

# Welcome to TU Munich

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

Marein Orre

Academic Coaching

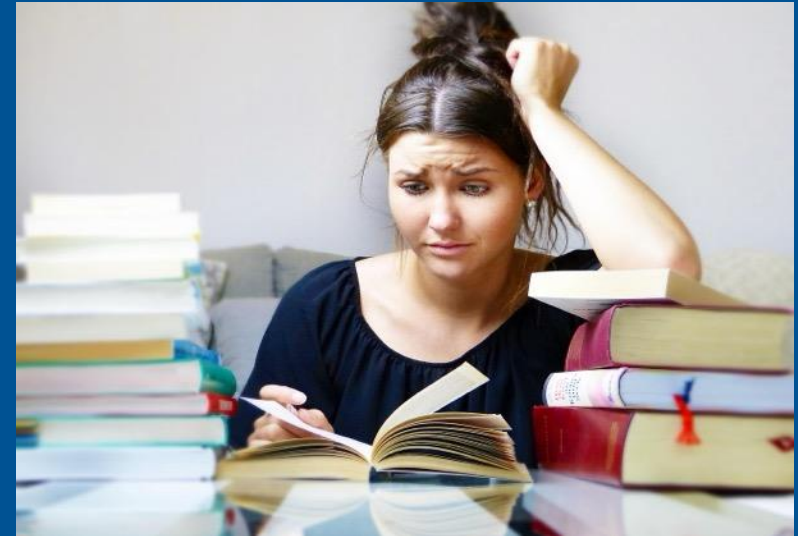
Munich, October 10, 2024



# Expectation vs. Reality



This is how I imagined my studies



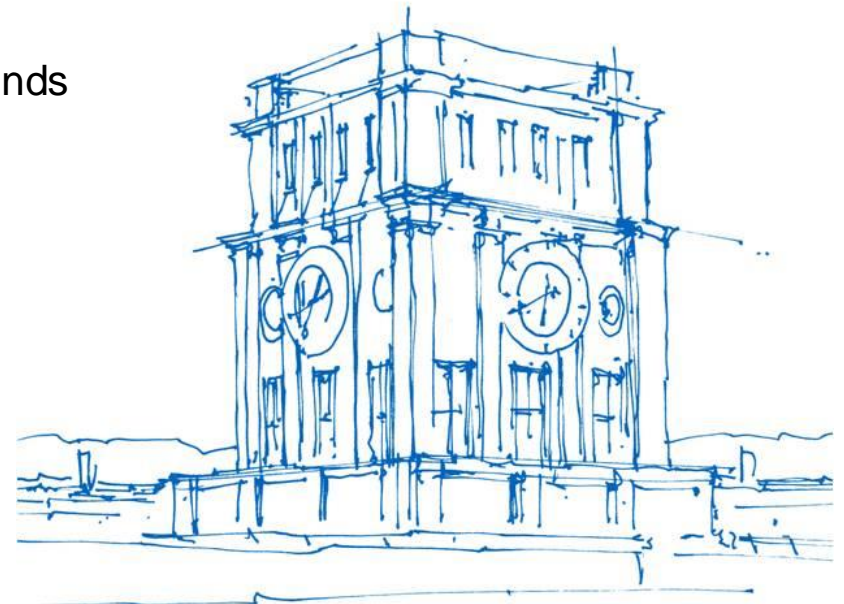
This is how I feel before my first exam

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

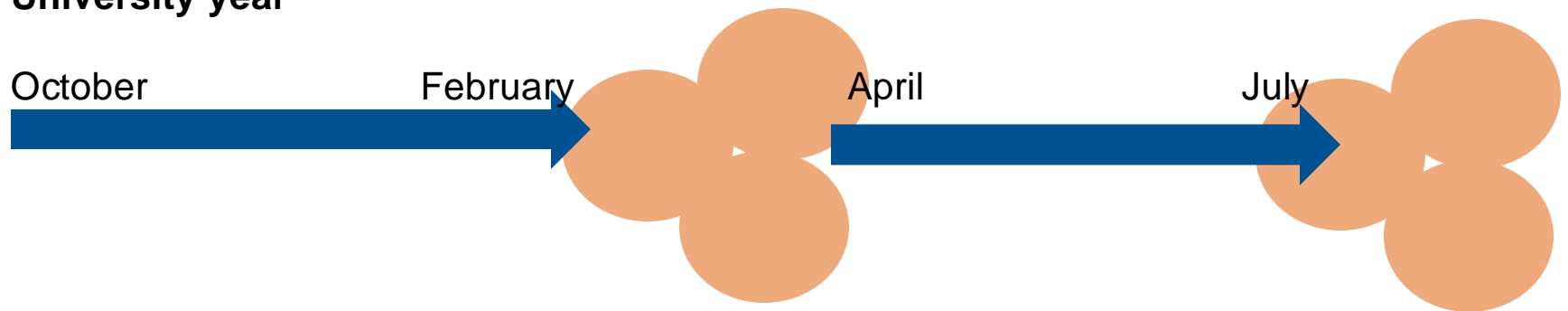
September



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 in January 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.“

