



Full Report on the Pandemic's Impact on University Life: A Survey

National Federation of University Co-operative Associations (NFUCA)

--- Outline of Survey ---

The purpose of this survey is to inform society and universities about the current situation and the efforts being made by university students to deal with this pandemic. Based on the survey results, we will develop specific policies and activities to support student life.

- Survey method: Web survey (call for respondents were done via NFUCA website and social media)
- Survey targets: Undergraduate and graduate students across Japan (responses were collected from 245 universities across Japan, including those without a university co-op)
- Survey period: Monday, July 5, 2021 - Monday, July 19, 2021
- Number of responses: 7,832 responses (7,637 responses from first- to fourth-year students, 195 responses from fifth-year students and graduate students)
 - * This report includes responses from students in the first through the fourth year, which accounts for 97.5% of responses.

Notes on the results of the questionnaire

- Unlike surveys of student life that NFUCA periodically conducts, the results of the survey are not necessarily representative of the average image of students since they are not based on random sampling. There are biases, such as a high number of responses from certain universities and academic years.
- As the survey was anonymous, non-students may have responded, multiple responses may have been made, and incorrect responses may have been submitted.
- Data collected in summers 2020 and 2021 are temporary surveys designed for the pandemic and may not be a true representation of the average picture.
- Data from autumn and summer cannot be compared under the same heading. Our report, however, makes mention of the trends.
- We've included the voices from the following questions under the "From the free answer" section.
 - 1) Please write down anything you are struggling with during the pandemic and anything you want to tell university students and graduate students across Japan.
 - 2) Please let us know what you would like to convey to the university, society, and the Japanese government.
 - 3) Please write down any advice you would like to give to junior students about university life.

Respondents' attributes

Location	1st year	2nd year	3rd year	4th year	Total
Hokkaido	80	107	62	27	276
Aomori, Iwate, Miyagi, Akita, Yamagata, Fukushima	55	40	33	20	148
Ibaraki, Tochigi, Gunma, Niigata, Yamanashi, Nagano	102	67	30	22	221
Saitama, Chiba, Kanagawa	83	62	58	47	250
Tokyo	408	404	350	320	1482
Gifu, Shizuoka, Aichi, Mie	91	87	78	41	297
Toyama, Ishikawa, Fukui	216	67	44	27	354
Kyoto, Shiga, Nara	658	484	484	401	2027
Osaka, Hyogo, Wakayama	328	173	124	73	698
Tottori, Shimane, Okayama, Hiroshima, Yamaguchi, Tokushima, Kagawa, Ehime, Kochi	514	294	165	118	1091
Fukuoka, Saga, Nagasaki, Kumamoto, Oita, Miyazaki, Kagoshima, Okinawa	318	216	173	86	793
Total	2853	2001	1601	1182	7637

- The total number of respondents was 7,832 respondents, of which 7,637 respondents (97.5%) were first- to fourth-year students, and 195 respondents were fifth-year students and graduate students.
- In this report, we mainly report the aggregate results for first-year students to fourth-year students.
- Gender: 2,805 males, 4,420 females, and 412 respondents chose not to answer or did not answer.
- Studies: 4,456 respondents are Humanities, 1,977 respondents are Science and Engineering, 398 respondents are Medicine, Dentistry and Pharmacy, and 806 respondents answered "Other" or did not respond.
- Type of residence: 3,680 respondents lived alone, 3,675 respondents commuted to campus from home, and 282 respondents did not answer.

Tasukeai Haiku (July 17, 2021 announcement)
<https://kyosai.univcoop.or.jp/kyosai-senryu2021/>

大学生協の学生総合共済

第4回 聞かせてください。身近な「たすけあい」を。

たすけあい川柳

結果発表!!

たくさんのご応募ありがとうございました

6月1日から6月30日まで、たすけあいの実感を広げる企画として「たすけあい川柳」を募集しました。5年ぶりの開催となった今回は、全国から158件のご応募がございました。

「たすけあい」の想いが込められた川柳をご応募いただきありがとうございます。

入選されたのは、下記の作品です。

たすけあいって、いいなあ。

GRAND PRIZE

What's going on? The word of never letting yourself be alone.

ロータヌさん

EXCELLENCE PRIZE

As soon as the camera turns on, I am relieved to see that everyone is smiling.

みかんさん

Your smile is what I want to see, even with the mask on.

べじたぶるさん

“Are you alright?” I am so happy to hear that.

ナポリタンさん

SPECIAL PRIZE

Whenever I'm in pain, I find strength in your smile.

フレミアさん

The act of wiping the desk is showing care for the next person using it.

しいさん

I feel relieved after talking about the pandemic through telephone counseling.

めんたいごさん

Tasukeai system means taking care of each other.

びんちゃんさん

Where do you want to sit? I'm helping an injured friend with his food tray.

ふくちゃんさん

University co-ops also held a Tasukeai Senryu Poem Contest around the same time as the survey.

In this section, we will introduce some of the entries influenced by university life during the pandemic.

In addition, the following articles are posted on the website of the University Co-op Mutual Aid Federation.

Annual Report (Mutual Aid Business Report)

- ◎ Status and trends of benefits paid.
- ◎ Comments of those who have received benefits (Tasukeai questionnaire).
- ◎ Report on the free health counseling telephone service for students.

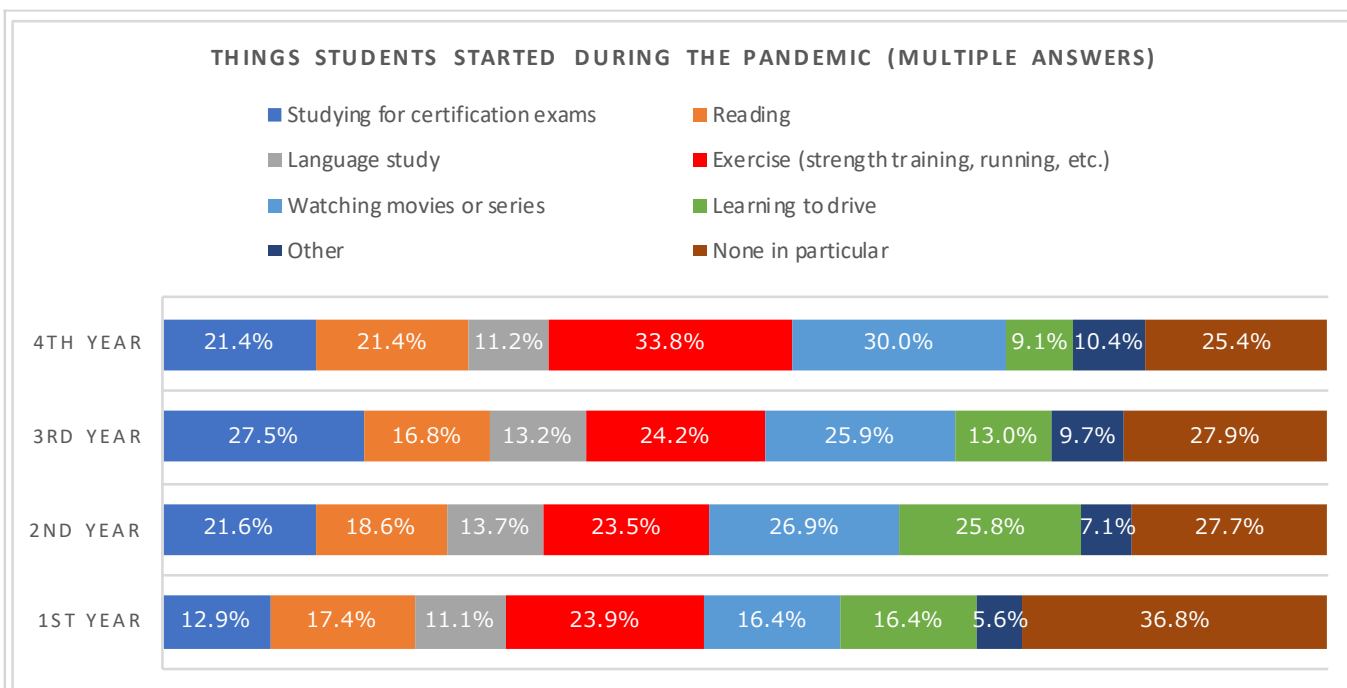
Example of news (June 22, 2021)

Do you have any concerns about your health or health problems related to COVID-19?

- ◎ Insurance cover against the COVID-19 infection from the university co-ops.
- ◎ Free health consultation telephone service for students (medical specialists and clinical psychologists are available for both physical and mental health issues).

(1) Things students started during the pandemic and things students want to do after the pandemic ends

- Looking at the new things that students have started, it seems that they are trying to make the most of their time and use it positively.
 - There are quite a few people who use their time for intellectual activities such as reading, languages, and qualifications.
 - Students are doing exercise consciously.
 - Other responses: Polishing computer skills, learning to program independently, guitar, cooking.
- Things that students want to do after the pandemic ends: Many 1st and 2nd year students would like to study abroad and work part-time.
 - Other responses: Eating and drinking with friends, going out without wearing a mask, going to their parent's home, attending live music, going to karaoke.



