

Newsletter of the Psychological Student Advisory Service Issue 04

Dear students,

The summer semester 2025 is just around the corner – and we warmly welcome you with a fresh edition of our newsletter! Once per semester, we provide you with key information about current events and offers from the Psychological Counselling Service at TU Dortmund University. 📖

What's on the agenda this semester?

From our counselling sessions we know that many students have difficulties with making friends and feeling connected with others on campus. Yet friendships and social ties are crucial for the well-being, life satisfaction, and academic success of students. After all, a sorrow shared is a sorrow halved – and a joy shared is a joy doubled.

Often, being part of a group means more than just having someone to say “Hi” to. It means that completing the written assignment goes faster, staying on track is much easier and preparing for the exams is more fun. Whether it's a study group, study buddy, student council, canteen meet-up, queer department, party crew, book club, or simply a good old friendship – social connection comes in many shapes and colours.

That's why the motto for summer semester 2025 is:

Together instead of alone.

Our team has put together a wide variety of exciting offers for you. The lectures, workshops and group activities offer the space for connecting with others, exchanging ideas and learning how to cope with feelings of loneliness – and maybe even for building new friendships along the way. 🤝

[Information on the series of events under the motto “Together instead of alone”.](#)

Of course, we are also there for you if you need help with **other issues** – exam anxiety, procrastination, doubts about whether you have chosen the right degree

programme or emotional distress. If you need support, don't hesitate to get in touch with us.

Not subscribed to the newsletter yet?

You can subscribe to future issues using the [registration form](#).

We wish you many enriching encounters and a successful start to the summer semester 2025! 😊

Your team at the Psychological Student Counselling Service (PSB)

In diesem Newsletter finden Sie

PSB-Hint: Random Acts of Kindness

Offers for Students in the Summer Semester 2025

Together Instead of Alone – Socialising, Studying, and Feeling Connected
Procrastination and Motivation
Time and Self-Management
Learning Strategies
Stress
Exam stress and exam anxiety
Graduation and Academic Work
Coming Soon

More to Discover – A Selection of Offers From Other Support Services

How to Socialize - Finding Your Tribe on Campus

PSB-Hint: Random Acts of Kindness

Loneliness can only be overcome together. It is an exciting and worthwhile question to ask: How can we counter loneliness in our daily campus life? One powerful, heartwarming way to do this is through Random Acts of Kindness. Perhaps you spontaneously made a compliment to someone today? That would be a first 'Random Act of Kindness'. A small gesture that has the potential to put a smile on someone's face without any strings attached. 😊

People around the world embrace this idea, and every year on 17 February, we celebrate Random Acts of Kindness Day to raise awareness for the impact of small, kind acts.

But how can you bring that spirit to campus life – between lectures, canteen visits and study sessions? Here are a few ideas:

- **Compliments:** Share a small, genuine compliment with a fellow student.
- **Help:** Offer support spontaneously when you notice someone needs it – or post a note on the notice board offering free help.

- **Smiles:** Share a quick smile when your eyes accidentally meet the eyes of someone. 😊
- **Messages:** Did a quote or piece of wisdom once give you strength or happiness? Write it on a pretty postcard and put it somewhere (where you are allowed to put it, e.g. a notice board). The person who finds it will be delighted. 📌

A quick reminder: Always be mindful of personal boundaries when sharing your kindness with others – not everyone is comfortable with certain acts, e.g. spontaneous hugs.

Why should you give Random Acts of Kindness a try?

Quite simply, these small acts of kindness are not only good for others, but also for ourselves. They have huge potential to create wonderful moments. A simple smile can lead to a moment of connection, a spark of joy, or even the beginning of a lifelong friendship. Or it might just give someone the confidence to get through a tough day. ❤️

To help you get started, try our Kindness BINGO. First one to complete a row wins a boost of wellbeing. Let's go!

