COUNSELLING CENTRE

MAILIS SULTS, STUDENT PSYCHOLOGIST
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The Counselling Centre at Office of Academic Affairs offers, free of charge, to students:
- academic, career and psychological counselling
- crash courses on various topics (study skills, labour market options, career planning etc)
- workshops, info seminars and career fairs
- access to internship and job offers
- support for students with special needs

We offer support with your studies and beyond
ut.ee/en/counselling
Academic counselling

• If you have study-related problems that need solving, contact your Academic Affairs Specialists at your dean’s office, institute or college

• You can also turn to Student Advisor of the Office of Academic Affairs

• Find answers to your questions in the Guide to Studies on studentsguide.ut.ee!
Career counselling

The purpose is to support students’ consciousness of their personal, academic and career-related goals and find ways to implement them.

Career counsellor helps to:
* understand oneself: analyse knowledge, abilities, skills, interests, values, needs and characteristics of self
* view and evaluate the real situation, ie. learning skills and job opportunities
* make decisions about the area of study and specialization choices and plan further studies
* plan a working life: how to seek and apply for a job, create documents (CV, mot. letter etc.) and prepare for a job interview
* make decisions and new choices when needed
Psychological counselling

The purpose is to support students' ability to manage with difficulties that students meet during their study period.
When to come and see us?
- Adjustment (culture shock, homesickness, long distance relationships)
- Problems in academic performance (lack of motivation, procrastination, insufficient study skills)
- Problems with roommates, professors, family members, difficulties in intimate relationships
- Excessive feelings of sadness, anxiety or fear
- Lack of self esteem
- Difficult decisions
- Problems with time management
- Simply a desire to talk with a neutral person 😊
Adjustment – cultural transition

Managing cultural transition –
• be (pro)active and learn about Estonian culture and community
• keep patient and have a sense of humor when encountering new experiences
• get involved in various activities to meet new people
• keep in touch with friends and family back home
• talk with other students about your experiences – sharing stories help
• talk to staff, you have a wide network of support who are here to help you through difficult times
• good lifestyle choices matter: eat well, get enough sleep and excercise
Counselling is:
* easily accessible;
* impartial;
* confidential;
* supportive;
* short-term and focused on a specific problem
* free of charge!

It includes:
* a mutual collaboration;
* identifying the needs of a student;
* goal setting;
* seeking solutions;
* creating an action plan;
* implementation of activities;
* analysing results.
More sources of information and advise

- **Advice from fellow students**
  Tutors are student volunteers who have undergone special training and assists first-year and international students at the start of their studies at the University of Tartu and in familiarising themselves with student life during the first semester.

- **Entrepreneurship Advice**
  Supports the analysis of business ideas and their potential for business development, in order to achieve a satisfying personal-fulfillment, is offered in the Office of Research and Development.

- **Careerdays**
  - A meeting place for students and employers
  - Overview of what is happening in the labour market
  - Better preparation for entering the labour market
  - Versatile options.
More sources of information and advise

• Job and internship offers in the Newsletter for Students newsletter.ut.ee

• Estonian student and employer information portal tudengiveeb.ee/en
  - The Student Web is an information portal for prospective and current students and employers
  - It provides useful information and tips about studies and career planning
  - It also gathers job and practical training offers

• Short courses on various topics like career planning, study skills etc
  - For more information please visit our Study Information System and check out the Trainings and information sessions for students section
Where to find us?

Psychological counselling:
UT Main Building, Ülikooli street 18, room 137
in English (Mailis Sults) and in Russian (Lea Nagirnaja)
E-mail: psyhholoog@ut.ee
Phone: +372 737 6211

Academic counselling:
UT Main Building, Ülikooli street 18, room 137
Ene Küüner
E-mail: ene.kuuner@ut.ee
Phone: +372 737 5200

Career counselling:
Lossi street 3, room 329
Anneli Peitel
E-mail: anneli.peitel@ut.ee
Phone: +372 737 6205
Thank you for your attention!
Enjoy Tartu and student life! 😊

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