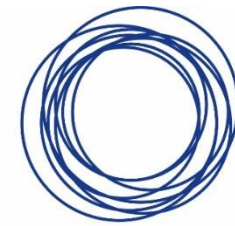


Counselling Service for Students

We are
here for
you.



psychologische
beratungsstelle

Psychological Counselling Centre

EUROPEAN UNIVERSITY VIADRINA FRANKFURT (ODER)

The Psychological Counselling Service is open to everyone who is currently studying at European University Viadrina.

Our Counselling Service is...

...**customised**. Together we look for solutions that are specifically tailored to you and your needs.

...**flexible**. With us, you can have up to five counselling sessions per semester – at intervals that suit you.

...**free of charge**. As a student at European University Viadrina you can use our counselling service completely free of charge.

Do you have any questions or would you like to make an appointment? Contact us!

email: psychberatung@europa-uni.de
phone: +49 (0)335 5534 4336

Open consultation hours

You can find the times of the open consultation hours at: www.europa-uni.de/psychberatung

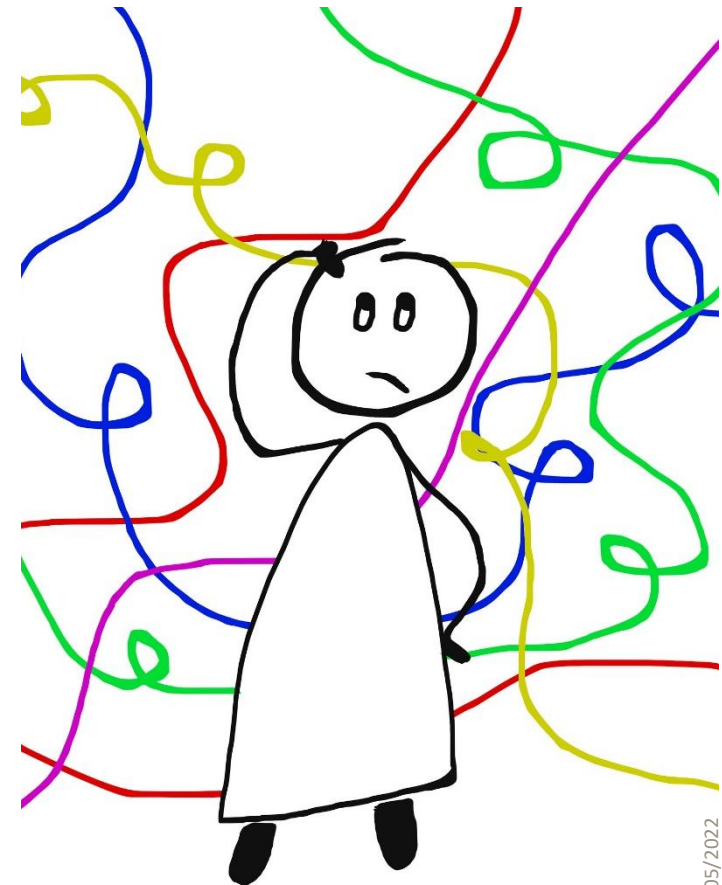
Appointments

You can make an appointment for a personal, virtual or telephone consultation at psychberatung@europa-uni.de

How to reach us

For personal consultation appointments:
Auditorium Maximum, Room 106
Logenstraße 4
15230 Frankfurt (Oder)

By telephone:
during telephone consultation hours:
Tel. +49 (0)335 5534 4336



EUROPA-UNIVERSITÄT
VIADRINA
FRANKFURT (ODER)

The Psychological Counselling Centre offers support for all issues, whether they are related to your studies or your private life.

Studying can be an enormous challenge and its numerous demands can take their toll. Counselling helps to deal successfully with these demands and challenges.

Counselling can be helpful for issues directly related to studying such as:

- Difficulties working and revising
- Procrastination
- Fear of failure, test anxiety
- Feeling overwhelmed or overburdened

Counselling can also be beneficial for private concerns such as:

- Persistent sadness
- Isolation and loneliness
- Exhaustion, insomnia
- Confusion, lack of purpose
- Interpersonal difficulties

No matter what you are worried about, as a student at Viadrina you are entitled to use the Psychological Counselling Service at no extra cost to you.



Couples or family counselling is also available and counselling sessions can be conducted in English.

In your counselling session/s we will explore how your skills and resources can help you to overcome your current difficulties. You will get the support you need to (re)discover your inner potential.

To make sure you will get the most out of counselling, we will find the most suitable setting for your needs. If there is a conflict with your partner or within your family, you can bring your partner or one or more of your family members to our sessions.

In some cases more long-term therapeutic support is needed – or there might be another service that is better suited to your needs. In these instances we will explore suitable options together.

We offer counselling in English or in German – whichever of the two you feel more comfortable with.

The Psychological Counselling Centre also offers a wide variety of workshops and courses.

There are workshops and courses on a range of topics you might find relevant, e.g. communication and concentration, test anxiety and procrastination. Visit our website to find out about our upcoming workshops: www.europa-uni.de/psychberatung