Give a little smile	Listen to someone	Invite someone for coffee	Let someone go ahead at the checkout
Thank someone for something	Make friendly eye contact	Help someone picking up something they have dropped	Hold the door open for someone at the Galeria
Put a kind message in the mail box	Make someone laugh	Bring a small snack to the study group	Call someone you haven't spoken to for a long time
Ask fellow students how their day was	Make a small donation	Consciously smile when you wake up	Write yourself a cheerful note

Offers for Students in the Summer Semester 2025

*** Please note that in the summer semester 2025 most of our lectures, workshops, and coaching groups are held in German only. These events are marked with "GER". Some of our offers are bilingual and held in both English and German. Bilingual events are marked with "EN/GER". Offers that are in English only are marked with „EN“. If you're experiencing challenges in your studies or everyday life and need our support but cannot attend our events due to language barriers, please contact us at psychologische-beratung@tu-dortmund.de.

Together Instead of Alone – Socialising, Studying, and Feeling Connected

Join our events to explore how loneliness arises – and discover creative ways to reconnect. Together, we'll look for mutual support – not just during your studies, but beyond!

- Lecture „Overcoming Social Isolation- Einsamkeit verstehen und bewältigen“ (EN/GER; Tue, 15 April, 4.00-5.30 p.m.) 🗣️
- Workshop „Creative Connections- Gemeinsam kreativ sein und Ideen gegen Einsamkeit entwickeln“ (GER; Thu, 22 May, 4.00-6.00 p.m.) 🎨
- Workshop „Einsamkeit? Kenn ich auch! – Verbunden durch Austausch und Körperarbeit“ (GER; Thu, 12 June, 1.00 - 4.00 p.m.) 💬
- Workshop „Speed Connecting“ 🤝 (EN/GER; Wed, 25 June, 4.00-7.00 p.m.
(A joint offer by the Studierendenwerk and TU Dortmund University)
- Coaching group „Get started- Gemeinsam den Wiedereinstieg ins Studium schaffen!“ (GER; Start: Wed, 21 May, 9.15-10.45 a.m.) 📅

[Information about the Lecture Series & Workshops](#)

Procrastination and Motivation

Procrastinating again instead of studying? Poorly prepared for the exam? Or is the deadline for your term paper causing nothing but frustration? Procrastination can become a real burden during your studies – and it can be challenging to overcome it. We explain what makes change easier and help you develop strategies to get things done more efficiently. 🚀

- Coaching group „Anfangen statt Aufgeben – Aufschiebeverhalten verstehen und abbauen“ (GER; Start: Fri, 09 May, 10.00-11.45 a.m., 7 dates)
- Workshop „Schiebst du schon an oder schiebst du noch auf?“ (GER; Thu, 26 June, 4.15-5.45 p.m.)
- Workshop „Power up! Finde deine innere Motivation“ (GER; Wed, 27 August, 10.00-12.30 a.m.)

[Online Materials: "Motivation and Procrastination"](#)

Time and Self-Management

‘Where should I start?’ These programmes support you in developing skills to manage your time and personal resources. The focus is on strategies to gain a better overview of upcoming tasks – and how to structure and prioritise them. ⌚

- Workshop „Exam Survival Kit: Organized from Day One“ (EN; Wed, 02 April, 2.15-4.00 p.m.)

[Online Materials: "Self- and Time Management"](#)

[Information about the Lecture Series & Workshops](#)

Learning Strategies

Different types of exams require different learning strategies. In this workshop, you'll learn about approaches tailored to specific exam formats and get tips on how to further develop your personal repertoire of strategies throughout your studies. 🧠

- Workshop „Exam Survival Kit: Mastering Effectiv Learning Strategies“ (EN; Wed, 14 May, 2.15-4.00 p.m.)

[Online Materials: "Exam Preparation and Exam Anxiety"](#)

Stress

You're feeling lost and your heart is racing? With the help of our stress management workshops, you can learn to better understand your own experience of stress and the reactions that come with it. This way, you can find strategies to reduce short-term stress peaks and learn how to release tension in the long term.



