts that disturb social order (criminal acts)
2. Harassment
3. Acts against information ethics
4. Acts against academic ethics
5. Acts that infringe on the academic and research rights of students and faculty and/or interfere with administration of the university
6. Cheating or disrupting of examinations, etc.
7. Acts that violate regulations and matters based on regulations the university set forth to be observed by students
8. Other acts that are contrary to students' obligations

Process Flow

1. Occurrence of misconduct or a criminal activity
2. Investigation in each section, college, or department
3. Interview and guidance at the department
Provide educational guidance based on the preparation of a reflection paper (Student support will be also provided if it is necessary.)
4. Preparation of a disciplinary draft by the department
5. Coordination by the Student Affairs Conference
6. Opportunities for defense
7. Deliberation at the Faculty Council and creation of a petition
8. Final determination by the president and execution of disciplinary actions
 - Notification to the student and parents/guardians
 - Announcement of the actions
9. Continuing educational guidance by the department

Details on
TIPS



Take responsibility for your actions on a daily basis.

3. Develop the attitude and actions to protect ourselves

Necessary attitude and actions to avoid trouble

Acquisition of basic knowledge
(Laws, current trends, the state of affairs etc.)

Appropriate behaviors and judgements

Foresight
(predict, insight ability, applying ability etc.)

Developing self-control
(Manage actions by following rules, exhibiting self-control etc.)

DO NOT provide personal information easily

Have a sense of ownership
(Be aware of the trouble your actions may cause)

Relationship between the three elements (knowledge, foresight, and self-control)

Ex.: Possibility of a post on social media developing into a major problem as slander/libel against a specific person.

Actions

Student A had some disagreements with the club's activity policy, and posted his feelings of dissatisfaction on social media (with limited access to those who could view them)

Why do we do it anyway?

Desire > Self-control

I want to do something about this bad feeling!

Foresight Negative information about the club could be spread, **causing fellow club members to feel hurt, or a particular person to be driven to the point of mental breakdown.**

Knowledge Crimes such as defamation and insult may be applied.

Self-serving thinking also takes effect. Optimistic, baseless thoughts like "If I limit when and who can see it, I won't be caught," and "Others are doing it too."

To avoid trouble... Recognize the importance of having self-control!

When I let my emotions at the moment get the better of me and posted on social media...

"Foresight" part <Imagination/insight>
*There are numerous conceivable risks

- As a result, you may attack and slander/libel others more than you intended, and end up being the perpetrator.
- If you become the perpetrator, you will have both civil and criminal liability.
- You will cause inconvenience to others (victims, related parties, family members, etc.), and may be hurt further.

Even if you have the ability to anticipate, you need the following to **control your desires**.

Self-control <Measures that seem effective>

- (1) Listen to the opinions of others and discuss things with them until you are satisfied.
→ Objective view of your own thoughts
- (2) Estimate the damage (losses) if the situation escalates into trouble.
→ Profit and loss arithmetic
- (3) Consider the repercussions on others and how this action reflects on you as a person from a long-term perspective.
→ Verification of moral and ethical aspects

Note: Having self-control does not mean keeping one's desires and emotions pent up inside!

Have a face-to-face or other "dialogue" rather than make one-way social media posts or send chat messages!

Is fulfilling your immediate desires really an effective solution?

Make sure to check this later on!

Trouble on social media

1. Information on social media is not always correct.
→ It may include misinformation or inaccuracies.
2. Even on social media, we must observe social rules.
→ The unauthorized posting of others' photos or information may also cause trouble.
3. Information on social media can spread all over the world.
→ Information once posted on social media can never be fully deleted.
4. On social media, you are responsible for your remarks even if you make them anonymously.
→ Individuals can still be identified through anonymous remarks. Slander and libel can escalate into a violation of human rights.
5. Careless remarks on social media can harm your family and friends.
→ The fallout, including personal information being identified, will extent to those around you.

