

From Mensa to the Master's

Introduction to Study Counseling at BTU Cottbus-Senftenberg

Sandra Soult
Head of Student Counseling

Who am I?

M. Sc. Sandra Soult

**Head of Student
Counseling**

Including: Psychological
Counseling, Learning
and Exam Coaching

Main Building
Room HG 1.20



WHAT DOES THE STUDENT COUNSELING DO?

Short Answer*:

It helps with all kinds of problems during your studies.

*The detailed answer follows...

WHAT DOES THE STUDENT COUNSELING DO?

Short Answer*:

It helps with all kinds of problems during your studies.



“The most important skill is not to give the right answers, but to ask the right questions.”

(attributed to Albert Einstein)

*The detailed answer follows...

FROM MENSA TO MASTER'S

WHAT DOES THE STUDENT COUNSELING DO?



Brandenburgische
Technische Universität
Cottbus - Senftenberg

What is the most important question at the beginning of your studies?

Show of hands:

Answer A: Where can I find past exam papers?

Answer B: How do I create my timetable?

Answer C: When is the semester opening party?

FROM MENSA TO MASTER'S

WHAT DOES THE STUDENT COUNSELING DO?

What is the most important question at the beginning of your studies?

Show of hands:

~~**Answer A:** Where can I find past exam papers?~~

~~**Answer B:** How do I create my timetable?~~

~~**Answer C:** When is the semester opening party?~~



None of the above!



How do I get to the MENSA?

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→ Display today's menu

Entdecke die MensaTime App: Dein digitaler Speiseplan



Montag 06.10.



Essen 1
Couscous-Gemüsepfanne | Kräuter-Joghurt-Dip +++
Couscous Vegetable Pan | Herb Yogurt Dip



Essen 3
Back-Camembert | Preiselbeeren | Mischsalat | Stangenbrot +++
Baked camembert | Blueberries | Mixed salad | bread stick



mensaSpezial
Kasselerkambraten | Apfel-Möhren-Sauerkraut | Petersilienkartoffeln +++
Roast neck of pork with jus | Apple carrot sauerkraut | Parsley potatoes



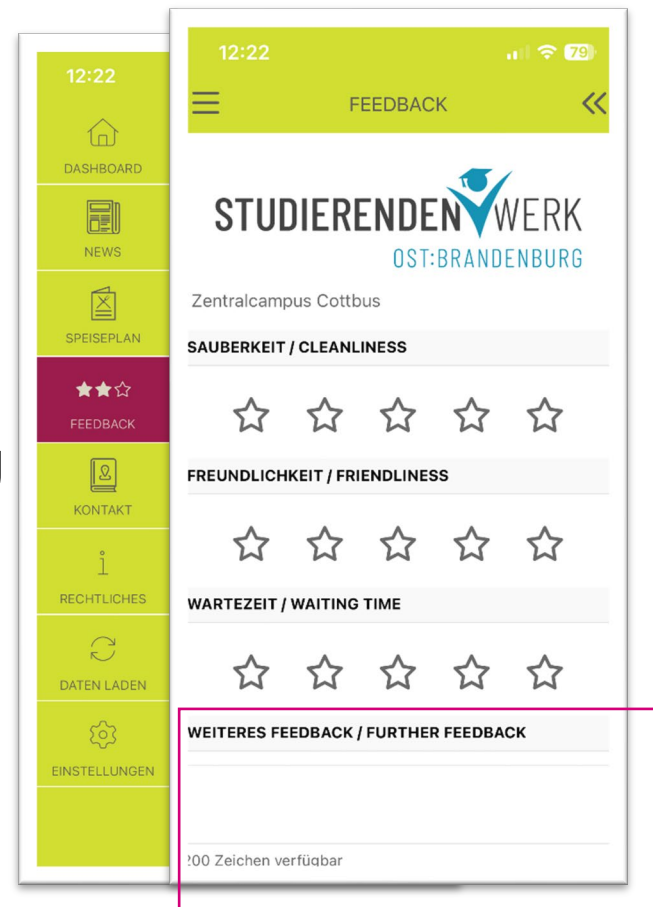
Quelle: <https://studentenwerk-frankfurt.net/speiseplan-cottbus-zentralcampus/>

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What if the food isn't tasty?

Please give feedback...

- In the App:
- or—be brave and say something in person😊



**For what other questions and
problems can you contact the
Student Counseling Services?**

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WHAT DOES THE STUDENT COUNSELING DO?



