

Introduction to Academic Coaching at TUM

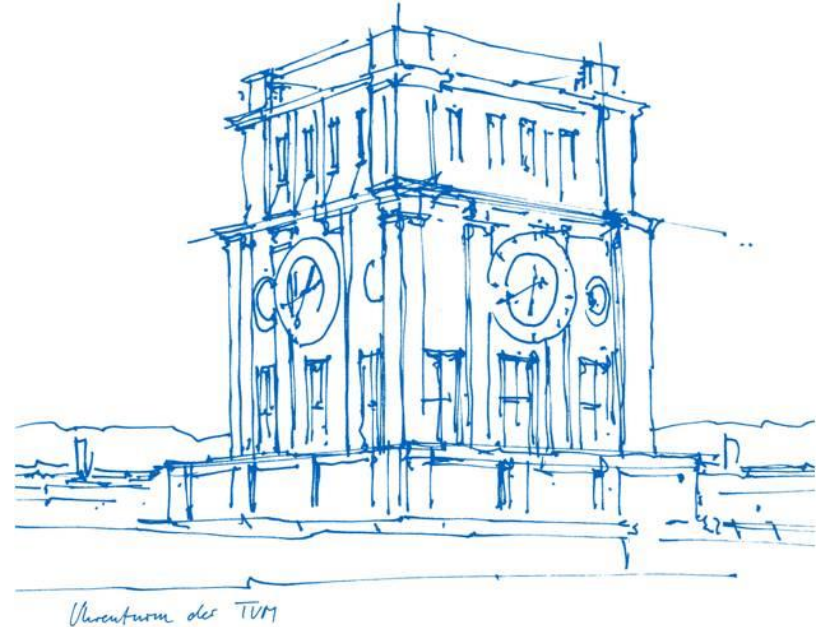
Presenter: Heidi Preis Barry

Technische Universität München

TUM Center for Study and Teaching

Academic Coaching Services

Munich, 29th September 2025



Academic Coaching at TUM

Your study journey is unique –
and so is the path to your goal.

Heidi Preis Barry

Munich, 29th September 2025



Let's just take a moment

..and reflect

When you think about studying for your degree....

- What **expectations** do you have?
- What **challenges** do you think you might face?
- What do you want to **learn** from this presentation?

Your plan



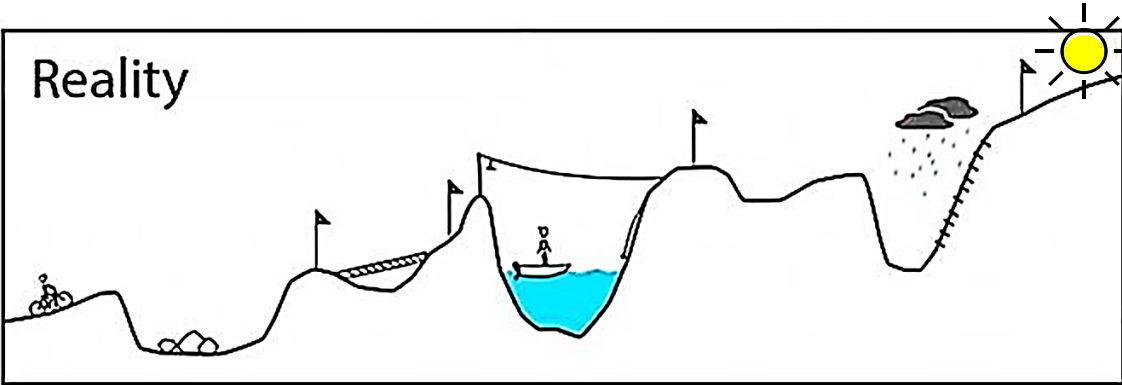
About that plan.....

“The most important part of every plan is planning on your plan not going according to plan.” (Housel, 2020)

Your plan




Reality



Today's Agenda

- What is academic coaching?
- How can it support my learning?
- Who is the academic coaching team?
- How do I access their services?