**Before making remarks, stop and think:
What if you were subject to the same?
Take action after considering other solutions.**

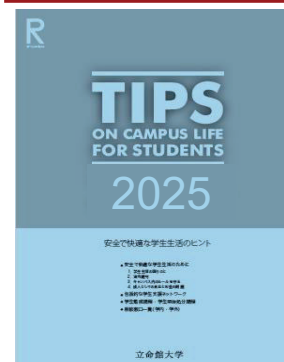
4. Have someone to talk to in mind if something is troubling or bothering you

Who do you talk to when something is troubling or bothering you? Your parents? Siblings? Friends? Upperclassmen? Teachers? Or do you keep it to yourself?

Starting today, add the **Office of Student Affairs** to that list.

[KIC] Kenshinkan 2F
[BKC] Central Arc 1F
[OIC] Building A 1F (AS Office)

Become knowledgeable to help you both when and before you experience trouble!



Here are some other forms of trouble you should keep an eye out for!

- Trouble over social media
- Multilevel marketing
- Cults
- Crimes targeting students living alone

Go here to see the TIPS ON CAMPUS LIFE FOR STUDENTS 2025



Make sure to check TIPS for more detailed examples, ways to counter them, and other information!

For the success of your student life Student Success Program



Use the support offered by the Student Success Program to become someone capable of striving for what they want to achieve.

What kind of support is available?

A lot! From tools to assist you in your university studies, seminars and on-demand videos to collections of student ideas, one-on-one consultations, and more. Check the "What SSP Offers" page!



SSP Website



Follow SSP on Instagram tool



Check the website or official Instagram account for details

The SSP is available at the Office of Student Affairs on each Campus!

Student Support Room <https://www.ritsumeai.ac.jp/ssr/>



New students

Living on your own for the first time
New interpersonal relationships and a new environment

Finding a style of living at your own pace and on your own terms

Anxiety/nervousness/impatience
Prone to exhaustion

Getting enough rest

At your own pace

Relying on those around you

Student Support Room

<https://www.ritsumei.ac.jp/ssr/>



Get advice on tough matters at an early stage

Can't motivate yourself to do anything

Are bothered by interpersonal relationships

Don't fit in at the university

Unsure of the future

Want to have more confidence in yourself



学生サポートルームのご案内
Student Support Room Service Guide

**We'll help you address your issues together.
Anything you ask us will be kept strictly confidential.**

The SSR is located in the Office of Student Affairs at each Campus:
[KIC] Kenshinkan 2F TEL: 075-465-8174 ssrikik@st.ritsumei.ac.jp
[BKC] Central Arc 1F TEL: 077-561-3952 srbkc@st.ritsumei.ac.jp
[OIC] Bldg. A 1F (AS Office) TEL: 072-665-2130 o-go-2@st.ritsumei.ac.jp

Get psychological counseling from a clinical psychologist.

Student Support Room Events

<https://www.ritsumei.ac.jp/ssr/event/>

Exchange

Marginal persons' club
Philosophy cafe
Board game club
Fifth-plus-year student club
Job search pains club

Reading club
Anime cafe



Psychological education

Chat lessons
Thinking about HSP
Deepening self-understanding with Egograms



Stress management

Relaxation time to unwind
Morning yoga
Chair yoga to unwind



A multitude of events are held, from opportunities to talk with others who share similar interests or concerns to events for mental and physical health.

Medical Service Center

- When you get injured or feel sick
- Get consultation on physical and/or mental health
- When you want to quit smoking or take advantage of outpatient and consultation services for giving up the habit

See the website for how to undergo an examination.

[KIC] Shigakukan 1F TEL: 075-465-8232
[BKC] West Wing 1F TEL: 077-561-2635

[OIC] Building H 1F (On the side across Building D) TEL: 072-665-2110



Website: <https://www.ritsumei.ac.jp/health/>

Disability Resource Center

- Get consultation on disability support services

See the website to find out how to get support for physical disabilities (visual, hearing, limb/trunk disfunction, etc.) and mental/developmental disabilities.

