

Welcome to TU Munich

„Ready, set, go: Toolbox for a successful start at TUM“

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Academic Coaching

Munich, October 12, 2023



Before we start...

- ✓ Please keep your microphone on silent
- ✓ If you have questions, please post them in the Chat or keep them until the Q+A session at the end
- ✓ Questions will be answered at the end



How about you?

A few questions for you...



One more...

What made you pick TUM and Germany
as a place for your studies?



Please answer in the Chat window

Expectation vs. Reality



This is how I imagined my studies



This is how I feel before my first exam

To prevent this from happening, we will highlight possible stumbling blocks and give you tools to work around them.

Change...

Do not underestimate the amount of change taking place in your life right now

- ✓ New learning environment
- ✓ Responsible for yourself and your own schedule
- ✓ Meeting lots of new people and making new friends
- ✓ Possibly living in a new city and on your own
- ✓ Possibly having to earn your living
- ✓ Possibly getting used to a new culture



Uhrenturm der TUM

Reflection Time

- ✓ What are the changes that you are going through right now?
- ✓ What are you most looking forward to?
- ✓ What do you see as a challenge?



Please write your reflections in the chat if you want to share!
I am sure you are not alone with your worries...

Your Toolbox for a successful start at TUM

- ✓ Take studying seriously from the start
- ✓ Manage your time
- ✓ Develop an exam strategy
- ✓ Explore your learning style
- ✓ Take care of yourself and have fun



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A new way of learning

✓ Learning in school is like training for a sprint run



✓ Studying at TUM is like training for a marathon



A semester is shorter than you think...

School year

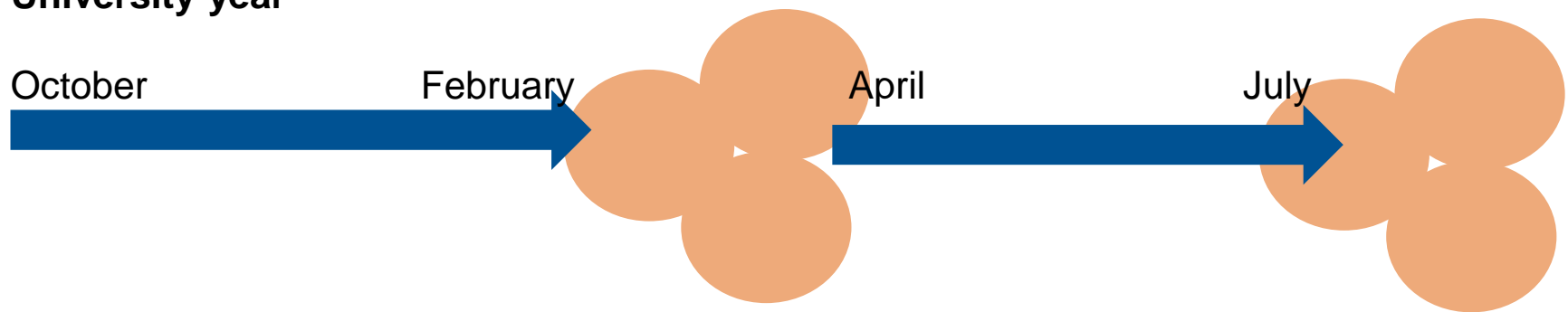
September



July

University year

October



February

April

July

Get started NOW

- ✓ Take on just enough courses
(not too few, not too many)
- ✓ Develop a studying routine from the start
- ✓ Review your approach from time to time
- ✓ Start the new year with a review



Set SMART Goals

✓ **S**pecific

✓ **M**easurable

✓ **A**chievable

✓ **R**elevant

✓ **T**ime Bound



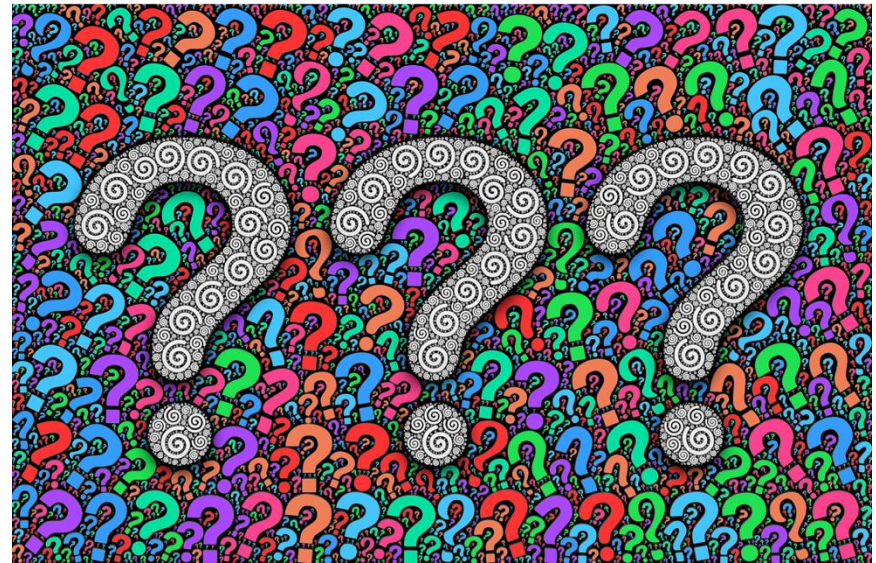
„I will take 4 courses in order to have 25 credits at the end of the semester.“

