Department of education and culture
Universities of Bern Counselling Centre

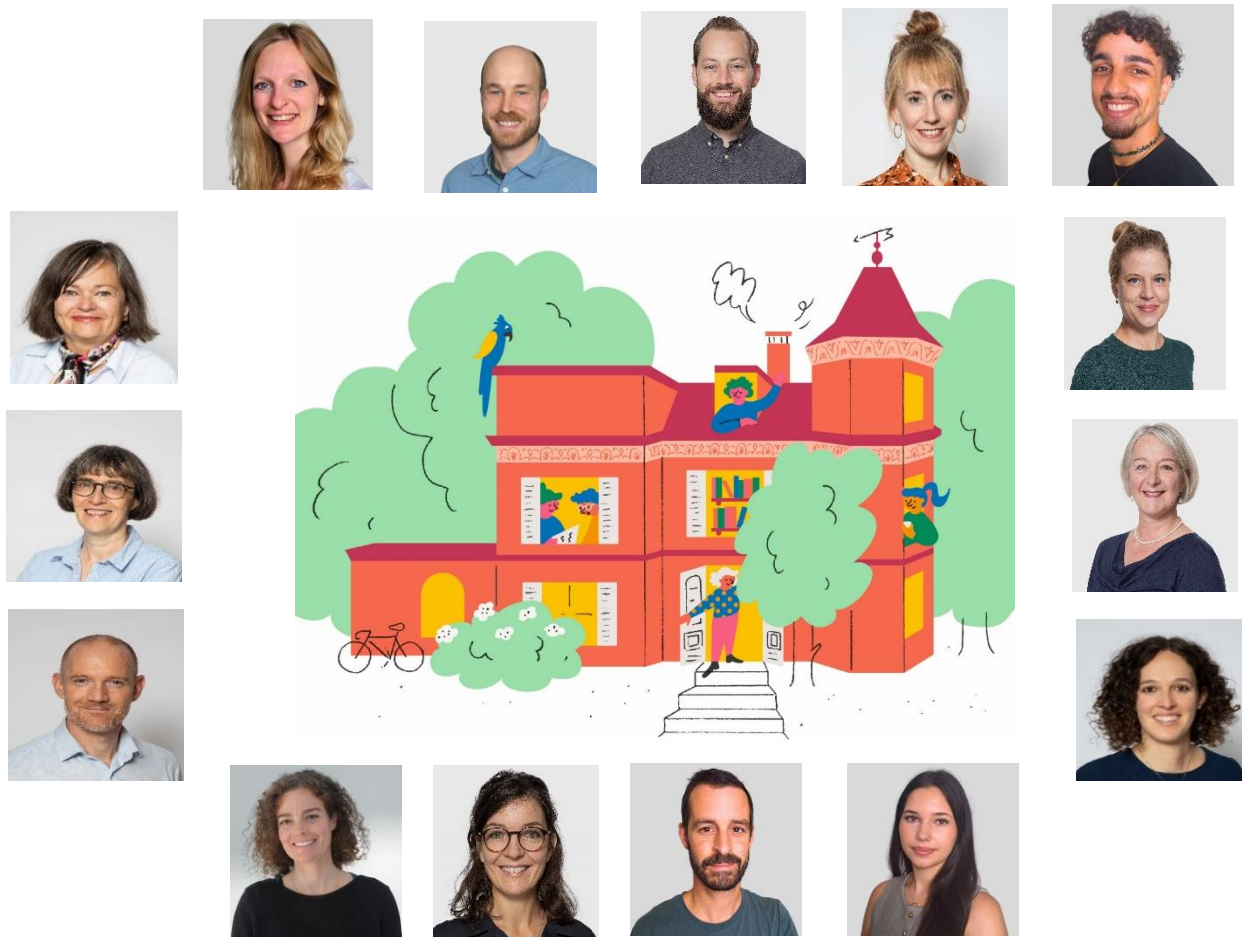
Universities of Bern Counselling Centre

www.bst.bkd.be.ch

MSc. Lena Reis, Psychologist and Career Counseler



Team



Beratungen auf Deutsch, Französisch, Englisch, Spanisch und Italienisch

Head:
Stefanie Feuz

Career Counsellors:
Chantal Jaussi
Corinne Pürro
Lena Reis
Anja Schmidt
Nadine Schneider

Psychotherapists:
Emanuel Feurer
Simon Göldi
Mia Lachelin
Philipp Schmutz
Mirjam Zeiter

Interns:
Amir Ryser
Alexandra Zbinden

Reception / Library:
Elisabeth Studer
Karin Oprecht

Communication:
Ivo Krummenacher

Our offer

- **Confidential and free individual counselling** sessions regarding studies, work and personal issues/topics**.**
- **Information and workshops** about mental health, study compentences and career entry/path
- **Website** with many information and short videos
- **Library**



Counseling for Students – Possible Concerns

- Choosing a study program
- Study and learning techniques, coping with exams
- Career questions, starting a career
- Conflicts, feelings of being overwhelmed
- Personal difficulties



Workshops

- Coping with stress
- Strengthening your own well-being
- Recognizing, identifying, and talking about psychological distress
- Calm and strong – building resilience for studies and for everyday life
- Because I am worth it – self-esteem and self-confidence

- Better today than tomorrow: Do it now! (Dealing with procrastination)
- Presentation skills
- Learning successfully

- Should I pursue a PhD?
- Career planning after completing a Master's degree
- Entering the workforce: application documents & job interviews
- career assessment (e.g. CV Checks, Interview training, how to apply for jobs…)

Kanton Bern
Canton de Berne

Thank you for your attention!

