

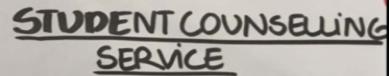
- · PLANNING
- · MOTIVATION
- · STUDY TECHNIQUES

#### CAREER COUNSELLING

- · NETWORK
- · ACADEMIC JOBMARKET · CV & APPLICATIONS

#### STUDENT SERVICE · HELP TO NAVIGATE





- · EXAMS ANXIETY
- · STRESS
- · DERFECTIONISM



# Career Counselling at SDU

**Free career events** for students, but you can also book a **groupsession** with your study collegues or book an **individual apointment**.

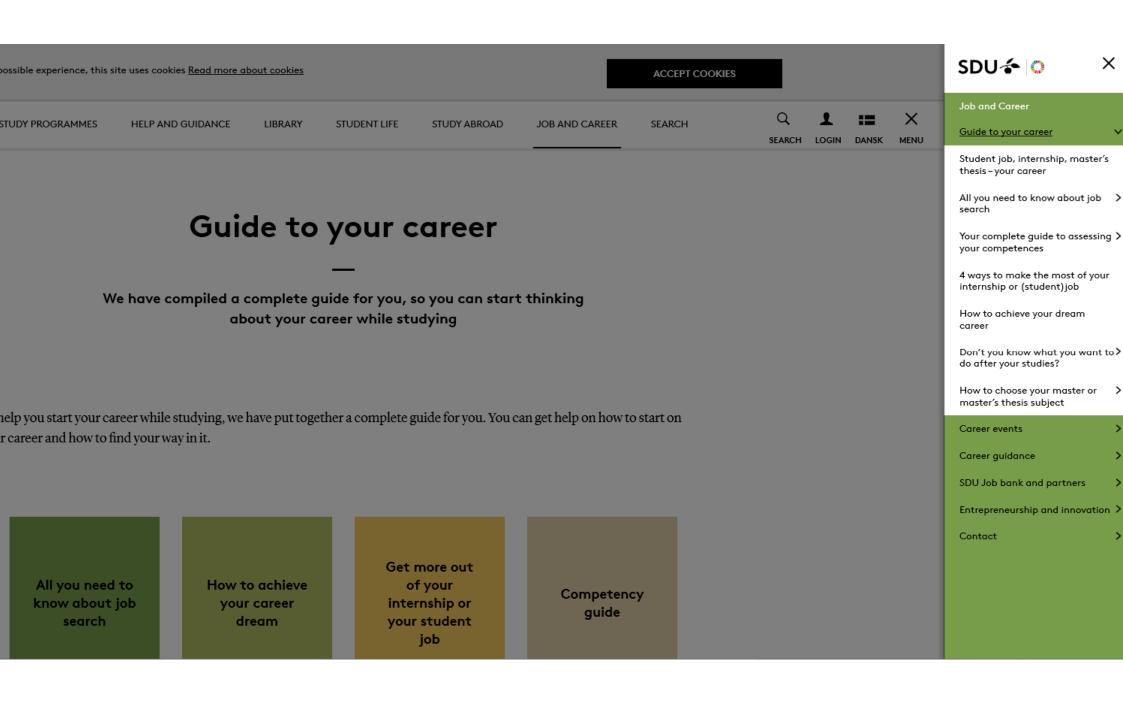
Thursdays but book first an appointment or to email us!

#### Sign up for:

- Webinar, online course: How to write a good CV 23/9
- > Webinar, online course: Write a cathcy coverletter 23/9
- Business Lunch 10/10 in Kolding

Website at MySDU

https://mitsdu.dk/en/job\_og\_karriere



## How can we help you?

- See new possibilities on how to tone your profil
- Learn how to build a powerful and useful network while you study
- Know your occupational possibilities while studying, e.g. through student jobs, internships and projects
- Look at the possibilities on the academic job market and know your academic competencies
- Get feedback on your job applications and your CV



# Careercounselling, SDU Kolding



https://mitsdu.dk/en/job og karriere

Karriere@sdu.dk



# The SDU Counselling Centre General study counselling

#### Talk with us about...

- Study techniques
- Planning and structure
- Motivation
- When things go wrong...
- · Doubts and choices



# General study counselling



#### Contact us

Book an appointment vejledning@sdu.dk

Or call this number 65 50 18 01

- weekdays at **10-12** 



SDU Studie og Trivsel







#### Who are we?

- The Student Counselling Service is nationwide
- Our services is free of charge
- We consists of psychologists and social workers
- Our services are for students studying a higher education

Greeting from our psychologist Martin =>



# What are we helping with?

At the Student Counselling Service we offer help to students with study-related challenges as:

- Stress
- Exam anxiety
- Procrastination
- Perfectionism



Find our app "Exam Stress" at App store or Google Play



## Which services can you expect?

- Counselling: We offer short-term therapy sessions with one of our counsellors
- Group therapy: We offer thematic group therapy sessions for students
- Workshops: We offer both online and physically workshops that are open for everyone whatever you are in a course with us or not



# How do we help?

#### How to:

- 1. Call us on our main number 70 26 75 00 and book an appointment
- 2. You come to a pre-interview where we together clarify whether you can get the right help at us or if there are other places that can help you better
- 3. If you afterwards starts having sessions with us, can you expect to have between two and five sessions that are spread over a few months
- 4. When your sessions with us is completed, you are always welcome to contact us again



# Where can you find us?

We are located nationwide, but here at SDU and in Odense you can find us here:
Universitetsparken 1 or Ansgargade 21 in Odense

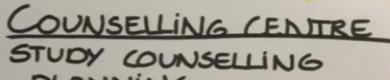
Call us as soon as possible at:

Phone: 70 26 75 00

Monday – Friday from 9.00-12.00 am

Visit our website <a href="www.srg.dk">www.srg.dk</a> and follow our Facebook Page for good advice and more





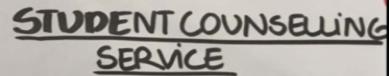
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# Thank you for your attention

Psssss...ask at Student Services for help to navigate to find the right counsellor!