

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 too!



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.ritsumei.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

At your own pace

Getting enough rest

Anxiety/nervousness/impatience
Prone to exhaustion

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

Unsure of the future

Are bothered by interpersonal relationships

Don't fit in at the university

Want to have more confidence in yourself



学生サポートルームのご案内
Student Support Room Services 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 ssrkik@st.ritsumei.ac.jp
[BKC] Central Arc 1F TEL: 077-561-3952 ssrbkc@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

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 dysfunction, 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)

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.

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 attributes, 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



Student Support General Guide

As of March 2025

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 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) |



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.



And above all...

Have fun at Ritsumeikan!

