

Central advisory services, psychosocial counseling and further offers regarding exam anxiety

The listed offices provide advice and services, such as workshops, regarding exam anxiety. These services are open to University of Bonn students.

[4 powers 4 you – more power\(s\) to you!](#)

Free self-study resources and training sessions to help you better navigate your studies. Includes topics such as exam preparation, exam stress and exam anxiety. Most of these resources are available only in German, however a select few are in English.

[Bonn Graduate Center](#)

Online coaching for doctoral candidates about, but not limited to, stress management, self-care, self-criticism and preparation for challenging situations during your doctoral studies. Coaching is available both in English and German.

[Central Study Advisory and Counseling Service](#)

The Central Study Advisory and Counseling Service offers University of Bonn students and doctoral candidates psychological support for mental stress and issues that may interfere with academic studies or doctoral research – including preventative support. If necessary, they also provide guidance on finding a psychotherapist and/or refer those who need them to other appropriate resources.

Contact: E-Mail: zsb@uni-bonn.de, Telephone: +49 228 73-7080

E-Mail for Psychological Counseling: pb-zsb@uni.bonn.de

[Healthy Campus Bonn](#)

Healthy Campus Bonn collaborates with various partners to offer free programs, events and information covering mental, physical and social wellbeing. Here, you will find workshops, lectures and seminars discussing topics regarding study strategies and stress management for students, doctoral candidates and employees of the University of Bonn.

[INCLUSIVE Studying](#)

Counseling and support for students whose studies are affected by mental, chronic-somatic illness and/or partial performance disorder.

[Mental Health during Your Doctoral Studies](#)

Overview of contact points as well as workshops offered regarding mental health and stress management for doctoral candidates. The majority of the workshops are held in English. Select workshops are available in German.

[Psychosocial Consultation by University of Bonn's General Students' Committee \(AStA\)](#)

Personalized counseling for exam anxiety and psychological distress. Consultation languages include English and German.

Address: Beratungsraum 6; AStA Container (Parking lot of the Campomensa Poppelsdorf),
Endenicher Allee 19, 53115 Bonn
Contact: E-Mail: psb@asta.uni-bonn.de, Telephone: +49 228 73-7034

„Psychosocial Counseling“ Flyer

A selection of advisory offices and institutions in Bonn are listed in this flyer.

RessourcenStark Durchs Studium ([Push Through Your Studies](#))

Workshop series by the Central Study Advisory and Counseling Service and Healthy Campus.
Workshops are currently offered predominantly in German, with one workshop in English.

Studierendenwerk Bonn

The psychological counseling center of the Studierendenwerk Bonn. This service is aimed at enrolled students of the University of Bonn, the Bonn-Rhein-Sieg University of Applied Sciences and Alanus University of Arts and Social Sciences, as well as doctoral candidates. Sessions can be held in English and German.

Address: Adenauerallee 63, 53113 Bonn
E-Mail: pbs@studierendenwerk-bonn.de
Telephone: +49 228 73 7106

Studierendenwerk Bonn: [Writing Advice](#)

This service is available for students from all fields of study.

Appointments: Mo-Tue: 9:00 – 17:00 o'clock at Adenauerallee 63, 53113 Bonn; Wed: 09:00 – 14:00 o'clock via Telephone/Zoom