„I will finish one exercise sheet of statistic every Thursday between 4 and 5 pm so that I have gone thru all exercises once prior to the exam.“

Reflection time

What could be a SMART Goal that you can already set for yourself now for the first 2 weeks of your studies?

- ✓ Specific
- ✓ Measurable
- ✓ Achievable
- ✓ Relevant
- ✓ Time Bound



Please write your answers in the chat if you want to share.

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Manage your time... you are the boss

- ✓ You decide when you learn and when you don't
- ✓ You decide to go to lectures or skip them
- ✓ No more parents, bosses, etc. telling you what to do and when
- ✓ It is a great freedom but also a great responsibility

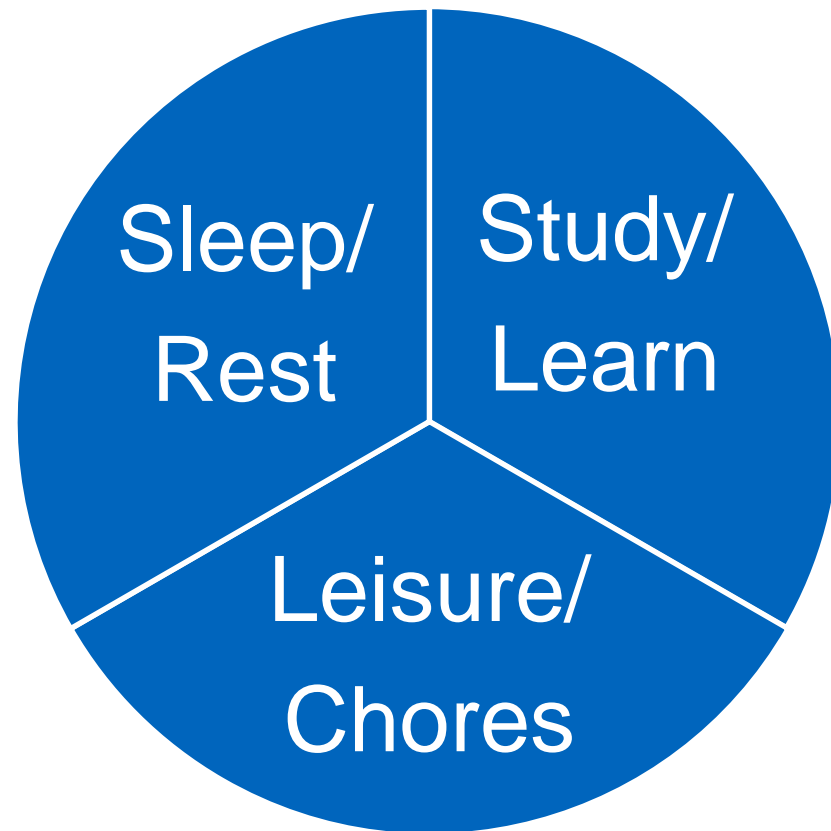


You are a full time student...it's your job

Rule of Thumb:

8/8/8

5 days a week



Make a weekly plan

- ✓ Schedule your courses
- ✓ Schedule your learning times
- ✓ Schedule your leisure times
- ✓ Schedule sleep and rest times
- ✓ Leave time for unexpected events
- ✓ Keep the weekends free

	Mo	Tu	We	Th	Fr	Sa	Su
Early Morning							
Morning							
Lunch Break							
Afternoon							
Evening							

