

# Welcome Apéro 2024

## Counselling Centre

The Counselling Centre Universities of Bern provides information and counselling services to current students and employees of the Bernese institutions of higher education: University of Bern, Bern University of Applied Sciences and Bern University of Teacher Education.

**We provide individual, professional and independent counselling.**

**All services are confidential and free of charge.**

The Counselling Centre is a department of the Office of Higher Education, which is part of the Department of Education and Culture of the Canton of Bern.

### Counselling and coaching

**We help students to:**

- plan their education: choose a course of study, switch specialisations, find alternatives to formal academic training
- balance work and/or family with their studies
- develop a plan to fund their studies
- master learning and study methods and overcome test anxiety
- plan a career path and get started on a career
- handle conflicts that arise in personal or teaching relationships
- deal with personal difficulties, crisis and self-development

**We help faculty and academic staff to:**

- understand students and meet their needs
- address questions of leadership and team development
- deal with career issues
- handle conflicts that arise in personal and professional relationships
- deal with personal difficulties, crisis and self-development

### Workshops

The centre offers workshops on topics such as study and learning methods, how to write a scientific article, preparing for exam situations, coping with stress, first jobs, career planning, mentoring, meeting student needs, leadership, team building and more.

### Information

- Specific online study guide for the University of Bern: study programs, study organization from A-Z, guide to starting studies and graduating, information on student funding.  
[www.bst.unibe.ch](http://www.bst.unibe.ch)
- Website of the Counselling Centre with a description of its services and detailed information on higher education in general
- Tools on topics such as effective study techniques, preparing for oral and written exams, presentation skills, academic writing and stress management.
- Email-based support.  
[www.bst.bkd.be.ch](http://www.bst.bkd.be.ch)