

## Mental well-being – how to look after your psyche

- **Allocate time for personal activities** on a daily basis – activities such as walking, reading, watching a TV series, or listening to music. This isn't laziness; it's recovery.
- **Make sure you get enough sleep** – 7 to 9 hours per night is essential for cognitive functioning and emotional regulation.
- **Don't compare yourself to others** – everyone has their own pace. Just because someone seems to „have it all together“ doesn't mean they really do.
- **Talk to people** – a friend, family member, therapist. Psychological strain often intensifies when experienced in isolation.
- **Seek support** – Poznan University of Technology offers psychological support services. Make use of them when difficulties arise.
- **Be kind to yourself** – talk to yourself the way you would to a loved one in a difficult moment.

## Perfection is not a prerequisite for academic success.

Presence, self-awareness,  
and balance are sufficient.

Take care of yourself as you would of a loved one, because you are the person you will spend your entire life with. University is not a race - it's a journey. And journeys are best experienced when you feel well and safe. Good luck!

### Equality Office

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### Psychological Help Point of Poznan University of Technology

ul. Piotrowo 3, Room 017



Booking an appointment:



## Navigating through university studies with confidence

**A Guide for Students**

Beginning university studies is a significant stage in life - one that is both stimulating and challenging. Students encounter a new environment, a different daily structure, and increased responsibility for their learning and everyday functioning. In this context, it is easy to overlook one's own needs, including mental health, well-being, and effective academic engagement.

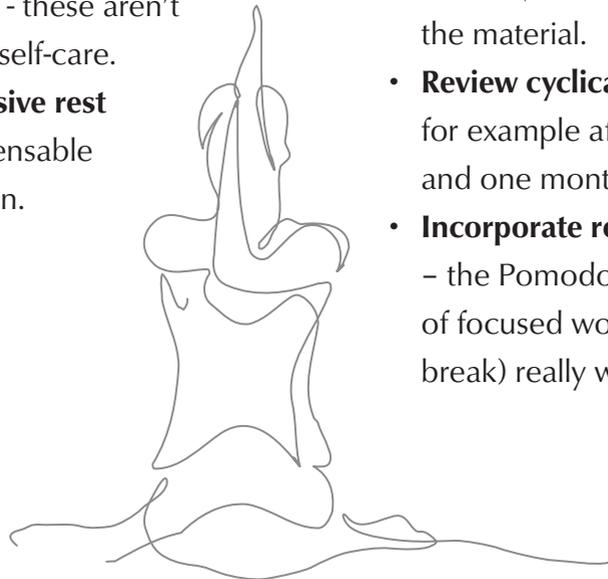
This guide has been developed to support students in maintaining balance, improving learning effectiveness, and reducing stress. Perfection is not required; rather, thoughtful self-care and intentional learning strategies are sufficient.

**Let's begin!**



## Well-Being Is Not a Luxury – Feeling Good in Body and Mind

- **Eat regularly and diversely** – food is fuel also for your brain, not just your stomach.
- **Engage in physical activity** – you don't have to run a marathon; regular exercise such as walking, yoga, or cycling is sufficient.
- **Limit stimulants** – alcohol and other substances may alleviate stress temporarily, but in the long run they worsen mood and concentration.
- **Develop calming rituals** – tea, a candle, soft music, a warm bath - these aren't „indulgences“, they are self-care.
- **Balance active and passive rest** – both forms are indispensable for effective regeneration.

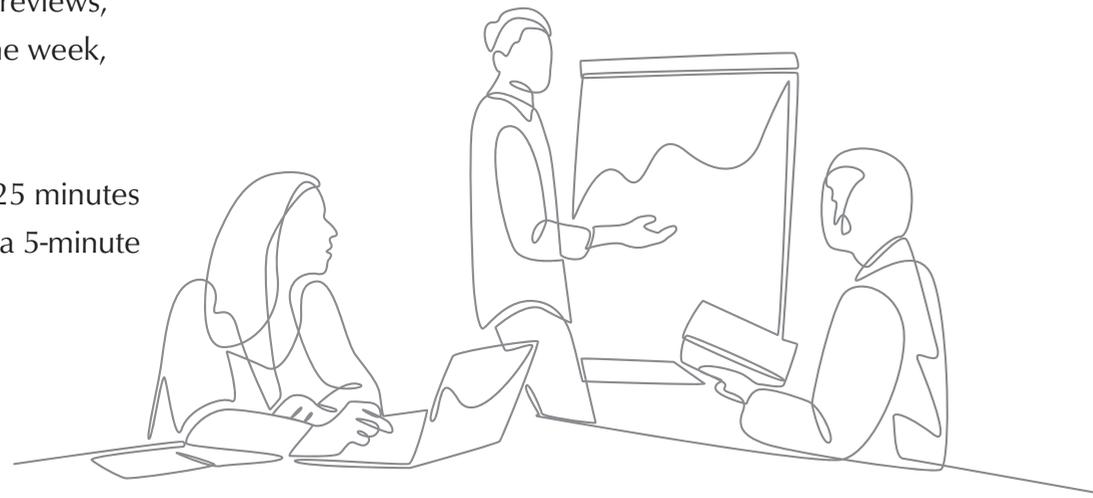


## Effective Learning Strategies

- **Study consistently rather than episodically** – regular engagement with material promotes better retention than intensive last-minute preparation.
- **Diversify learning methods** – handwritten notes, mind maps, peer teaching, or self-recordings may enhance comprehension. Support from an academic coach within the Equality Office is also available.
- **Don't be afraid to ask questions** – asking is a sign of curiosity, not weakness.
- **Adopt active learning approaches** – explain concepts to yourself, summarize content, and critically engage with the material.
- **Review cyclically** – schedule reviews, for example after one day, one week, and one month.
- **Incorporate regular breaks** – the Pomodoro technique (25 minutes of focused work followed by a 5-minute break) really works well.

## Exam? Relax – It's Just a Test

- **Prepare a study plan weeks in advance** – schedule what and when you will study.
- **Practice solving tasks and tests** – theory is one thing, practice another.
- **Study in a group** – sharing knowledge and perspectives helps with memorization.
- **Prioritize rest before exams** – the night before the exam should be devoted to sleep, not intensive revision.
- **Breathe** – a simple breathing technique before entering the exam room helps calm you down.
- **Don't dramatize** – one exam does not define your worth.



## Time Is Your Ally – If You Manage It Well

- **Use a calendar** – paper-based or digital. Plan not only classes, but also rest and meals.
- **Set priorities** – you don't have to do everything at once. Focus on what matters most.
- **Plan time buffers** – unexpected delays are inevitable. Don't fill your schedule to the brim.
- **Set realistic daily goals** – three tasks completed is already a success.
- **Limit distractions** – disable notifications, leave your mobile in another room.
- **Plan regular non-study days** – regular breaks from academic work increase effectiveness.