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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

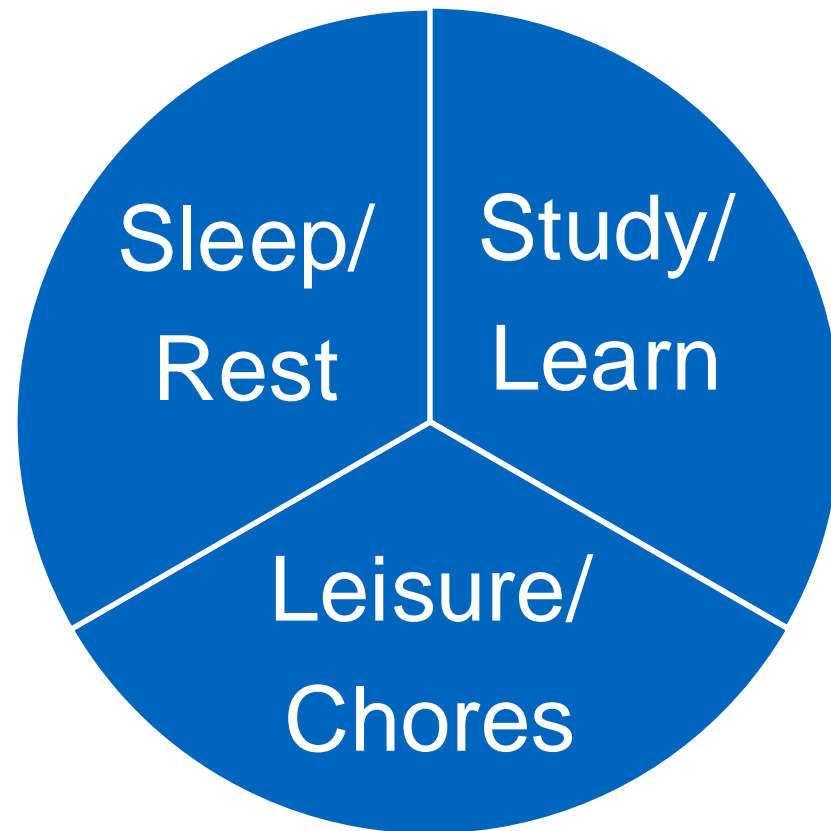


You are a full time student...it's your job

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
<b>Early Morning</b>	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
<b>Morning</b>	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	<b>Buffer DAY</b>	Do what you want  Relax  Recharge your batteries
<b>Lunch Break</b>	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		
<b>Afternoon</b>	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	Apartment cleaning			
<b>Evening</b>	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 2024/25

