



COUNSELLING SERVICES FOR STUDENTS

Monika Sutrop/Kadri Kiiskmann
Admission and Student Counselling Centre

4 Student Counselors



**TAL
TECH**

**NÕUSTAMISKESKUS
AITAB SINU KÜSIMUSELE
VASTUSE LEIDA!**

**STUDENT COUNSELLING
OFFICE WILL HELP YOU
TO FIND ANSWERS TO
YOUR QUESTIONS!**

- Study counseling
- Academic counseling
- ÕIS- Study System
- Practical questions
- ...

Career counseling
(careerguide@taltech.ee)

Psychological counseling
(counselor@taltech.ee)

Special Needs counseling
(counselor@taltech.ee)

COUNSELLING OFFICE

IV building, **room U04-104**

M-F 9-18 (22.08-9.09)

M-F 10-16 phone: **620 2244**

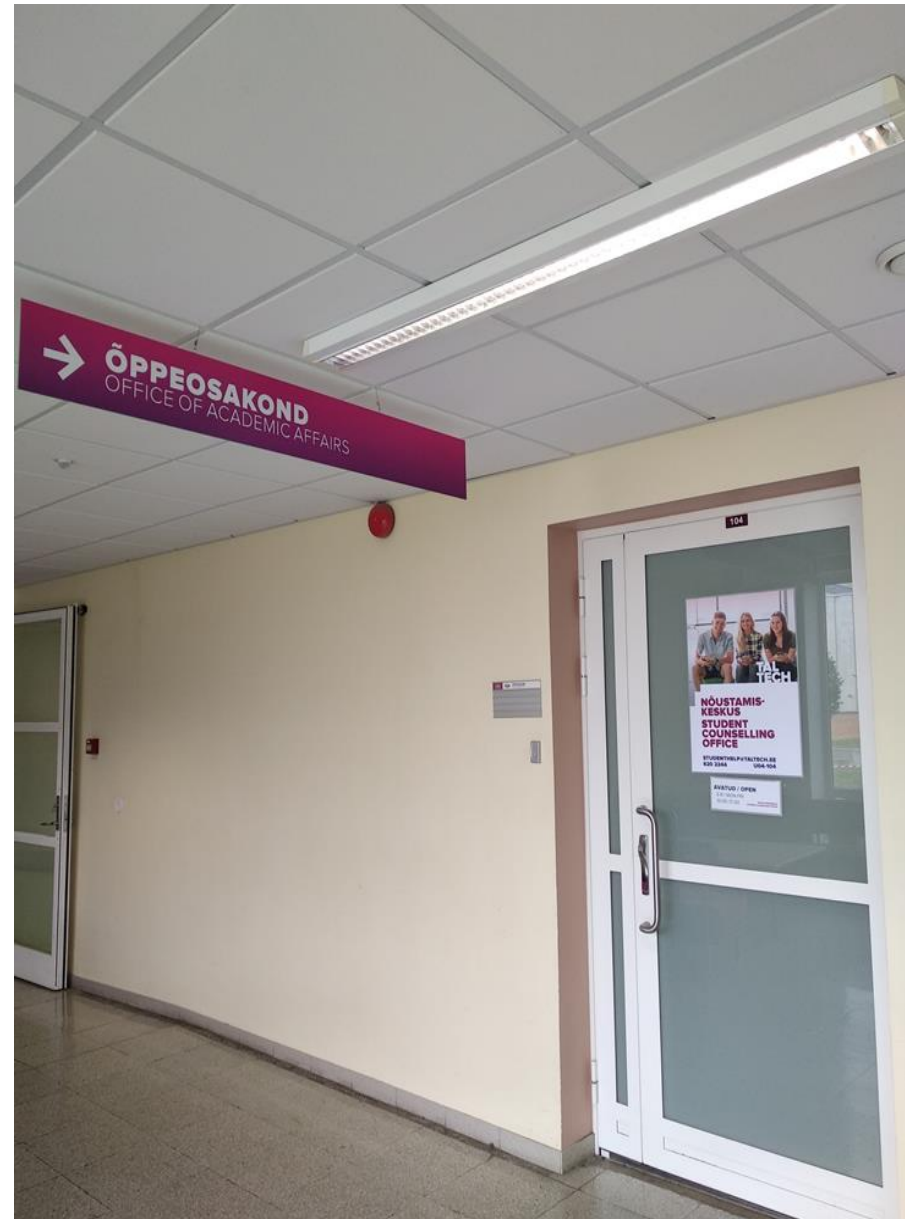
e-mail: **studenthelp@taltech.ee**

Facebook:

facebook.com/TalTechCounsellingOffice/

Find us at:

Student portal student.taltech.ee



Student Portal

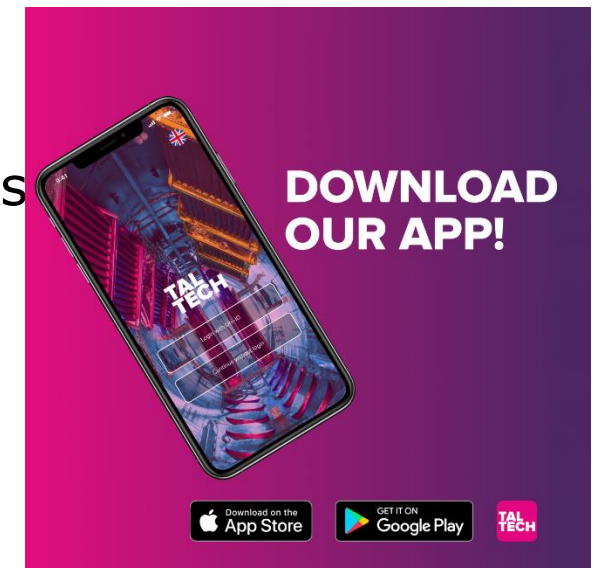
STUDENT.TALTECH.EE (access with Uni-ID)

All in one place:

- [Timetable](#) and [room locations](#)
- Declared subjects, [Moodle course links](#) ja [important contacts](#)
- Semester [grades](#) and [GPA/ECTS](#) (inc pre-filled [GPA calculator](#))
- [Mailbox](#), [personalised calendar](#) and [news](#)
- Contact and info for [Dean's Office](#), [Student Counselling Office](#)
- [Deadlines](#) – academic calendar, scholarships, exchange studies
- [Events](#)
- [Library takeouts](#)
- Lunch [menus](#)



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TalTech Student Counselling Office

<https://www.facebook.com/TalTechCounsellingOffice>



Sharing:

- Study-related [notifications](#)
- [Tips](#) related to study, career, and self-development
- Links to relevant [user guides](#)
- [Student Portal](#) developments
- University [events](#)
- Other [events](#) related to internship, career and self development
- [Internship offers](#)
- [Internship campaigns](#)

CAREER COUNSELLING

Career Counsellor:

Maia Lõssenko

Maia.lossenko@taltech.ee

+372 620 3511

room U04-104 or skype

Make appointment beforehand via e-mail!

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 SEMINARS IN FEBRUARY AND MARCH

- Seminars to help you to be successful in your studies
- Make good transitions to job market!

Job search

How to find motivation for studying and focus?

Category management in Retail

How to create CV and LinkedIn profile that will actually get a recruiter's attention

How manage stress?

