

# Let's Start Thinking About Summer Vacation!



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Support Center

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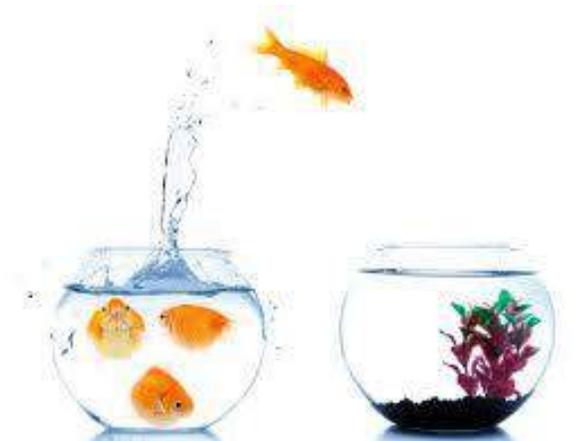
**TA: Miyu Kanemoto**

3<sup>rd</sup> Year APS Student

# This workshop will help you to...

- Share experience, tips and suggestions with each other
- Think and explore ideas and options
- Motivate each other to make the most of your time ahead!

*This will be an interactive workshop. Share your experience to the extent you feel comfortable doing so. Feel free to ask questions, comment, and give advice to one another.*



# Today's Flow

1. Self-introduction
2. Icebreaker
3. Activity [1]: Reflection on student life to date
4. TAs' panel talk followed by Q&A
5. Mini lecture and advice on resources
6. Activity [2]: Create your own summer calendar



# Icebreaker



- What name do you want to be called by?
- Where are you accessing from now?
- What is your dream (or what your childhood dream was)?

\*Appoint one time-keeper.

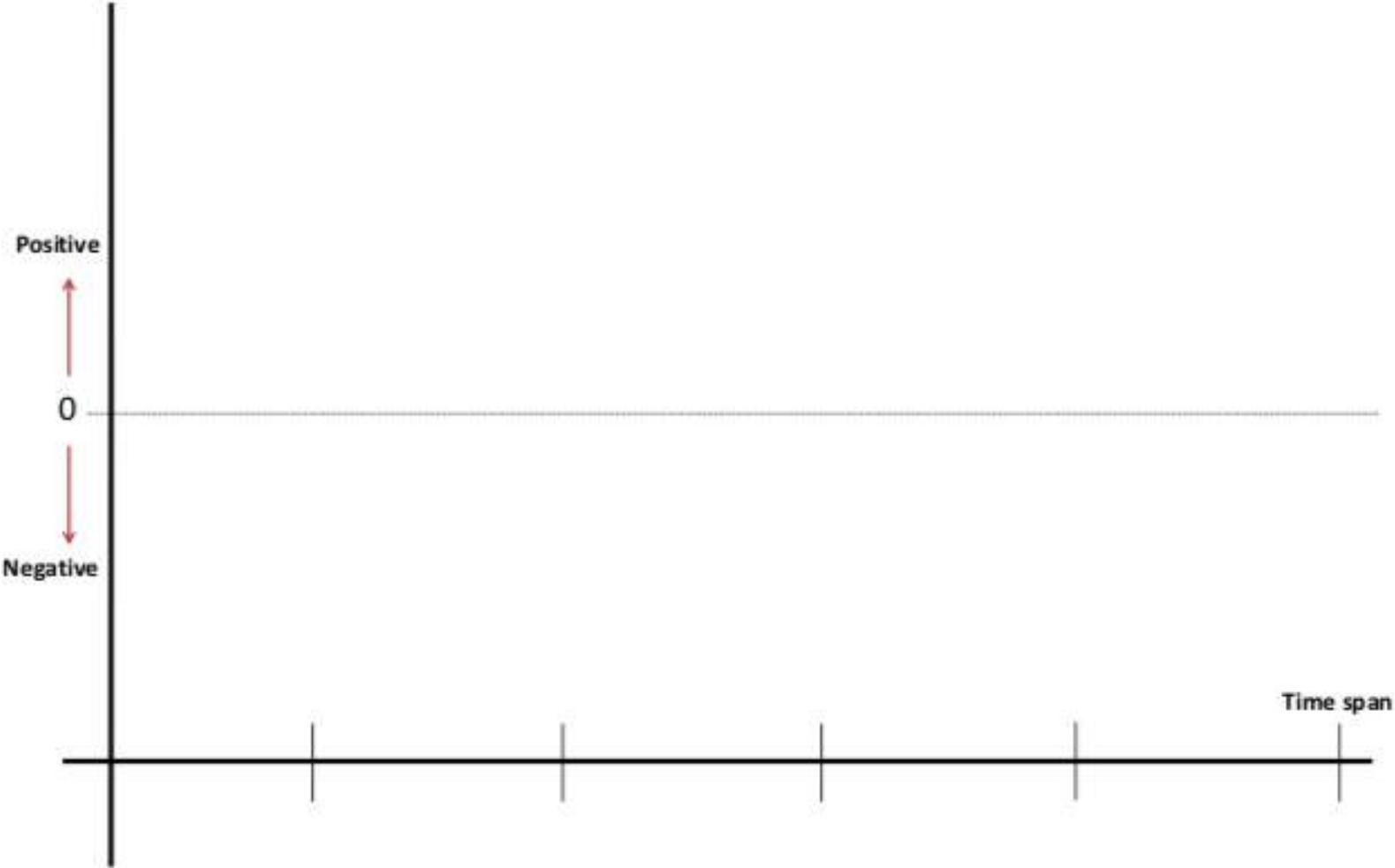
\*Take turns by **alphabetical order of first names**