Things students want to do after the pandemic ends (multiple answers)

	1st year	2nd year	3rd year	4th year	Total
Go on a domestic trip	77.1%	79.8%	75.9%	78.3%	77.7%
Go on a trip abroad	51.1%	58.9%	56.3%	61.8%	55.9%
Meet friends in person	56.5%	58.2%	56.4%	65.8%	58.4%
Study abroad	28.8%	24.8%	17.9%	11.6%	22.8%
Get a part-time job	29.2%	17.9%	13.0%	12.7%	20.3%
Go to driving school	15.7%	7.7%	6.1%	4.1%	9.8%
Other	3.6%	5.2%	5.5%	5.2%	4.7%
None in particular	5.5%	4.1%	5.2%	3.7%	4.8%
Number of respondents	2853	2001	1601	1182	7637

(2) Things students are struggling with and things students want to tell others (from the free answer section)

Here are some answers to the question, "Please write down anything you are struggling with during the pandemic and anything you want to tell university students and graduate students across Japan."

- Besides part-time jobs and class assignments, I am taking video lessons and other classes to prepare for studying abroad online at a university in China in August. [Osaka/Humanities/Female/1st year]
- I am involved in organizing the new school festival during the pandemic. I believe we can enjoy life during the pandemic even if we are criticized at times. The festival won't be the same as before the pandemic. Our goal is to create a festival that can be enjoyed even in the current situation, during the pandemic. [Kyoto/Humanities/Female/3rd year]
- Despite the pandemic, I'm doing my best to make people smile and eat in restaurants comfortably. Among my priorities are speed of service, cleanliness of seats, toilets, and other details. Every time I can, I greet people with a smile and make them feel welcomed. It can be exhausting, but it gives me a sense of fulfillment. [Osaka/Humanities/Female/1st year]
- I took online classes during the pandemic as my parents moved to Kagawa. For a few months I was also far away from my friends, but I was able to stay in touch by playing games online and having a drinking party with them. People need human interaction to survive. Although I have friends from before the pandemic, I am concerned about the younger students who may not have made any friends since the pandemic. [Kyoto/Humanities/Female/3rd year]
- Seminar classes. Having classes online has allowed the university to expand its capabilities, including inviting lecturers from far away. In addition, I've been studying hard for my qualifying exam and reading books. [Ibaraki/Humanities/Female/4th year]
- I went to a university outside Tokyo, so I had more opportunities to visit the campus than my Tokyo classmates. My school cafeteria was often my hangout spot. My classes were mostly online, but I made friends by going to the campus. Since I went to a local university, I was able to take face-to-face classes from the beginning for my experiments. [Yamaguchi/Science and Engineering/Male/2nd year]
- Many young people have been criticized in the news lately for spreading COVID-19. Despite such a society, I believe people are doing the best they can to live their daily lives. [Osaka/3rd year]
- On a voluntary basis, I teach elementary and junior high school students who cannot attend cram schools due to family circumstances. Being able to contribute my academic skills back to society makes me feel that I am not being rejected by society. [Kumamoto/Science and Engineering/Male/2nd year]
- My TOEIC score improved by 285 points after taking English conversation classes and English certification exam classes. Furthermore, while at home, I participated in an overseas online training program where I co-managed an event with foreigners in English. [Tokyo/Humanities/Female/2nd year]
- All my energy was directed towards finding work during the pandemic. Being at home all the time allowed me to take part in the selection process for nearly 90 companies, completing entry sheets and going to interviews every day. [Kyoto/Humanities/Male/4th year]
- As I haven't been to campus for some time, I dressed up for the occasion. [Osaka/Humanities/Female/4th year]
- My only job since April last year was a part-time one that is 15 minutes away, and I have

done the bare necessities for shopping. While I took a lot of classes in my first and second years, they were all canceled, and I thought I would go out a lot in my third and fourth years. I don't see my friends much because I have been living at home. [Tokyo/Humanities/Female/4th year]

- The pandemic prevented us from doing club activities as we had hoped. While we are seniors this year, we are working hard through trial and error to make sure many first-year students can participate and have fun! [Toyama/Humanities/Female/2nd year]
- Despite not having face-to-face classes, I keep a good basic lifestyle by getting up early, watching the news, eating three meals a day, studying, and sleeping well at night. [Ehime/Science and Engineering/Female/2nd year]
- As an international student, I feel extremely blessed to have this great chance to be able to study in Kyoto University despite the ongoing pandemic situation. I don't mind at all with everything going online at the university. In fact, I prefer online class compared to face-to-face class. I have a family living here so I make sure every single day that I do whatever I could do to protect them from this virus. Washing hand regularly, carrying hand sanitizer and disinfectant spray wherever I go, wearing masks whenever going out, minimizing unnecessary travel, cleaning the apartment, etc. It's good that Japanese people are obedient to the "Three C's" from the government. It helps in pressing down the number of cases. I wish all people living in Japan will continuously walk hand in hand to battle this virus and win! [Kyoto/Science and Engineering/International Student]

(3) Number of school days

- Overall, the number of school days seems to be on a slight upward (recovery) trend.
- For the current two years, the number of days of school is 5.0 days in the fall of 2019, 2.0 days in the fall of 2020, and 2.6 days in the summer of 2021. The number of school days is increasing slightly.
- On the other hand, the number of school days for the current first-year students in summer 2021 was 3.1 days, which is more than the current second-year students. In addition, the number of school days increased from 2.0 days last fall.
- It is estimated that the percentage of online classes is higher in the current second year than in other years.
- There are considerable regional differences, with the Tokyo metropolitan area and Kyushu having 0 or 1 day more. It should depend on the university, and there are some universities with more or fewer responses, so it is necessary to look at the numbers as a general trend.

From the free answer section

- As a second-year student, I have few face-to-face classes, but I hear that first-year students attend school every day. When we pay the same amount for tuition, why are face-to-face and online classes treated differently depending on the grade and department? I am struggling because I am constantly given online classes without any explanation. I wish I could attend classes on campus. [Shiga/Science and Engineering/Female/2nd year]
- As the university's class schedule changes frequently, it is hard to predict how many times I will have to commute, and I have trouble purchasing a commuter pass. Although I would like to participate in internships, I prefer not to go to face-to-face internships in Tokyo or Osaka.

Number of school days in a week

	1st year			2nd year			3rd year			4th year			Total		
	Fall 19	Fall 20	Summer 21	Fall 19	Fall 20	Summer 21	Fall 19	Fall 20	Summer 21	Fall 19	Fall 20	Summer 21	Fall 19	Fall 20	Summer 21
0 days	0.5%	23.6%	9.4%	0.4%	30.5%	18.3%	1.0%	25.4%	18.7%	4.2%	29.5%	33.9%	1.4%	27.1%	17.5%
1 day	0.2%	21.0%	14.6%	0.3%	23.2%	15.8%	1.3%	25.2%	21.4%	18.4%	22.0%	26.1%	4.8%	22.8%	18.1%
2 days	0.2%	19.3%	15.3%	1.1%	14.5%	16.2%	6.4%	16.2%	15.9%	11.5%	10.1%	11.8%	4.6%	15.3%	15.1%
3 days	1.9%	14.6%	16.3%	5.7%	10.8%	15.5%	17.3%	11.0%	14.9%	11.3%	7.1%	8.7%	8.7%	11.2%	14.6%
4 days	14.8%	9.7%	15.4%	24.2%	8.7%	14.7%	24.2%	8.1%	13.1%	11.4%	7.0%	4.8%	18.6%	8.4%	13.1%
5 days	69.1%	9.4%	23.7%	59.0%	9.5%	15.3%	42.1%	11.1%	13.4%	31.2%	19.1%	10.2%	51.3%	12.0%	17.2%
6 days	9.0%	1.8%	3.5%	6.1%	1.9%	2.6%	5.3%	1.6%	1.5%	7.9%	3.3%	2.6%	7.1%	2.1%	2.7%
7 days	4.3%	0.6%	1.9%	3.2%	0.8%	1.5%	2.4%	1.3%	1.2%	4.0%	1.8%	1.7%	3.5%	1.1%	1.6%
Average	5.0 days	2.0 days	3.1 days	4.7 days	1.8 days	2.6 days	4.2 days	2.0 days	2.3 days	3.5 days	2.2 days	1.7 days	4.4 days	2.0 days	2.6 days

Number of school days in a week - Summer 2021 (per prefecture)