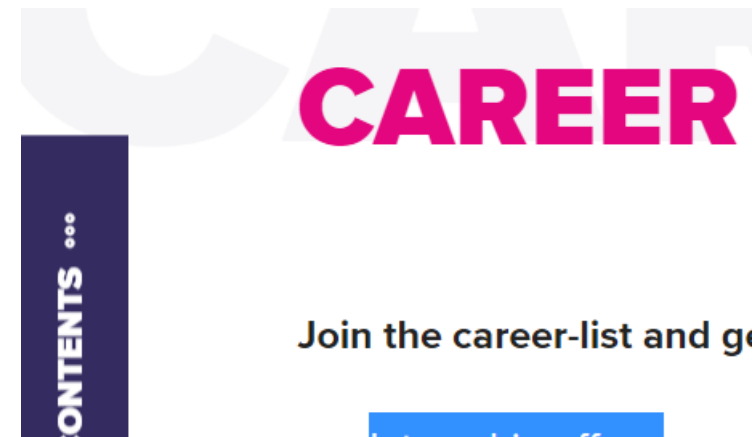
How to start a purpose driven business in Estonia



CAREER E-MAIL LIST

You are welcome to subscribe to career list:

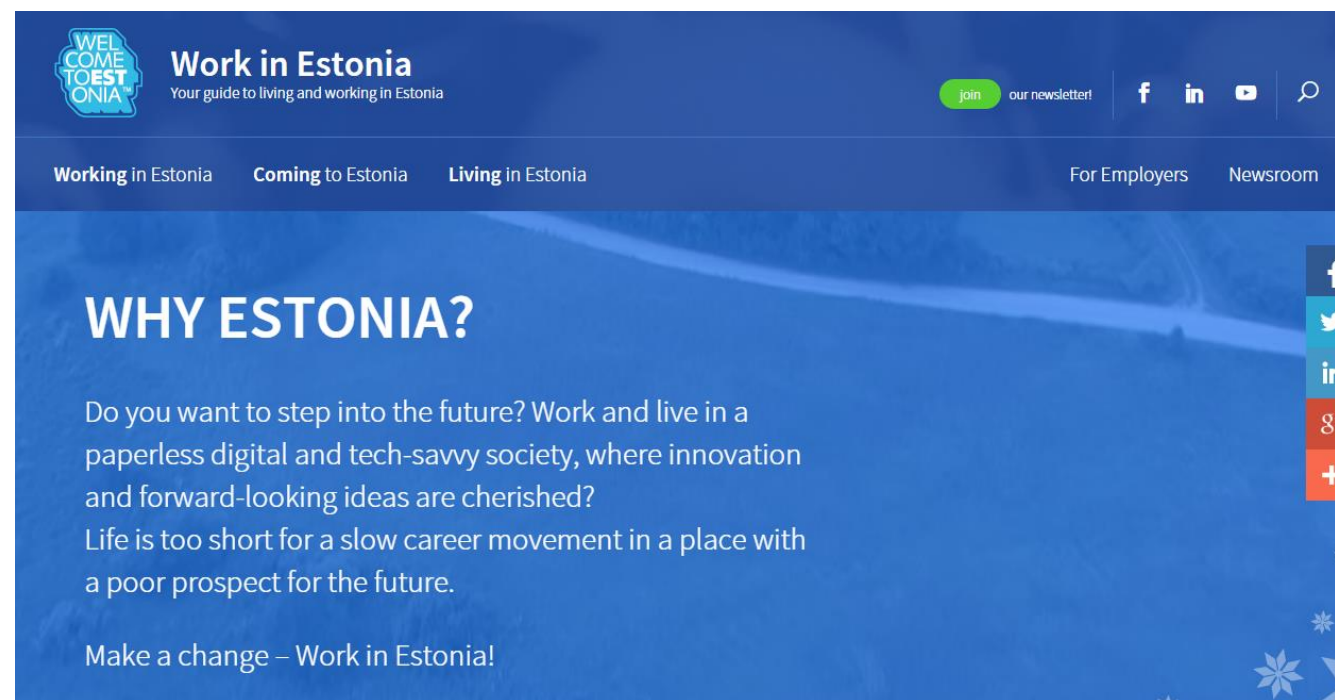
- Internship offers
- Job offers
- Job shadow days
- Scholarships and programs
- Career seminars
- Career events