\***2 mins** per person.

Time-keeper: Raise your hand as a gentle reminder after 2 mins

# Give a few minutes to reflect on your student life...

Emotional and Physical Conditions



# Procedures

1. Draw the ups and downs of your physical and emotional reactions/conditions on the paper. Indicate the time span based on the experiences.
2. Add keywords/brief explanations: What affected those ups and downs (e.g., what was impactful? What was helpful in going through those experiences?)



A person in a red jacket stands on a rocky outcrop overlooking a river valley. The river flows through a deep, narrow canyon with steep, rocky walls. The water is a light blue-green color. The sky is clear and blue.

**Goal-oriented Style**  
Aim for the goal

**River Style**  
Progress as it flows



1. Looking ahead...

## What do you see in yourself?

**Describe what you want to see in yourself upon graduation:**

- ✓ What kind of knowledge, skills/competence, experience will be useful in the future?
- ✓ What level of language proficiency do you want to reach?
- ✓ What kind of friendship/network do you expect to build and take away?
- ✓ What kind of qualities do you want to nurture?

**Write without hesitation.**

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**Think of something that excites you!**

A person in a red shirt is standing on a rocky outcrop, looking out over a wide river valley. The river is a light blue color, and the surrounding mountains are green and brown. The scene is captured from a high angle, looking down at the person and the valley.

Goal-oriented Style  
Aim for the goal

River Style  
Progress as it flows

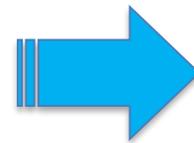


## 2. Focusing on now...

# What do you want to do?

**Describe what you want to try during the summer!**

- ✓ What interests/thoughts have you found during the Spring Semester?
- ✓ What are the things that you didn't get to do during the Spring Semester?
- ✓ What will help to recharge yourself?
- ✓ What kind of time/activities will be fulfilling, meaningful, and helpful to you?



*Spend some time on them during the summer!*

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**Raise as many ideas as possible!**

# Some More Brainstorming Questions



- If you have had an overwhelming time during the semester, give yourself time to relax and refresh. What will help you?
- What kind of activities/resources do you find useful? Can you continue doing it during the summer? Are there similar opportunities?
- If not, can you think of any alternatives that will be of help? What are they? Are you willing to try new things that may work for you?

# General Information on Student Services

Click each icon  
for details!

Want to improve your  
language skills?



**SALC**

(Self-Access Learning Center)

Wondering about  
Exchange Programs?



**SEA booth**

(Student Exchange Advisor)

Need help with Math  
or Statistics?



**AMC**

(Analytics and Math Center)

Have questions about  
PC/ System/ Library?



**ALRCS Booth**

(Academic & Learning  
Resource Core Staff)

Need help with  
writing a report?



**Writing Center**

Course Registration  
and Graduation  
Requirements



**Academic Office**

(Course Registration Team)

Want to Contact with  
the faculty.  
About Seminars?



**Faculty Contact Info**  
**Academic Office**

Want to talk about  
time management,  
goal setting, and  
mental bewilderment?



**Academic Advising**

Mental Health or  
Harassment?



**Counseling Room**  
**Harassment Prevention**  
**committee**

Need disability  
support?



**Support for Students**  
**with Disabilities**

Tuition, Visas,  
Scholarships,  
Extracurricular Activities,  
Leave of Absence?



**Student Office**

Need counseling for  
job hunting, internship  
and grad school?