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- How do I achieve my study goals?
 - Am I in the right program?
 - How can I stop procrastinating?
 - How do I make friends?
 - How can I learn effectively?
 - I have...
 - personal / financial / health problems
 - conflicts with classmates, lecturers, or employers
 - exam anxiety
 - I want to have a personal conversation
 - How do I find a career that suits me?
- ...and much more!

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Use our Workshop offers!

Before studying

Offers for schoolchildren

Advice and support

Study & career choice

Central Student Advisory Service

Subject-Related Counselling

Advice for prospective international students

Change of university

Dual study program

Transition to the job

Financing & Funding

Study successfully

Special life situations

Health & Insurance

**Application, admission &
enrollment**

Financing, housing & costs

Events & Workshops

Winter semester 2025/26

Workshop	Contents (short)	Time & Place	Target Group	Bookable
Who am I in my studies?	Starting university & identity, transition from school to university, change of roles, self-discovery, expectations	Thursday, November 6, 5:00–6:30 p.m., Central Campus (room to be announced)	First-year students in Cottbus	yes
Who am I in my studies?	Starting university & identity, transition from school to university, change of roles, self-discovery, expectations	Thursday, November 13, 5:00–6:30 p.m., Campus Senftenberg (room: t.b.a.)	First-year students in Senftenberg	yes
Succeeding in your studies	“Learning to learn”: study skills & time management	Monday, December 1, 9:15 a.m.–12:00 p.m., Central Campus, ZHG Seminar Room 1	all students	yes
“Connect!” – Friendships & Networks in your studies	Strategies for building friendships, university networks, small talk, and discussions on group dynamics and loneliness	t.b.a.	First-year students	yes
Emergency kit for exam time	Coping with stress, exam anxiety, relaxation techniques	t.b.a.	all students	yes

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Where do you find us?



University

Research

Study

International

Continuing Education

Transfer

University life

Home ▶ Study ▶ Before studying ▶ Advice and support

▶ Study program

▶ Before studying

▶ During studies

▶ After Graduation During studies

Before studying

Offers for schoolchildren

Advice and support

Study & career choice

Financing & Funding

Study successfully

Special life situations

Health & Insurance

Application, admission &
enrollment

Financing, housing & costs

Get to know university & cities

Path to a Master's degree

Advice and support

Study & career choice



Central Student Advisory Service

Die Zentrale Studienberatung hilft Studieninteressierten bei der Wahl eines passenden Studiengangs und unterstützt Studierende in besonders herausfordernden Situationen.



Subject-Related Counselling

The subject-related counselling helps with questions regarding the academic and organisational aspects of your studies.

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Reminder slide for the speaker

Don't forget to drink



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Where do you find us?

Call us:
0355-
693800

Mail:
[studium@
b-tu.de](mailto:studium@b-tu.de)

Central Study Counseling

The Central Student Guidance and Counselling team is available to all prospective students to help them decide which degree program is right for them. In addition, the Central Student Advisory Service and the student advisors help to clarify all questions relating to the course and the study environment.

▸ News

▸ Our Team

▸ Events & Workshops

▸ FAQ's

▸ Help in Emergency Situations

▸ Related Offers of Help

Please note: Our counselling is confidential and open to all students and prospective students.

Open Phone Consultation

+49 (0)355 69 3800

Tuesday - Friday 9:00 -12:00

Tuesday & Thursday 13:00 -15:00

Wednesday 13:00 - 17:00

✉ [studium\(at\)b-tu.de](mailto:studium(at)b-tu.de)

Contact

Central Campus Cottbus

Sandra Soult

Head of Student Counselling

[Hauptgebäude, Raum 1.20](#)

Jenny Handke

Study Advisor

[Hauptgebäude, Room 1.19](#)

Campus Senftenberg

Heike Postelt

Study Advisor

[Senftenberg, Gebäude 2, Room
2.213.3](#)

