

Newsletter of the Psychological Advisory Service Issue WiSe 25/26

Dear students,

we warmly welcome you to the 2025/26 winter semester with a new edition of our newsletter! Once per semester, we provide you with important information about current events and services offered by the Psychological Student Advisory Service at TU Dortmund University. 📖

What's on the agenda for this semester?

From our counselling sessions, we know that many students find it difficult to relax and feel confident about their studies alongside their fellow students. That is why **the motto for the 2025/26 winter semester is “Level up: Confident, balanced, and connected during your studies.”** The PSB team has put together an exciting program of events on a wide range of topics for you this semester. The lectures, workshops, and group activities offer you opportunities to become aware of your strengths, share experiences with others, and develop personally. We look forward to seeing you there! 🤝

[More information on the semester series “Level up“.](#)

More and more students at TU Dortmund University are from international backgrounds. That is why we have prepared courses in English for the 2025/26 winter semester that are open to all students. You can find these in this newsletter and on our English website.

[Information about the English-language workshops](#)
[Information about the English-language coaching group](#)

We offer advice on challenges such as exam anxiety, doubts about your studies, procrastination, emotional stress, and **many other topics**. If you need support, please feel free to contact us.

Do you work at TU Dortmund University and are you also interested in our services for employees? Then feel free to write to us!

Not receiving our newsletter regularly yet?

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

We wish you all the best for the 2025/2026 winter semester! 🍁
Your team at the Psychological Student Counselling Service (PSB)

In this newsletter you will find

PSB-Hint: Pay attention to your basic needs!

Offers for Students in the Winter Semester 2025/2026

Level up: Confident, balanced, and connected during your studies
Procrastination and Motivation
Time and Self-Management
Learning Strategies
Stress
Exam stress and exam anxiety
Graduation and Academic Work

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

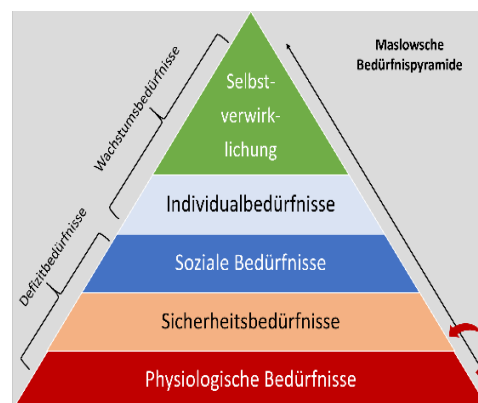
Action - Needs Bingo

PSB-Hint: Pay attention to your basic needs!

In the 1970s, Abraham Maslow developed a hierarchical model of motivation known as the “hierarchy of needs.”

Initially, our motivation is focused on avoiding a deficiency in what are known as deficit needs.

Once our basic needs are reasonably satisfied, we feel content and can turn our attention to the next level of needs. Only then does our motivation shift to fulfilling our higher growth needs and thus achieving potential feelings of happiness.



In everyday life, it often happens that we feel unmotivated, dissatisfied, or even unhappy for a period of time. These are often phases in which our basic needs are neglected. So take good care of yourself during the winter semester!

Ask yourself the following questions regularly:

1. Have I eaten and drunk enough and gotten enough fresh air?
2. Am I sufficiently safe physically and financially? Do I have a certain sense of direction in my life?
3. Do I feel comfortable with and in my social relationships?

4. Am I finding ways to experience recognition and appreciation?
5. Am I taking the time to develop my strengths and think about what I find meaningful in my life?

Perhaps this will give you an idea of what can help you through this phase. Then go for it! Try the [needs bingo at the end of the newsletter!](#)

Would you like to explore this topic in more depth?

[More Information about personal needs](#)

Offers for Students in the Winter Semester 2025/2026

**** Please note that in the winter semester 2025/26 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.*

Level up: Confident, balanced, and connected during your studies

This semester, we invite you to explore new ways to navigate your studies with confidence, balance, and a strong network.

In our workshops and group formats, we create space for personal development, mental strength, and genuine encounters—so that you can actively shape your studies and surpass your own expectations.

