

**MUNI**

# **Student Advisory Centre: Psychology Counselling and Support**

9. 9. 2025

Lenka Rozkovcová

# Student Advisory Centre

- Supporting a proactive approach in students when facing a difficult situation.
- Guidance through key study topics.
- Navigation through advice services offered by the university.
- **Don't be afraid to ask, we are ready to listen.**
- [poradenstvi@muni.cz](mailto:poradenstvi@muni.cz)



# Psychological Counselling

- Provided by the Student Advisory Centre.
- University aims to create safe and supportive environment for students and staff.



# Psychological Counselling



- Individual psychological consultations.
- Up to 7 free of charge consultations per academic year for students.
  - 50 minutes
- Team of experienced psychologists and therapists.
  - Individual informations about them on the website.
- In person or online.
- Clear reservation system:
  - <https://poradenstvi.muni.cz/en/psycholog>



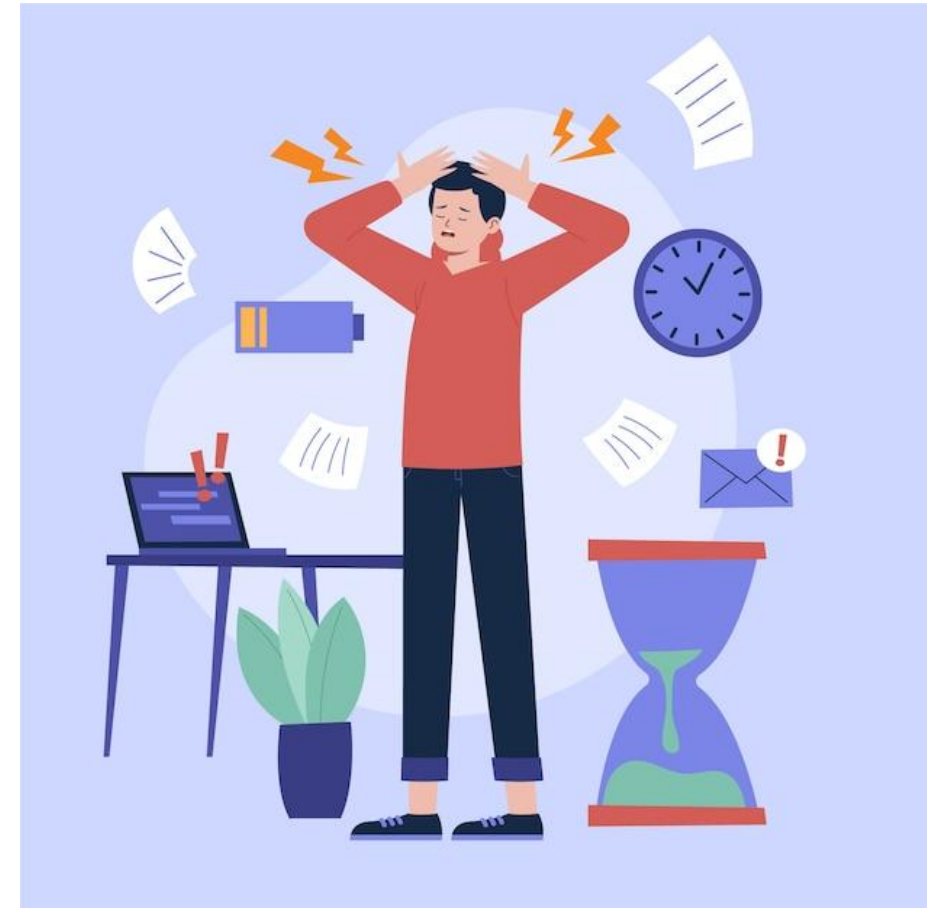
# What to expect?

- Focus on the topics brought by students.
- Confidentiality and non-disclosure.
- Supportive attitude.
- Space for emotions and their expression.
- Respect for the student's individuality and their own choices.
- Professional input and education regarding psychological topics or other services available.
- Joint search for possible solutions and next steps to take.
  - ...