- Workshop series "Stressbewältigung – Stressfaktoren erkennen und in den Griff bekommen" (GER; Start: Thu, 21 August, 1.00-2.30 p.m., 4 sessions)

[Online Materials on "Dealing with Emotions Calmly"](#)

Exam stress and exam anxiety

Exam situations often trigger stress and anxiety. 🤖

We'll show you how to deal with stress and anxiety in a constructive and calm way during the preparation phase. You'll also receive tips on how to approach exam situations with greater confidence.

- Coaching group „Prüfungscoaching – Prüfungsvorbereitung und Bewältigung von Prüfungsangst“ (GER; Start: Wed, 14 May, 2.15-3.45 Uhr, 8 dates)
- Workshop „Exam Survival Kit: Stay Focused and Calm during Exams!“ (EN; Wed, 16 July, 2.15-4.00 p.m.)

[Online Materials: "Exam Preparation and Exam Anxiety"](#)

Graduation and Academic Work

You're nearing the end of your studies, but the road still feels long? The final assignments and your Bachelor's or Master's thesis feel like a major hurdle? Our programmes – and those offered by other departments at TU Dortmund University – provide support to help you face the challenges of academic writing with confidence and efficiency. Through professional and personal exchange, you'll learn how to identify and follow the central theme of your work and stay on schedule. 🎓

- Coaching Group „Studienabschlusscoaching – Gemeinsam den Endspurt antreten“ (GER; ongoing throughout the semester; bi-weekly)
[Information about the Coaching Groups](#)
- [Academic Writing Lab w.space at the Center for Higher Education \(zhb\)](#)
- [Peer Writing Consultation at the zhb](#)



Coming Soon

At the beginning of July 2025, we will once again hold our '(we) care for you' campaign week. Together with the Psychological Counselling Service of the Studierendenwerk Dortmund and the Psychological Student Counselling Service of FH Dortmund, we will offer a varied programme on the topic of how to mentally thrive throughout your studies. You'll find details on our homepage **here** as soon as our programme is set.


[As soon as the program has been finalized, you will find it under Lecture series and workshops on the PSB website.](#)

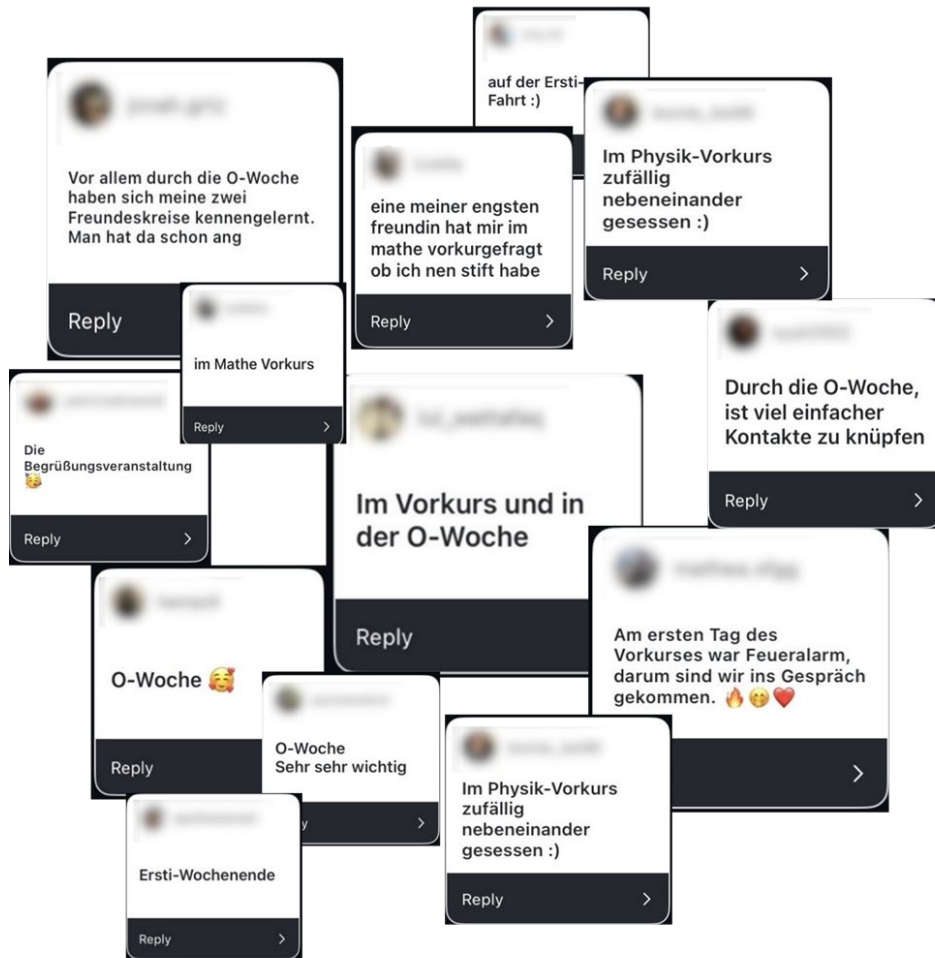
More to Discover – A Selection of Offers From Other Support Services

