

Welcome Apéro 2025

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
- 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