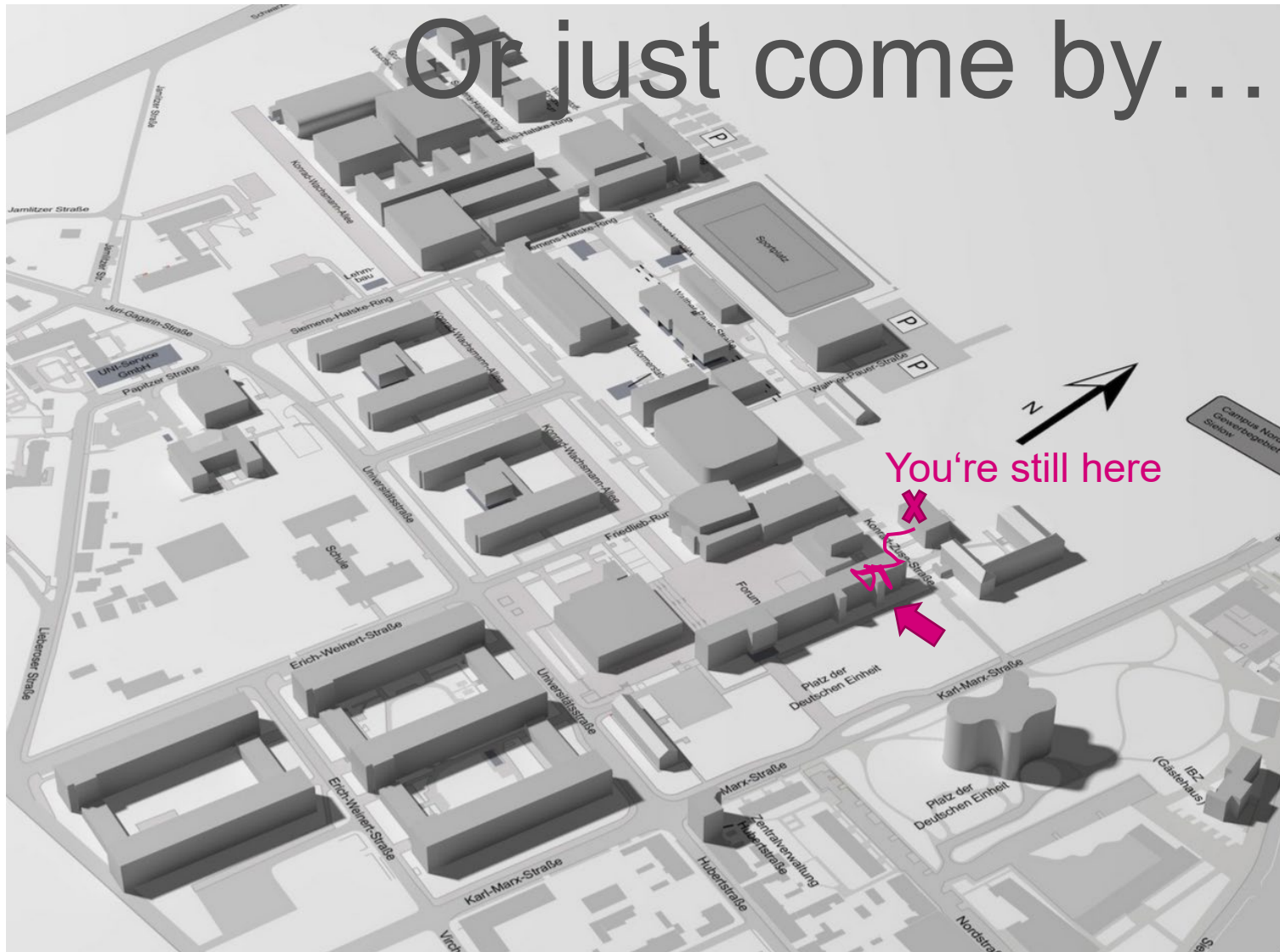
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Where do you find us?

Or just come by...



