



Studies in a sandbox

Space, time and activities for the little ones

Expectant parents should inquire early to match the baby and Kindergarten. The Werk sponsors four university-related pre-school facilities. The children of studying parents are well cared for here.

Educational concept

Our educators operate on a situation-oriented approach. The child's life situation and interests are the center of his or her education. We want to make the introduction of pre-school easy for parents and children. The child should be introduced to the day care center in small steps, paying attention to a careful familiarisation of the child's surroundings.

Registration

Registration is only via our online portal SPAtz (www.kstw.de > SPAtz).

Contact

Section Manager
Gudrun Schindler
0221 168815-23
schindler@kstw.de

Deputy Section Manager
Christian Hidding
0221 168815-31
hidding@kstw.de

Our day care centres

Seven percent of Cologne university students are already parents of small children. Therefore the WERK is also committed to child care

We currently have space for 65 children in our four kindergartens:

- **Uni-Kids**
Located at the University of Cologne (Humanities Faculty); 10 children; Age group: up to three years; care time 45 hours a week.
- **Stoppersöckchen**
Located near University of Cologne; 30 children; Age group: from one to school enrolment, two groups; care time weekly 45 hours.
- **Purzelbaum**
Located at the German Sport University (Müngersdorf); 15 children; Age group: from one to school enrolment; movement-oriented emphasis; care time weekly 45 hours.
- **Campus-Zwerg**
Located at the Technical College (Südstadt) 10 children; Age group: up to three years; care time weekly 35 hours.

Social counselling

Our advice provides information, orientation and decision help on social and financial topics for current and potential students

Together we will search for answers to questions on these topics:

- How do I finance my studies?
- How can I bridge a financial bottleneck?
- Study and child / pregnancy - How will it affect me?
- Job and study - What do I have to consider?
- Health insurance or social benefits, e.g. housing and child benefits - What should I do?
- How can I receive health insurance as an international student? What should be considered when working? (Arranging contacts)
- Studying with disabilities - who can help me?



Our service

Qualified experts and one comprehensive offer

The department of "Counselling, Childcare and Social Support" of the Kölner Studierendenwerk specialises in the challenges that face students.

Offers

- Psychological counselling
- Learning advice
- Social counselling
- Anonymous online consultation
- Workshops and courses
- Childcare

Costs

The individual consultation is free of charge for up to five appointments. After that we charge a nominal fee of 2.50 EUR for each additional session. We calculate moderate fees for groups and courses.

Of course, we act discreetly and confidentially, we work under a pledge of secrecy.

Registration

Appointments for information or consultation can be arranged in person or by phone, course registration can also be done by e-mail.



Counselling, Childcare and Social Support (BKSA)

Luxemburger Straße 181-183
50939 Köln
Tel 0221 168 815-0
bksa-sekretariat@kstw.de

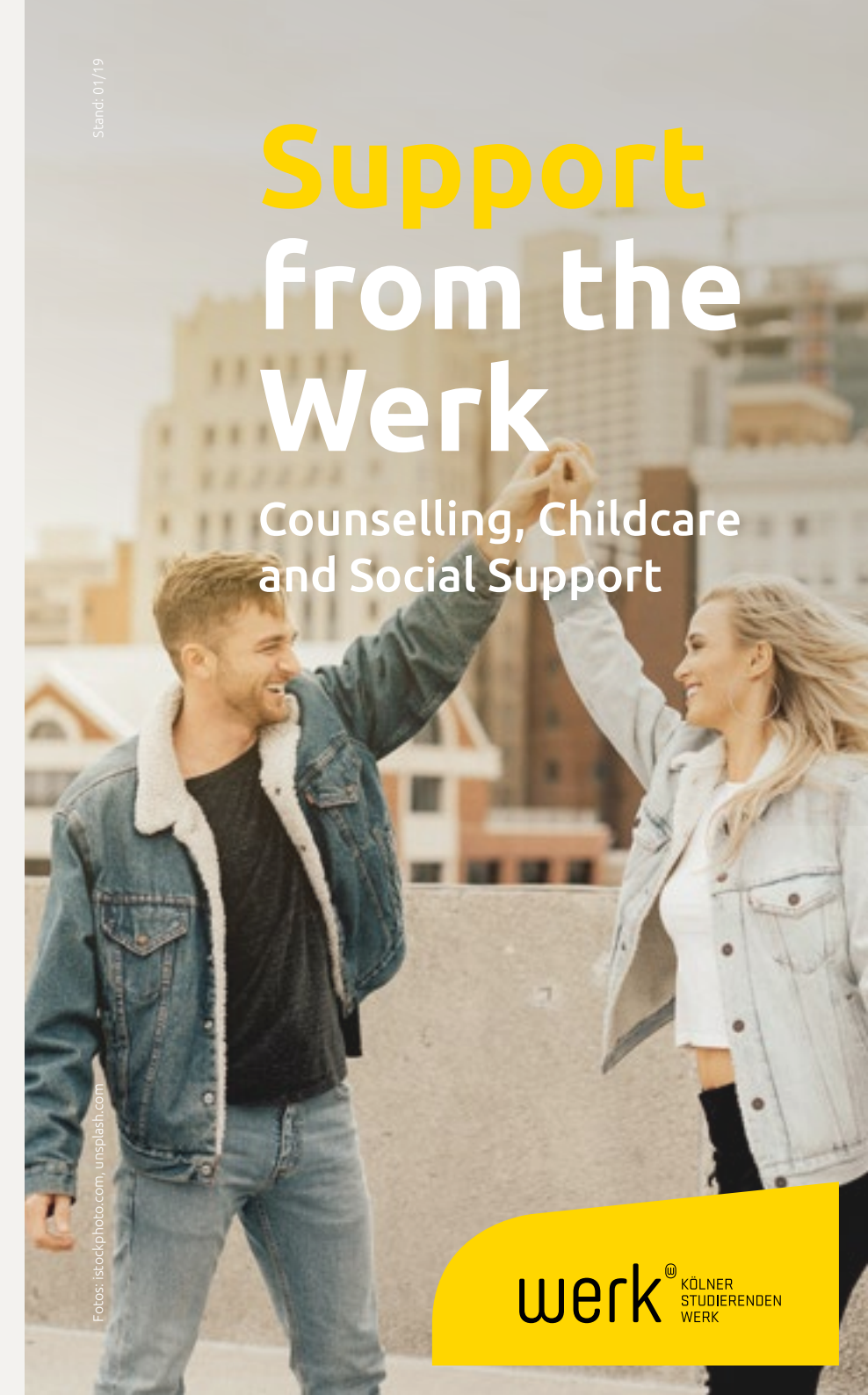
Mo to Th 9:00 am – 1:00 pm, 2:00 – 4:30 pm,
Fr 8:30 am – 2:00 pm

