



COURSE PROGRAM

ENGLISH SOMMER
SEMESTER
2026

of the Psychosocial Counseling Center for Students

IN ENGLISH ONLINE

RESILIENCE TRAINING

Being more relaxed in Uni-life with Mindfulness and Self-Compassion

Explore how stress affects you and learn practical techniques to navigate it with ease in this four-week online course. First-session attendance required. Ready to approach stress differently?

**4-week online course, Wednesdays,
17:00-18:00**
06.05. / 13.05. / 20.05. / 27.05.2026
max. 15 participants

Instructor

Dr. rer. nat. Sybille Hüfner, trained teacher for Mindful Self-Compassion (MSC), resilience promotion for students, doctoral candidates, and postdocs

Registration

The course takes place in cooperation with university sports. Information on registration and further details can be obtained via the QR-code.

IN ENGLISH ONLINE

GET BALANCED -

Study & Work-Life-Balance

This webinar focuses on self-guidance to build confidence, well-being, and sustainable performance. Participants gain practical self-care strategies, reflect on roles, expectations, and boundaries, and learn how to support long-term success and personal growth.

Webinar 25.04.2026, 09:00-13:00
max. 15 participants

Instructor

Yolanda Mateos, University teacher, professional study and vocational advisor, certified systemic coach and career coach, cert. trainer for intercultural communication, coach for exam anxiety and stage fright (PAC® certificate)

Registration

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DETAILED INFORMATION ON THE COURSE CONTENT, NUMBER OF PARTICIPANTS, COURSE LOCATION, REGISTRATION ETC. can be found via the QR code on our website studierendenwerk-ulm.de/pbs-kurse-en



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Ulm fair_supportive_competent

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