What is academic coaching?



*“Academic coaching is [...] where a professional coach meets with students for **confidential**, guided **conversations** to help them **improve** skills and capabilities, **make the best of themselves** and their opportunities, **explore** questions or challenges, and consider **new** action plans or **approaches**.”*

(Green Templeton College, University of Oxford, n.d.)

Or...if you prefer formulas

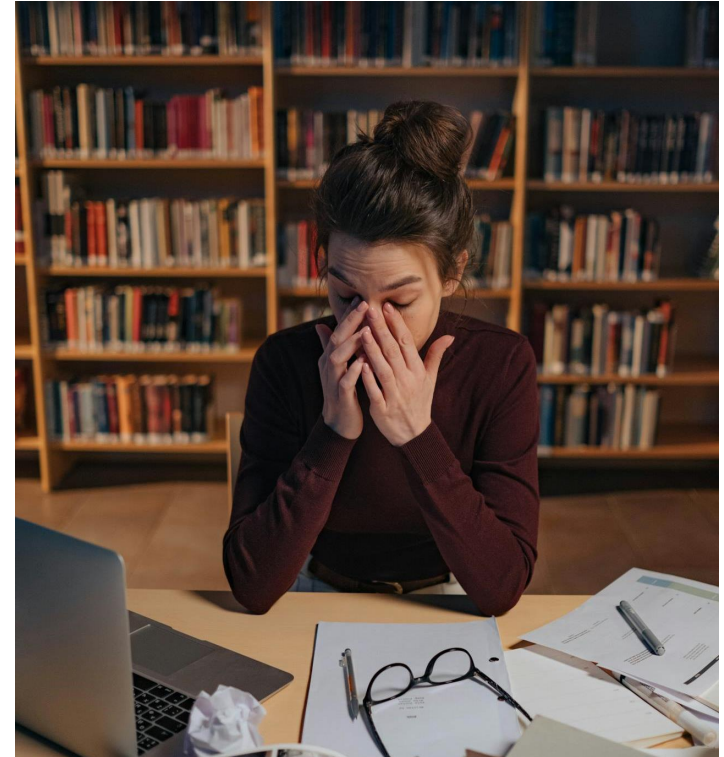
$$P = p - i$$

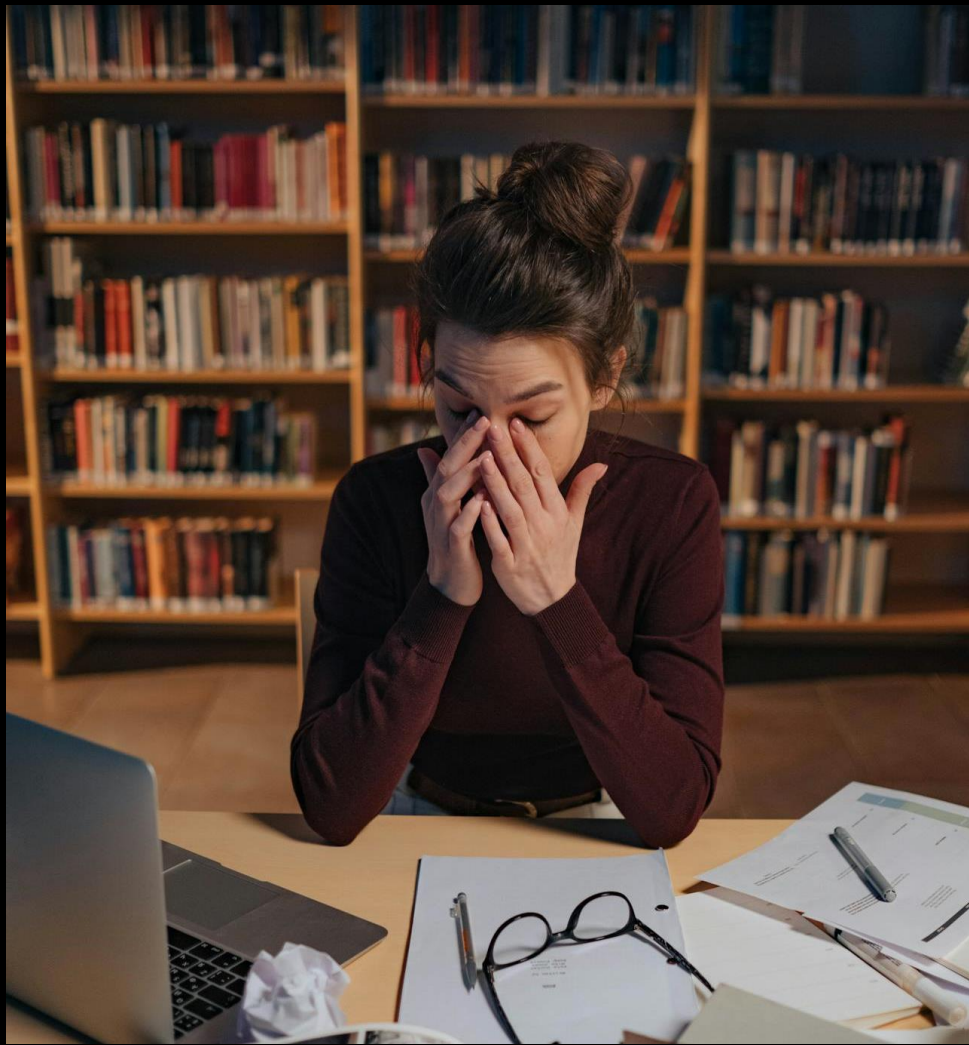
Performance Potential Interference

Gallwey, W. Timothy. (1974). *The Inner Game of Tennis*.

When to come to us

- Struggling to get started / procrastinating
- Lack of motivation
- Self-doubt and overwhelm