	Hokkaido	Aomori, Iwate, Miyagi, Akita, Yamagata, Fukushima	Ibaraki, Tochigi, Gunma, Niigata, Yamanashi, Nagano	Saitama, Chiba, Kanagawa	Tokyo	Gifu, Shizuoka, Aichi, Mie	Toyama, Ishikawa, Fukui	Kyoto, Shiga, Nara	Osaka, Hyogo, Wakayama	Tohori, Shimane, Okayama, Hiroshima, Yamaguchi, Tokushima, Kagawa, Ehime, Kochi	Fukuoka, Saga, Nagasaki, Kumamoto, Oita, Miyazaki, Kagoshima, Okinawa	Total
0 days	16.4%	6.0%	8.9%	17.1%	34.7%	8.6%	2.2%	9.0%	15.6%	13.7%	27.3%	17.3%
1 day	22.9%	4.6%	11.2%	15.9%	25.3%	15.0%	9.8%	15.9%	20.0%	11.8%	23.7%	17.9%
2 days	18.8%	11.3%	15.2%	22.2%	18.8%	14.1%	10.3%	14.6%	17.7%	9.9%	12.7%	15.0%
3 days	14.0%	9.3%	21.4%	27.0%	10.2%	24.3%	8.9%	18.2%	12.5%	12.6%	12.4%	14.6%
4 days	12.3%	27.8%	21.4%	7.5%	6.4%	17.9%	18.7%	16.7%	12.3%	13.0%	9.1%	13.0%
5 days	11.0%	33.8%	18.8%	7.5%	3.7%	16.9%	41.9%	20.5%	16.2%	29.9%	12.4%	17.6%
6 days	1.7%	4.6%	2.2%	1.6%	0.4%	2.6%	5.3%	3.2%	3.7%	5.6%	1.6%	2.8%
7 days	2.7%	2.6%	0.9%	1.2%	0.4%	0.6%	2.8%	1.8%	2.1%	3.5%	0.9%	1.7%

(4) Student's life satisfaction

- There was a slight recovery overall in the number of school days.
- However, the percentage of current sophomores who answered that they are satisfied with their lives has not improved since fall 2020: 89.3% in fall 2019, 56.5% in fall 2020, and 53.8% in summer 2021.
- For the current 2 years, there is a slight decrease from fall 2019 to fall 2020, but a significant decrease across the board in summer 2021. The degree of dissatisfaction has also skyrocketed. This may be due to the prolonged corona overload.

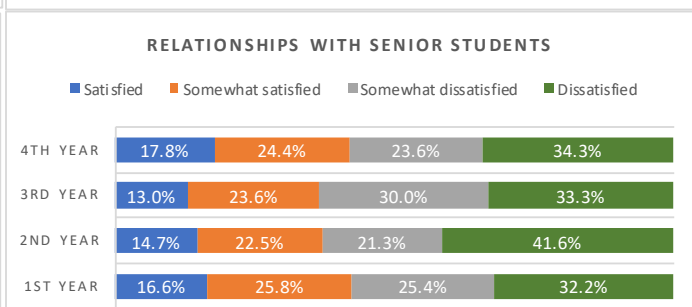
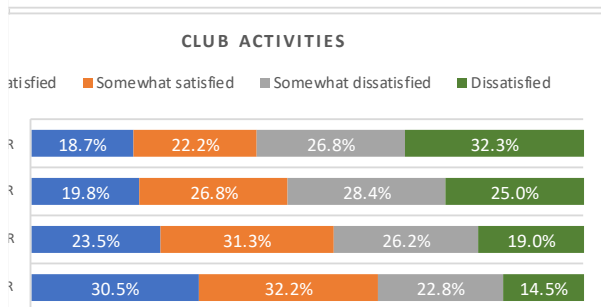
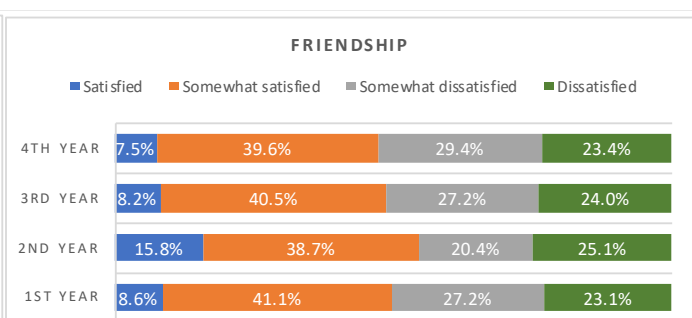
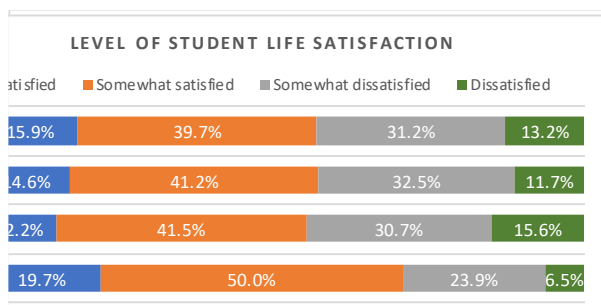
From the free answer section

- It worries me that I won't be able to do anything in college. As I can do numerous things online, I believe it is satisfying, yet I don't actually feel it. [Tokushima/Science and Engineering/Female/2nd year]
- The club has no activities, so I would like to participate in any club activities available. Because I know nothing about what my classmates are studying, I am worried that I am not studying hard enough. [Hiroshima/Humanities/Female/2nd year]
- Second-year students have the worst experience. What is supposed to be the most enjoyable time in my life turns into the most difficult time of my life, and I even wish I hadn't gone to

college in the first place. It's a waste of time and money. What I pay for tuition is unclear. Money wasted. Time wasted. Would you please refund my money? [Kyoto/Science and Engineering/Female/2nd year]

Do you have a satisfying student life?

	1st year			1st year			1st year			1st year			Total		
	Fall 19	Fall 20	Summer 21	Fall 19	Fall 20	Summer 21	Fall 19	Fall 20	Summer 21	Fall 19	Fall 20	Summer 21	Fall 19	Fall 20	Summer 21
Satisfied	38.3%	13.6%	19.7%	34.3%	22.0%	12.2%	33.6%	26.1%	11.7%	36.1%	34.6%	13.2%	35.7%	23.3%	11.0%
Somewhat satisfied	51.0%	42.9%	50.0%	53.7%	55.1%	41.5%	54.1%	55.5%	41.2%	54.0%	51.8%	39.7%	53.1%	50.9%	44.3%
Total of satisfied answers	89.3%	56.5%	69.7%	88.0%	77.1%	53.8%	87.7%	81.6%	53.0%	90.1%	86.4%	52.9%	88.8%	74.2%	55.3%
Somewhat dissatisfied	8.7%	30.2%	23.9%	9.7%	18.3%	30.7%	10.4%	15.1%	14.6%	7.7%	10.9%	15.9%	9.1%	19.4%	16.1%
Dissatisfied	2.0%	13.3%	6.5%	2.3%	4.6%	15.6%	1.9%	3.3%	32.5%	2.2%	2.7%	31.2%	2.1%	6.4%	28.6%
Total of dissatisfied answers	10.7%	43.5%	30.3%	12.0%	22.9%	46.2%	12.3%	18.4%	47.0%	9.9%	13.6%	47.1%	11.2%	25.8%	44.7%



