

Autumn 2024

New Student Orientation Student Life Guidance

※ The information is as of August 2024. As it is subject to change,
please be sure to check each website for details. ※

Office of Student Affairs

Part 1:

For your successful student life

Commitment
&
Challenges

I. Extracurricular Activities

II. Information for Extracurricular Activities

**III. Various Services and Facilities of
Ritsumeikan University (RU)**

I. Extracurricular Activities



I. Extracurricular Activities



You are sure to find a variety of extracurricular activities (study abroad, peer support groups, clubs, etc.) that match your interests, lifestyle, and the skills you wish to acquire!

II. Information for Extracurricular Activities



■ Homepage
「SPORTS & CULTURE」



■ Web page and booklet for peer support groups



■ Web page for
「Study Abroad Program」



■ Booklet by Student Union
「Circle Collection」



■ Web page for
Business-start Program



Please feel free to access the site first!

Ⅲ. Various Services and Facilities of Ritsumeikan University (RU)

For details, see the following URL.

■ Inter-Campus Transportation:

RU operates a shuttle bus service connecting our three campuses to support student activities. A shuttle bus also stops at JR and private railway stations on weekdays after 6:00 p.m. on its schedule, making it convenient for students to use when returning home.

You can ride for **150 yen!!**



<https://www.ritsumeikan.ac.jp/infostudents/shuttlebus/>

■ Training Room

- Machines and equipment are available for use by students from all campuses
- On-site trainers are here to help
- Good for athletes and dieters!
- Those who wish to use the training room must first participate in a training seminar, after which a gym card will be issued.



■ BKC Sports and Health Commons

- A new sports facility for student health
- Complete with swimming pool, gymnasium, aerobic training rooms and more
- Classes and events held



<https://www.ritsumeikan.ac.jp/lifecareer/activity/facility/bkc-shc/>

Part 2: For a Safe and Secure Student Life

Safety
&
Security

- I. Lowering the Age of Adulthood to 18**
- II. Various crimes and malicious targeting of college students**
- III. Trouble caused by SNS, smartphones**
- IV. Dangers surrounding college students**
- V. Ritsumeikan University Rules**
- VI. Support Services**

I. Lowering the Age of Adulthood to 18

~ From April 1, 2022 ~

Drinking, smoking and gambling such as betting on horse and bicycle races, **are not allowed for those under 20 years of age**, even though the age of adulthood is now 18.

● Drinking alcohol under the age of 20, chugging alcoholic beverages, forcing someone to drink or drink driving are all **"criminal acts"**.
Beware of Alcohol Harassment!

● Drinking large amounts of alcohol (or making others drink) can also put a person 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!** Not just yourself, but any action that leads to others drink driving is prohibited! (you may face **criminal charges!**) This applies to not just motor vehicles and motorbikes but **also bicycles!**



II. Various Crimes and Malicious Targeting of College Students

<Beware of recruitment by dangerous cult groups>

■ Dangerous solicitation by cult groups, etc.

<Characteristics of cult groups>

1. They **limit individual thought and action**.
2. They mandate participation in and propagation of solicitation and sales of goods
3. They make you participate in **antisocial activities**



<Cult groups are targeting students>

Cult groups cleverly hide the purpose of their real activities and the group's name to recruit you. ► Some cases of kind senior/classmate disguise, getting information from SNS #s, etc.

<What you should do when you encounter them>

1. **Say "No" clearly**, avoiding ambiguous attitudes or words
2. **Do not disclose your personal information**
3. **Consult with your guardian and/or staff of the student affairs office immediately**

II. Various Crimes and Malicious Targeting of College Students

<Dangerous solicitation and overdose>



Drugs harm your physical and mental health!

Drugs destroy your life, your relationship with your family, your relationships with others, and society!

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

The use, possession, sale, and distribution of illegal drugs are all criminal acts under Japanese law and are severely punished.

Overdose of over-the-counter medicines among young people is now on the rise.

Over-the-counter medicines such as cough and cold remedies can cause **health problems, addiction, and in the worst case, even death**, if taken without following dosage and administration.

