



STUDENT COUNSELLING OFFICE – SUPPORT SERVICES FOR STUDENTS

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**TALLINN UNIVERSITY
OF TECHNOLOGY**

What is the
deadline for
submitting
semester's study

What is APEL?

What is interim
week?

What is a study
plan?

When
Dean?

???

How to calculate
my GPA?

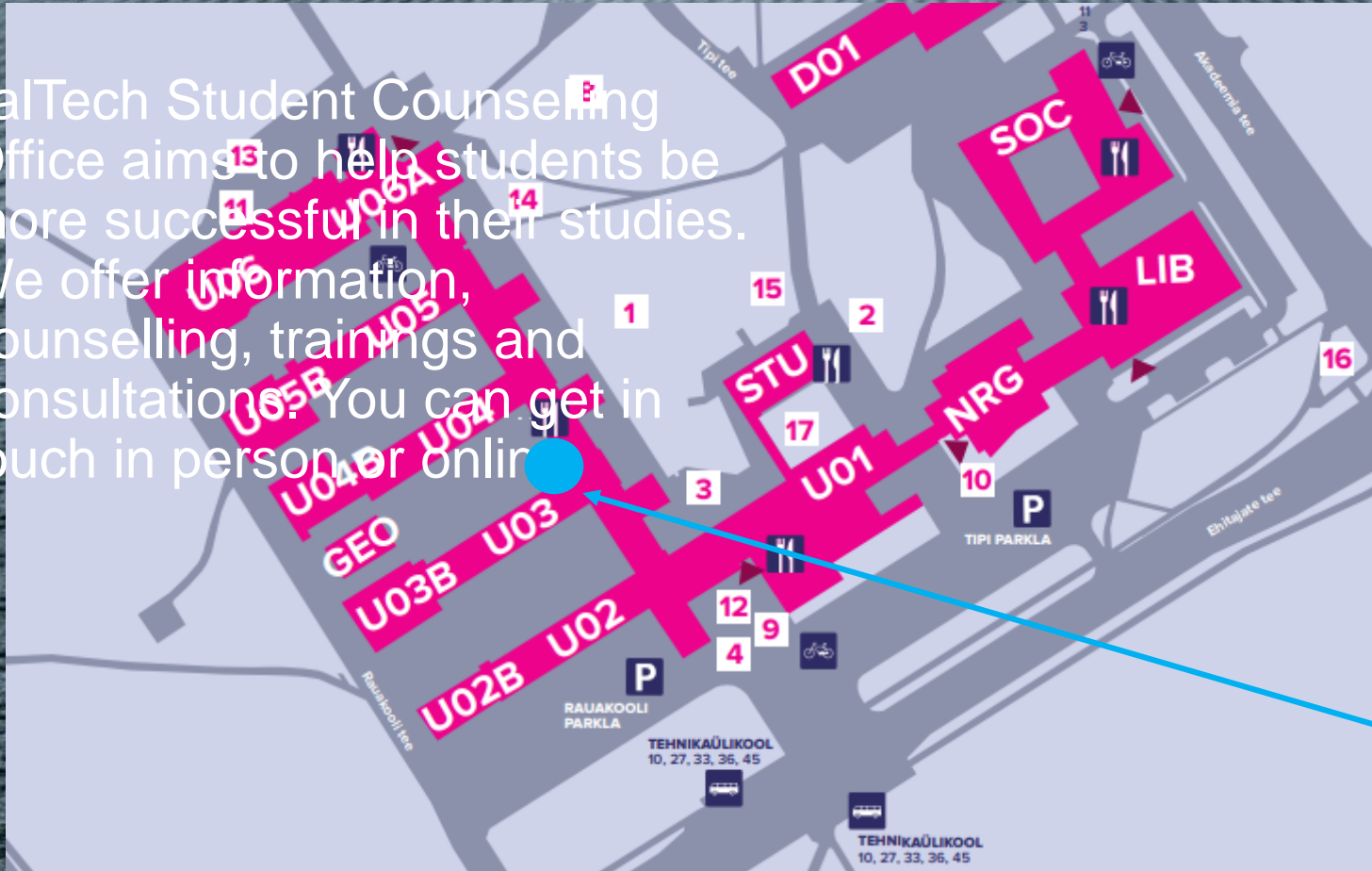
How to get
green car

Where is
building?