- Stress and exam anxiety
- Feeling isolated during your studies





Ways we support you: coaching, workshops and webinars



Academic coaching: the essentials

- ✓ Homepage: <https://www.tum.de/academic-coaching>
- ✓ Email: coaching@cst.tum.de

Meet your academic coaching team



From top left to bottom right:
Marein Orre, Heidi Preis Barry,
Dr. Mirjam Uchronski, Barbara Vierthaler
Miriam Roßmanith, Kirsten Bannert

Academic coaching: the essentials (cont.)

- ✓ Homepage: <https://www.tum.de/academic-coaching>
- ✓ Email an: coaching@cst.tum.de
- Coaching in English and German
- In person at our main campus or online
- Approx. 8 sessions
- Confidential and free

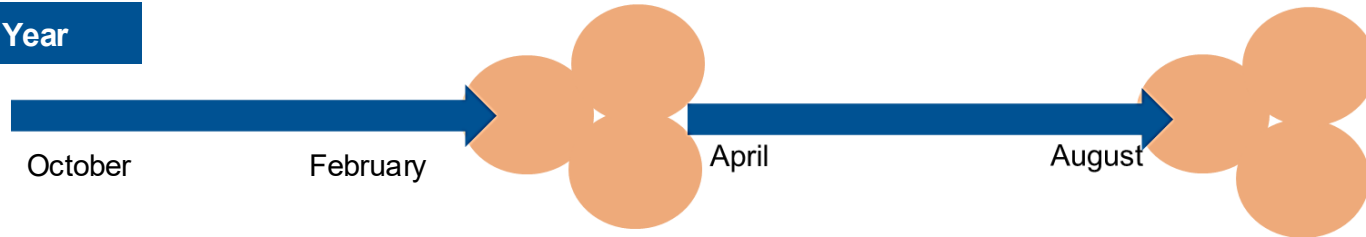


Why? A semester is shorter than you might think...