- From April 7 to July 18, the University Sports programme offers the course "Play & Connect" – a chance to escape university stress and meet new people in a relaxed and social atmosphere. At the heart of the course is playing together. You'll have the opportunity to try out a variety of board and group games – or even bring your own. Whether you're an experienced player or completely new to the world of games: everyone is welcome here. 🎮
[You can find more information on the Student Health Management website.](#)
- In the second edition of its Mental Health Week, taking place from 23 to 27 June 2025, Student Health Management offers opportunities to socialise, get moving, and learn more about mental health through a variety of events. You'll soon find more information on the University Sports website.
[You will soon find more information on the University Sports website.](#)

- From 30 June to 3 July, the [General Student Advisory Service](#) is offering a hybrid workshop in German for students who are dissatisfied with their current study situation and are considering changing their subject or university. The workshop introduces practical decision-making methods and helps participants define their career goals and interests more clearly. [Further information on the hybrid workshop will soon be available on the website of the General Student Advisory Service.](#)
- The [‘Disability and Studies’ \(DoBuS\) department at TU Dortmund University](#) works to provide equal opportunities for students with chronic physical or mental illnesses as well as those with disabilities. The services include counselling, group programmes, and the development of accessible materials and assistive technologies. These services are aimed at both prospective and current students. 
- The Psychological Counselling Service of the Studierendenwerk has also put together a coaching programme for you for the summer semester 2025. 
[The new summer program of psychological counseling can be found on the Studierendenwerk website.](#)

How to Socialize – Finding Your Tribe on Campus

Every friendship origin story is as unique as the people in it. We were curious and asked you on Instagram in February 2025: “How did you meet at university?” Within a day, we received numerous heart-warming, funny, and surprising answers. We’re delighted to share a small selection of your stories with you. For many, their friendship began in pre-courses or during O-Week, when they explored the campus together and bonded. Some became inseparable university buddies simply by sitting next to each other in lectures. And sometimes, it was something totally unexpected — like a fire alarm. 



Some were brought together by a desperate last-minute attempt to save a presentation. Or a shy “Can I join you?” in the good old Mensa turned into the beginning of a real friendship. 💬



Friendships also developed later in students' academic journeys — in university sports, where a random team partner became a training buddy, or in the student council, where heated discussions about study regulations created a real bond.

Some people made friends by bravely asking for a phone number during a lecture break. Others connected through reactions to Instagram posts or intense discussions about online exams in digital study groups. Friendship — or even love — always finds its way: often unexpectedly, sometimes by chance, but always with the right people at the right time. 💖

For those of you for whom it hasn't happened yet: Don't give up! Be courageous. Your time will come. And if you need support, the Psychological Student Counselling team is here for you!



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Impressum