

## Firstly

By entering this new environment of the university, you may have realized something about yourself that you didn't know previously or discovered a new side of yourself.

For example, you may know clearly about your interests and what you are good at.

Or, you may have recognized that you are not good at doing something because someone pointed it out and you may have been disturbed.

Worries and problems on campus life occur from incompatibilities between your personality and the environment.

You may think that you are inferior to others in some respect or that you want to become someone different from yourself. However, your characteristics, including your qualities and abilities, are a part of your unique personality.

You will be able to live an active and easier campus life by making the most of your positive characteristics.

This leaflet provides information about individual characteristics or personality from a developmental perspective.

## If you have any concerns, please consult

### On-campus consultations

#### Center for Counseling and Disability Services



**Counseling Office**  
TEL 022-795-7833

**Disability Services Office**  
TEL 022-795-7696

<http://www.ccds.ihe.tohoku.ac.jp/>

#### Student Health Care Center



**Mental Health**  
TEL 022-795-7829

<https://www.health.ihe.tohoku.ac.jp/>

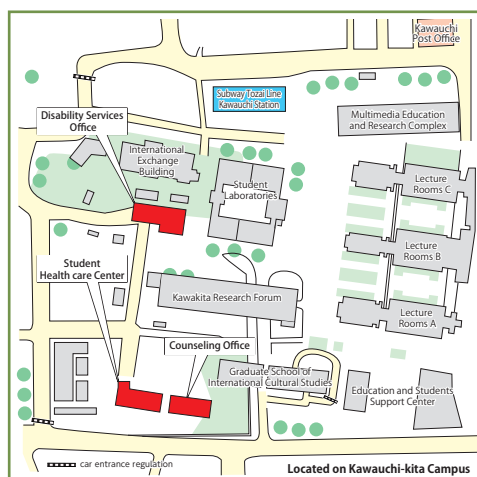
### Off-campus consultations(Japanese only)

#### Developmental Consultation Support Center:

Sendai Kita Area  
(for people living in Aoba-ku, Miyagino-ku, Izumi-ku)  
TEL 022-375-0110

Sendai Minami Area  
(for people living in Wakabayashi-ku, Taihaku-ku)  
TEL 022-247-3801

Miyagi Prefecture  
(for people living in Miyagi (Sendai excluded))  
TEL 022-379-5001



EMPOWERMENT Series⑤

## Getting along with your Traits

*from the perspective of development*

Center for Counseling and Disability Services  
Tohoku University

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## Problems on Campus Life

You may have the following problems or difficulties on campus life, which may have been caused by the profound changes in your environment from high school to the university, and difficulty adjusting yourself to these changes.

- Inability to plan your courses
- Difficulties to take notes while listening to lectures
- Inability to understand how to write report assignments
- Inability to finish assignments by the deadline
- Inability to develop a life rhythm
- Difficulties in interpersonal relationships during club and laboratory activities
- Inability to understand how to job hunt
- Inability to present yourself and your motivations for a job application
- Inability to conduct research



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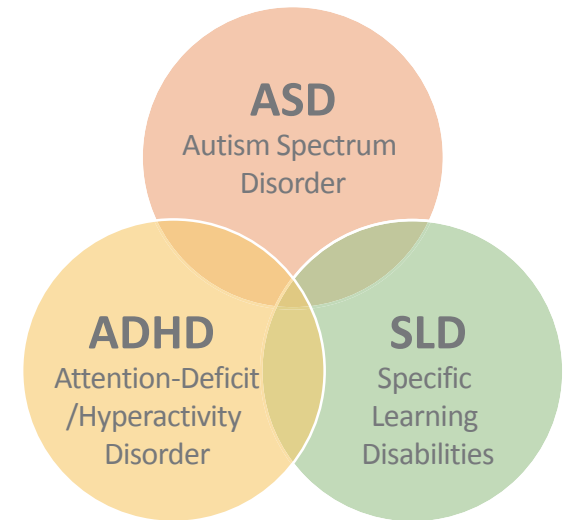
## Characteristics Vary from Person to Person

People are born with different qualities and abilities, and those qualities and abilities differ within each person, too. One may be able to run fast but not able to swim, one may be able to write well but not able to draw well. Every person's abilities and strengths/weaknesses differ among each other. When the difference is too big, there may be a possibility for developmental disorders.

## Main Developmental Disorders and their Characteristics

Main developmental disorders include the following.

- **Autism Spectrum Disorder (ASD)**
  - Difficulty in interpersonal relationships and communication
  - Obsessive or unbalanced interests
  - Hypersensitivity or hyposensitivity
  - Ability to concentrate, not being affected by surroundings or situations
  - Faithfully keeping rules
  - Attending to details without taking a broad perspective
- **Attention-Deficit/Hyperactivity Disorder (ADHD)**
  - Forgetting often, losing things, and making careless mistakes
  - Acting before thinking carefully
  - Difficulty in attending to things carefully and calmly
  - Acting over-energetically without hesitating
  - Extreme curiosity toward something new
- **Specific Learning Disabilities (SLD)**
  - Extremely poor at doing specific things, such as reading, writing, and calculating, while having general intellectual abilities



## Concept of the “Spectrum”

Characteristics of developmental disorders differ depending on the person despite having the same diagnosis. Moreover, there is no clear boundary between those with a diagnosis and those without a diagnosis. It is a continuation (the idea of spectrum).

## It is Essential to Understand Your Characteristics and Make the Most of Them

Your abilities and qualities form your personality. It is essential to make your life easier for yourself by managing things according to your characteristics, making the most of your best qualities, and having more people around you understand your characteristics. It would mean that you are living your life to the fullest, and that would prevent mental health problems, too.

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