

STUDENT 2 STUDENT COACHING

09. February 2025

Inputpresentation

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Student to Student
COACHING

**NEVER
HAVE I
EVER...**

...STARTED TO STUDY A LOT LATER THAN PLANNED

**NEVER
HAVE I
EVER...**

**... DELAYED FUN ACTIVITIES BECAUSE I NEEDED TO WORK ON UNI-
ASSIGNMENTS**

**NEVER
HAVE I
EVER...**

... KEPT PUTTING OFF UNI-ASSINGEMENTS

**NEVER
HAVE I
EVER...**

... HAD TROUBLES TO UNWIND FROM UNI-RELATED MATTERS

WHO ARE WE?

&

WHAT DO WE DO?

→ A coaching offer focusing on study-related issues

→ trained psychology students in their 5th semester or higher

→ volunteer coaches

→ We offer up to 10 free one-to-one coaching sessions on topics like:

- ... time and self-management
- ... exam prep
- ... study and work techniques
- ... motivation problems
- ... dealing with stress

Most of all, we want to support you with any uni-related struggles that might sit on your mind and keep you from being happy & successful at what you want to do :)



Environment

stimuli (stressors)

perception filter (selection)

person

Primary Appraisal

interpretation of the stressors

positive

dangerous

irrelevant

*challenge,
threat,
harm/loss*

Secondary Appraisal

analysis of the available resources

*insufficient
resources*

*sufficient
resources*

Stress

Coping

overcoming of the stress

*problem-focused
change situation itself*

*emotion-focused
change the relation to the situation*

Reappraisal

pacing and learning

09. February 2025

STRESS THEORY MODEL BY LAZARUS

→ In challenging situations, having access to resources can make the difference between coping with difficulties and being overwhelmed.

→ That's why we need resources!



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WHAT ARE RESSOURCES?

&

HOW DO I RECOGNIZE THEM?

Nestmann (1996): A resource is ultimately anything that is valued by a person in a particular situation and experienced as helpful.

→ individual in nature & dependent on specific needs, motives, and goals

Ressources...

- help satisfy individual needs
- can trigger positive emotions such as relief, joy, and pride
- are experienced as helpful when dealing with problems
- can reduce negative emotions such as anxiety and sadness
- support personal development and self-actualization

(Dust, 2023)



**THAT'S WHY
WE NEED
RESSOURCES!**



WHICH ARE YOURS?

**LINA WANTS TO
WRITE HER
BACHELOR
THESIS...**

**HOW COULD SHE SCHEDULE HER TIME IN THE
WORST WAY POSSIBLE?**



**LINA WANTS TO
WRITE HER
BACHELOR
THESIS...**

**HOW COULD SHE SCHEDULE HER TIME IN THE
BEST WAY POSSIBLE?**



Input Presentation

09. February, 2026

A part of Lena's weekly schedule

Time	Monday	Tuesday
7-9	sleep	sleep
9-10	got up, bathroom	sleep
10-11	breakfast, reading	got up, bathroom
11-12	shopping	bought flowers
12-13	cooking, lunch	library: borrowed book
13-14	lunch break, TV	cafeteria
14-15	lunch break, TV	coffee with friend
15-16	cleaning	coffee with friend
16-20	job	seminar
20-21	dinner, TV	cinema
21-22	TV, phone	cinema
22-23	TV	beer garden
23-24	internet	beer garden
24-1	internet	internet
Bedtime	3 a.m.	2 a.m.

A part of Anne's weekly schedule

Time	Monday	Tuesday
7-8	got up at 6:30, household chores	got up at 6:30
8-11	studying (library)	studying at home / seminar
11-13	seminar	seminar
13-14	cafeteria	cafeteria
14-17	seminar	studying (library) / seminar
17-19	research assistant job	seminar / studying
19-20	writing term paper	dinner, phone call with friend
20-21	dinner, TV	studying at home
21-22	TV	studying at home
22-24	writing term paper	studying at home
24-1	sleep	sleep
Bedtime	11:30 p.m.	12 a.m.

