

**TAL  
TECH**

# **COUNSELLING SERVICES FOR STUDENTS**

Kadri Kiiskmann

Psychologist

Admission and Student Counselling Centre

# COUNSELLING SERVICES FOR STUDENTS

- Student Counselling Office
- Career Counselling
- Psychological counselling
- Counselling for students with special needs
- Career Seminars

All services are free of charge!

# STUDENT COUNSELLING OFFICE

- If you have a question, but you're not sure who has the answer

## **Study building IV, room U04-104**

- Mon–Fri 10–17

<https://www.ttu.ee/students/student-support-services>

E-mail: [studenthelp@ttu.ee](mailto:studenthelp@ttu.ee)

Facebook: Taltech Student Counselling Office

# STUDENT COUNSELLING OFFICE

## 3 counsellors who are students at TalTech

- Academic information
  - How?
  - When?
  - Where?
  - Who?
- Questions regarding settling in Estonia
- Submitting study plan, ÕIS, Moodle, scholarships, admission, documents, internship, open university, exchange studies, public transport...

# CAREER COUNSELLING

Career counselling will help you with:

- making career choices and career plans
- making self analysis
- job search and applying for a job
- writing your CV and cover letter
- preparing for a job interview

# CAREER COUNSELLING

Career Counsellor:

Monika Sutrop

[careerguide@taltech.ee](mailto:careerguide@taltech.ee)

+372 620 3511

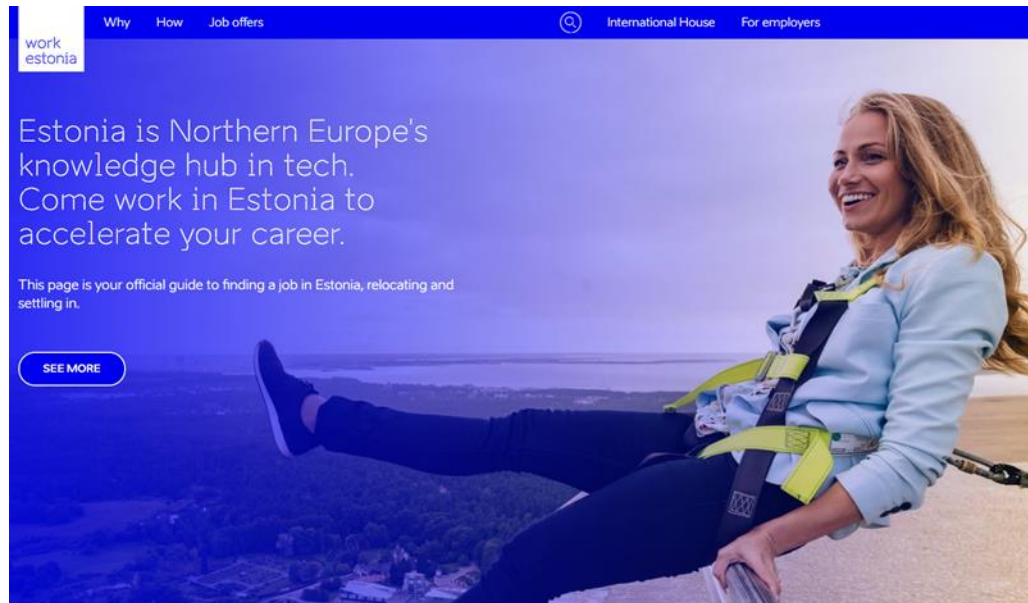
room U04-104



Make appointment beforehand via e-mail!

# LOOKING FOR A JOB WHERE TO START? WORKINESTONIA.COM

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estonia



548 job offers found today

- All English job offers in one single place
- Special section *Working as a student*
- Category for internships
- Special recruitment events for intl. students!

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# PSYCHOLOGICAL COUNSELLING FOR INTERNATIONAL STUDENTS

## **Extra challenges:**

- different university: different teaching style, expectations, level of knowledge
- different culture: different customs, norms, habits, physical environment
- different social situation: being away from one's usual network of people and family, difficulties with communication, feeling isolated



## **International students may experience very common issues as anybody else:**

- lack of motivation
- difficulties with focusing
- depression, sadness
- difficult or unexpected life events
- difficulties with making choices
- difficulties with relationships
- troubled sleep

## WHAT TO DO WHEN STARTING TO FEEL DOWN

- Recognize that what you experience is normal and very common
- Remain active: attend lectures, explore the city, participate in events, even though it may seem difficult
- Reach out to friends and others for help instead of withdrawing
- Take care of your health: eat and sleep well, exercise
- Be kind to yourself, stop beating yourself up
- Give yourself and your experience here another chance
- Use all the support that the university is offering

# PSYCHOLOGICAL COUNSELLING

- Sessions are individual
- Confidential
- Appointment via e-mail

Psychologist for International Students:

Kadri Kiiskmann

[counselor@taltech.ee](mailto:counselor@taltech.ee)

