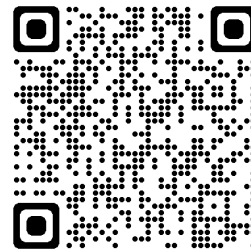




COUNSELING, SUPPORT AND HELP FOR STUDENTS

AT OTH REGENSBURG

ELO-COURSE WITH ALL INFORMATION
REGARDING SUPPORT SERVICES AND DIVERSITY



Advice on Studying

— Academic Counseling

Professors as contact persons for questions and counseling specific to a student's degree programme.



— Department of Studies

Examinations and Internships Office & Admissions and Organisation Office



— International Office

Point of contact for students, exchange students, and international degree-seeking students



www.oth-regensburg.de/en/study/international-office

GENERAL SERVICES AT OTH REGENSBURG

STUDENT LIFE CYCLE CENTER (SLC)

counseling, guidance and networking before, during and after your studies

— General Study Counseling

Advises (**prospective**)
students personally,
confidentially and free of
charge on all questions
concerning studying at
OTH R and coping with
everyday student life:

[studienberatung@oth-
regensburg.de](mailto:studienberatung@oth-regensburg.de)

— Career Service

- Support with job applications
- OTH R Job Exchange
- Scholarship advice
- Workshops & seminars



[careerservices@oth-
regensburg.de](mailto:careerservices@oth-regensburg.de)

DIVERSITY AT OTH REGENSBURG

We promote and support you!



— Studying with disabilities / chronic illness

Information & support for students with disabilities / chronic illnesses

Andrea März-Bäumel (Andrea.maerz-baeuml@oth-regensburg.de)



— Women's Representative

Ensuring equality for women in science

Prof. Dr.-Ing. Birgit Scheuerer (frauenbeauftragte@oth-regensburg.de) and women's representatives in faculties

DIVERSITY AT OTH REGENSBURG

We promote and support you!



— Psychological counseling

Free short- and medium-term psychological counseling:
Annika Dehmel, Martina Nigl

(Psychologische-beratung@stwno.de)

Free social counseling: Lisa Treichl (treichl.l@stwno.de)



— Family Office

Information and support for students with care responsibilities
(e. g. students with children or relatives in need of care)

Katrin Liebl (familienbuero@oth-regensburg.de)

Help and counseling



— Discrimination and sexual harassment

Confidential advice:

- Antidiscrimination: Prof. Dr. Rainer Schliermann (rainer.schliermann@oth-regensburg.de)
- Protection against sexual harassment and sexualised violence: Prof. Dr. Nina Leffers (nina.leffers@oth-regensburg.de)
- Advice on discrimination and sexual harassment: Katrin Liebl (katrin.liebl@oth-regensburg.de)
- Student contact person (gegen-diskriminierung@oth-regensburg.de)

MENTORING FOR STUDENTS



MENTORING FIRST STEPS



- First-year students are supported and accompanied by experienced students in the first semester as they start their studies and settle in at OTH Regensburg.
- The programme lasts one semester and will be offered to first-year students every semester from winter semester 24/25 onwards.
- The mentoring is organised by the *Gender and Diversity Service Office*.
- Information on registration and procedures for both new and experienced students:

mentoring@oth-regensburg.de

MENTORING FOR STUDENTS



MENTORING PROFESSIONAL STEPS



- Students in the STEM field are supported and accompanied by people from the field during the transition from studying to working life.
- The program extends over two semesters and always starts in the winter semester.
- The mentoring is organised by the *Gender and Diversity Service Office* and the *Student Life Cycle Center*.
- Information on registration and procedure:

mentoring@oth-regensburg.de

OFFERS BY THE STUDENTS



Studierendenvertretung
OTH Regensburg

University-wide representation of student interests and faculty-internal involvement in the student councils.

The student representation is your point of contact for questions, commitment and problems. The Student House offers learning and communication spaces for students and a place of retreat in the Room of Silence.

studierendenvertretung@oth-regensburg.de

OFFERS BY THE STUDENTS



— Student self-help groups

Discussion groups by students for students on the topics of depression, eating disorders, anxiety disorders and chronic illnesses

selbsthilfegruppe@oth-regensburg.de

HELP IN AN EMERGENCY



REGENSBURG

Emergency Contacts



— Crisis services Bavaria in the Upper Palatinate

In an emergency, please contact: www.krisendienste.Bayern.
Immediate help for Bavarian residents in mental health crises:

- Initial relief and orientation:
- Advice and information for those affected; friends, relatives, caregivers, etc.
- Qualified and competent team of psychologists, social workers and psychiatric nurses

https://www.oth-regensburg.de/fileadmin/Bereiche/Abteilung_Studium/Im_Studium/ASB_und_ACS/ASB/Aktuelle_Formulare/Notfallkontakte_PS_Homepage.pdf



COUNSELING, SUPPORT AND HELP FOR STUDENTS

AT OTH REGENSBURG

ELO-COURSE WITH ALL INFORMATION
REGARDING SUPPORT SERVICES AND DIVERSITY

