



Student Counselling

PSYCHOLOGICAL SUPPORT FOR
EVERYDAY LIFE



Introduction

Psychological counselling is a professional and beneficial service offered to students in attendance at the University of Pécs.

Its objective is to provide psychological help in English, free of charge, for international students in overcoming and solving the challenges and difficulties arising from their lifestyles and studies. Our service extends support to students who are in control of their everyday lives, but face temporary difficulties they are unable to solve on their own.

What are the primary *challenges facing* students?

Challenges related to studies and training: learning difficulties; stressful exams; anxiety, irrational fear and repeated failures. Uncertainties encountered during the development of one's professional identity, hardships met in the adaption of the university lifestyle and behavioural growth during education.



Accommodating to intensive challenges routinely faced when encountering a new spectrum of socio-cultural experiences: being far from one's family, unfamiliar environment, difficulties assimilating to the perplexity of the Hungarian culture.

Routine challenges associated with life, potentially creating a barrier towards studying: self-esteem, self-confidence; hardships encountered in the community and difficulty towards effectively establishing valuable relationships.

How do we extend our professional *counselling services?*

Counselling is available for individuals and for groups, and it is without fees.



Individual counselling

Individual counselling consists of personal interviews, in which discussions involve current challenges the student face; solutions, alternatives and new perspectives are proposed and behavioural attitudes towards stress, anxiety and depression are offered.



Group counselling

We offer group counselling if and when several students desire the opportunity to discuss openly yet discreetly a specific psychological problem within a group setting. Appointments for group counselling can also be made by sending an email to.

Scheduling an appointment



Appointments for counselling can be made by email. Prompt and timely responses are generated typically within 72 hours and include suitable time and dates in support of the first appointment. Our work is facilitated if the applicants indicate the problem they seek assistance with. We are trying to reply every application as soon as possible, but a few days delay is possible.

Counselling is offered at the Department of Behavioural Sciences, Institute of Psychology and other departments of UP.



**Scheduling appointments
for counselling:**

counselling@pte.hu



PÉCSI TUDOMÁNYEGYETEM
UNIVERSITY OF PÉCS



Apply to any of our consultations!

counselling@pte.hu



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[@studentwellbeingup](#)

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