- Coaching group “Get started - Gemeinsam den Wiedereinstieg ins Studium schaffen!“ (GER; Start: Tuesday, October 28, 2:15–3:45 p.m.) 📅
- Workshop „Gut gerüstet in die dunkle Jahreszeit- die emotionale Widerstandsfähigkeit fördern“ (GER; Tuesday, November 04, 9:00-12:00 a.m.) 🍂
- Workshop “Speed Connecting“ (EN/GER; Wednesday, November 5, 3:00–7:00 p.m.) 🤝
In collaboration with the Psychological Counseling Team of the Studierendenwerk
- Workshop “Ah, that feels good! - Understanding and regulating the nervous system” (EN; Thursday, November 20, 2:00-5:00 p.m.) 🧠
- Workshop “Speed Connecting (online)” (EN/GER; Wednesday, November 26, 4:00-6:00 p.m.) 🤝
In collaboration with the Psychological Counseling Team of the Studierendenwerk

- Workshop: “Creative Connections- Gemeinsam kreativ sein und Ideen gegen Einsamkeit entwickeln (Christmas Edition)” (EN/GER; Tuesday, December 2, 3:00–5:00 p.m.) 🎨
- Coaching group “Weil ich es mir wert bin!” (GER; Start: Tuesday, February 17, 1:15–2:45 p.m.) 🏆

[Information on the series of events under the motto “Level up”.](#)

Procrastination and Motivation

Cleaned again instead of studying? And then poorly prepared for the exam? Or is the deadline for your term paper just causing you frustration? Procrastination can become a burden during your studies and is not so easy to change. We explain why change is so difficult and work with you to develop steps and strategies to complete tasks more quickly. 🚀

- Coaching group “Anfangen statt Aufgeben – Aufschiebeverhalten verstehen und abbauen” (GER; Start: Friday, October 24, 10:00-11:45 a.m., 7 sessions)
- Workshop “Schiebst du schon an oder schiebst du noch auf?” (GER; Wednesday, January 21, 2:15–3:45 p.m.)
- Workshop: “Power up! Finde deine innere Motivation” (GER; Wednesday, January 28, 2:00–4:30 p.m.)
- Workshop “Schiebst du schon an oder schiebst du noch auf?” (GER; Friday, February 27, 10:15–11:45 a.m.)

[Information about the German-language coaching groups.](#)

[Online Materials: “Motivation and Procrastination”](#)

Time and Self-Management

“Where should I start?” These offers support you in developing targeted management of your time and personal resources. The focus here is on strategies for a better overview of upcoming tasks and how to structure and prioritize them. ⌚

- Workshop “Exam Survival Kit: Organized from Day One” (EN; hybrid; Wednesday, October 22, 2:15-4:00 p.m.)

[Information about the “Exam Survival Kit”- event series](#)

[Online materials on “Self-management and time management”](#)

Learning Strategies

Different types of exams require different learning strategies. In this workshop, you will learn about learning strategies tailored to the respective requirements and receive tips on how to further develop your individual repertoire of strategies during your studies. 🧠

- Workshop “Exam Survival Kit: Mastering Effective Learning Strategies” (EN; Wednesday, December 10, 2:15-4:00 p.m.)
- Power Study Day
(GER; Joint study day; Wednesday, January 14, 9:30 a.m.–2:00 p.m.)

[Information about the “Exam Survival Kit”- event series](#)

[Online materials: “Exam preparation and exam anxiety”](#)

Stress

Do you feel overwhelmed and your heart racing? With the help of our stress management workshops, you can learn to better understand your own experience of stress and the associated stress reactions. This allows you to find ways to reduce both short-term stress peaks and your own basic tension in the long term. 🧘

- Workshop series “Stressbewältigung – Stressfaktoren erkennen und in den Griff bekommen“
(GER; Start: Friday, November 21, 10:15–11:45 a.m., 4 sessions)

[Information about the German-Language coaching groups](#)

[Online materials “Dealing with feelings in a relaxed way“](#)

Exam stress and exam anxiety

Exam situations often cause stress and anxiety. 🤖
We will show you how you can deal with stress and anxiety constructively and calmly during the learning phase. You will also receive suggestions on how to handle exam situations with greater confidence.

