

# Tutoring and Psychological Counseling Office

## Student support services

### Peer-to-peer tutoring

The Peer Tutors are senior students who offer their experience to support other students. They answer your questions and provide useful and practical advice on how to best approach your university career.

### When should you contact the Peer Tutors?

If you need advice on study methods from someone who has already passed the exam you need to take - if you would like to find out about the opportunities and activities offered by the university - if you would like to get in touch with other students with your passions or if you have doubts about how to contact teachers, the Peer Tutors are there for you. Don't hesitate to contact them; they will gladly advise you and help however they can.

### Psychological counseling

You may request a meeting to see one of our counselors in a private, confidential and one-to-one space. They are certified psychologists and their role is to help you evaluate and assess your own situation, to find resources to cope with it. The meetings may cover everything that goes from a personal difficulty, up to a moment of crisis. Listening, empathy and support are the basic ingredients of each session.

### How can you contact the psychological counseling service?

You can get in touch by filling in the form here: [go.iulm.it/counselingpsicologico](https://go.iulm.it/counselingpsicologico)  
Our psychologists will contact you to arrange an appointment.

### Freshers' Desk

You can get all the support and assistance you need to make the most of your university career here.

### Seminars

Throughout the year, IULM organises a series of seminars aimed at developing soft skills, that will help you in successfully tackling the university course. Below are some examples:

- **Study method:** now in its 13th edition, it is scheduled both in November and March and aims to help students set up an efficient study method in preparation for exam sessions;
- **Managing emotions and exam stress:** meetings aimed at dealing with normal changes in emotions and thoughts about the Self;

### Seminar "Graduation, my first professional challenge! How to be effective and organized"

Seminar aims at:

- summarizing in a practical way strategies and ways to find the information you need for the thesis, and to know how to communicate it in the best possible way;
- consolidate the main skills of time management and prioritisation;
- promote a specific competence in the field of written communication;
- develop effective communication techniques on a presentation and discussion level, with specific focus on scientific information.

The seminar will also be a powerful antidote to anxiety, thanks to all the useful tips that will be shared to calm nerves in view of the big day.

The seminar is aimed mainly at students of the third year of Bachelor's degree and the second year of the master's degree, but is also open to students who attend previous years.