<https://taltech.ee/en/internship#p1709>

ESTONIAN JOB MARKET

- Unemployment 5,8
- Average wage 1593 EUR (2022, I quarter)
- Minimum wage 654 EUR/3,86 hour



ESTONIAN JOB/BUSINESS CULTURE

- Estonians are quite formal and may come across as little bit cold (or even unfriendly!) to people from more informal cultures, but this is not true. Once the relationship warms up the communication style becomes a lot less stiff, yo.
- Estonians mean what they say and do what they say they will do.
- Hard work, accuracy, detail and deadlines
- Punctuality
- Experience
- Modesty
- Keeping the promise
- Smart casual

JOB SEARCH PROCESS IN ESTONIA

1. Find out your interest and motivation
2. Find out your skills and competences
3. Prepare your CV and cover letter
4. Collect information about potential employers and vacancies
5. Send your application and CV
6. Phone call/e-mail communication from the recruitment officer
7. Job interview (1-2-3)



HOW TO FIND POTENTIAL EMPLOYERS

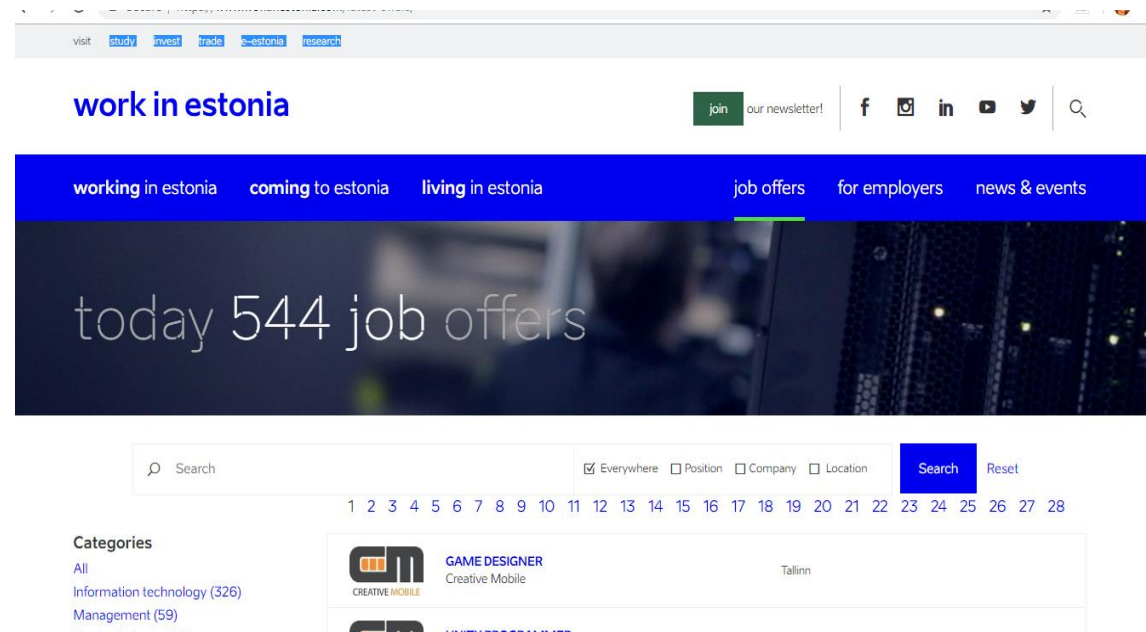
Passive, active and proactive job search!

Start from WORK IN ESTONIA web-page!

<https://www.workinestonia.com/latest-offers/>

www.cv.ee

www.cvkeskus.ee



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
- anxiety
- fear of the unknown and uncertainty
- difficult or unexpected life events
- depression, sadness
- 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: find the ways to do what is possible under current circumstances
- Reach out to friends and others for help instead of withdrawing: find available means for that
- 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
- Make appointment via e-mail
- Possible in the building or via Skype

Psychologist for International Students:

Kadri Kiiskmann

psychologist@taltech.ee



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