What is Moc

STUDENT COUNSELLING OFFICE

TalTech Student Counselling Office aims to help students be more successful in their studies. We offer information, counselling, trainings and consultations. You can get in touch in person or online.



ROOM U04-104
Monday – Friday
10am-4pm

<https://taltech.ee/en/student-counselling-office>



STUDENT



Freshmen

Academic information



Counselling



Tuition & Financial Aid



Exchange Studies



Student Life



Seminars

OUR SCHOOLS

STUDENT COUNSELLING OFFICE – SERVICES

2. ACADEMIC COUNCELLING (study regulations)

STUDENT COUNSELLING OFFICE – SERVICES

3. COUNSELLING FOR STUDENTS WITH SPECIAL NEEDS

Support in various areas related to admissions, studying, accommodation, scholarships and support measures.

Contact - Sven Kõllamets,
specialneeds@taltech.ee

**TAL
TECH**



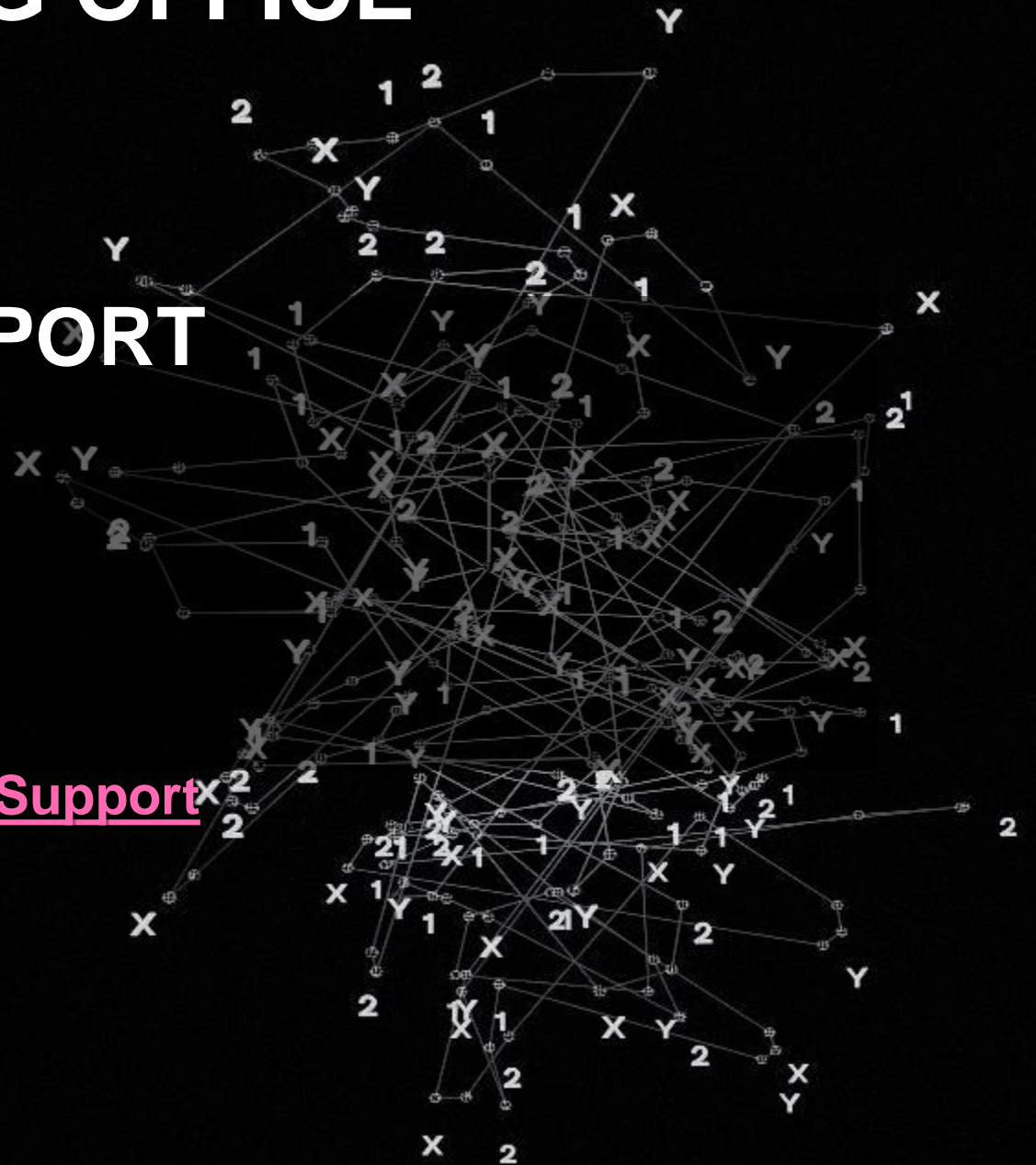
STUDENT COUNSELLING OFFICE – SERVICES

4. MATH AND PHYSICS SUPPORT

If you are struggling with a topic or an assignment in these subjects, you can get help from a fellow student.

More information and to book:

- <https://taltech.ee/en/Math-and-Physics-Support>



CAREER COUNSELLING

Career counselling can help you with:

- making career choices & career plans
- self-analysis
- job search and applying process
- preparing for a job interview
- writing your CV and cover letter
- is it obvious my CV is written by AI?