You must never do drugs and overdose!

Ⅲ. Trouble caused by SNS

■ Do you know the danger hidden in SNS?

SNS (Social Networking Services) such as Facebook, Twitter, LINE, Instagram are very useful and convenient tools.

However, if you think that it is okay to write anything because it is “anonymous” or “only open to limited friends,” **YOU ARE WRONG!!!**

Stop and think for a moment before posting something over SNS.

Poor judgement and carelessness may lead to irreparable harm to you, your friends, and family.

Be aware of the dangers and use SNS with caution.



IV. Dangers surrounding college students

<Commuting>

■ Obey traffic safety rules and laws

Bicycle commuters must complete anti-theft registration and get liability insurance

Attend the “Bike Riding Safety Lecture” (required).

Commuting by motorcycle is not recommended, and commuting by car is prohibited.

In some cases, they have violated the law (fines), had accidents that forced them to quit the university, and changed their lives.



■ In case you have a traffic accident :

Call **110** to report the accident. If injured, call **119** for an ambulance. Contact your insurance company.

Consult with either the International Center, your Administrative Office, or the Office of Student Affairs.



■ Your neighborhood and the commute to campus may not be safe!

Incidents such as sexual harassment, stalking, molesting are on the rise.

If you are harmed, please do not hesitate to get help!

Office of Student Affairs • Student Support Room • Medical Service Center

IV. Dangers surrounding college students

<Daily Life>

Common Stolen Items:
Wallet, PC, iPod, Smartphone,
Keys, Bicycle, Shoes

Theft and robbery are common!! The campus is not safe, especially the library, multi-media room, and bike parking areas, which anyone can access. Protect your valuables.

- Keep your valuables with you
- Do not leave baggage on your seat, even for a moment
- When you use a gym locker, lock it properly
- Bicycles and motorcycles should be double locked



■ Sexual assault can be committed by a stranger, an acquaintance, a friend, a date... by anyone.

- Go places in groups, and avoid walking alone on and off campus, especially at night.
- Be sure to limit your alcohol intake and watch your drinks at all times.

If you are harmed, please do not hesitate to get help!

IV. Dangers surrounding college students <Part-time jobs>

(Only for students who have a work permit)

■ Common troubles at part-time jobs

“I thought I found a good job from an ad in a well-know magazine (or website), but the work and wages were very different from what was advertised.” “The employer won’t let me quit,” etc....

Important points to check before signing a contract:

- ① Length of the contract period
- ② The rules of the contract renewal
- ③ Place and content of your work
- ④ Hours, breaks, and days off of your work
- ⑤ Wage payment method

V. Ritsumeikan University (RU) Rules

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



For more details, see the

**TIPS ON CAMPUS
LIFE FOR STUDENTS
2024**

<https://www.ritsumei.ac.jp/file.jsp?id=493008>

V. Ritsumeikan University (RU) Rules <No Smoking on campus>

- **No Smoking on campus** except in designated smoking areas
- **Smoking outside of the designated areas is a violation of the law!!**

<Be aware of the danger caused by second-hand smoke>

NSOC is considerate and supportive for the 97% of campus stakeholders who are non-smokers, and is asking the other 3% for cooperation in minding their manners and understanding the no-smoking policy.



<Don't smoke to begin with>

The risk of death from lung cancer is 6 times greater for smokers!

Smoking is the No.1 factor to shorten life expectancy!

The Medical Service Center can help you quit. Inquire for help.

