• The Counselling Centre at Office of Academic Affairs offers 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

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

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

Career counsellor helps to:

* understand oneself: analyze student’s knowledge, abilities, skills, interests, values and needs
* view and evaluate the real situation, for example 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, cover letter etc.) and prepare for a job interview
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 a psychologist?

- Adjustment issues (culture shock, homesickness, long distance relationships)
- Problems in academic performance (lack of motivation, insufficient study skills, procrastination)
- Interpersonal problems (for example with friends or family members or difficulties in intimate relationships)
- Excessive feelings of sadness, anxiety or fear
- Stress causing difficulties
- Difficult decisions lie ahead
- 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 exercise
The principles of counselling

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;
* analyzing results.
Where to find us?

**Psychological counselling:**
UT Main Building, room 137
*in English* (Mailis Sults) and *in Russian* (Lea Nagirnaja)
E-mail: psyhholoog@ut.ee

**Academic counselling:**
UT Main Building, room 131
Tuuli Vallisoo
E-mail: noustaja@ut.ee

**Career counselling:**
UT Main Building, room 244
Anneli Peitel
E-mail: noustaja@ut.ee
Thank you for your attention!
Enjoy Tartu and student life! 😊

Mailis Sults
Counselling Centre
ut.ee/en/counselling
psyhholoog@ut.ee