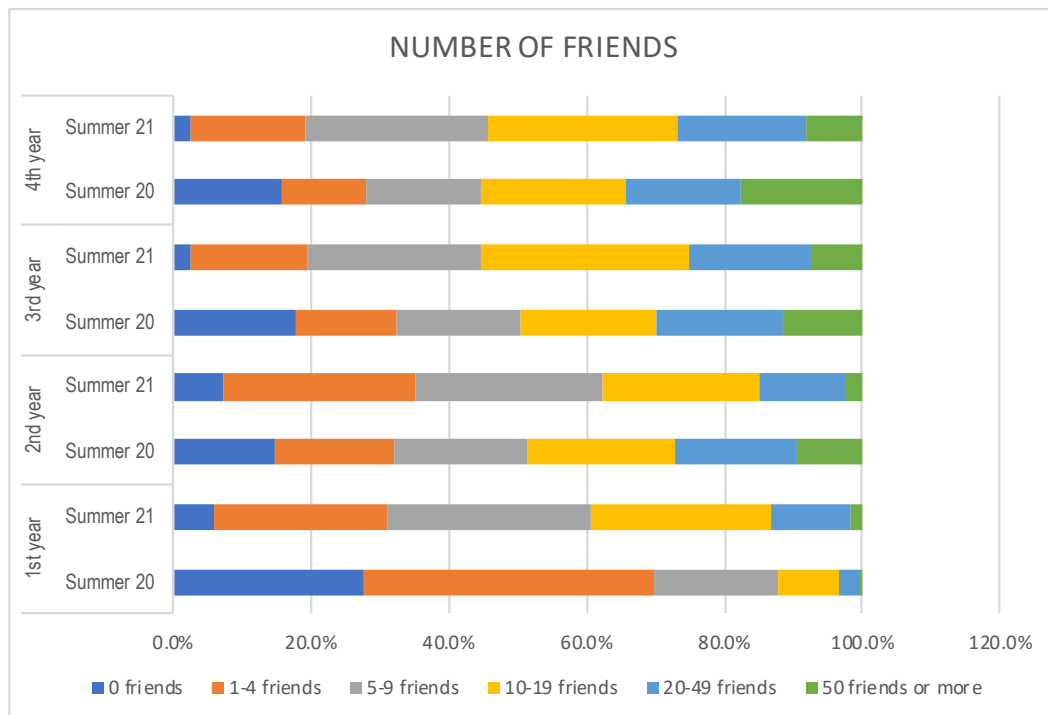
(5) Number of friends

- Although it is not possible to make a simple comparison because the questions are slightly different, the following trends can be seen.
- The number of first-year students in summer 2020 (0 friends = 27.7%) was a shocking figure because it was so different from the number of second-year students and above.
- For the current sophomores, the rate was 27.7% (0 friends in summer 2020), but now the rate is 7.3% (7 friends in summer 2021). It seems that they were able to make friends to some extent over the course of the year, using social networking and online methods to make connections little by little while the state of emergency was declared and priority measures to prevent the spread of the disease were being taken.
- Overall, it can be said that the number of friends made in the first and second years students tends to be smaller than in the third and fourth years, although they are doing their best to make friends despite the restrictions on their activities during the pandemic.

Question in summer 2020: How many new friends did you make at the university?

Question in summer 2021: [1st year] How many friends have you made at university? / [2nd year] How many friends do you have at university now?

	1st year		2nd year		3rd year		4th year	
	Summer 20	Summer 21	Summer 20	Summer 21	Summer 20	Summer 21	Summer 20	Summer 21
0 friends	27.7%	5.8%	14.7%	7.3%	17.8%	2.6%	15.9%	2.6%
1-4 friends	41.9%	25.4%	17.3%	27.8%	14.6%	16.9%	12.0%	16.4%
5-9 friends	18.2%	29.6%	19.4%	27.3%	18.0%	25.2%	16.7%	26.6%
10-19 friends	8.8%	26.0%	21.6%	22.8%	19.6%	30.1%	21.1%	27.7%
20-49 friends	2.9%	11.6%	17.6%	12.4%	18.4%	17.7%	16.8%	18.6%
50 friends or more	0.4%	1.6%	9.4%	2.4%	11.6%	7.5%	17.5%	8.0%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%



From the free answer section

- Having face-to-face classes versus not makes a huge difference in human relations. A person who attends numerous days a week forms close friendships and interacts with teachers, seniors, and juniors, while a person who doesn't attend at all seems to become more and more isolated. [Kyoto/Humanities/Female/2nd year]
- Please don't take it negatively if you don't have friends at the campus or feel lonely every day. It has been very lonely for me since I started college. However, I am not bound by others, and I am free to do what I want when I want. It is fine for me to go shopping or go for a walk by myself on my days off. It's what I've done over the past three years, and I'm a fourth-year student now. When you are alone or without friends, you could enjoy yourself to the fullest, so take advantage of the time to cook the food you want to eat, dye your hair your favorite color, play a musical instrument you've always wanted to play, or collect the goods of your favorite person. You should be able to enjoy the things you have been hesitant to do because of the people around you, and I want you to be happy. Upon graduation, you should be able to say, "That was a lot of fun!" I know it is hard in this day and age, but I wish you the best of luck! [Shimane/Humanities/Female/4th year]
- There is still a sense of loneliness among college students. They can't meet up with their friends at school, taking part in club activities is restricted, and they can't do things like study

abroad or travel, which they could have done if they had more time. But the cost of tuition has remained unchanged, and the cost of utilities has risen as a result of online classes, so why should college students be the only ones suffering? Did we do something wrong? Although I may have protected myself from COVID-19, I have not been able to maintain my mental health. Many students leave their hometowns with hopes and dreams, but find themselves forced to endure a life of loneliness. Just a few steps away from entering the workforce, we now live in an environment where we are most cut off from society. Please remember that there are university students as well. We need your help. [Shizuoka/Humanities/Female/4th year]

(6) About face-to-face and online classes

- We asked respondents to select all that apply to what they feel about face-to-face and online classes. The ratio to the number of respondents is shown in the table and graph.
- The overall trend is that students are divided into positive and negative evaluations toward online lectures, but the ratio of negative evaluation is relatively small for face-to-face classes.
- In addition, the differences between years are small for positive evaluation, but there are characteristic differences between years for negative evaluation.
- Second-year students tended to have higher negative evaluations than other years. This may be because most of their university life, from the time they entered last spring to this summer, has been spent under the pandemic.

From the free answer section

- Online classes are exhausting and I'm at my wit's end. However, many people around me say, "Online courses are fine." I haven't made friends with people because of the distance from my university, and I find it challenging. [Hyogo/Humanities/Female/2nd year]
- It is impossible to keep up with all the assignments. While professors think that students now have more free time because of online classes, I have a lot of assignments from multiple professors, so I don't have time for me. In addition, I have to avoid going out to play, so I cannot relax. [Oita/2nd year]
- The first year and a half of the pandemic were challenging at times, but I also learned a lot of new things. Online learning, for example, has disadvantages as well as advantages, such as the ability to review, connect with students from around the globe and participate in class even if you're feeling unwell. As prep schools go digital, e-learning should be a useful tool for universities. Let's hope digitalization continues. In addition, I believe that the pandemic has brought to light many problems that university and graduate students have been facing for a long time, including poverty and isolation. They should continue to provide the necessary financial and material assistance, as well as mental health measures. Despite the many challenges, I hope we can create an inclusive and sustainable new form of college life together. [Kyoto/Humanities/Male/4th year]
- I bought a commuter pass for my commute to the university, but it was essentially wasted because the university switched to online classes immediately after the commuter pass was issued. I'm still unsure whether I should renew my pass. I also have limited options for eating lunch on campus. Since the classrooms are open during lunchtime for 50 minutes, many students are gathered there. As much as I don't want to remain outside in the summer heat, I also feel guilty about using the cafeteria without ordering. [Shiga/Humanities/Female/2nd year]
- As the quality of the online classes is excellent, I just devote myself to studying every day.

My university requires a lot of things, and sometimes I feel lonely because I can't see my friends, but I do my best by taking advantage of the fact that I don't have to commute. [Tokyo/Humanities/2nd year]

- I am having a difficult time during the pandemic. Yet I do not want to be selfish. Having face-to-face classes is my only wish. Furthermore, I would like the option to take again my previous classes in person (in my case, those of my first year), regardless of credits. I would also like to see services or countermeasures that enable me to catch up with the time I have spent so far. [Osaka/Humanities/Female/2nd year]
- To stay healthy mentally while attending online classes is more challenging than I expected, so please try your best. [Tokyo/Humanities/Male/2nd year]
- Online classes are not a cause for concern! They are quite enjoyable. You will have fun attending them. You won't have any trouble attending. Take online classes! You can focus on your work. [Gifu/Humanities/Female/1st year]

(+) = Positive evaluation (-) = Negative evaluation / Colored numbers are answers that show the characteristics.

Feelings about online lectures (multiple answers)		1st year	2nd year	3rd year	4th year	Total
(+)	I can participate from anywhere at any time	47.2%	50.3%	53.1%	52.3%	50.0%
(+)	I can attend lectures at any time of my choice	54.6%	53.1%	51.2%	44.8%	52.0%
(+)	I can attend lectures without worrying about what others think	51.3%	50.0%	46.6%	44.1%	48.8%
(+)	It is easy to ask questions to the professor	8.6%	8.9%	9.1%	9.9%	9.0%
(+)	No need to commute to school, so you can have more free time	63.1%	60.7%	62.3%	61.6%	62.1%
(-)	Depending on the communication environment, it may be difficult to hear	35.2%	38.8%	36.0%	34.4%	36.2%
(-)	It is difficult to see the characters on the screen	18.2%	21.6%	18.7%	16.1%	18.9%
(-)	I don't know if I have submitted my work properly	34.2%	27.0%	23.2%	17.2%	27.4%
(-)	Too many assignments	44.1%	55.2%	55.2%	31.2%	47.3%
(-)	It is difficult to submit web-based assignments	30.8%	30.4%	37.4%	24.0%	31.0%
(-)	I'm not sure if I'm following the lectures	37.7%	40.5%	25.2%	14.6%	32.3%
(-)	I don't know how much the people around me are studying	53.6%	55.9%	40.0%	30.5%	47.8%
(-)	I don't have anyone I can ask when I get confused	39.5%	49.0%	35.0%	33.8%	40.1%
(-)	It's hard to find a place to attend an online class when there are face-to-face classes before and after	24.0%	24.1%	20.0%	10.3%	21.1%
(-)	It is difficult to ask questions to the professor	24.4%	30.8%	20.6%	22.5%	25.0%
(-)	My concentration is not as good as in face-to-face classes	58.8%	62.4%	59.4%	45.3%	57.8%
	None in particular	1.9%	0.8%	1.4%	5.5%	2.1%
	No answer	0.0%	0.1%	0.0%	0.3%	0.1%
	Number of respondents	2853	2001	1601	1182	7637