*Cases where temporary support is needed due to illness, injury, etc. are also covered.

[KIC] Kenshinkan 1F [BKC] Central Arc 1F

[OIC] Building A 1F (Inside AS Office)



Website: <https://www.ritsumei.ac.jp/drc/>

General Guide for Student Support Coordinator of the Office of Student Affairs

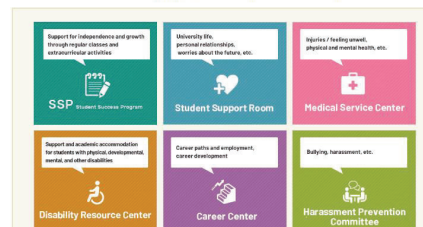
Ritsumeikan University
Student Support General Guide
(Support Coordinator of the Office of Student Affairs)



Getting consultation is a big step toward a solution.

Ritsumeikan University considers the circumstances of students from diverse backgrounds in terms of nationality, ethnicity, religion, ideology, social attitudes, disability, gender, sexual orientation, gender identity, and age, and provides student support that respects this diversity.

Office of Diversity and Inclusion Promotion - Chancellor's Statement
Basic Vision and Basic Policy on the Promotion of Diversity and Inclusion
Guidelines on Support for Students regarding Sexual Diversity



If you are troubled by something, but don't know who you should talk to, you can come to see the

Support Coordinator of the Office of Student Affairs

<https://www.ritsumei.ac.jp/drc/sougou/en/detail/>



The Support Coordinator will listen to your concerns and guide you to the most appropriate support on or off campus.



Where should I go for a consultation on a given thing or in a given situation?



- Counseling regarding academic life, relationships/future issues
- Feeling down or unmotivated

- Self-management skills, including time management, organizing assignments, or goal setting






- Support and academic accommodation for students with disabilities

- Physical and mental health consultations
- Medical treatment

- I have a problem, but I don't know where to go...

Student Support General Guide

As of March 2025

	Student Support Room [SSR]	Student Success Program [SSP]	Disability Resource Center (Physical, mental, and developmental)	Medical Service Center	General guidance on student consultations (Office of Student Affairs)
Making an appointment	By request form 	By request form 	By email/phone 	▼ Internal medicine (No appointment needed) ▼ Psychiatry (In person/by phone) 	In person/By sending application via email 
Meeting/Interview format	In-person/Zoom/Telephone	In-person/Zoom	In-person/Zoom	In-person *Please call first if you have a fever or cold-like symptoms.	In-person/Zoom
Hours	9:45-17:00 By Appointment	9:30-17:00 By Appointment	9:30-17:00 By Appointment	9:30-17:00 *Medical treatment in the afternoon	9:30-17:00
Access	KIC: Kenshinkan 2F BKC: Central Arc 1F OIC: Bldg. A 1F (Inside AS Office)	KIC: Kenshinkan 2F BKC: Central Arc 1F OIC: Bldg. A 1F (Inside AS Office)	KIC: Kenshinkan 1F/2F BKC: Central Arc 1F OIC: Bldg. A 1F (Inside AS Office)	KIC: Kenshinkan 2F BKC: Central Arc 1F OIC: Bldg. A 1F (Inside AS Office)	KIC: Kenshinkan 2F BKC: Central Arc 1F OIC: Bldg. A 1F (Inside AS Office)

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The Offices of Student Affairs are located below:

KIC: Kenshinkan Hall, 2F

BKC: Central Arc, 1F

OIC: AS Office, Bldg. A, 1F

If you run into any problems in the course of your student life or would like advice on how to try something new, come talk to us.



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Futurize. きみの意志が、未来。

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And above all...

Have fun at Ritsumeikan!



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