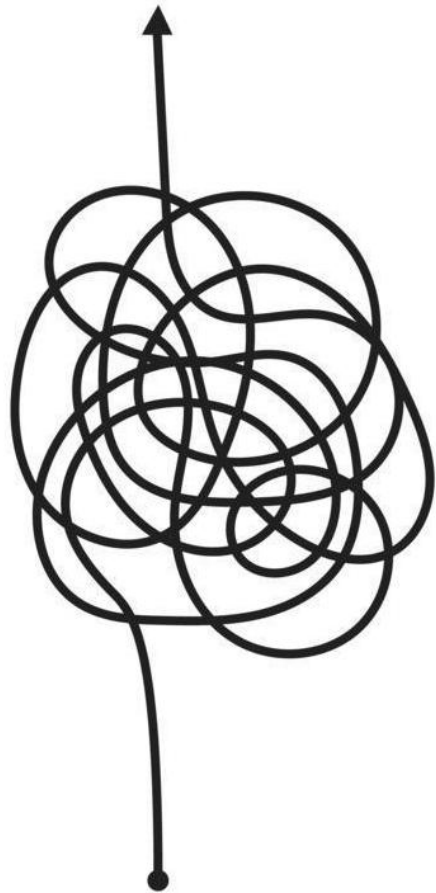


# Topics of Consultations

- Aiming to help students to cope with challenging work, study, or personal situations.
- Not only study related - Difficulties in **any area** of life may complicate and negatively affect studies.



# Frequent Topics



- Feelings of stress, frustration or overload.
- Anxious or depressive moods, panic attacks.
- Exhaustion, burnout prevention and solution.
- Lack of meaning or sense of fulfilment, feelings lost.
- Lack of self-confidence, self-criticism.
- Difficulties in relationships - family, partnerships, friends, classmates.
- Challenging events, losses or changes.
- ...

# Foreigner specific Topics

- Lack of familiar support systems.
- Events at home.
  - Feelings of helplessness or guilt.
- Unfulfilled expectations.
- Daily frustrations, overwhelmness.
- Cultural shock.





# Cultural Shock

- Not one time event - **ongoing active process of coping with change.**
- Can be also experienced when coming back to home country.

**1. Honeymoon** – enthusiasm about novelty.

**2. Awareness.**

- Loss of familiar value systems and symbols in social interactions.
- Frustration with a number of interactions that locals are not able to empathise with.
- Individual length and intensity.
- Can cause confusion and anxiety, disorientation, fear, desire to leave or to avoid.

# Cultural Shock

## 3. **Adaptation** to a new cultural patterns.

- What helps:
  - Keep in contact with your family and friends.
  - Surround yourself with familiar things with personal meaning.
  - Keep being social with both local and international students, get involved in local events.
  - Share your process with others.
  - Take time to understand local values, customs and beliefs: Where do they come from?  
What is the background? How can this experience enrich you?

# Other types of support

- Psychological Counselling under University cannot be a substitute for long term intensive therapy under the healthcare system.
- Not providing accommodations for students with special needs:
  - [> MUNI Teiresias: Support Centre for Students with Special Needs](#)
- Not for acute conditions:
  - [> Brno Blue Line](#)



# Mindfulness for Life



- **Currently ongoing program for students.**
- **Taught in english, in person at campus.**
- **8 week curriculum: 30. 9. – 25. 11. 2025, TU 16-18.**
- **2h long sessions and daily home excercises.**
- **In online format taught every semester for 2 credits.**
  
- **Mindfulness = learning to pay purposeful attention, in the present moment, with curiosity and kindness.**
- **Effective in reducing stress and promoting wellbeing.**

# Wellbeing days

- Conference on wellbeing and mental health caer
- **October 9 and 10**
- 3 workshops in English:
  - **Journaling for Self Care**
  - **Yoga for Stress Relief**
  - **Loving-Kindness Meditation**



MUNI