Feelings about face-to-face lectures (multiple answers)		1st year	2nd year	3rd year	4th year	Total
(+)	I am happy to meet my friends in person	62.4%	54.8%	61.8%	61.3%	60.1%
(+)	The lectures are much easier to understand than online lectures	34.6%	35.0%	37.2%	26.8%	34.0%
(+)	I can ask my friends what I don't understand during the lecture	37.3%	35.4%	38.0%	33.2%	36.3%
(+)	I can ask questions to the professor right after the lecture	20.8%	22.6%	24.4%	28.0%	23.1%
(-)	I am worried that I might get infected by the conversation in the lecture	12.4%	14.5%	17.1%	15.7%	14.4%
(-)	I am worried that I might get infected in the classroom	11.5%	15.4%	14.9%	11.6%	13.3%
(-)	I am worried that I might get infected on public transportation	19.5%	23.0%	25.5%	23.1%	22.2%
(-)	I don't know where the classroom is	9.3%	17.8%	2.7%	2.4%	9.1%
(-)	It's hard to find a place to take a lecture because there are online lectures before and after the class	20.2%	23.7%	18.6%	9.4%	19.1%
(-)	I don't have any friends to attend lectures with	19.5%	27.6%	11.3%	9.1%	18.3%
	None in particular	0.6%	0.3%	0.9%	1.5%	0.7%
	Other/No answer	4.3%	5.9%	6.6%	8.0%	5.7%
	Number of respondents	2853	2001	1601	1182	7637

(7) Part-time jobs

1. Part-time job income

- The number of students with part-time jobs income between 0 yen and less than 30,000 yen is increasing. This trend is stronger for younger students.
- On the other hand, the percentage of students earning more than 30,000 yen is decreasing.
- There are many comments about reduced shifts, layoffs, and not being able to find a part-time job, and the difficult situation for part-time work continues from spring 2020 to summer 2021, and it seems to be getting slightly worse.

Part-time income for the past month

	1st year			2nd year			3rd year			4th year		
	Fall 19	Fall 20	Summer 21	Fall 19	Fall 20	Summer 21	Fall 19	Fall 20	Summer 21	Fall 19	Fall 20	Summer 21
0 yen	23.2%	38.2%	56.1%	15.8%	20.4%	25.0%	16.4%	22.0%	23.7%	20.3%	27.1%	29.8%
Less than 20,000 yen	7.0%	5.5%	14.0%	6.0%	6.6%	14.5%	5.4%	6.0%	14.4%	5.7%	6.1%	18.3%
20,000 yen or more	8.6%	5.7%	8.9%	7.6%	6.9%	12.8%	8.2%	7.0%	12.1%	7.6%	6.9%	11.3%
30,000 yen or more	12.6%	9.4%	7.0%	12.5%	11.6%	11.9%	13.1%	13.4%	11.6%	11.2%	10.4%	8.8%
40,000 yen or more	10.0%	6.1%	5.1%	10.7%	10.1%	11.8%	9.8%	8.7%	9.6%	8.4%	8.3%	9.8%
50,000 yen or more	16.0%	11.8%	4.9%	22.0%	19.1%	12.0%	20.1%	19.1%	13.0%	18.4%	16.3%	8.6%
70,000 yen or more	9.3%	8.4%	3.9%	15.3%	13.1%	11.8%	15.3%	11.7%	15.5%	18.2%	13.6%	13.4%

2. Part-time job situation

- Loss of income is noticeable in second-year students and above.
- There have not been many layoffs or retirements, but they seem to be having trouble finding part-time jobs.

Status of part-time job (multiple answers)	1st year	2nd year	3rd year	4th year	Total
I want to work part-time but cannot find a part-time job	8.5%	10.6%	6.7%	5.7%	8.2%
I was dismissed from part-time job due to emergency declaration	0.2%	0.7%	1.8%	1.9%	0.9%
I resigned from part-time job due to emergency declaration	0.5%	2.5%	3.4%	4.8%	2.3%
I lost income due to reduced shifts as a result of the emergency declaration	8.0%	22.6%	28.6%	30.2%	19.6%
I have increased shifts and income due to the emergency declaration	1.2%	2.2%	3.7%	3.2%	2.3%
I do not have a part-time job in the first place	51.4%	20.2%	19.4%	22.2%	32.0%
None in particular	34.9%	49.0%	44.5%	41.3%	41.6%
Number of respondents	2853	2001	1601	1182	7637

From the free answer section

- I can't afford to eat out because I don't have a part-time job. The reason that I am always depressed is that I can't eat out and, therefore, can't change my mood. Because of my assignments, I have little time to spend with friends. At night, I have trouble sleeping, and at dawn, I have trouble waking up. Currently, I'm eating food made with simple recipes, and they are not tasty at all. [Kyoto/Science and Engineering/Female/3rd year]
- Until recently, finding a part-time job was difficult for me. It would be nice if information about part-time jobs could be found at the university. [Yamagata/Science and Engineering/Female/1st year]

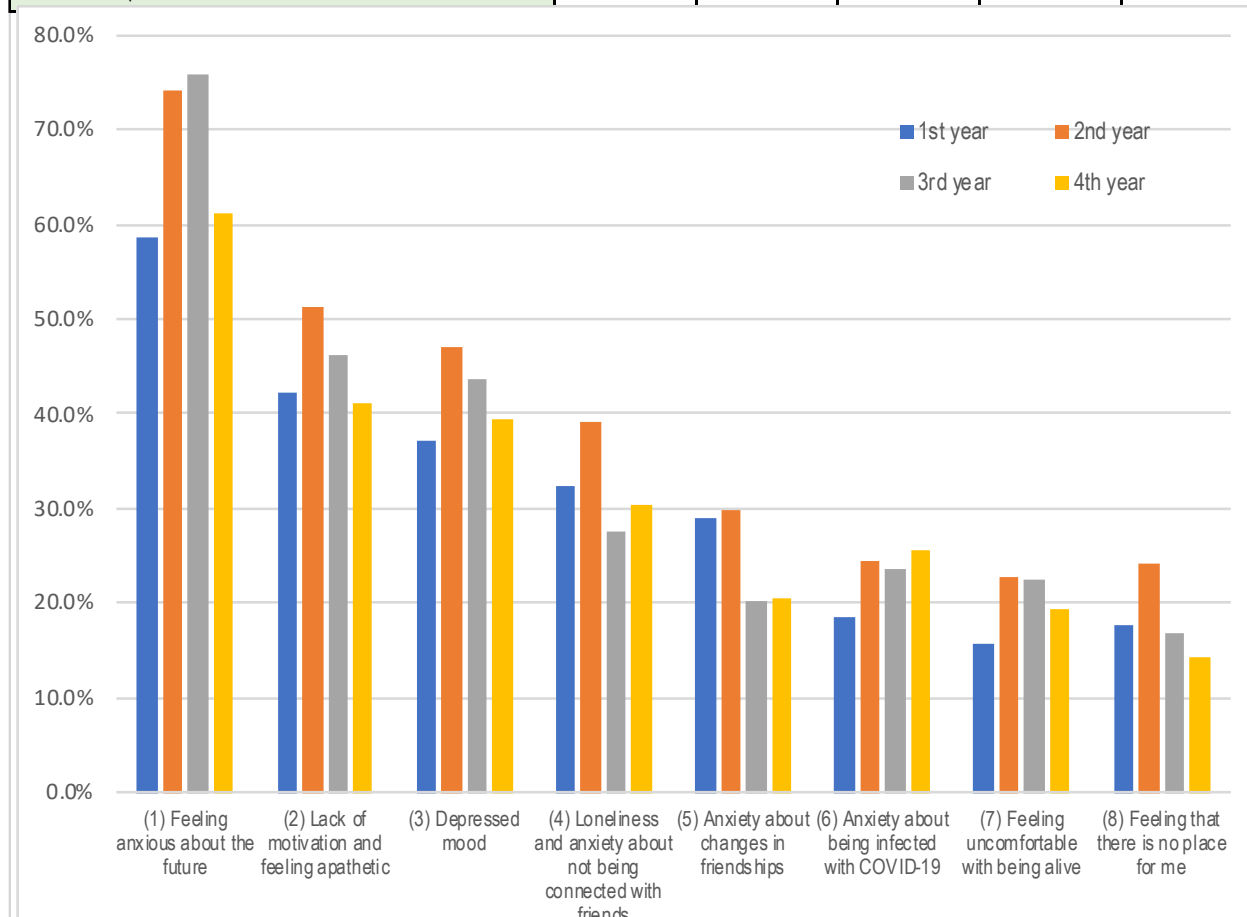
(8) Anxiety

1. Things that make students feel anxious

- Anxiety about friendships is strongest among the first- and second-year students.
- As shown in the graph, except for (1) and (6), all of the figures were the highest in the second-year students.
- The spiritlessness, depression, and loneliness of second-year students were greater than in other years. This is a general trend.
- Third-year students were more anxious about the future. This seems to be related to anxiety about finding a job.