VI. Support Services

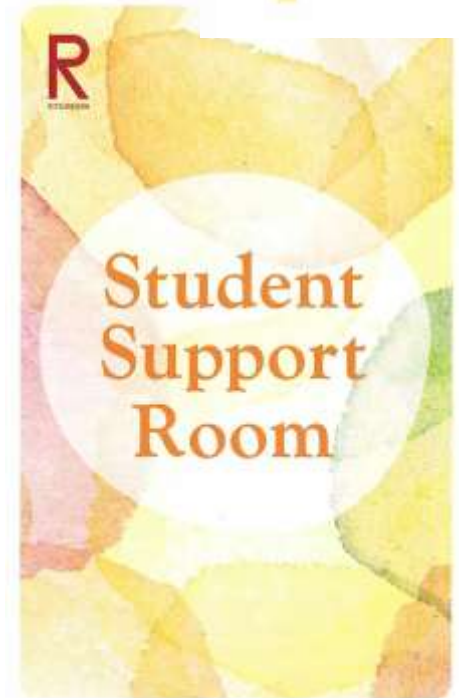
<Student Support Room(SSR) >



- Interpersonal relationship issues
- Depression or Anxiety/Stress
- Academic / Career related concerns
- Homesickness
- Difficulties in adjusting

SSR is here to help you find a solution.

- All certified and experienced professional counselors.
- Available in Japanese and English.
- All counseling information is kept strictly confidential.



学生サポートルームのごあんない
Student Support Room Services Guide

For more information or making an appointment,
please refer to our website.

URL: <https://www.ritsumeikan.ac.jp/ssr/en/>

SSR is located in the Office of Student Affairs at each campus:

【KIC】 Kenshinkan 2F
TEL 075-465-8174

【BKC】 Central Arc 1F
TEL 077-561-3952

【OIC】 A-Bldg.1F (AS Office)
TEL 072-665-2130

VI. Support Services

<Harassment Prevention Committee>

■ If you feel that you are being harassed:

Do not think you have to go through it alone. Please feel free to contact the harassment advisers, who provide compassionate support that responds to your needs.

- ◆ Examples of frequently occurring harassment:
 - Academic harassment**
 - Power harassment**
 - Sexual harassment**
 - Alcohol harassment**
 - Racial harassment**

Stop Harassment

To make you start, become a victim or perpetrator of harassment.

The most important component needed to create an environment without harassment is the understanding that each of us has different and each of us is a person.

If you feel you are being harassed

- Do not feel alone and speak to a Harassment Prevention Officer (HPO) or contact the Harassment Prevention Committee (HPC) if you are unable to do so.
- Do not feel that you are being harassed if you are being harassed by a superior, a colleague, a student, or a peer.
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Harassment Checklist

If you feel that you are being harassed, this checklist is to be used as a guide.

Academic Harassment

Advisors are available at various locations on every campus, and you are free to contact or consult without charge. Check the Address Contact Information on the Harassment Prevention Website on the right.

Alcohol Harassment

This Harassment Prevention Committee also provides advising and consultation.

Reflect on your own speech and behavior

Do not feel that you are being harassed if you are being harassed by a superior, a colleague, a student, or a peer.

What is power harassment?

Power harassment is the abuse of authority in work or other situations, in the use of management position or business relations or otherwise to overlook the benefits of appropriate justice or education, thereby creating psychological or physical pain upon people and causing harm to the workplace or work environment.

Examples of Power Harassment

- Exercising authority in an unreasonable manner, such as:
 - Excessive criticism or reprimand
 - Excessive demands for overtime work
 - Excessive demands for work
 - Excessive demands for work
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- Exercising authority in an unreasonable manner, such as:
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 - Excessive demands for work
 - Excessive demands for work

What is sexual harassment?

Sexual harassment is behavior or comments of an overt or covert nature that cause others harassment, emotional distress or discomfort.

Examples of Sexual Harassment

- Exercising authority in an unreasonable manner, such as:
 - Excessive criticism or reprimand
 - Excessive demands for overtime work
 - Excessive demands for work
 - Excessive demands for work
 - Excessive demands for work
- Exercising authority in an unreasonable manner, such as:
 - Excessive criticism or reprimand
 - Excessive demands for overtime work
 - Excessive demands for work
 - Excessive demands for work
 - Excessive demands for work

What is academic harassment?

Academic harassment is behavior that makes use of educational power, relationships or a position of authority to cause others harassment or discomfort in the area of education or research.

