

# Boost your study skills!

When studying abroad in a new country, there are many new things that you have to get used to. For example, learning a new language, understanding your university's culture and procedures, creating your own schedule, and finding a healthy work-life balance. In order to be more successful in your studies and also enjoy the process along the way, the mastering of some basic soft skills – which we call **key competencies** – is beneficial.

At **Schlüsselkompetenzen im Studium**, we address these key competencies and study skills. In our free and interactive workshops, that are offered in both English and German, you will have the opportunity to acquire knowledge and develop skills in six areas.

During our theme weeks, we put together workshops that give you targeted support in specific areas: During our **Compact Week**, which takes place before the start of each semester, we offer concise and compact workshops where you can learn new techniques and skills that are valuable during your studies. Lastly, our **Exam Special** takes place near the end of every semester and helps you prepare for your exams by staying organised and motivated.

Our workshops are open to all students enrolled at Goethe University. You can register for up to five workshops per semester.

Click here to see all available workshops:



[tinygu.de/WorkshopsSchluesselkompetenzen](http://tinygu.de/WorkshopsSchluesselkompetenzen)

We look forward to your participation!

## CONTACT INFORMATION

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### **SELF-ORGANIZATION & TIME MANAGEMENT**

Learn how to organize smarter and procrastinate less! Find ways to structure your schedule and projects, stay motivated with the help of various tools and techniques.



### **LEARNING STRATEGIES**

Go through exam season with ease by implementing mnemonic techniques, efficient note taking and more.



### **COMMUNICATING & PRESENTING**

Body language, voice, rhetoric and staying on track – become more confident in presenting and public speaking.



### **MENTAL HEALTH**

Learn new ways of being more mindful, peaceful and independent in the ever so often stressful student life.



### **INTERCULTURAL COMPETENCIES**

Become more aware of your multicultural surroundings and gain more confidence in an intercultural environment.



### **DIGITAL SKILLS AND COLLABORATION**

Make the workflow of your own or group projects more efficient with the help of digital tools.