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).

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 46 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.

• Purzelbaum
  Located at the German Sport University (Münsterdorf); 15 children; Age group: from one to school enrolment; emphasis: movement-oriented; care time weekly 45 hours.

• Stoppersöckchen
  Located near University of Cologne; 30 children; Age group: from one to school enrolment, two groups; care time weekly 45 hours.

• Campus-Zwerge
  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?
• Work and study: what do I have to consider?

• Housing and child benefits: what should I look for?
• How can I ensure health insurance as an international student? What should be considered when working?
• Staying with disabilities: who can help me? (Arranging contacts)

Our service
Qualified experts and one comprehensive offer

The departments of “Counselling, Childcare and Social Support” of the Kölner Studierendenwerk specialise 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.
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.

Psychological consultation

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

Psychological counselling trained to the life of the student. The goal is positive personal development while preventing problems and disturbances where possible. In true case, we also offer professional support for serious cases.

You can personally discuss:
- Contact difficulties
- Exam nerves & auditing inhibitions
- Partnership issues
- Mental illness
- Depression
- Personal crises
- 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 the University of Cologne (Campus Deutz)
- Anonymous online consultation (see online consultation)
- Support with questions about psychotherapy

Start-Up!

For early birds

The solution: 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-up goals, plan, organise:

Master your studies!

Set goals, plan, organise: Master your studies!

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

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
- work under a pledge of secrecy

Counsellors are recognizable 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
- University Red Cross Program
- Strengthens self-esteem
- Start up
- and more

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