Examples of Academic Harassment

- Exercising authority in an unreasonable manner, such as:
 - Excessive criticism or reprimand
 - Excessive demands for overtime work
 - Excessive demands for work
 - Excessive demands for work
 - Excessive demands for work
- Exercising authority in an unreasonable manner, such as:
 - Excessive criticism or reprimand
 - Excessive demands for overtime work
 - Excessive demands for work
 - Excessive demands for work
 - Excessive demands for work

What is alcohol harassment?

Alcohol harassment is behavior that makes use of alcohol to cause others harassment or discomfort in the area of education or research.

Examples of Alcohol Harassment

- Exercising authority in an unreasonable manner, such as:
 - Excessive criticism or reprimand
 - Excessive demands for overtime work
 - Excessive demands for work
 - Excessive demands for work
 - Excessive demands for work
- Exercising authority in an unreasonable manner, such as:
 - Excessive criticism or reprimand
 - Excessive demands for overtime work
 - Excessive demands for work
 - Excessive demands for work
 - Excessive demands for work

What is racial harassment?

Racial harassment is behavior that makes use of race to cause others harassment or discomfort in the area of education or research.

Examples of Racial Harassment

- Exercising authority in an unreasonable manner, such as:
 - Excessive criticism or reprimand
 - Excessive demands for overtime work
 - Excessive demands for work
 - Excessive demands for work
 - Excessive demands for work
- Exercising authority in an unreasonable manner, such as:
 - Excessive criticism or reprimand
 - Excessive demands for overtime work
 - Excessive demands for work
 - Excessive demands for work
 - Excessive demands for work

What is other types of harassment?

Other types of harassment include harassment based on gender, age, disability, or other characteristics.

Examples of Other Types of Harassment

- Exercising authority in an unreasonable manner, such as:
 - Excessive criticism or reprimand
 - Excessive demands for overtime work
 - Excessive demands for work
 - Excessive demands for work
 - Excessive demands for work
- Exercising authority in an unreasonable manner, such as:
 - Excessive criticism or reprimand
 - Excessive demands for overtime work
 - Excessive demands for work
 - Excessive demands for work
 - Excessive demands for work

Contact information for Advisors



VI. Support Services

< Support Coordinator of the Office of Student Affairs >

I am troubled by something, but don't know who I 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/>



立命館大学
学生相談の総合案内



相談は、解決に向けての大きな一歩です。

大学内には、相談の内容に応じた専門の窓口があります。
上手に活用し、安心安全で、充実した学生生活を送りましょう。

<p>正課と課外を通じた自立と成長をサポート</p> <p>SSP Student Success Program</p>	<p>大学生活、人間関係、将来の不安など</p> <p>学生サポートルーム</p>	<p>ケガ・体調不良、心身の健康など</p> <p>保健センター</p>
<p>身体・発達・精神などの障害をもつ学生への就学上の支援</p> <p>障害学生支援室</p>	<p>進路・就労、キャリア形成</p> <p>キャリアセンター</p>	<p>いじめやハラスメントなど</p> <p>ハラスメント防止委員会</p>

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



VI. Support Services

< Student Support General Guide >

August 2024

Where should I go for a consultation?








- Counseling regarding academic life, relationship/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	Office of Student Affairs
Making an appointment	By Request Form 	By Request Form 	By email/phone 	Appointment required for Psychiatry Office Hours 	By email/phone 
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	9:30-17:00 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
Website	http://www.ritsumei.ac.jp/ssr/en/	http://www.ritsumei.ac.jp/ssp/english/	http://www.ritsumei.ac.jp/drc/en/	http://en.ritsumei.ac.jp/health/	http://www.ritsumei.ac.jp/drc/sougou/en/

The Office of Student Affairs at Kinugasa Campus is located on the 2nd Floor of Kenshinkan (KE).

The Office of Student Affairs at BKC is located on the 1st Floor of Central Arc.

The Office of Student Affairs at OIC is located on the South end of the 1st Floor of Building A (AS).

Please visit us whenever you need help or want to take on a new challenge.

Thank you for your attention!