Studentsko savjetovalište
Sveučilišta u Zadru

Student Counselling Centre
ACTIVITIES

• Individual and group counseling
• Psychoeducational workshops
• Public activities
• Research activities
WHY STUDENTS COME TO COUNSELING:

- Learning/Studying: 23%
- Anxiety: 14%
- Family: 13%
- Relationship: 10%
- Depression: 6%
- Panic Attacks: 5%
- Other: 29%
- Family: 13%
PROBLEMS FOR INTERNATIONAL STUDENTS

• Culture Shock/Homesickness

• Balance between studying and private life
HOMESICKNESS

- Skype
- Hobbies
- Going out/ meeting new people
- Focus on the reasons why you went abroad
BALANCE STUDYING/PRIVATE LIFE

1. Orientation
2. To Do List
3. Written Plan
4. Time Buffer!
WELCOME

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University of Zadar
Trg kneza Višeslava 9, 2.
Tel. 0800 200 199 or 300 920
E-mail: savjetovaliste@unizd.hr
www.unizd.hr/savjetovaliste
BUT DON'T FORGET: STUDYING ABROAD ALSO MEANS...
THANK YOU FOR YOUR ATTENTION AND ALL THE BEST FOR YOUR STAY IN ZADAR!