

## STUDENT SERVICE

### **PSYCHOLOGICAL SUPPORT**

Psychological support helps to better understand and overcome psycho-emotional difficulties. A psychologist helps to better understand the situation and to identify resources. A patient receiving psychological support can see and change ineffective patterns of behaviour. The specialist listens, encourages overcoming difficulties, shows how to focus energy to achieve goals, helping both to improve quality of life and to make it easier to survive difficulties.

### **CAREER COUNSELLING**

The visit of a career counsellor for career and development will focus on the achievement of goals. The counsellor will help you to understand your situation and opportunities, to see new solutions. The counsellor will best provide psychological support in solving practical problems by allowing you to look at the situation differently and understanding ones own resources and strengths, as well as giving practical advice for career development.

### **SUPERVISOR COUNSELLING**

Supervision is a counselling and educational support carried out in a professional context with the aim of improving professional competence, the quality of professional activity and fostering professional development. Supervision is carried out by a specialist in a specific professional field who has also obtained a supervisory qualification. Supervision can be useful in helping students to map out their professional development trajectory and opportunities.



## **SUPPORT IN CASE OF STUDY DIFFICULTIES**

This counselling is provided if students are having difficulties with their studies or are having problems with their relationship with a member of staff. A counselling session usually lasts between 30 and 45 minutes. The first consultation will clarify the situation, allowing for a better understanding of the difficulties and a plan of action. When making an appointment for counselling, it is a good idea to assess what exactly is making it difficult for the student to study, so that both listening and discussing options for further action can be discussed during the conversation.

## **MENTOR SUPPORT**

Alumni mentors have volunteered to share their life and work experiences with the student during the semester or academic year. By becoming supportive, listening and giving suggestions on how to better achieve goals, mentors are willing to work on issues related to career, personal as well as academic development.

## **ABOUT THE SERVICE**

The service is available to RISEBA students FREE OF CHARGE.

To apply for counselling and receive support, write to: [prakse@riseba.lv](mailto:prakse@riseba.lv), mentioning which of the 5 types of support described below you would like to receive, in which programme and in which course you are studying and, if possible, mentioning the most important questions.

## **THE SERVICE CAN HELP THE STUDENT**

- If the student is having difficulty finding a reason or a meaning for the assignments;
- In cases of crisis (experiencing violence, losing a loved one, struggling with suicidal thoughts, etc.);
- In cases of stress, anxiety and confusion;
- To define his/her goals and development path.

## **AIM OF THE SERVICE**

- Student services are designed to improve the quality of study and to support the student in the process of study and in the achievement of goals;
- To help the student find solutions to loss of motivation, burnout, negative mood and depression;
- To promote well-being by improving the learning environment

## **CONTACTS**

 +371 29127929  [student.support@riseba.lv](mailto:student.support@riseba.lv)