

## Tallinn University Career and Counselling Centre



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NÕUSTAMISKESKUS

loodud selleks, et toetada Sind õpingutes ning  
aidata tööturul edukas olla!

### Career and Counselling Centre

Career and Counselling Centre has created to support our students in their studies and offer different services to help them gain success on the labour market.

Career Counselor Ethel Eharand

Student Counselor Marju Saar

Psychologist Helen Margus



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### Career services

- .individual counselling
- .meetings and exchange of information between the students and employers (career-list, advertisements in web and on career-board)
- .different lectures, presentations and job fair.
- .job and practise offers.
- .feedback from graduates and employers to receive information for developing curricula, and for gaining more knowledge about the modern labour market.
- .all services are free of charge



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### Academic counselling:

- . Advice to the students in their studies
- . Questions that concern rules of study arrangement
- . Possibilities of getting financial aid for studies
- . Information about receiving medical insurance
- . Terms of entering into Tallinn University and advice about different professions
- . Information about the possibilities of living in the dormitory



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## Psychological counselling:

- Adjustment difficulties
- Coping with stressful life-events
- Decreased mood, frequent mood fluctuations, feelings of inferiority, loneliness, motivational crises
- Anxiety: generalised anxiety, social anxiety, phobias, panic attacks
- Other psychological problems



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We also train [tutors](#) - students and provide advice to other students.



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## Services for people, who want to continue their studies:

- Advice to all, who want to continue their studies.
- Advice to parents, who want to support their children in career planning.



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## Career and Counselling Centre

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Psychologist Helen Margus

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