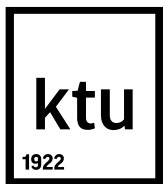




# **STUDENT SUPPORT / SERVICES**



**Student Information and Service Centre**

# KTU PSYCHOLOGICAL HELP

Facing learning problems, personal, emotional and daily life difficulties?

We offer **free of charge** individual psychological consultations for international students.

**Contact:** +370 37 30 07 43

**General queries and registration for individual consultations:** [psichologas@ktu.lt](mailto:psichologas@ktu.lt)

# time management

ktu

1922

## DOs

## DON'Ts

**You have to decide: you execute or give up unfinished tasks.**

**Find a dedicated space and time.**

**Work out your optimum study method.**

**Remember that failure is only the opportunity to begin again more intelligently.**

**Solicit help when you need it.**

**Prioritize your work constantly.**

**Learn to say "No" and don't feel guilty.**

**Focus on your long term goals.** Short-term goals will lead you to accomplishing long-term goals.

Instead of planning and preparing, waiting until something is perfect – **just do it!**

**Lack of priorities.** Don't get involved in the activities/tasks that aren't important to you.

**Waiting for inspiration.** New ideas are the result of the action process.

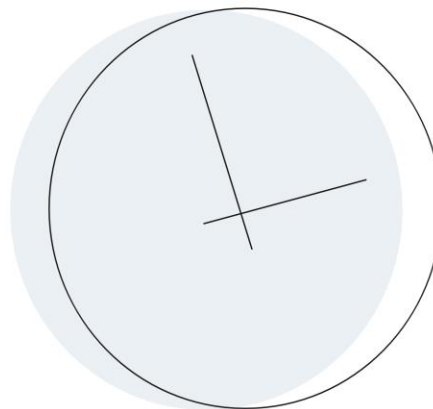
**Doing everything by yourself** causes fatigue, constant rush, the lack of tangible results.

**Worry too much about what others will think/say.**

**The fear of failure.**

**Unfinished tasks** consume your energy and attention.

**Perfectionism.**



# increase your self- esteem

What is self-esteem? Do I need to improve my self-esteem?

## WHEN YOUR FRIEND NEEDS HELP...

**STRESS**  
is necessary  
when seeking  
development  
and progress!

- How to identify?
- How to control?
- Exams and stress

# SOCIAL SUPPORT

**One-time social scholarships** are awarded to students whose financial situation is difficult due to:

- illness;
- illness or death of family members;
- disaster or loss of assets;
- in other exceptional cases.

The scholarship is awarded by the commission set up by Rector's order.

# ONE-TIME INCENTIVE SCHOLARSHIP

One-time Incentive Scholarship is being awarded for active promotion of the University's name by taking part in various activities. The awardees are being named by Faculty Dean's order and authorised by the Rector.

# ONE-TIME TARGET SCHOLARSHIP

One-time target scholarships are awarded for a purposeful activity representing University:

- participation in international and / or national science conferences, seminars, Olympiads, projects or other kind of events;
- representation of the University at international and / or national sport, art and / or competitions of public organizations, conventions or other kind of events.

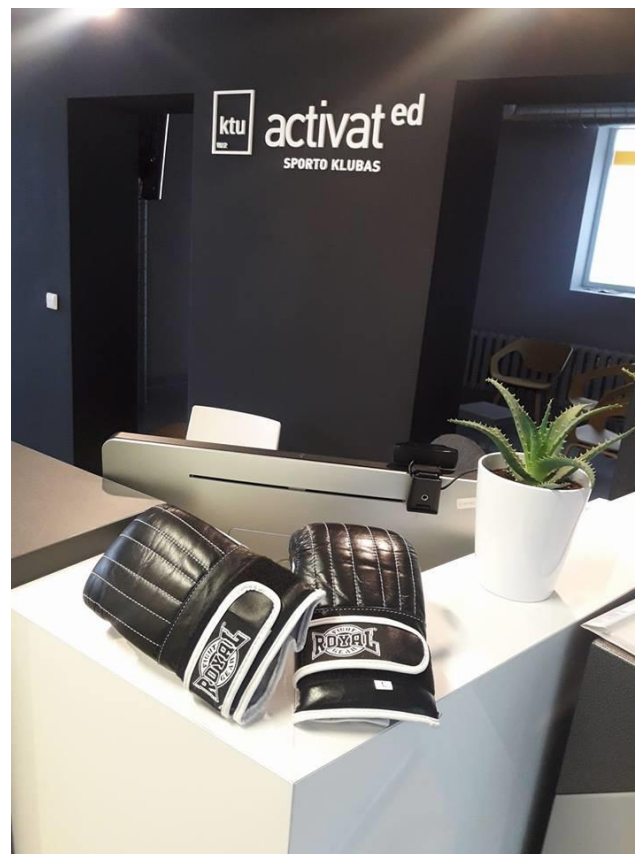
WANTED programme is a great possibility to develop your career competencies, plan your studies with focus and purpose, and relate them to your future career. Participate in the events, seminars, receive consultations on the career issues, and look through the job and internship offers.

Job and internship offers: <https://wanted.ktu.edu/students-internship/>





activat<sup>ed</sup>



## DO YOU KNOW, THAT

BALTAI  
MUNDA

SALTUS  
GLADI

ŽYGEIVIŲ KLUBAS  
AŽUOLAS

DOKTORANTŲ  
DRAUGIJA

PIXEL

ESN  
KTU

VIDE  
SHOT

BENDRABUČIŲ  
TARYBA

K T U  
studentų  
atstovybė

GOŠTAUTA

DEBATE  
CLUB

BEST  
KAUNAS

korpi  
TAUTITO

INVENSA  
INVESTUOTOJŲ KLUBAS

Studentų  
Mokslinė  
Draugija

returus  
Astronomijos klubas

ENŲ  
KAMBARYS

Women  
Leadership  
Network

AIESEC

Njuspeipis

marketingLAB

## KTU student union

Become international student representative.





## AIESEC in KTU

Organization of international events.



## KTU Dormitory Council

Possibility to become dormitory's manager and a part of the Council.



## BEST Kaunas

Participation in various contests: CityRally, EBEC, academic courses.



## Debate club

All debates are held in English language!





## ESN KTU

Be involved in Erasmus students integration in Lithuania.





## Studio „Art room“

Be involved in painting, art therapy, workshops and much more!



## KTU newspaper „Njuspeipis“

Love writing, editing?





# KTU Startup Space



You are welcome, if...

- You have an idea and you're eager to make it into reality;
- You are looking for team members;
- You want to share experience in business.





kaunas  
university of  
technology

# LET'S CONNECT!

Facebook

- ***KTU international students***
- ***KTU studentams***

Instagram

- ***KTUstudentlife***
- ***KTUspace***