- Coaching group “Prüfungscoaching – Prüfungsvorbereitung und Bewältigung von Prüfungsangst“
(GER; Start: Wednesday, October 22, 2:15–3:45 p.m., 8 sessions)
- Coaching group “Plan for Success: Semester Organization, Exam Preparation & Anxiety Management”
(EN; Start: Friday, October 24, 10:15-11:45 a.m., 6 sessions)

- Coaching group “Prüfungscoaching – Prüfungsvorbereitung und Bewältigung von Prüfungsangst“ (GER; Start: Monday, January 12, 2:15–3:45 p.m., 8 sessions)
- Power Study Day (EN; Wednesday, January 14, 9:30 a.m. to 2:00 p.m.)
- “Exam Survival Kit: Stay Focused and Calm during Exams!” (EN; Wednesday, January 14, 2:15-4:00 p.m.)

[Information about the English-language coaching group](#)

[Information about the German coaching groups](#)

[Information about the “Exam Survival Kit” event series“](#)

[Online materials: “Exam preparation and exam anxiety”](#)

Graduation and academic work

Are you nearing the end of your studies, but the road ahead still seems long? Do your final assignments and bachelor's or master's thesis seem like a huge hurdle? Our services and other offerings at TU Dortmund University provide support in confidently and efficiently meeting the challenges that written work entails. Through professional and personal exchange, you will learn to find the central theme of your work, pursue it, and stay on schedule. 🎓

- Coaching group “Studienabschlusscoaching – Gemeinsam den Endspurt antreten“ (GER; throughout the semester; biweekly)
[Information about the german coaching group](#)
- [Writing Lab w.space at the Zentrum für HochschulBildung \(zhb\)](#)
- [Peer Tutoring Writing Consultation at the zhb](#)

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

- From November 3rd to 7th 2025, Student Health Management will be offering its third Mental Health Week for students. The program will teach you how to take care of yourself, activate your resources for the winter, strengthen your self-esteem, and get moving and in touch with others. Please note that the website and the programme are mainly available in German. 🏃
[Further information can be found on the university sports website.](#)
- The Central Student Advisory Service deliberately sets aside extra time for students who are unsure about how to proceed with their studies and may even be considering changing their subject or university. Special consultation hours, the comprehensive advisory event “Die zweite Entscheidung” (The Second Decision), and the “SpotOn Campus” event are offered. 🎯
[Further information on the services offered can be found on the General Student Advisory Service website.](#)
- The Division of Disability and Studies (DoBuS) at TU Dortmund University works to ensure equal opportunities for students with chronic physical or mental illnesses and disabilities. Its services include counseling and support groups as well as the development of accessible materials and assistive technologies. It is aimed at prospective students and current students. ♿
[You can find all the information and offers on the DoBuS website.](#)
- The Psychological Counseling Service of the Studierendenwerk has also put together a coaching program for the 2025/2026 winter semester. 🧑
[The new winter program for psychological counseling can be found on the Student Services website.](#)
Please note that the website and the program are available in German only.

Action - Needs Bingo

Would you like to pay more attention to your needs and take better care of yourself during the winter semester? Then why not take a playful approach? Share this needs bingo with others.

Eating, drinking, sleeping – these are the first things that come to mind when most people are asked what their needs are. But there are so many more, and discovering and fulfilling them is extremely important for our well-being. Feel free to share this needs bingo with others. Perhaps you can think of activities together that can fulfil each need. Then mark each need that has been met. The first person to complete a row wins (and so does everyone else).

Appreciation	Be self-determined	Balance	Be connected
Lightness	Support	Exchange	Be creative
Competence	Self-efficacy	Diversity	Entertainment
Support	Understanding	Fun	Harmony



Editorial office:

Psychological Student Advisory Services
TU Dortmund University

E-Mail: psychologische-beratung@tu-dortmund.de

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Impressum