Example of a Weekly Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	getting up 7 am Breakfast 8 am	getting up 7 am Breakfast 8 am	getting up 7 am Breakfast 8 am	Getting up 8:00 Sports 8:30	getting up 7 am Breakfast 8 am	Day off	Day off
Morning	30 min transport Lecture management 9:30 – 11:00 Coffee break 15 min Library: Statistics rep. 11:30 – 12:30	30 min transport 9:00 – 10:15 Library: Prep Informatics Lecture informatics 10:30 – 12:00	30 min. transport 9:00 – 10:30 Lecture Sustainability 10:45 – 12:15 Lecture Marketing	Breakfast 9 :00 Home studying day 10:00 – 11:30 Review Sustainability 11:45 - 12:45 Reveiw Informatics lecture	30 min. transport 9:00 – 10:30 Lecture CAD 10:45 – 12:15 Practice CAD	Buffer DAY	Do what you want Relax Recharge your batteries
Lunch Break	12:30 -13:30 lunch	12:00 -13:00 lunch	12:30 – 13:30 Lunch	13:00 – 14:00 Lunch	12:30 – 13:30 Lunch		
Afternoon	13:30 -15:00 Lecture Thermodynamics 15:15- 16:45 Library 20 min. transport	13:00 -15:00 Unscheduled time 15:00- 16:30 Lecture Spanish	14:30 – 16:00 Lecture Math 16:30 – 18:00 Math Tutorial	14:00 -15:30 Shopping groceries and stowing them away 16:00-17:00 Exercises Statistics	13:30 -15:00 Lecture Systemss Theory 15:15- 16:45 Library 20 min. transport		
	17:15 – 19:15 Sport	16:30 – 19:00 Library Spanish voc. 19:00 – 19:20 transport	18:00 – 18:20 transport Dinner	Apartment cleaning Dinner			
Evening	Pub with friends	unscheduled time/ chores Dinner	Prep. Lecture accounting 19:00 – 20:00	calling home	Meeting with friends, exploring Munich		

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Develop an exam strategy...

Exam Strategy

Studying

Training

Tactics

Know when your exams take place
 Make a semester plan as early as possible

Wintersemester 2023/24

Kalenderpedia
 Informationen zum Kalender

Oktober	November	Dezember	Januar	Februar	März
1 So	1 Mi Allerheiligen	1 Fr	1 Mo Neujahr	1 Do	1 Fr
2 Mo 40	2 Do	2 Sa	2 Di	2 Fr	2 Sa
3 Di Tag der Dt. Einheit	3 Fr	3 So 1. Advent	3 Mi	3 Sa	3 So
4 Mi	4 Sa	4 Mo 49	4 Do	4 So	4 Mo Exam Mngm
5 Do	5 So	5 Di	5 Fr	5 Mo 6	5 Di
6 Fr	6 Mo 45	6 Mi	6 Sa Heilige Drei Könige	6 Di	6 Mi
7 Sa	7 Di	7 Do	7 So	7 Mi	7 Do
8 So	8 Mi	8 Fr	8 Mo 2	8 Do	8 Fr
9 Mo 41	9 Do	9 Sa	9 Di	9 Fr Lectures finish	9 Sa
10 Di	10 Fr	10 So	10 Mi	10 Sa	10 So
11 Mi	11 Sa	11 Mo 50	11 Do	11 So	11 Mo 11
12 Do	12 So	12 Di	12 Fr	12 Mo Rosenmontag 7	12 Di
13 Fr	13 Mo 46	13 Mi	13 Sa	13 Di Exam CS	13 Mi
14 Sa	14 Di	14 Do	14 So	14 Mi	14 Do
15 So	15 Mi	15 Fr	15 Mo 3	15 Do	15 Fr
16 Mo 42	16 Do	16 Sa	16 Di	16 Fr	16 Sa
17 Di	17 Fr	17 So	17 Mi	17 Sa	17 So
18 Mi	18 Sa	18 Mo 51	18 Do	18 So	18 Mo 12
19 Do	19 So	19 Di	19 Fr	19 Mo Exam Stat 8	19 Di
20 Fr	20 Mo 47	20 Mi	20 Sa	20 Di	20 Mi
21 Sa	21 Di	21 Do	21 So	21 Mi Exam Math	21 Do
22 So	22 Mi	22 Fr	22 Mo 4	22 Do	22 Fr
23 Mo 43	23 Do	23 Sa	23 Di	23 Fr	23 Sa
24 Di	24 Fr	24 So Heiligabend	24 Mi	24 Sa	24 So
25 Mi	25 Sa	25 Mo 1. Weihnachtstag 52	25 Do	25 So	25 Mo Retake Math
26 Do	26 So	26 Di 2. Weihnachtstag	26 Fr	26 Mo 9	26 Di
27 Fr	27 Mo 48	27 Mi	27 Sa	27 Di	27 Mi Retake Stat
28 Sa	28 Di	28 Do	28 So	28 Mi Exam Acc	28 Do
29 So Ende der Sommerzeit	29 Mi	29 Fr	29 Mo 5	29 Do	29 Fr Karfreitag
30 Mo 44	30 Do	30 Sa	30 Di		30 Sa
31 Di Reformationstag		31 So Silvester	31 Mi		31 So Beginn der Sommerzeit

