

# Welcome to AUHW!

Congratulations to our new students, and welcome to AUHW! I hope that you are enjoying your new life at university and that you will make the most of the chances that you have here. This is a time for learning, and it is also a time for growing. You will learn many things about your chosen subjects, and you will also learn a lot about yourself.

It may seem difficult at first and perhaps you feel a little lonely or a little shy at times, but this is a new start, a new life. This is a chance to be who you want to be, and to look to the future with hope and excitement.

Whether you are now living alone in Aomori or living with your family, you will find that your new lifestyle is different from before. As well as the special skills that you need for your chosen subjects, you will develop new life skills, including study skills, time-management skills, social skills and communication skills. These will serve you well all of your life.

Study will be central to your university experience, and you may find that study is different from before. Your teachers will help you and support your learning, but you will be more independent, you will have more responsibility for your own work, and you will often have more freedom to choose what you study.



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Finding and choosing information will be an important part of study, and your teachers and the library staff will guide you in this. In this digital age there is so much information available, often too much information, and not all of it is useful. Your computer and your smartphone will give you easy access to the internet, but you must choose your information carefully. Above all, think about what you read, and be ready to review, summarize, compare, contrast, and criticize. Get to know the library as soon as you can. You will find reliable information and helpful staff there. Explore the library sections for your chosen subjects and check the journals and magazines too, so that when you need something you know where to look.

One of the most useful skills that you can learn at university is time management. You will find that there is time in the week and time in the year when you do not have classes. Try not to think of this as free time, but as time that you can use positively. Think about what you have to do for your university studies, but think also about what you would like to do for yourself. Check how much time you have and make a plan. Try not to leave important jobs too late, and try not to make yourself too busy. Your study is important, but good food, exercise, recreation, friendships, and sleep are also important. If you have a good lifestyle, you will study better and you will be healthier and happier.

What do you enjoy doing for recreation? Would you like to try something new? There are many circles in this university, and joining a circle is a good way to meet people and to make new friends. During your time at university you will meet many new people. In class and out of class you will have chances to discuss your ideas, to cooperate with others on group projects, and to make friendships that may last a lifetime. The 'people skills' that you learn and practice here are an important part of university life, and they are especially important for the caring professions that most of our students are thinking about for the future.

The coming years will be full of opportunities and new experiences. I hope that you will enjoy your life at AUHW, and that your time here will prepare you for a happy and rewarding life in the future.

