Welcome to TU Munich

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

Marein Orre
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.
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
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
Your Toolbox for a successful start at TUM

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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

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.
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
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
# Example of a Weekly Plan

## Early Morning
- **Monday**
  - Getting up 7 am
  - Breakfast 8 am
- **Tuesday**
  - Getting up 7 am
  - Breakfast 8 am
- **Wednesday**
  - Getting up 7 am
  - Breakfast 8 am
- **Thursday**
  - Getting up 8:00
  - Sports 8:30
- **Friday**
  - Getting up 7 am
  - Breakfast 8 am
- **Saturday**
  - Day off
- **Sunday**
  - Day off

## Morning
- **Monday**
  - 30 min transport
  - Lecture management 9:30 – 11:00
  - Coffee break 15 min
  - Library: Statistics rep. 11:30 – 12:30
- **Tuesday**
  - 30 min transport
  - Lecture management 9:00 – 10:15
  - Library: Prep Informatics
  - Lecture informatics 10:30 – 12:00
- **Wednesday**
  - 30 min. transport
  - 9:00 – 10:30 Lecture Sustainability
  - 10:45 – 12:15 Lecture Marketing
- **Thursday**
  - Breakfast 9:00
  - Home studying day
  - 10:00 – 11:30 Review Sustainability
  - 11:45 – 12:45 Review Informatics lecture
- **Friday**
  - 30 min. transport
  - 9:00 – 10:30 Lecture CAD
  - 10:45 – 12:15 Practice CAD
- **Saturday**
  - Buffer DAY
- **Sunday**
  - Do what you want
  - Relax
  - Recharge your batteries

## Lunch Break
- **Monday**
  - 12:30 - 13:30 lunch
- **Tuesday**
  - 12:00 - 13:00 lunch
- **Wednesday**
  - 12:30 – 12:30 Lunch
- **Thursday**
  - 13:00 – 14:00 Lunch
- **Friday**
  - 12:30 – 13:30 Lunch
- **Saturday**
  - 12:30 – 13:30 Lunch
- **Sunday**
  - 12:30 – 13:30 Lunch

## Afternoon
- **Monday**
  - 13:30 - 15:00 Lecture Thermodynamics
  - 15:15- 16:45 Library
  - 20 min. transport
  - 17:15 – 19:15 Sport
- **Tuesday**
  - 13:00 - 15:00 Unscheduled time
  - 15:00 – 16:30 Lecture Spanish
  - 16:30 – 18:00 Math Tutorial
- **Wednesday**
  - 14:30 – 16:00 Lecture Math
- **Thursday**
  - 14:00 -15:30 Shopping groceries and stowing them away
  - 16:00-17:00 Exercises Statistics
- **Friday**
  - 13:30 -15:00 Lecture Systemss Theory
  - 15:15- 16:45 Library
- **Saturday**
  - 13:30 -15:00 Lecture Systemss Theory
  - 15:15- 16:45 Library
- **Sunday**
  - 20 min. transport
  - 19:00 – 19:20 transport

## Evening
- **Monday**
  - 16:30 – 19:00 Library Spanish voc.
  - 18:00 – 18:20 transport
  - Dinner
- **Tuesday**
  - 19:00 – 19:20 transport
  - Dinner
- **Wednesday**
  - Prep. Lecture accounting 19:00 – 20:00
  - Dinner
- **Thursday**
  - calling home
- **Friday**
  - Meeting with friends, exploring Munich
- **Saturday**
  - Dinner
- **Sunday**
  - Dinner
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
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

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<td>Beginn der Sommerzeit</td>
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Vacation | Exam Mngm | Start of Turbo Times | Exam CS | Exam Stat | Exam Math | Retake Math | Retake Stat | Exam Acc | Vacation | Exam Acc |
Studying

- 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

- 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

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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
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
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
Your Toolbox for a successful start at TUM

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- Manage your time
- Develop an exam strategy
- Explore your learning style
- Take care of yourself and have fun

Marein Orre, Academic Coaching, TUM
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

Marein Orre, Academic Coaching, TUM
Summary: 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
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 insure 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 strenghten your self competency
- **Pro-Lehre** for Online and coaching offers regarding study techniques
- **Tum4Mind** for mental health topics

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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.

Join us for the virtual TUM4Mind Aktion Weeks: check out our website to sign up [https://www.tum.de/tum4mind](https://www.tum.de/tum4mind)
## TUM4Mind – Mental Health Awareness Weeks

**November 6 - 10, 2023**

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<tr>
<th>Time</th>
<th>Monday, 06.11.</th>
<th>Tuesday, 07.11.</th>
<th>Wednesday, 08.11.</th>
<th>Thursday, 09.11.</th>
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<tbody>
<tr>
<td>9 a.m.</td>
<td>Instant relaxation techniques (EN) Silvia Markic</td>
<td>Navigating skillfully through the semester: Balancing aspirations and realities (EN) Marein Orre</td>
<td>Depression und Suizidalität: Erkennen, verstehen, behandeln (DE) Prof. Dr. Ulrich Heger</td>
<td>MBSR-Praxisworkshop (DE) Beatrice Brinninger</td>
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<tr>
<td>6 p.m.</td>
<td>How to be mindful during the day: A neuro-scientifically investigated way to reduce stress (EN) Dr. Britta Hölzel</td>
<td>Fragen nach dem „Warum“: So gelingt eine gesunde Mediennutzung im Studium (DE) Dr. Linny Geisler</td>
<td>Mentalstrategien für den Unialtag: Wie kleine Übungen große Wirkung entfalten (DE) Bettina Hafner</td>
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**November 13 - 17, 2023**

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<tr>
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<tbody>
<tr>
<td>9 a.m.</td>
<td>An introduction to SKY breath meditation (EN) Prof. Dr. Mrinalini Kochupillai</td>
<td>„Meditation and Art“: Ein visueller Zugang zu Achtsamkeit, Fokussierung und Konzentration (DE) Prof. Dr. Andreas de Bruin</td>
<td>Navigating the maze of mental health care in Germany: Discovering the right path to appropriate support (EN) Juliane Hug</td>
<td>„Time to think“: Creating a thinking environment (EN) Anna Inama</td>
<td>Online Yogastunde (DE) Sivananda Yoga Vedantae.V.</td>
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<td>6 p.m.</td>
<td>Prüfungsangst: Was ist das und was kann ich dagegen tun? (DE) Klara Sommer</td>
<td>Zu hohe Messlatten: Wie Sie Ihren Perfektionismus und Ihre Ansprüche lieben lernen und sie dadurch reduzieren können (DE) Dr. med. Tatjana Reichhart</td>
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<td>Racism and mental health: Creating awareness for an important topic of our time (EN) Helay Safi</td>
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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

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