FROM MENSA TO MASTER'S

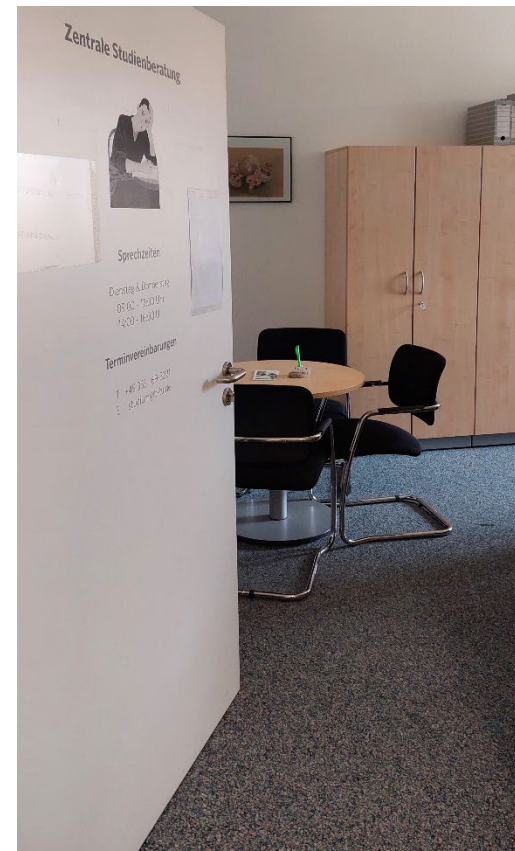
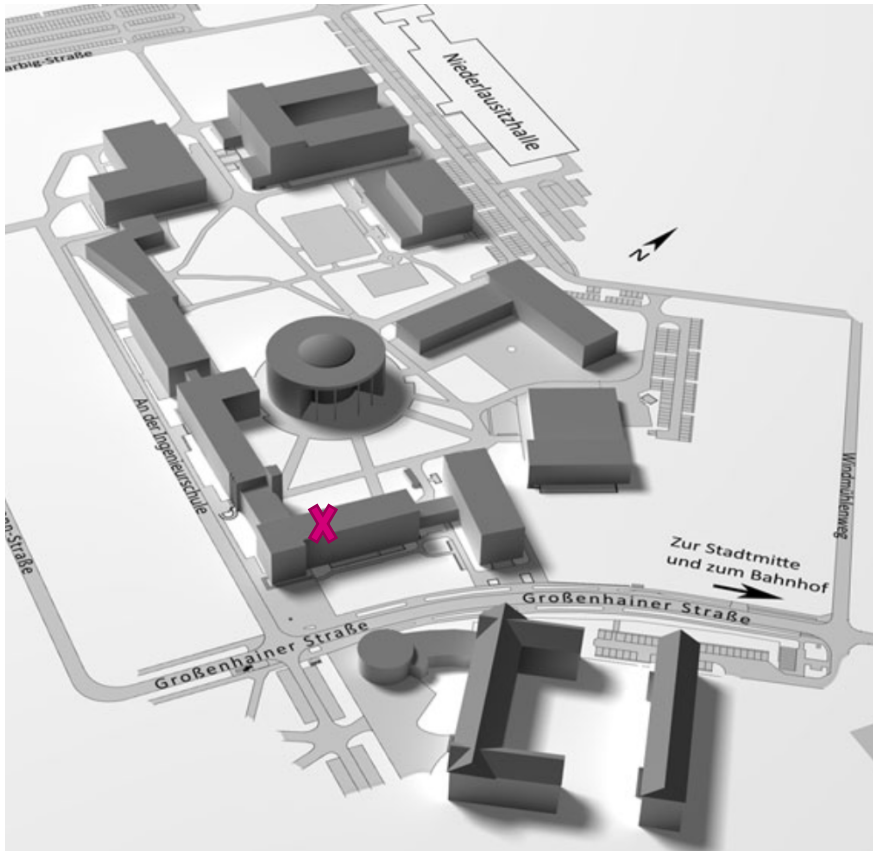
WHAT DOES THE STUDENT COUNSELING DO?

In case the last slide was too small...



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There's also someone waiting for your questions in
Senftenberg!...



**For which questions are other
offices the right contact?**

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Further support offers

- How do I find (affordable) accommodation?

<https://www.b-tu.de/unileben/wohnen-kosten>

<https://studierendenwerk-ostbrandenburg.de/wohnen-in-cottbus/>

- How do I write an application?

<https://www.b-tu.de/careercenter>

- Questions about language certificates / visas / etc.?

<https://www.b-tu.de/en/international/contacts/international-relations-office>

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Further support offers

- Who enters my grades?
 - Module coordinator of the respective chair
- How do I register for exams?
 - Moodle <https://www.b-tu.de/elearning/btu/> **AND !!!**
 - BTU Onlineportal Lehre

<https://www.b-tu.de/qisserver3/rds?state=user&type=0&topitem=modules>

- Where do I get official certificates (e.g. for xyz)?

<https://www.b-tu.de/studium/im-studium/studienorganisation/quicklinks/studierendenservice>

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Further support offers

- I feel discriminated against:  [antidiskriminierung\(at\)b-tu.de](mailto:antidiskriminierung(at)b-tu.de)
- I have a concern about equality:  [gleichstellung\(at\)b-tu.de](mailto:gleichstellung(at)b-tu.de)
- I want to become a sport's person: <https://www.b-tu.de/sport>
- I want to learn a new language: <https://www.b-tu.de/sprachen/sprachen/studienbegleitung>
- I want to know about work–study–family balance: <https://www.b-tu.de/unileben/familie-dual-career/dual-career/beratung-und-unterstuetzung>

And finally, an old saying:

**The more often you ask others,
the more relaxed I am ;)**





Brandenburgische Technische Universität Cottbus – Senftenberg
Abteilung Studium und Lehre
Leiterin Zentrale Studienberatung
Sandra Soult

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03046 Cottbus

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E sandra.soult@b-tu.de

www.b-tu.de



TEILNAHME AN DER STUDIENANFÄNGERBEFRAGUNG



<https://evaluation.b-tu.de/evasys/online.php?p=81KFX>