

**PSYCHOLOGICAL COUNSELLING  
SERVICES FOR STUDENTS**

## THE GOALS AND TASKS OF THE PSYCHOLOGICAL COUNSELLING CENTRES

- Guidance and decision-making support regarding course selection, changing the degree programme and dropping out of the course
- Help dealing with difficulties related to the degree programme and with problems throughout the course of study
- Help with personal development among other things by promoting communication and social skills
- Treatment of psychological suffering and behavioural disorders
- Cooperation with universities and other institutions to help improve study conditions and prevent problems related to studying

### These goals/tasks are put into practice as follows

- Psychological counselling and aptitude testing
- Psychological treatment and psychotherapy
- Information services
- Training to promote performance and personal development
- Scientific studies, projects and publications
- Information about the offers and activities of the Counselling Centres

## YOU CAN TAKE ADVANTAGE OF OUR ADVICE AND SUPPORT IF YOU ...

- have questions regarding course selection.
- are unsure about which course to choose.
- are thinking about changing courses or dropping out.
- are struggling with orientation and adjustment problems at the start of your studies.
- would like to improve your learning techniques, work patterns or time management.
- have problems with exams, motivation or concentration.
- have personal problems that impact your studies.
- want to develop your personal, communication or social skills.

## TRAINING OFFERS

The Counselling Centre offers training courses for all interested students. The training courses are free of charge.

Please register for a training course with the Counselling Centre office by phone or by email; please specify your name, degree programme, number of semesters studied and telephone number.

All training courses are held in the group rooms of the Counselling Centre. The number of participants is limited.


### Further information:

Psychologische  
Beratungsstelle  
für Studierende



**Graz**

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psych.ber@uni-graz.at  
<http://www.studierendenberatung.at>  
DVR: 0000167

The background features a large, stylized green logo that resembles a tree or a plant. It has a central vertical stem and two large, curved branches extending outwards. The color transitions from a light green at the top to a darker green at the bottom.

**FH JOANNEUM Gesellschaft mbH**

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