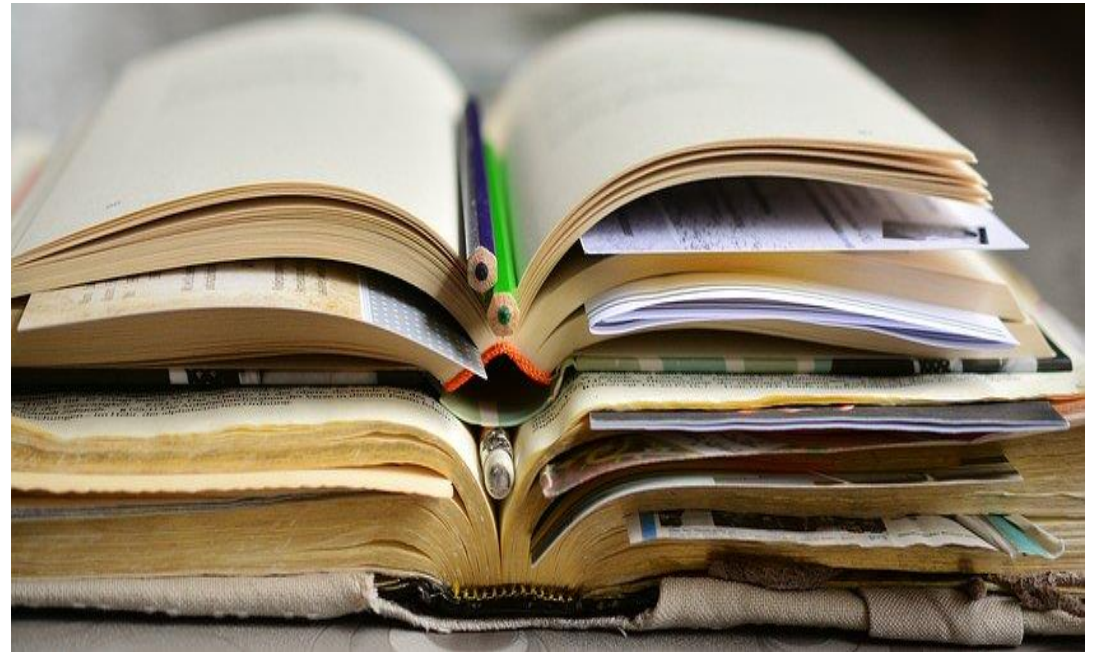
Studying

Studying

Training

Tactics

- ✓ Start learning early enough in the semester
- ✓ Make a list of all the material that you need to learn or practice
- ✓ Create a plan
- ✓ Identify the optimal learning method for a given subject



Training

Studying

Training

Tactics

- ✓ Make sure you know what the exam consists of (Multiple Choice, open questions, calculations....)
- ✓ Test yourself on old exams or mock exams
- ✓ Practice dry runs... mock exams under exam conditions
- ✓ Train your speed
- ✓ Prepare yourself and your material for exam day



Tactics



- ✓ Know what you want to achieve in the exam
- ✓ Review what gives you the most chances to succeed
- ✓ Take a minute to review the whole exam before getting started
- ✓ Take a watch to time yourself



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Explore your own learning style

6 questions to get you going

- ✓ **When** do you prefer to study? (time of the day)
- ✓ **How long** are your learning intervals?
- ✓ **With whom?** Do you like to work with others or on your own?
- ✓ **Where** is your preferred learning environment?
- ✓ **Why?** What is your motivation to study?
- ✓ **What** are your procrastination hot buttons?



Create a "learning environment"

Separate studying from the rest of your life

- ✓ Create a study corner in your room
- ✓ Go to the library or meet with friends
- ✓ Start learning / stop learning
- ✓ Reward yourself
- ✓ Take time off to recharge your energy



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Take care of yourself and have fun

- ✓ Enjoy your studies and student life
- ✓ Make sure to take care of your health
(Sports, food, enough sleep etc.)
- ✓ Review your strategy on a regular basis
- ✓ Make new friends and stay in touch with
old ones
- ✓ Get involved



Summary: Toolbox for a successful start at TUM

- ✓ Take studying seriously from the start
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Reflection Time

Which information was most useful for you?

Which information was surprising for you?

Which information is missing?



If you need support...