**Career Office**

# Contact List

Click here for more  
Contact Information!

Support	Office in Charge	Contact Email Address
Academic Records (Leave of Absence, Withdrawal, etc.)	<a href="#">Student Office</a>	<a href="mailto:apustu1@apu.ac.jp">apustu1@apu.ac.jp</a>
Status of Residence (Visas)	<a href="#">Student Office</a>	<a href="mailto:stuvisa@apu.ac.jp">stuvisa@apu.ac.jp</a>
Certificates / Transcripts	<a href="#">Student Office</a>	<a href="mailto:shoumei@apu.ac.jp">shoumei@apu.ac.jp</a>
Tuition	Administration Office <a href="#">Student Office</a>	<a href="mailto:adgaku@apu.ac.jp">adgaku@apu.ac.jp</a> (Amount and Payment) <a href="mailto:t-fee@apu.ac.jp">t-fee@apu.ac.jp</a> (Other Inquiries)
Scholarships	<a href="#">Student Office</a>	<a href="mailto:apuschi@apu.ac.jp">apuschi@apu.ac.jp</a>
Clubs, local exchange, student volunteer opportunities	<a href="#">Student Office</a>	<a href="mailto:stueca@apu.ac.jp">stueca@apu.ac.jp</a>
Sickness and injury, health counseling	<a href="#">Health Clinic</a>	<a href="mailto:booking@apu.ac.jp">booking@apu.ac.jp</a>
Harassment	<a href="#">Harassment Counselor</a>	None
AP House	<a href="#">AP House Office</a>	<a href="mailto:ssc_bo@apu.ac.jp">ssc_bo@apu.ac.jp</a>
Job hunting, Internships	<a href="#">Career Office</a>	<a href="mailto:career2@apu.ac.jp">career2@apu.ac.jp</a>
Class Absences, Course Registration and Graduation Requirements	<a href="#">Academic Office (Course Registration team)</a>	<a href="mailto:acsubmit@apu.ac.jp">acsubmit@apu.ac.jp</a>
Overseas Student Exchange Program	<a href="#">Academic Office (Exchange Program team)</a>	<a href="mailto:outbound@apu.ac.jp">outbound@apu.ac.jp</a>
Off-campus Study Program	<a href="#">Academic Office (Off-campus Study Program)</a>	Person in charge of each program
Language Education (English / Japanese/ AP Language)	<a href="#">Academic Office (Language team)</a>	<a href="mailto:cleac@apu.ac.jp">cleac@apu.ac.jp</a>
Seminar Subjects	<a href="#">Academic Office (Seminar team)</a>	<a href="mailto:seminar1@apu.ac.jp">seminar1@apu.ac.jp</a>

# Check the APU Library Calendar!

8 - 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

PREV ◀

8:30~24:00     10:00~18:00  
 13:00~24:00     Closed Days

... 授業日以外/Non-class Days

× ... 休館日/Closed Days

9月/September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <input type="checkbox"/>	2 ×	3 <input type="checkbox"/>	4 <input type="checkbox"/>
5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>
12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>
19 <input type="checkbox"/>	20 20	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 23	24 <input type="checkbox"/>	25 <input type="checkbox"/>
26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>		

Opening hours  
開館時間

Reference counter  
レファレンスカウンター

Non-class Days 授業日以外
<input type="checkbox"/>
10:00~18:00
14:00~17:30 (土日を除く、月~金のみ) (except Saturday and Sunday, Only Monday-Friday)

# SALC Facilities



<https://salc82.wixsite.com/apusalc>



*Create your own  
summer calendar!*

# 8 August

2021

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

- ✓ **Your vision:** What kind of summer will be the best for you?
- ✓ **Want:** What do you want to do?
- ✓ **Needs:** What is important/necessary?
- ✓ **Language:** What language/skills do you want to gain? How do you want to improve it?
- ✓ **Motivation:** What helps you to keep your motivation?

# 9 September

2021

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

## Fill out your calendar!

**(Individual work)**

Write as specifically as possible (e.g., include locations, materials you want to use).  
Make sure you secure fun time, too!



# 8 August

2021

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

*Share with each other!*

# 9 September

2021

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2



# Some Practical Tips

- Make an achievable goal and focus one thing at a time.
- **Be patient** with yourself and with others in the learning journey.
- **Don't compare things in a negative way.**
- **Learn from experience.**
- **Take good care** of yourself: eat well, sleep well, exercise, and take a break.



# Happy Summer Holidays!

*“Everything will be okay in the end.*

*If it’s not okay, it’s not the end.”*

*– John Lennon*

