

## Report

# Student Counseling Room ('Kokosapo') Activity Report of Sanyo Gakuen University and College in 2013-2014

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Key Words: Student Counseling, Study of activities, Community approach

## 1. Introduction

Sanyo Gakuen University and College has about 1,000 students and faculties of Nursing, Human Sciences, Food & Nutrition, Preschool Education. The nickname for the student counseling room of Sanyo Gakuen is the 'kokosapo' (literally 'kokoro no support' in Japanese meaning mental support). The student counseling room was established in April 2003. Ishihara (2003) reported 10 years' worth of data from 2003 regarding the student counseling room in terms of users and services. This study examined the client data from 2013 to 2014 and elucidated some issues regarding the future of the student counseling room.

## 2. Method

The student counseling room is open in the afternoon from 12:30 to 17:10 every Monday, Tuesday, Wednesday and Friday. Two clinical psychologists that teach in the Faculty of Human Science each provide counseling service one day per week, and another clinical psychologist provides service part time during the remaining two days per week. The client data of the student counseling room from 2013 to 2014 were counted and added as previously reported (Ishihara 2003).

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### **3. Results**

The number consultations decreased from 404 times in 2014 to 357 times in 2013, as depicted in Table 1. During the last 2 years, the period of peak demand were from April to July, and from October to November, as the university was in session. The number of consulted individuals 52 in 2014 and 47 in 2013, as depicted in Table 2. The consultation contents comprised all major health matters, including mental health, which was also the most prevalent topic for consultation, with the second being school and career issues, as depicted in Table 3. In addition, a number of stress management and communication programs were conducted to promote adaptation to college life. The list of psychoeducation course for students in each grade in University is described in Table 4.

Table 1. Total number of consultations

	Counseling		Telephone・Letter・E-mail		Consultation・Others*	
	2013	2014	2013	2014	2013	2014
April	32	39	0	0	13	4
May	47	38	9	1	5	3
June	44	39	0	0	20	8
July	47	41	1	0	8	5
August	3	3	0	0	0	0
September	20	12	1	0	0	0
October	33	33	0	0	0	4
November	32	40	1	1	6	15
December	34	29	0	2	1	4
January	28	25	1	0	5	0
February	11	7	1	1	0	0
March	1	1	0	1	0	1
Total	332	307	14	6	58	44

\*Others included consultations for teachers, advising the parents of students, and cooperation with external expert organizations.

Table 2. The number of individuals

Grade	New cases in 2014	Ongoing cases from 2013	2014 total	New cases in 2013	Ongoing cases from 2012	2013 total
University						
First	10	—	10	9	—	9
Second	10	4	14	2	3	5
Third	1	6	7	1	10	11
Fourth	1	6	7	2	8	10
Graduated	4	2	6	1	3	4
Subtotal	26	18	44	15	24	39
Junior college						
First	5	—	5	6	—	6
Second	3	0	3	1	0	1
Graduated	0	0	0	1	0	1
Subtotal	8	0	8	8	0	8
Total	34	18	52	23	24	47

Table 3. Contents individual consultations

	School and career paths	Adapting	Health and living	Psychological assessment
Consultation contents	<ul style="list-style-type: none"> <li>•Area of study</li> <li>•Change of schools</li> <li>•Temporary absence or withdrawing from school</li> <li>•Career</li> <li>•Extracurricular activities</li> </ul>	<ul style="list-style-type: none"> <li>•Interpersonal relations</li> <li>•Love or sexual identity</li> <li>•Personality</li> <li>•Home</li> <li>•Philosophy</li> <li>•Mental health</li> </ul>	<ul style="list-style-type: none"> <li>•Health</li> <li>•Economy</li> <li>•Housing</li> <li>•Others</li> </ul>	<ul style="list-style-type: none"> <li>•Personality test</li> <li>•Vocational interest test</li> </ul>
2014	11	38	3	0
2013	13	31	2	1

Table 4. Psychoeducation courses for students from 2013 to 2014

No	Date	Faculty	Grade	Contents of Psychoeducation	Program time (min)	Number of students
1	2013.4.22	Nutrition	Second	Communication program skills	50	110
2	2013.5.27	Nutrition	First	Communication program skills	50	115
3	2013.6.3	Nursing	Third	Stress Management	<90	12
4	2013.7.18	Human sciences	First	Stress Management	70	79
5	2014.1.15	Human sciences	First	Career guidance emphasizing clinical hospital psychology	<90	26
6	2014.1.27	Nutrition	First	Stress Management	45	115
7	2014.4.21	Nutrition	Second	Stress Management	50	110
8	2014.5.7	A dormitory for students	First, Second	Stress Management	60	36
9	2014.5.26	Nutrition	First	Communication program skills	<90	110
10	2014.6.3	Nursing	Third	Stress Management	<90	12
11	2014.6.19	Nursing, Human sciences	First	Stress Management	90	190
12	2014.6.19	Food, Nutrition	First	Stress Management	90	170
13	2015.1.7	Nutrition	First	Stress Management	50	110

#### 4. Discussion

The main purpose of this study was to examine the client data from 2013 to 2014 and elucidate issues in the future of the student counseling room.

The main findings of the study showed that: 1) the total number of consultations were about 300; 2) the student counseling room had many clients in periods during class hours; 3) major consultation contents were about health, including mental health; 4) a number of stress management and communication programs were conducted. The results of the present study were similar to those of Ishihara (2013). The results of the analyses illustrate that not only psychotherapy in the student counselling room, but also in the community, such as consultation for teachers, advising the parents of students, and cooperation with external expert organizations, and psychoeducation programs for students have the potential to promote mental health among students at universities.

A limitation of this study was relying solely on data from the student counselling room, without collecting data from students via questionnaires or interviews. Future studies should examine the extent to which these results are accurate using different data such as interviews with students, parents and teachers regarding counseling needs.

#### 5. Notes

- 1) This work was presented at the 34th Annual Convention of the Japanese Association of Students Counseling, Seijo University & Akiba Hall, Tokyo.
- 2) This research was supported by a research grant from Sanyo Gakuen University.

#### 6. References

Michiru Ishihara (2013) Activities for ten years and future topics of discussion about Student Counseling room of Sanyo Gakuen University and College. *Sanyo review*, vol20, p107-120.