



Studierendenwerk
Ulm fair_supportive_competent

COURSE PROGRAM

ENGLISH

WINTER
SEMESTER
2026/27

of the Psychosocial Counseling
Center for Students

IN ENGLISH ONLINE

RESILIENCE TRAINING

Finding more ease in university life through 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,
05:00-06:00 p.m.**

04.11. / 11.11. / 18.11. / 25.11.2026
max. 15 participants

Instructor

Dr. rer. nat. Sybille Hübner, 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 -

Self-management for greater confidence, well-being, and productivity

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 21.11.2026,
09:00 a.m. - 01:00 p.m.**

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

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

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



Studierendenwerk
Ulm fair_supportive_competent

Anstalt des öffentlichen Rechts
James-Franck-Ring 8 · 89081 Ulm
Tel. 0731 79031-10

Sekretariat der PBS

Manfred-Börner-Str. 5 / Haus C
89081 Ulm
Tel. 0731 79031-5100
pbs@studierendenwerk-ulm.de



[studierendenwerk-ulm.de/
pbs/kompakt](https://studierendenwerk-ulm.de/pbs/kompakt)