**TAL
TECH**

You can book an appointment online
or email careerguide@taltech.ee

KING
G O R

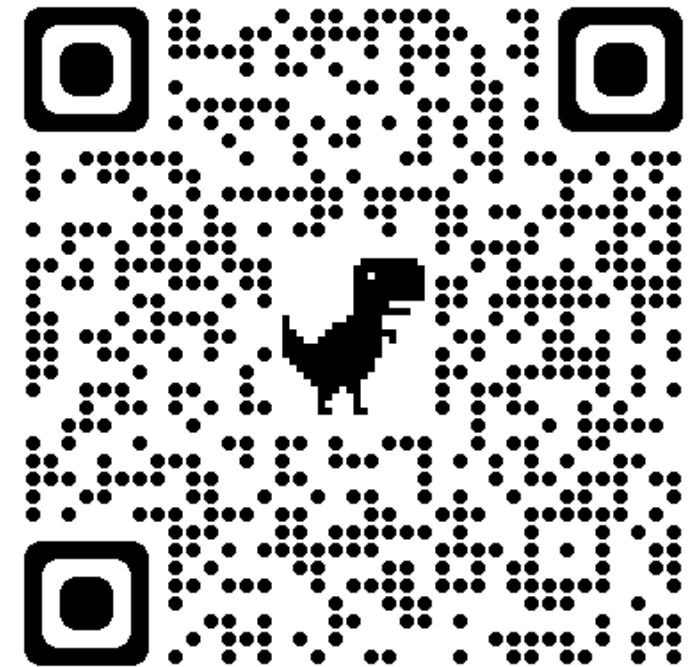
123-456
king@kon
Sekull Isla
kingiskon



EDUCA
BACHELOR
Really Great
2014 - 2016

SECONDA
Really Great
2010 - 2014

SKILL
• opposable
• can use to