Kölner Studierendenwerk AöR,
Universitätsstraße 16, 50937 Köln
kstw.de

Stand: 01/19

Support from the Werk

Counselling, Childcare and Social Support



Fotos: istockphoto.com, unsplash.com

werk[®] KÖLNER
STUDIERTEN
WERK

Help with studies and personal problems

Psychological consultation

Grief, fear, helplessness
- you can bring all of it to us!

Psychological counselling tailored to the life of the student. The goal is positive personal development while preventing problems and disturbances where possible. To be sure, we also offer professional support for serious crises.

We can personally discuss:

- Contact difficulties
- Exam nerves & auditing inhibitions
- Partnership issues
- Study stress
- Mental illness
- Depression
- Personal crises
- or if you do not know exactly what is happening, but still believe that it would be good to speak to someone

Special psychological services:

- Workshops and coaching (see also learning advice)
- Visiting hours at our office at the Technical University of Cologne (Campus Deutz)
- Anonymous online consultation (see online consultation)
- Support with questions about psychotherapy

Learning advice

Improve your time and self-management skills throughout your studies

Our advice on effective learning covers different study-relevant topics that many students experience every day.

We help with ongoing study stress and frustration or with the feeling of not being able to move forward. We also stand by you when it comes to learning difficulties and work disturbances such as postponing and fears.

In a one-to-one interview, we help you plan and implement study projects, including a thorough time and self-management schedule. Together we set realistic goals, organise priorities and review success.

Using appropriate strategies we provide motivation, strengthen concentration and increase the ability to tackle the workload.

A proactive consultation is of course also helpful for a successful start to your studies. Groups also offer the opportunity to meet fellow students, exchange information and support each other.



Start-Up! For early birds

The ultimate 15-minute kick to start your day:
Arrive, Confirm tasks, Set the day's goal, Go!

**Monday to Friday, 8:30 am - 8:45 am,
Group room at the BKSA, Luxemburger Str. 181-183**

Set goals, plan, organise: Master your studies!

Online counselling

Quick help - anonymous

The internet allows consultations to be timely and accessible. Students who have tight schedules come to cherish the flexibility online consultations offer. The main reason to use the internet is for its anonymity and low threshold of use. It also gives the student an opportunity to write down oppressive thoughts or difficult problems which could improve clarity about one's own situation.

The consultation takes place via e-mail or chat

- anonymous
- timely
- free of charge
- guaranteed data protection
- we work under a pledge of secrecy

Counsellors are recognisable with real names. Inquiries are treated with absolute confidentiality and initial inquiries are usually answered within five working days.

Workshops and coaching take place on a regular basis:

- The calm route to exams
- Semester support
- Giving speeches
- Study Optimisation Program
- Strengthen self-esteem
- Start up
- and more



Current workshops, groups and coaching can be found at: kstw.de.

Current offers and schedules can be found here: kstw.de.