INDIVIDUAL CHRONO-TYPES

The Distribution of Chronotypes

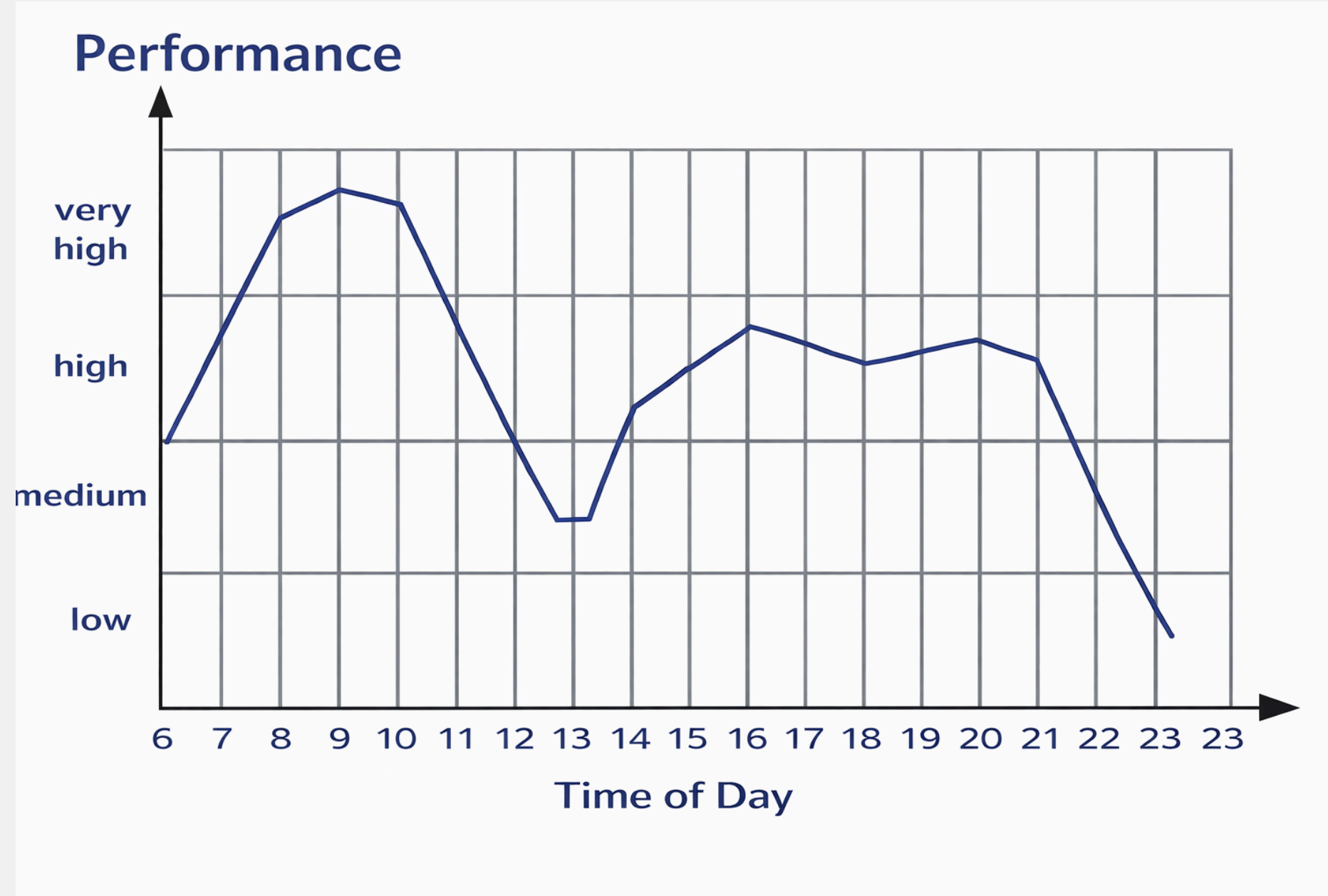
On free days, around 30 percent of people go to bed around midnight, and just as many go to bed a little earlier. More than 40 Percent stay up longer.

Chronotype	Bedtime	Percentage
extreme early type	before 9:30 PM	1%
moderate early type	9:30 – 10:30 PM	6%
slight early type	10:30 – 11:30 PM	22%
normal type	11:30 PM–12:30 AM	30%
slight late type	12:30 – 1:30 AM	21%
moderate late type	1:30 – 2:30 AM	21%
extreme late type	after 2:30 AM	12%
extreme late type	after 2:30 AM	8%

* Based on around 185,000 people from Munich Chronotype Questionnaire

Source: Roenneberg, T et al.: Chronotype and Social Jetlag: A (Self-)Critical Review. **Biology** 8, 54, 2019

Spektrum.de



When do you go to bed?

