|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Date | *year* *month* *day* | | | Grade | □ Master’s Program:　1st 2nd  □ Doctoral Program:　1st 2nd 3rd  □ Research Student | |
| Student ID |  | | |
| (Planned) Research Field | □ Knowledge Science　□ Information Science　□ Materials Science  □ Transdisciplinary Sciences □ undecided | | | | | |
| Name |  | | | | Sex | □ Male　 □ Female　□ Other |
| Age |  | Nationality | □ Japan □ Other ( ) | | | |
| Financial  Condition | □ very good　　□ good　　□ fair　　□ bad　　□ very bad | | | | | |
| Questions only for international  students | So far, how long have you been living in Japan?  　（　　　　　　　　）year(s)　（　　　　　　　　）month(s) | | | | | |
| What do you think about your Japanese language skills?  　□ very good　　□ good　　□ fair　　□ poor　　□ very poor | | | | | |

**Please send the completed form to the Student Counseling Service (soudan@ml.jaist.ac.jp)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| The following questions ask about how you have been feeling during past 30 days. For each question, please circle the number that best describes how often you had this feeling.  ***During the past 30 days, about how often did you feel*** | | All  of the time | Most of the time | Some of the time | A little of the time | None of the time |
| a | … nervous? | 4 | 3 | 2 | 1 | 0 |
| b | … hopeless? | 4 | 3 | 2 | 1 | 0 |
| c | … restless or fidgety? | 4 | 3 | 2 | 1 | 0 |
| d | … so depressed that nothing could cheer you up? | 4 | 3 | 2 | 1 | 0 |
| e | … that everything was an effort? | 4 | 3 | 2 | 1 | 0 |
| f | … worthless? | 4 | 3 | 2 | 1 | 0 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **What kind of difficulties have you met recently?** Please select the appropriate number. | | no problem | few problems | somewhat problems | serious problems |
| 1 | making friends | 1 | 2 | 3 | 4 |
| 2 | problems with professors | 1 | 2 | 3 | 4 |
| 3 | academic problems | 1 | 2 | 3 | 4 |
| 4 | health problems | 1 | 2 | 3 | 4 |
| 5 | homesickness | 1 | 2 | 3 | 4 |
| 6 | financial problems | 1 | 2 | 3 | 4 |
| 7 | interpersonal problems | 1 | 2 | 3 | 4 |
| 8 | housing | 1 | 2 | 3 | 4 |
| 9 | climate | 1 | 2 | 3 | 4 |
| 10 | Japanese language \*only for international students | 1 | 2 | 3 | 4 |
| 11 | adjusting to Japanese culture  \*only for international students | 1 | 2 | 3 | 4 |
| 12 | other ( ) | 1 | 2 | 3 | 4 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Please circle the response that best represents your answer.** | | False of me | Not usually true for me | Sometimes false/true for me | Mostly true for me | True of me |
| 1 | I often find myself performing tasks that I had intended to do days before | 1 | 2 | 3 | 4 | 5 |
| 2 | Even with jobs that require little else except sitting down and doing them, I find they seldom get done for days | 1 | 2 | 3 | 4 | 5 |
| 3 | I generally delay before starting on work I have to do | 1 | 2 | 3 | 4 | 5 |
| 4 | In preparing for some deadlines, I often waste time by doing other things | 1 | 2 | 3 | 4 | 5 |
| 5 | I am continually saying “I’ll do tomorrow.” | 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Please circle the response that best represents your answer.** | | Definitely No | No | Unsure | Yes | Definitely Yes |
| 1 | I am sure that good things will happen in the future | 1 | 2 | 3 | 4 | 5 |
| 2 | I think I have a bright future | 1 | 2 | 3 | 4 | 5 |
| 3 | I feel positive about my future | 1 | 2 | 3 | 4 | 5 |
| 4 | I have a clear goal for the future | 1 | 2 | 3 | 4 | 5 |
| 5 | I am striving towards my future goal | 1 | 2 | 3 | 4 | 5 |

★Please fill out the next column if you are worried about something.

★Do you want to get counseling on another day within 1-2 weeks?

(Reservation is required: about 45 minutes per session) 　□ Yes 　□ No