

Welcome to TU Munich

„What it takes to pass your first exam...“

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Academic Coaching

Munich, October 11th, 2022



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?

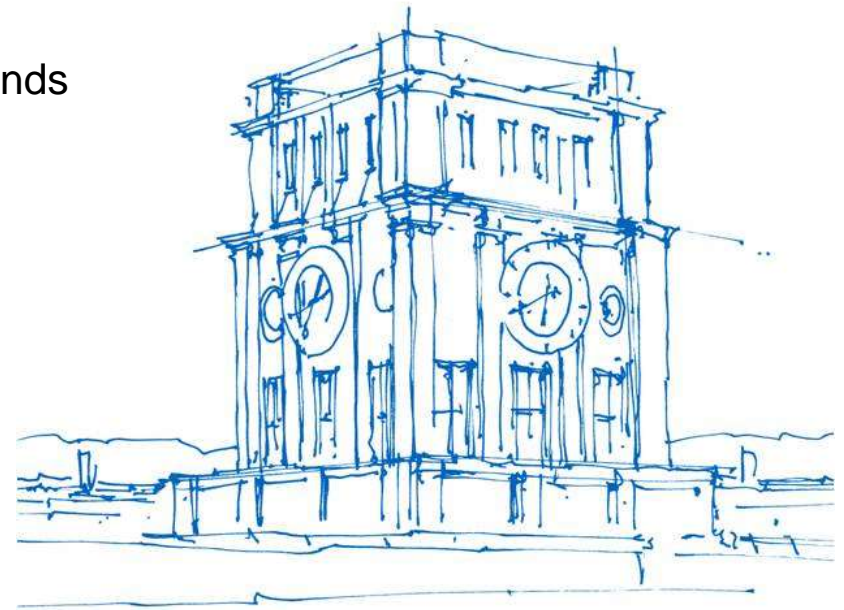
A few questions for you...



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
- ✓ Possibly studying online for the first time



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!

5 guidelines for a successful university start

- ✓ 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



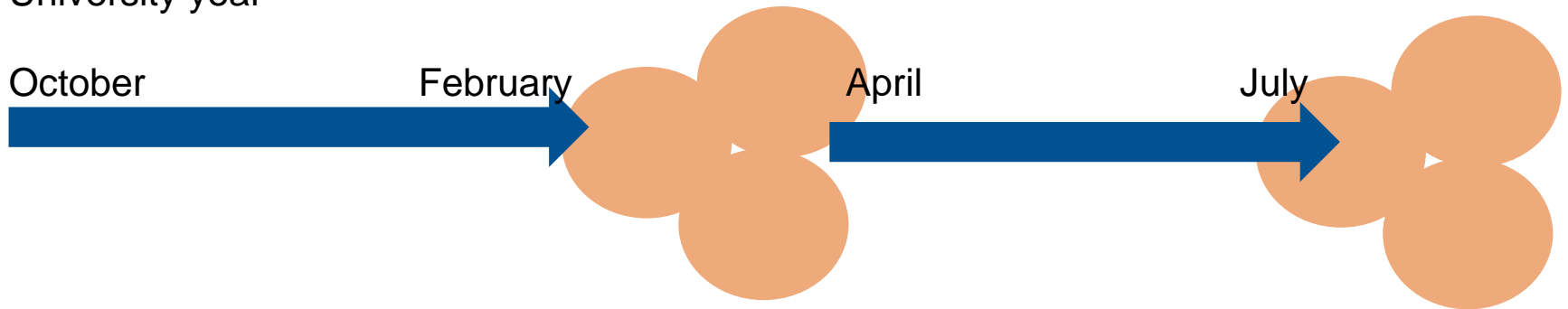
University year

October

February

April

July



Take studying seriously from the start

- ✓ 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



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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

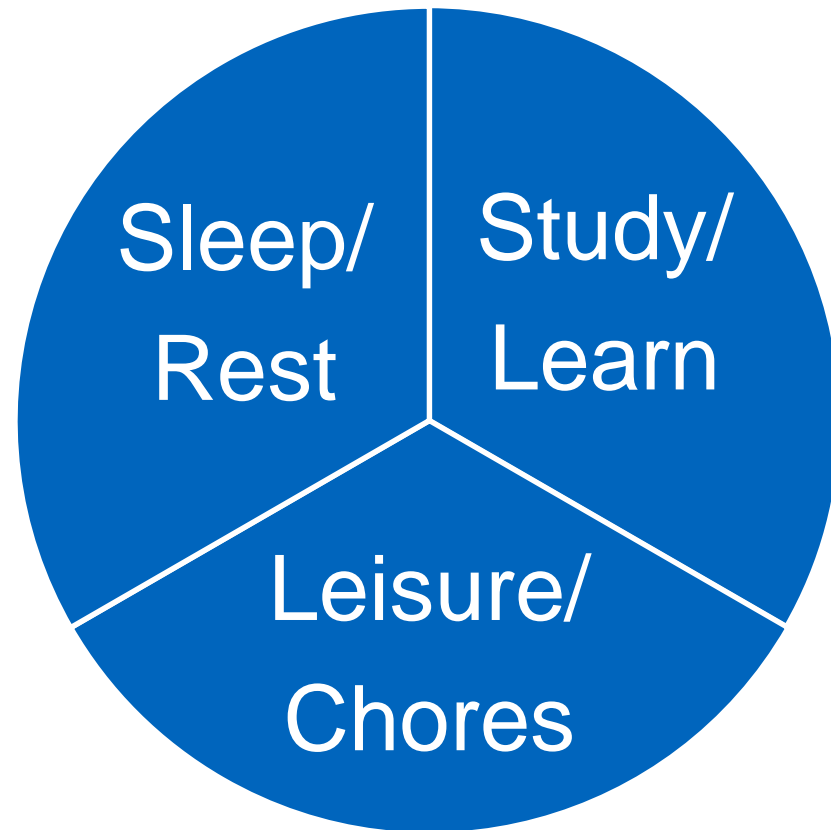


You are a full time student...it's your job

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
- ✓ Leave time for unexpected events

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

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Develop an exam strategy...

Exam Strategy

Studying

Training

Tactics

Studying

Studying

Training

Tactics

- ✓ Start learning early enough
- ✓ Make a list of all the material that you need to learn
- ✓ 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



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

A few questions to get you going

- ✓ Are you a morning or an evening person?
- ✓ How long are your learning intervals?
- ✓ Do you like to work with others or on your own?
- ✓ What is your preferred learning environment?
- ✓ 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: What you need for a good start

- ✓ 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?



If you need support...

- Individual Coaching offers
- Group coaching workshops
- Online offers
- Tum4Mind
- General Study Advisors
- Study Advisors in your faculty



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
- ✓ Language and 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



Our Workshops

Join our workshops and coachings in small groups or take our self-paced course during the semester.

Sign up at the beginning of the semester at:

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



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 digital TUM4Mind Aktion Weeks:
November 7 to 25, 2022,
check out our website to sign up <https://www.tum.de/tum4mind>

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

- **Kirsten Bannert**
- **Raphael Müller-Hotop**
- **Marein Orre**
- **Barbara Vierthaler**

Questions and Answers

- ✓ Post your questions



Thanks for Listening

Have a great start at TU Munich!

Marein Orre

Academic Coaching

Munich, Oktober 11th, 2022