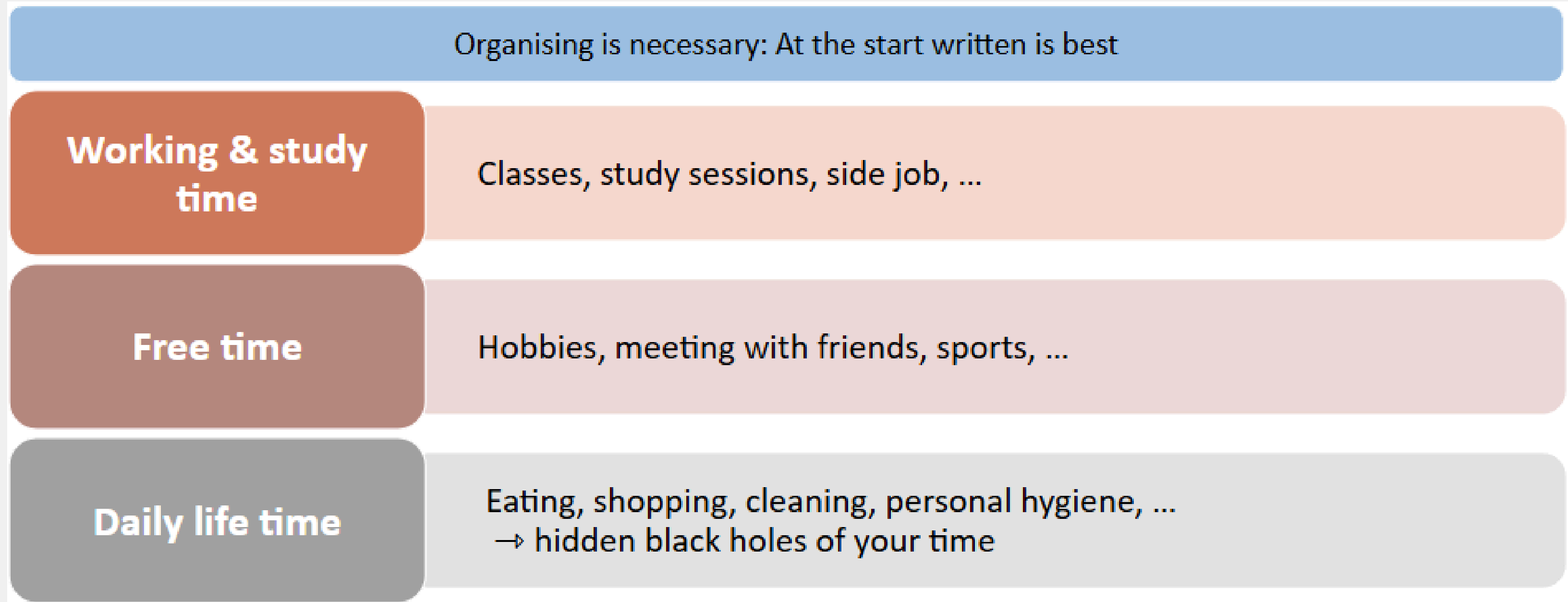
When do you get up?

When do you feel the most productive?

YOUR INDIVIDUAL PERFORMANCE COURVE

**WORKING TIME,
FREE TIME,
DAILY LIFE TIME...**





TAKE-HOME MESSAGE

- Use your resources to overcome your challenges without too much stress
- Plan your working hours according to your own chrono type
- Breaks, free time and “daily life time” are part of the process as well
- If you feel like you can't handle your situation anymore, seek help



Psychosocial Counselling Service

Goßlerstraße 23
37073 Göttingen

Consoultation hours by telephone:
Tuesday, Wednesday and Thursday: 12-13 Uhr
→ for phone number information please
check their website

Career Service

Wilhelmsplatz 4,
37073 Göttingen

Consoultation hours:
Tuesday: 13-14 Uhr, 15:30-16:30 Uhr
Wednesday: 13-14 Uhr
Thursday: 12-13 Uhr
→ for phone number information please
check their website

Psychotherapy Outpatient Service for Students

Humboldtalle 38
37073 Göttingen

Appointment can be made by phone from
Monday - Friday: 9-13 Uhr
Tel.: 0551/ 39-64076

International Writing Lab

Heinrich-Düker-Weg 12
37073 Göttingen

Consoultation hours:
Tuesday: 12-13Uhr
Tel.: 0551/ 39-21195

Changing Workshops

In case of an emergency

Uniklinik - Psychiatrische Klinik
Von-Siebold-Straße 5
37075
Tel.: 0551 - 39 62 007 (24h/Tag)

Asklepios Fachklinikum Göttingen
Rosdorfer Weg 70
37081 Göttingen
Tel.: 0551 - 40 2-0

Frauenhaus
Groner Straße 32/33
37073 Göttingen
Tel.: 0551 - 52 11 800

Telefonseelsorge Göttingen e.V.
Tel.: 0800 - 11 10 111

FURTHER RECOMENDATIONS



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**COACHING
NOT
CRASHOUT**



THANK

YOU



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