Request for Supporting Graduate Students with Childcare Responsibilities

The period during which people experience pregnancy, childbirth, and childrearing often overlaps with the years they spend as graduate students. As a result, they may face excessive burdens, which can sometimes lead them to give up their research. We kindly ask for your understanding of the following points and encourage you to consider appropriate support through ongoing communication with the graduate students, so that they can continue their research while navigating pregnancy, childbirth, and childcare responsibilities.

Pregnancy, childbirth, and childcare may make it difficult for students to fully engage in classes and coursework.
In particular, caring for an infant often requires feeding around the clock, and some students may therefore be experiencing significant fatigue.



Rather than making assumptions about how to respond, please listen to the student's wishes.

Experiences with pregnancy, childbirth, and/or childcare vary considerably from person to person. Please listen to the student's wishes and consider an appropriate response based on their individual circumstances.



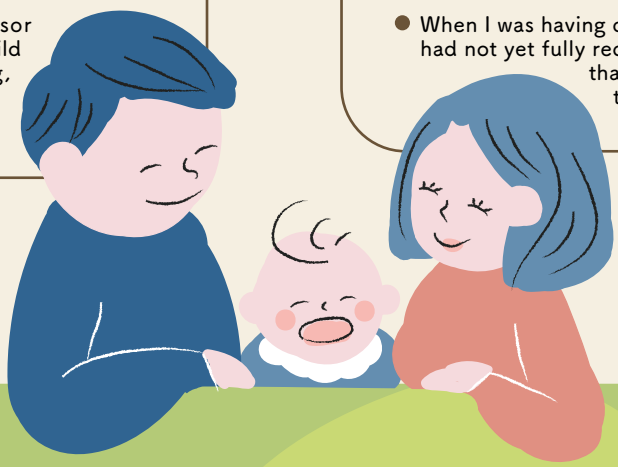
Students may themselves feel frustrated or discouraged when they are unable to make the research progress they had hoped for. We encourage you to offer them support and encouragement as they work to balance their research with pregnancy, childbirth, or childcare responsibilities.

Voices from Graduate Students with Childcare Responsibilities

- Although my supervisor is understanding, I sometimes feel that I am receiving too much consideration, for example, when I am not entrusted with certain administrative tasks. I would appreciate it if they would first ask about my wishes.
- I am still grateful to the professor who suggested that I bring my child to an in-person seminar, saying, "It could also serve as a role model for other students."

Voices from Graduate Students Shortly After Childbirth

- While taking a class during a period of severe sleep deprivation caused by caring for an infant, I was asked a question by the professor. Unable to think clearly, I answered, "I don't know," and was severely reprimanded with "It's not that you don't know; you need to think."
- When I was having difficulty leaving home because I had not yet fully recovered physically, I was grateful that my instructor readily suggested that I attend the class online.



Related Information

There are a variety of support programs and resources available both within and outside the University to help graduate students continue their research while raising children. We would appreciate your cooperation in sharing this information so that graduate students can make the most of these opportunities and support services.



Information on Leave of Absence and Long-term Study System

If you know of students who may need to take a leave of absence or make use of the long-term study system, please discuss their needs with them and provide appropriate guidance.

Information on Childcare and After-School Care Applications

Information on enrollment in childcare facilities operated by UTokyo

Required documents for graduate students applying for childcare or after-school care

※Available in Japanese only

Other Support Programs and Resources

Within UTokyo

Links to support resources for current students

Work-Life Balance in Academia：A Career Skills Course for Researchers
UTokyo Women+
Researcher Networking Events
Other Resources

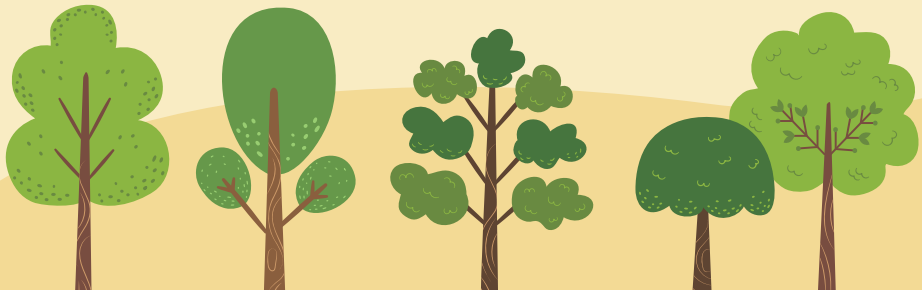
Outside UTokyo

Support services provided by the 23 wards of Tokyo
(e.g., temporary childcare services)

※Available in Japanese only

Maternity and parental leave provisions for JSPS Doctoral Course (DC) Research Fellows

※Available in Japanese only



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