Things that make students feel anxious (multiple answers)

	1st year	2nd year	3rd year	4th year	Total
(1) Feeling anxious about the future	58.7%	74.1%	75.8%	61.3%	66.7%
(2) Lack of motivation and feeling apathetic	42.2%	51.4%	46.2%	41.2%	45.3%
(3) Depressed mood	37.3%	47.1%	43.8%	39.5%	41.6%
(4) Loneliness and anxiety about not being connected with friends	32.5%	39.2%	27.7%	30.5%	33.0%
(5) Anxiety about changes in friendships	29.0%	29.9%	20.2%	20.6%	26.1%
(6) Anxiety about being infected with COVID-19	18.5%	24.5%	23.7%	25.7%	22.3%
(7) Feeling uncomfortable with being alive	15.6%	22.7%	22.4%	19.5%	19.5%
(8) Feeling that there is no place for me	17.8%	24.3%	16.7%	14.4%	18.7%
(9) None in particular	18.3%	10.2%	11.2%	16.5%	14.4%
(10) Other	2.5%	2.7%	2.4%	1.9%	2.4%
Number of respondents	2853	2001	1601	1182	7637



From the free answer section

- Pandemic broke out around the time of the entrance exam for national universities, and the ceremony for new students and the welcome party for them, which I was most looking forward to, had to be canceled. Upon entering the university, I took most of my courses online, so I spent many hours at home completing numerous assignments without seeing my friends in the same department. Since I had so many assignments to do, I mostly spent time at my desk, except for meals. In the middle of the night when I worked on my assignments, I would often break down in tears. I feel bad for complaining even to my parents, as the pandemic is in a sense a disaster, a disease that affects all of us, and there is nowhere for my grief to go. The situation is difficult. Furthermore, my family somehow believes that “staying home all day for online classes equals free time,” even when I explain that I am busy with assignments and classes. It’s because I live alone, and they have no idea what’s going on in my life, so they don’t understand, but it’s the most painful thing for me to be treated like this. It is a long story, but I think society doesn’t recognize the university student situation enough. Due to reports that the virus was primarily transmitted by young people, university students were the first to be restricted from activities. I think many first- and second-year university students feel isolated currently. Please understand and sympathize with the students. [Hiroshima/Science and Engineering/Female/2nd year]
- In the first year of my studies, I had the opportunity to take all of my classes face-to-face. My second and third years, however, were marked by the effects of the pandemic, and I had to attend online classes and I was unable to work part-time. In the second and third years, the seminar classes are the most crucial, but not being able to attend them face-to-face has caused me anxiety after employment. [Aomori/Medicine, Dentistry and Pharmacy/Female/3rd year]
- Because of the pandemic, I have no concept of what college is like in the first place. There are so many assignments, for example, that I find it difficult to cope with them. I wonder, however, if it is laziness that causes me to think that way since the assignments would have been the same even if they were face-to-face. [Tokyo/Humanities/Female/2nd year]

2. Anxiety on internship and job hunting

- There is no doubt that third-year students are anxious.

From the free answer section

- Currently, I am in my third year, and I’m getting a lot of information about job hunting online, but I don’t know how to do it. There is no one to ask for advice. [Hyogo/Humanities/Female/3rd year]

Anxiety on internship and job hunting (multiple answers)

	1st year	2nd year	3rd year	4th year	Total
I'm worried because I don't know how to do online job hunting	27.7%	52.4%	53.0%	19.4%	38.2%
I am worried about the future because I cannot foresee the hiring situation due to the deteriorating business performance of companies	25.9%	41.1%	40.3%	24.8%	32.7%
It's difficult to understand the company culture and working environment online, and I'm worried about the gap after I join the company	20.3%	34.3%	47.4%	37.1%	32.3%
I am worried that I will not be able to go directly to internships and will not be able to start job hunting properly	18.2%	31.7%	41.7%	12.9%	25.9%
I am worried about losing direct contact with companies due to the cancellation of face-to-face events or information sessions	17.4%	28.5%	32.9%	17.9%	23.6%
None in particular	50.0%	25.4%	17.2%	40.4%	35.2%
Other	4.5%	3.9%	4.9%	6.0%	4.7%
Number of respondents	2853	2001	1601	1182	7637

3. Concerns on recent physical conditions

- Lack of motivation was the most common concern among all years.
- Eye fatigue was also common. In the free-entry column, some students said that online lectures were hard on their eyes.
- Insomnia and lack of appetite are also common, although we don't have historical figures to compare them to.

Concerns on recent physical conditions (multiple answers)

	1st year	2nd year	3rd year	4th year	Total
Feeling unmotivated	42.0%	49.8%	45.2%	41.5%	44.6%
Feeling stressed	31.7%	43.2%	40.8%	37.8%	37.6%
Irritated	15.7%	23.0%	20.8%	17.1%	18.9%
Insomnia	18.3%	24.1%	21.4%	20.6%	20.8%
Lack of appetite	11.0%	12.8%	11.6%	12.4%	11.8%
Sluggishness	30.5%	37.7%	35.2%	29.4%	33.2%
Eye fatigue	37.7%	42.1%	38.4%	34.7%	38.5%
Stiff shoulders	25.4%	29.9%	27.8%	28.9%	27.6%
Headache	16.5%	19.7%	18.2%	17.9%	17.9%
Abdominal pain and diarrhea	17.2%	18.0%	15.7%	18.2%	17.3%
Constipation	13.3%	15.5%	12.1%	13.5%	13.7%
Dizziness	10.2%	10.5%	9.5%	9.5%	10.0%
Lightheadedness	7.8%	8.0%	7.0%	6.0%	7.4%
Nausea	3.1%	4.3%	3.7%	4.1%	3.7%
Numbness in the hands and feet	2.3%	3.2%	2.9%	3.0%	2.8%
Chills	1.0%	1.6%	1.3%	0.9%	1.2%
Other	2.7%	3.7%	2.7%	2.3%	2.9%
None in particular	23.0%	18.1%	21.0%	21.7%	21.1%
Number of respondents	2853	2001	1601	1182	7637

4. Situations in which students feel concerned about COVID-19 and measures to prevent it

- The students seemed to be taking good countermeasures against infection, such as refraining from going out, wearing masks, and taking care of others.
- There were many reports about young people going out and drinking on the street, but many students said that this was not the case.
- As for vaccines, about 90% of the respondents wanted to get the vaccine, and only about 10% did not want to take the vaccine.

From the free answer section

- Because of COVID-19 concerns, I am not currently using the university cafeteria. Some students report that the distance between seats in the cafeteria is close, and many people are talking to one another. [Ehime/Humanities/Female/4th year]
- Other universities have begun vaccination programs for students and staff, but my university does not. Since I frequently travel outside the prefecture for job-hunting, I would like to get vaccinated as soon as possible, but it will be a long time before people in their 20s begin to receive vaccinations from the municipalities. [Hokkaido/Humanities/Female/4th year]
- You should not make rules that discriminate against people who are not vaccinated, such as discounts for vaccinated people or mandatory vaccination for international travel. Given the possible adverse effects of vaccines during pregnancy and during childbirth, I'm not going to be vaccinated. Yet I still feel a sense of crisis, and I'm doing everything I can, including wearing a mask and using hand sanitizers. As long as they have thought it over and made their own decisions, I believe we should respect both those who decide to vaccinate and those who decide not to. However, I am delighted to see my friends and family members who have decided to get vaccinated feeling relieved, and I respect their decision. [Hokkaido/Humanities/Female/1st year]

Situations in which students feel concerned about COVID-19 (multiple answers)

	1st year	2nd year	3rd year	4th year	Total
While commuting by public transportation, etc.	33.2%	47.4%	37.4%	43.2%	39.4%
While eating in the campus cafeteria	26.5%	37.8%	23.8%	20.4%	27.9%
When eating in an open space on campus	10.6%	15.1%	10.9%	11.3%	11.9%
When attending a lecture face-to-face	18.3%	26.1%	21.8%	14.6%	20.5%
When attending club or circle activities	9.8%	14.0%	10.6%	6.2%	10.5%
While working part-time	7.5%	10.7%	23.7%	26.3%	14.7%
Other	0.8%	1.1%	1.3%	1.9%	1.2%
None in particular	41.3%	58.8%	35.3%	32.7%	43.3%
Number of respondents	2853	2001	1601	1182	7637