• can sleep



LABOUR MARKET FOR FOREIGN-BORN PEOPLE

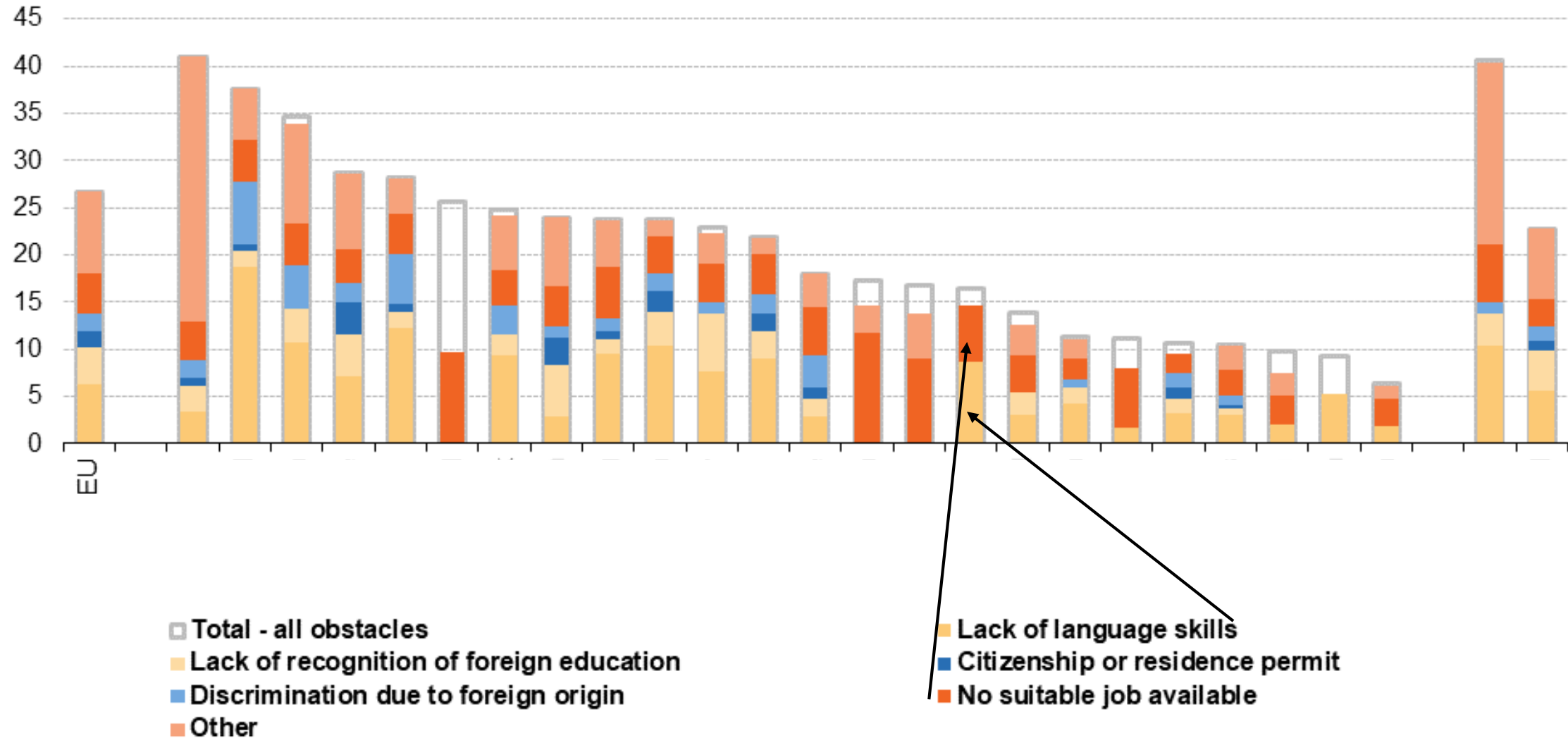
64 % of all for of all foreign-born people in EU experienced **NO** obstacles in getting a suitable job in their current country (2021).

23.5 % said that they had faced obstacles.

