

Workshops for Internationals

Dates of the psb Osnabrück
Winter term 2025/26

Register early!

The number of participants is limited.
Therefore, please register as early as possible:

- by telephone on +49 541 969-2580
- by e-mail to psb@sw-os.de

More info:



**Psychosocial Counselling (psb)
of Osnabrück Student Services**
Sedanstraße 1 · 49076 Osnabrück
+49 541 969-2580
psb@sw-os.de
www.sw-os.de



Study Smart. Feel Connected.

– A Workshop Series for International Students

We offer this workshop series especially for you as international students, focusing on your specific needs. Our goal is to help you strengthen your study skills, manage stress more effectively, and feel more connected — both at university and in everyday life. Together, we will explore strategies for academic success and personal well-being, while also fostering a sense of belonging.

Session 1: less stress

Tuesday, 4th of November, 2-4 pm

In the first session, we will explore the basics of stress management, learn how to cope with anxiety, and discover ways to deal with difficult thoughts. You will also have the opportunity to try out simple exercises that you can easily use at home.

Course leader:

Lena Wolfgramm, psychologist, psb Osnabrück

Session 2: study smart

Tuesday, 11th of November, 2-4 pm

In this session, you'll organize your semester with simple tools for time management, weekly planning and learning strategies. You will learn how to handle multiple exams, structure your study week, and find techniques that work best for you. If you want to study more effectively and feel more confident during semester — take part in this workshop.

Course leader:

Birgit Schreiner, psychologist, psb Osnabrück

Session 3: explore and network

Tuesday, 18th of November, 5-7 pm!

We will explore the wide range of opportunities available in Osnabrück and discuss how you can make the most of them. We're also interested in the topics that matter to you and aim to create an interactive space that supports your arrival, settling in, living situation and make everyday life in Osnabrück a great experience — together with others.

Course leader:

Team of tutors: Ahmed, Emir, Hanna, Patrick and Simone

Session 4: connect and belong

Tuesday, 25th of November, 2-4 pm

In this session, we will explore ways to connect with others and build a stronger sense of belonging. The focus will be on group interaction and the mutual exchange of experiences.

Course leader:

Lena Wolfgramm, psychologist, psb Osnabrück

In all courses, we combine theoretical input with practical exercises and techniques designed to improve your study and work habits. Most importantly, you'll have the opportunity to engage in mutual exchange and build connections with others.

You are welcome to attend all sessions or choose the ones that interest you most.

**All courses take place in the psb,
Sedanstraße 1, 49076 Osnabrück**

Please note that registration is required!