Measures to prevent COVID-19 (multiple answers)

	1st year	2nd year	3rd year	4th year	Total
Hand washing	92.5%	92.2%	91.9%	94.8%	92.7%
Disinfecting hands and fingers	86.7%	87.6%	86.3%	88.8%	87.2%
Wearing a mask when going out	91.1%	90.7%	90.4%	91.7%	90.9%
Gargling	58.6%	59.9%	63.5%	63.5%	60.7%
Measuring body temperature daily	24.6%	19.7%	20.4%	23.0%	22.2%
Refraining from going out unnecessarily	48.5%	47.9%	49.8%	51.6%	49.1%
Not getting together with more than one person	33.0%	35.3%	39.9%	42.0%	36.4%
Not going out with more than one person	32.1%	32.7%	36.9%	37.9%	34.2%
Keeping distance from people	38.0%	42.1%	46.4%	50.9%	42.8%
Staying at home and rest when I am not feeling well	35.4%	39.0%	39.9%	44.7%	38.7%
Getting plenty of sleep	30.1%	28.4%	26.8%	36.5%	30.0%
Doing exercise moderately	29.6%	25.3%	25.5%	29.5%	27.6%
Eating a well-balanced diet	23.0%	21.3%	18.2%	22.6%	21.5%
Getting vaccination	12.0%	11.8%	13.3%	12.6%	12.3%
Keeping a record of daily activities	4.4%	3.6%	3.9%	4.7%	4.2%
None in particular	0.8%	1.1%	0.8%	0.6%	0.9%
Other	0.4%	0.8%	0.5%	0.9%	0.6%
Number of respondents	2853	2001	1601	1182	7637

Vaccination

	1st year	2nd year	3rd year	4th year	Total
I want to be vaccinated	41.8%	42.8%	43.3%	47.8%	43.3%
I want to be vaccinated, but not now	31.0%	31.6%	29.0%	29.3%	30.5%
I have already been vaccinated	12.0%	10.9%	12.5%	12.0%	11.8%
I don't want to be vaccinated	11.6%	10.9%	11.6%	7.5%	10.8%
Other	3.6%	3.8%	3.6%	3.4%	3.6%
Total	100.0%	100.0%	100.0%	100.0%	100.0%

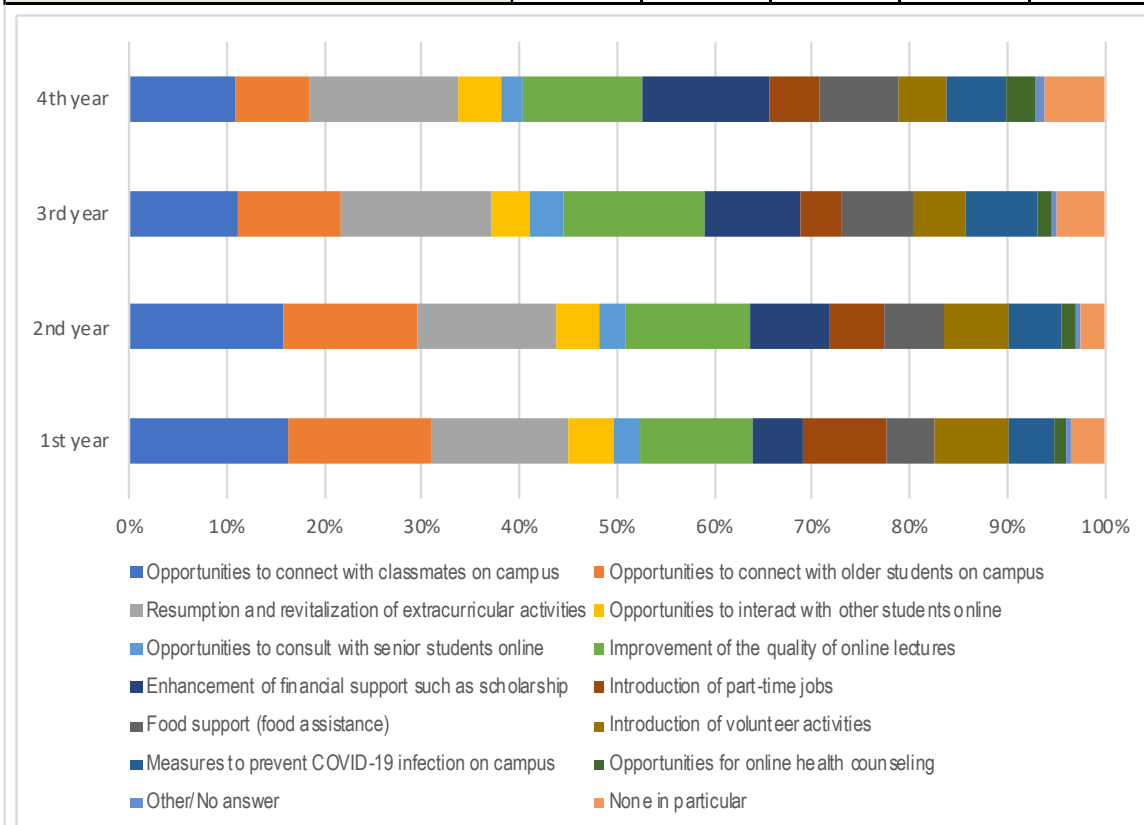
(9) Expectations toward the university and the support provided by the university

1. Expectations toward the university

- There were many requests for creating opportunities for connections, exchanges, and extracurricular activities in general.
- This tendency is especially strong in the first- and second-year students.
- Improving the quality of online lectures was selected most by second-year students.
- Many first-year students want to be introduced to part-time jobs.

Expectations towards the university (multiple answers)

	1st year	2nd year	3rd year	4th year	Total
Opportunities to connect with classmates on campus	52.1%	50.9%	29.4%	26.0%	43.0%
Opportunities to connect with older students on campus	46.9%	44.9%	27.9%	17.9%	37.9%
Resumption and revitalization of extracurricular activities	44.3%	46.3%	41.0%	36.0%	42.8%
Opportunities to interact with other students online	15.4%	14.2%	10.2%	10.5%	13.2%
Opportunities to consult with senior students online	8.3%	8.4%	9.1%	5.6%	8.1%
Improvement of the quality of online lectures	36.8%	41.7%	38.4%	29.3%	37.3%
Enhancement of financial support such as scholarship	16.7%	26.5%	26.4%	30.6%	23.4%
Introduction of part-time jobs	27.3%	18.0%	11.0%	12.0%	19.1%
Food support (food assistance)	15.6%	19.7%	19.1%	19.5%	18.0%
Introduction of volunteer activities	24.3%	21.7%	14.7%	11.9%	19.7%
Measures to prevent COVID-19 infection on campus	15.2%	17.6%	19.2%	14.5%	16.6%
Opportunities for online health counseling	3.9%	4.9%	4.1%	6.6%	4.6%
Other/No answer	0.9%	1.2%	1.4%	2.4%	1.3%
None in particular	11.5%	8.1%	13.1%	14.9%	11.5%
Number of respondents	2853	2001	1601	1182	7637



2. Support provided by the university since April 2021

- The number of respondents who answered “None in particular” was nearly half.
- Other notable responses included vouchers for the co-op cafeteria and discounts.
- In responses for “Other”, there were several comments such as “The university does nothing for me,” “I applied for food assistance but was not selected,” and “I don’t think providing classrooms is an assistance; it is a natural thing to do.”
- The use of counseling rooms and counseling services is surprisingly low. It seems that they should be used more.