- [School Study Advisors/ Program Managers](#) for questions reg. your field of study
- [General Study Advisors](#) if you are unsure about your field of studies
- [Studying with Special Needs](#) if you have a chronic illness or disability
- [Individual Coaching](#) for general study and exam difficulties
- [Group coaching workshops](#) to strengthen your self competency
- [Pro-Lehre](#) for Online and coaching offers regarding study techniques
- [Tum4Mind](#) for mental health topics



Our Individual Coaching Offer

Contact us for one-on-one coaching.

We support all Bachelor and Master students who want to improve

- their learning habits,
- their productivity,
- their preparation for exams

- ✓ Full confidentiality
- ✓ No cost



Typical Coaching Topics

- ✓ General learning difficulties
- ✓ Cultural hurdles
- ✓ Feelings of self-doubt and of being overwhelmed by the workload
- ✓ Stress and anxiety in exam situations
- ✓ Procrastination issues
- ✓ Feelings of being left alone during your studies
- ✓ ... And more



The Academic Coaching Team

We are here to support you when you need someone to talk to about your academic progress and what you can do about it.

How to reach us?

Send an email to

coaching@cst.tum.de



Join Our Learning Workshops

To cope well with everyday study life, you need various learning- and self-competencies:

- time- and self-management
- learning techniques and strategies
- exam preparation
- stress management
- motivation
- ...



Learn how to develop and strengthen these different skills and abilities

Sign up at: <https://www.tum.de/learning-workshops>

TUM4Mind: Take care of your Mental Health

Find out how to maintain your mental health during your studies by keeping a good balance between studying and recharging your batteries.

A promotional poster for TUM4Mind Mental Health Awareness Weeks. The poster is split into two main sections. The left section is a solid yellow rectangle containing the event title 'TUM4Mind Mental Health Awareness Weeks' in blue and black text, the dates 'November 6 to 17, 2023', and the registration information 'Information and registration: www.tum.de/tum4mind'. The right section is a photograph of a person wearing a cap, seen from behind, looking out over a vast landscape of clouds under a bright sun. A small TUM logo is visible in the top right corner of the photograph.

TUM4Mind
Mental Health
Awareness Weeks

November 6 to 17, 2023

Information and registration:
www.tum.de/tum4mind

Join us for the virtual TUM4Mind Aktion Weeks:
check out our website to sign up <https://www.tum.de/tum4mind>

TUM4Mind – Mental Health Awareness Weeks

November 6 - 10, 2023					
Time	Monday, 06.11.	Tuesday, 07.11.	Wednesday, 08.11.	Thursday, 09.11.	Friday, 10.11.
9 a.m.		Instant relaxation techniques (EN) Silvia Markic	Navigating skillfully through the semester: Balancing aspirations and realities (EN) Marein Orre	Depression und Suizidalität: Erkennen, verstehen, behandeln (DE) Prof. Dr. Ulrich Hegerl	MBSR-Praxisworkshop (DE) Beatrice Brinninger
6 p.m.	How to be mindful during the day: A neuro-scientific way to reduce stress (EN) Dr. Britta Hölzel	Fragen nach dem „Warum“: So gelingt eine gesunde Mediennutzung im Studium (DE) Dr. Linny Geisler	Mentalstrategien für den Uni Alltag: Wie kleine Übungen große Wirkung entfalten (DE) Bettina Hafner	Gelassen bleiben mit Autogenem Training und Progressiver Muskelrelaxation (DE) Verena Höfler	
November 13 - 17, 2023					
Time	Monday, 13.11.	Tuesday, 14.11.	Wednesday, 15.11.	Thursday, 16.11.	Friday, 17.11.
9 a.m.	An introduction to SKY breath meditation (EN) Prof. Dr. Mrinalini Kochupillai	„Meditation and Art“: Ein visueller Zugang zu Achtsamkeit, Fokussierung und Konzentration (DE) Prof. Dr. Andreas de Bruin		“Time to think“: Creating a thinking environment (EN) Anna Inama	Online Yogastunde (DE) Sivananda Yoga Vedanta e.V.
6 p.m.	Prüfungsangst: Was ist das und was kann ich dagegen tun? (DE) Klara Sommer	Zu hohe Messlatten: Wie Sie Ihren Perfektionismus und Ihre Ansprüche lieben lernen und sie dadurch reduzieren können (DE) Dr. med. Tatjana Reichhart	Navigating the maze of mental health care in Germany: Discovering the right path to appropriate support (EN) Juliane Hug	Racism and mental health: Creating awareness for an important topic of our time (EN) Helay Safi	

Questions and Answers

- ✓ Any Questions?
- ✓ Now is the time to ask



Thanks for Listening

Have a great start at TU Munich!

Marein Orre

Academic Coaching

Munich, October 12, 2023

