



**Welcome at SDU  
Campus Kolding**

**Counselling at SDU**  
**Astrid Skou Nyeng**

SDU 



# WELCOME



## COUNSELLING CENTRE

### STUDY COUNSELLING

- PLANNING
- MOTIVATION
- STUDY TECHNIQUES

## CAREER COUNSELLING

- NETWORK
- ACADEMIC JOBMARKET
- CV & APPLICATIONS



## STUDENT SERVICE

- HELP TO NAVIGATE

## STUDENT COUNSELLING SERVICE

- EXAMS ANXIETY
- STRESS
- PERFECTIONISM



# Career Counselling at SDU

**Free career events** for students, but you can also book a **groupsession** with your study colleagues 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](https://mitsdu.dk/en/job_og_karriere)**

# Guide to your career

We have compiled a complete guide for you, so you can start thinking about your career while studying

help you start your career while studying, we have put together a complete guide for you. You can get help on how to start on your career and how to find your way in it.

All you need to know about job search

How to achieve your career dream

Get more out of your internship or your student job

Competency guide

## Job and Career

[Guide to your career](#)

Student job, internship, master's thesis – your career

All you need to know about job search >

Your complete guide to assessing your competences >

4 ways to make the most of your internship or (student)job

How to achieve your dream career

Don't you know what you want to do after your studies? >

How to choose your master or master's thesis subject >

Career events >

Career guidance >

SDU Job bank and partners >

Entrepreneurship and innovation >

Contact >

# 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](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**



Følg os på [Facebook](#)

SDU Studie og Trivsel





STUDENTERRÅDGIVNINGEN



# 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 =>](#)



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**SDU** 

# 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 [www.srg.dk](http://www.srg.dk) 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!