Examples of possible obstacles:

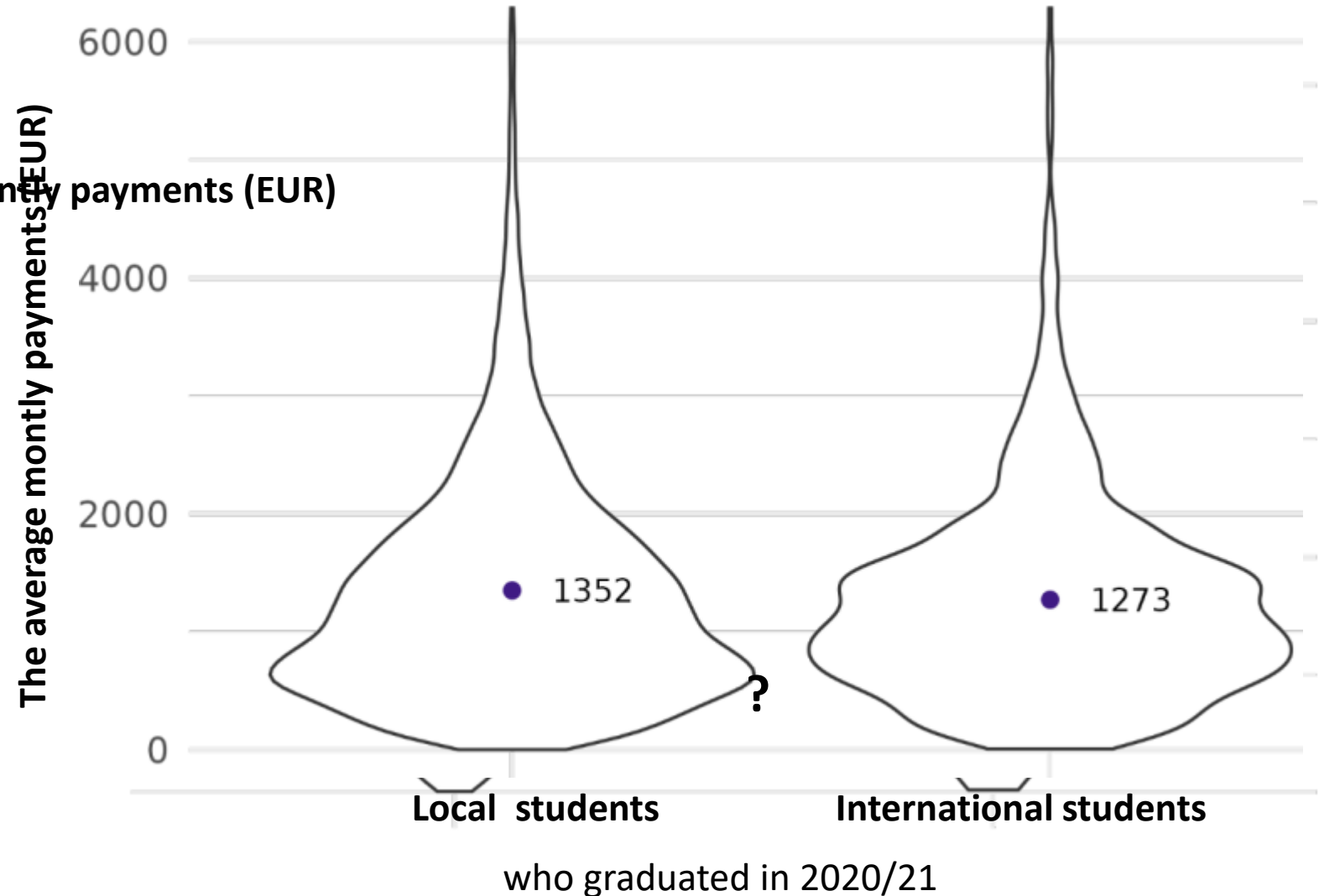
- Bureaucratic and legal
- Limited language proficiency
- Limited social networks

(as a percentage of foreign-born people who have worked or looked for a job in the host country, age group 15-74)



DATA ON FOREIGN STUDENT EMPLOYMENT IN ESTONIA

The average monthly payments (EUR)



90000

~~80000~~

~~A JOB~~

polyworking

Thank you and hope to see you soon!

Careerguide@taltech.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
- low mood, sadness, depression
- fear of the unknown and uncertainty
- difficult or unexpected life events
- 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 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

- Confidential
- Possible in the building or online
- Free of charge

Make appointment via e-mail

Psychologist for International Students:

Kadri Kiiskmann

psychologist@taltech.ee