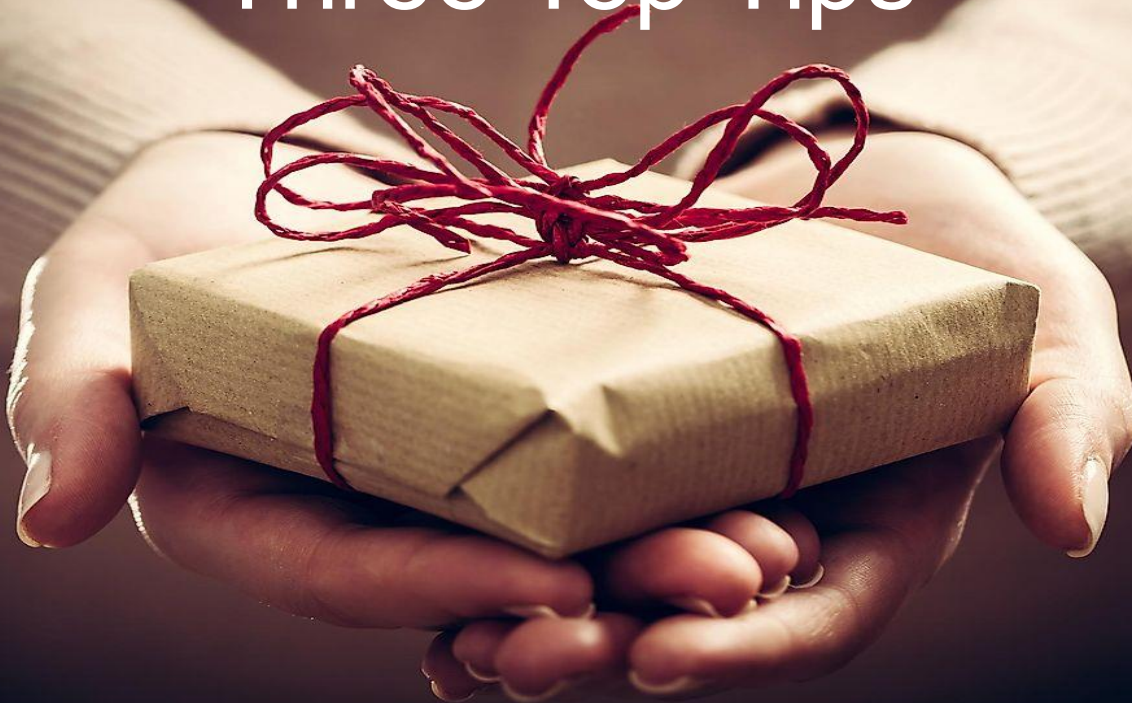
A School Year



A TUM Year



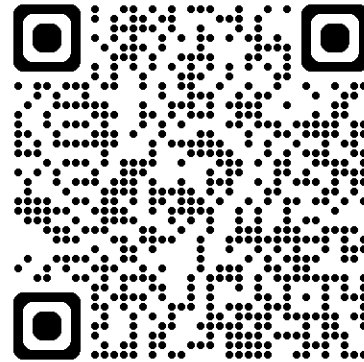
Three Top Tips



1. Get organised early!



2. Join our workshop: *Skillful Semester Navigation* on 11th November



Sign up and get a head start!

3. Reach out for help

Use our support services! Be Smart. Get support.



TUM Academic Coaching Quick Reference Guide



TUM Academic Coaching:

<https://www.tum.de/academic-coaching>

Email: coaching@cst.tum.de



TUM Coaching Workshops:

<https://www.tum.de/en/studies/support-and-advice/support-during-studies/learning-workshops>



TUM4Mind:

<https://www.tum.de/en/studies/support-and-advice/wellbeing/tum4mind>

Email: tum4mind@cst.tum.de