Support provided by the university since April 2021 (multiple answers)

	1st year	2nd year	3rd year	4th year	Total
Classroom provision to attend online classes	35.9%	34.2%	25.0%	15.7%	30.0%
PCs and mobile routers lending	4.1%	5.5%	4.4%	4.5%	4.6%
Scholarships and other financial support	21.6%	19.0%	15.9%	14.5%	18.6%
Food assistance	12.8%	14.3%	12.4%	12.2%	13.0%
Job hunting assistance	2.3%	4.0%	18.1%	25.6%	9.7%
Conseling services at healthcare facilities	5.0%	5.4%	5.0%	5.2%	5.2%
None in particular	44.3%	43.6%	48.3%	48.6%	45.6%
Other	0.4%	0.8%	1.1%	0.8%	0.7%

From the free answer section

- We should take advantage of the institutions, facilities, and support available on campus! You can seek help from your professors and university if you are experiencing mental anxiety caused by the pandemic. In addition to helping you, they can also make you feel better and less anxious about the future. We'll get through this together, even if you don't understand a lot of things. [Kochi/Humanities/Female/2nd year]
- It worries me that there are students who are in greater need than I am. As the Japanese government pushes ahead with the Olympics, there is little support for university students, so much so that I wonder if we are included as "citizens." I find this extremely distressing. The government cannot be selective in appointing people. In a time when women are being disrespected and children's education is being neglected, what do we expect from the government? We need to consider what is required of the government. Even though the Parliament sessions are now over, there is still work to be done, isn't there? That's my view every day. [Toyama/Humanities/Female/3rd year]
- When the entrance ceremony was held, I was a sophomore. It was hard for me to make friends in my first year and I was afraid to approach people. It still feels that way and I'm worried about what I'll do after college. While society is progressing in various ways, I cannot understand why the time has stood still since last year with all the restrictions placed on my college life. The generation responsible for Japan's future lacks support, and I just feel like my daily vitality is being drained from me. People should know that there are students out there who are feeling this way. [Saitama/Humanities/Female/2nd year]
- Despite being in the middle of a pandemic, we can still take action. We just need to be creative. On top of that, the university's staff and professors are working early in the morning and late at night to adjust, improve and maintain the system for us. It would be irresponsible for us to ignore them. Getting on a bus or train after having a positive case from your university will cause people to look at you strangely. Remember that the news will mention not just your name, but also the name of your university. I attend a university with a 1:1 ratio of Japanese to international students. Despite Japanese people being infected with COVID-19, we were told many times that it was because there were many foreign students at our university. In some instances, international students are more careful than their Japanese counterparts. Never forget that your choices represent and influence the university and other students. [Oita/3rd year]

Student's Voices (From the free answer section)

** In addition to the main text, the following list contains descriptions of other distinctive and representative voices.*

- If you're a first-year or second-year student, I'm sure you've struggled to make friends, since most of your classes are online. Likewise, I did not make any friends for the first few days after starting college. A few friends began to open up to me over time, as did others who became my friends after I reached out to them. In my opinion, it's helpful to talk to people both online and in person. If you talk to them nicely, they will respond nicely as well. Although college life is tough with the pandemic, have fun and enjoy your once-in-a-lifetime college experience!
- We should at least join one club when we are at university. Club activities are indispensable to university life. Some of us may think we cannot engage in those activities during a pandemic, but please do not misunderstand. Club membership is not just for activities. Clubs allow you to build new friendships that are completely different from your classes or part-time job. Having friends who share the same interests is easy when you are in a club. Some of my closest friends are friends from other faculties I've met in the club. Try to attend a Zoom meeting even if you don't belong to a club. It will add color to your everyday life, and you will meet new people you never imagined.
- Since I have more time at home due to the pandemic, I'm going to rethink how I spend my time. For example, I can take up a new hobby, I can study hard, or I can do whatever I want to do to overcome this difficult situation. As a side note, I have started reading! Enjoy some quality time while discovering new things.
- Let's take part in different communities. We live in an environment where we must act to make friends. LINE is a great tool, but I think it's also important to speak face-to-face with people, even if they are online. I hope your circle will grow considerably. You should also spend a lot of time talking with yourself. Taking the time to discuss things with yourself now will be beneficial in the future when you're looking for a job! The college experience is supposed to be fun, so let's make it so, regardless of the circumstances.
- I entered the university of my dreams after passing the university entrance exam. In contrast to what I envisioned when I attended an open campus my second year of high school, I now have a completely different future. It is rare for me to walk around campus with friends, laugh over lunch, or go out with family and friends on holidays. What I feel is difficult to describe. Sadness overwhelms me. Loneliness surrounds me. I have reached my limit. However, I am now the real me. Through this time, I will become stronger. I am sure that I will become a kind person who can recognize and be close to others' pain. Therefore, I will not lose. There is hope. [Kyoto/Humanities/Female/1st year]
- When I took the face-to-face class for the first time, the tone of the professor's voice was the first thing that struck me. In the face-to-face classes, I could concentrate, the voice was easy to hear, there was a lot of interaction (nodding, etc.), and the quality of the classes was surprising. Being able to attend classes at any time gives you more flexibility in how you use your time, but I have a hard time concentrating in a real-time class with Zoom. My mind is elsewhere. Taking online courses has its advantages. While many students prefer online classes since they make commuting to campus easier, I believe that courses that are not just for credit, like specialized courses, should take place face-to-face. You might want to pay closer attention to these students' voices. You should think about their perspectives. Due to the sudden return of face-to-face classes, some people are having difficulty commuting to campus, so please don't send college students, who have struggled in the online environment for two years, the message that they will be on their own after the pandemic. My heart feels as if it is about to burst every time I hear the news, as if I am being faced with

a bleak future. The government must be more responsible with its words. I think more could have been done beforehand. Please take the appropriate measures. High school students have classes and walk around happily, but we do not. It is sometimes hard to believe that university students are being left behind. [Osaka/Humanities/Female/2nd year]

- It is difficult to commute to the university when you have one face-to-face class but all the others are online on the same day. I also have to take online classes before and after the face-to-face classes at the university due to the commuting time. It is a nonsense situation. [Kagawa/Science and Engineering/Male/1st year]
- Since April last year, I've only had one part-time job that's a 15-minute walk away, and I've done the bare minimum of shopping. I haven't been seeing my friends either. Moreover, I regret that many people don't realize that university students cannot attend universities. At my part-time job at a cram school, I see elementary, middle, and high school students who are sad that their school events are no longer held. Those kinds of school events have given me many memories and taught me a lot. There are no more events that they were looking forward to. They have been canceled, not postponed. Despite being deprived of so many things, we are still trying to enjoy them to the fullest. Why can't adults be kinder? It makes me angry every day. The only people who can give their opinion to those who are in this situation are those who have been through it themselves. Adults with previous experience of such events should not be allowed to provide their perspectives here. I have doubts every day, but I avoid voicing them in hopes that it will end as soon as possible, and my last student life is coming to a close. People tell me that I am too concerned or that I should just relax. Could they say the same thing if their family's lives were at risk? Our lives were changed by the pandemic. We need to strive a little harder to make our lives more like the norm. [Humanities/Female/4th year]
- Trying to survive is a challenge. As a result, I take classes alone and look for a job rather than just sitting and not doing anything. Although hundreds of people are visible on the screen, I feel alone. Even when you keep saying, "Let's do our best," your heart may be wearing out slowly. The word "may" might distract me from the fact that my heart is worn out. [Tokyo/Humanities/Female/4th year]
- As a result of the pandemic, my exchange program to Korea, which had been a dream of mine since high school, had to be canceled two weeks before it was to begin. For this study abroad program, I had to study for exams, compete in speech contests, and travel alone in Korea, so it was very frustrating for me. In addition, I lost my income because I had already quit my part-time job, which I loved. Unfortunately, I could not find another job. Since I lived at home, this did not substantially affect my financial situation. Nevertheless, it was still a little hard for me as a student to not be able to buy the clothes I wanted. Despite this, I continued to study Korean on my own for the last year since I did not want to give up learning the language. As a result, I passed the exam, which was my goal, and now I am teaching Korean online to Japanese and foreigners. In addition, I was able to use this experience as a way to explain my strengths when I was looking for a job. While I was not able to fulfill my dream of studying abroad, I was able to open up new opportunities and paths because of my efforts. I will continue to work hard regardless of the pandemic. [Hiroshima/Humanities/Female/4th year]
- Meeting people is something I miss. If I can help someone, I will do so. A few days ago, I went on a field trip with elementary school students. I enjoy meeting new people. [Osaka/Science and Engineering/Female/1st year]
- Although the pandemic makes it difficult to get information, most of the older students are aware of the junior students' situation. Do not hesitate to ask questions about classes, clubs, part-time jobs, or other things. [Shimane/Humanities/Female/3rd year]

- My studies have finally paid off, and I'm a college student! It's been difficult though. I'm exhausted. We're all trying our best despite the terrible second year. You might get depressed thinking about things before going to bed if you live alone since there is no stimulation in your everyday life. I experienced it myself. If that happens, call your friends or your parents. Explain what is bothering you. Alternatively, find a way to dedicate yourself to something. Focus on your academics and try to achieve good grades. There are many qualifications and licenses you can receive. You can read. Playing games is okay if you like. I enjoy doing things alone that are fun to discuss while still being able to do them alone. If you don't relax and go easy on yourself, you'll be drained by the situation. Don't stress yourself out. [Shiga/Humanities/Male/2nd year]
- Making friends online and chatting with someone can make living alone a lot easier! Because I like to be alone and don't like talking, I thought being alone would be okay for me. However, when I moved to Tokyo, 700 kilometers away from my parents' home, I couldn't talk to my family, I had tons of assignments, and I didn't even see my classmates in person for a year. Those were the tough times. I couldn't even go outside most of the time, and I couldn't even talk to anyone. I was frightened that I was not recognized by people on the street, and the only thing I could look forward to was the casual conversation with the delivery man who occasionally came to deliver things. I longed to hear someone's voice more and more. Communicating online was incredibly helpful to me. It was a great help to me. [Saitama/Humanities/Female/2nd year]