Kalenderpedia  
 Informationen zum Kalender

Oktober	November	Dezember	Januar	Februar	März
1 Di	1 Fr Allerheiligen	1 So 1. Advent	1 Mi Neujahr	1 Sa	1 Sa
2 Mi	2 Sa	2 Mo	2 Do <b>Vacation</b>	2 So	2 So
3 Do <b>Tag der Dt. Einheit</b>	3 So	3 Di	3 Fr	3 Mo	3 Mo Rosenmontag
4 Fr	4 Mo	4 Mi	4 Sa	4 Di	4 Di <b>Exam Mngm</b>
5 Sa	5 Di	5 Do	5 So	5 Mi	5 Mi
6 So	6 Mi	6 Fr	6 Mo Hl. Drei Könige	6 Do	6 Do
7 Mo	7 Do	7 Sa	7 Di <b>Start of Lectures finish</b>	7 Fr	7 Fr
8 Di	8 Fr	8 So	8 Mi	8 Sa	8 Sa
9 Mi	9 Sa	9 Mo	9 Do <b>Turbo Times</b>	9 So	9 So
10 Do	10 So	10 Di	10 Fr	10 Mo	10 Mo
11 Fr	11 Mo	11 Mi	11 Sa	11 Di	11 Di
12 Sa	12 Di	12 Do	12 So	12 Mi	12 Mi <b>Exam CS</b>
13 So	13 Mi	13 Fr	13 Mo	13 Do	13 Do
14 Mo	14 Do	14 Sa	14 Di	14 Fr	14 Fr
15 Di	15 Fr	15 So	15 Mi	15 Sa	15 Sa
16 Mi	16 Sa	16 Mo	16 Do	16 So	16 So
17 Do	17 So	17 Di	17 Fr	17 Mo	17 Mo
18 Fr	18 Mo	18 Mi	18 Sa	18 Di	18 Di <b>Exam Stat</b>
19 Sa	19 Di	19 Do	19 So	19 Mi	19 Mi
20 So	20 Mi	20 Fr	20 Mo	20 Do	20 Do <b>Exam Math</b>
21 Mo	21 Do	21 Sa	21 Di	21 Fr	21 Fr
22 Di	22 Fr	22 So	22 Mi	22 Sa	22 Sa
23 Mi	23 Sa	23 Mo	23 Do	23 So	23 So
24 Do	24 So	24 Di	24 Fr	24 Mo	24 Mo <b>Retake Math</b>
25 Fr	25 Mo	25 Mi <b>1. Weihnachtstag</b>	25 Sa	25 Di	25 Di
26 Sa	26 Di	26 Do <b>2. Weihnachtstag</b>	26 So	26 Mi	26 Mi <b>Retake Stat</b>
27 So <b>Ende der Sommerzeit</b>	27 Fr	27 So	27 Mo	27 Do	27 Do <b>Exam Acc</b>
28 Mo	28 Do	28 Sa	28 Di	28 Fr	28 Fr
29 Di	29 Fr	29 So	29 Mi		29 Sa
30 Mi	30 Sa	30 Mo	30 Do		30 So <b>Beginn der Sommerzeit</b>
31 Do Reformationstag		31 Di Silvester	31 Fr		31 Mo

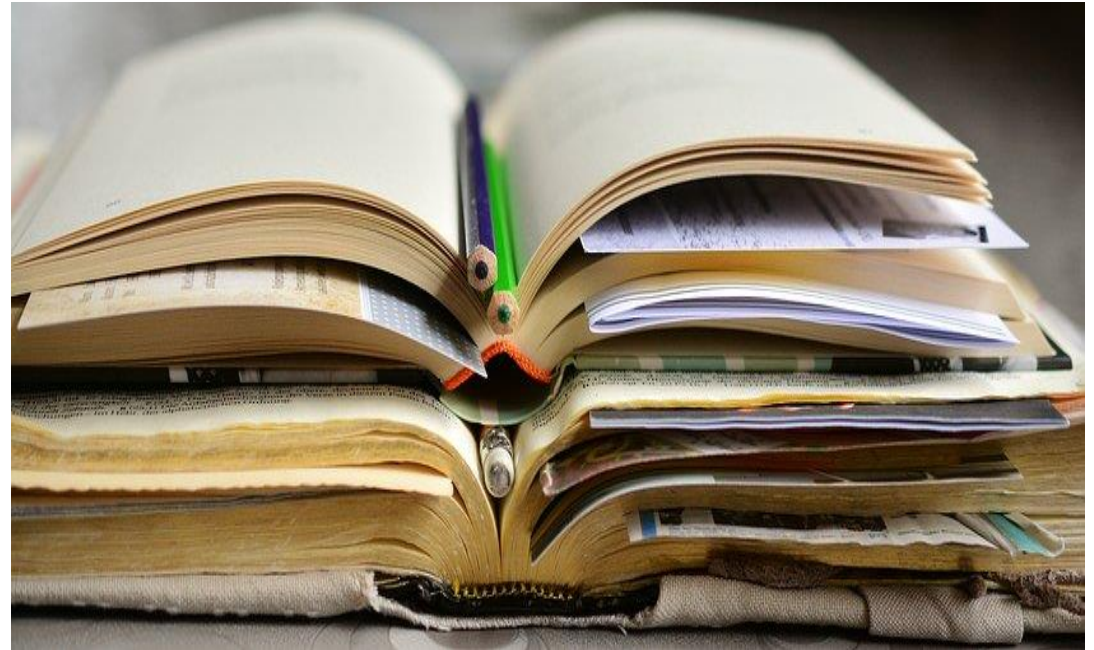
# Studying

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, healthy food, enough sleep... )
- ✓ Take the weekends off
- ✓ 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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# 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](mailto: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.



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

# Coming in January ... Exam Countdown Webinar

## Exam Countdown Webinar

Find your proper studying strategy for the last weeks before the exam period

For information and registration:  
TUM Academic Coaching Website



# Thanks for Listening

# Have a great start at TU Munich!

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Academic Coaching

Munich, October 10, 2024

