

# MATRICOLANDO



## COUNSELING – WHAT IS IT?

Professional counseling is a therapeutic relationship that empowers diverse individuals, families and groups to accomplish:

- IMPROVE MENTAL HEALTH,
- WELLNESS
- EDUCATION
- CAREER GOALS

## WHICH GROUP IS BEST FOR YOU?

### - FIRST CHOICE: "MATRICOLANDO" GROUP

Facing a new challenge as an academic career can be a source of stress, but don't worry, it's perfectly normal, and **we are here for you to make it easier.**

"Matricolando" is a counseling group specifically thought for all those students that are taking the first steps into the university world.

To be involved in a group of peers, who are in a similar place, is an **opportunity not only to increase our understanding of the struggles on the topic but also to discover new possible solutions available.**

Take the opportunity to improve a positive attitude **sharing expectations, motivations, emotions, but also doubts and disorientation** with other students.

"Matricolando" aims to make it possible, stimulating all students, promoting adaptability to change and encouraging the relations among all the peers of the group.

### - SECOND CHOICE: "MATRICOLANDO" PLUS

This group, similarly to "Matricolando" group, is designed for all students who are starting to approach to university world **but it's specifically thought for all those people with a background education of specialized learning.**

## HOW, WHERE, WHEN?

The group consists in 12 people and the counselor

The appointment, for each group, will be scheduled every two weeks

The meeting place/time, will change every time in base of the need of the group

## HOW TO APPLY:

To sign up the group, or to get more info, is necessary send a mail to :

[spazio.studenti@unibs.it](mailto:spazio.studenti@unibs.it)

Writing in the mail object:

"iscrizione a unicounseling"

The registration is open until:  
**23 december 2022**

To get more informations about "Progetto Spazio Studenti".....

## Check the link:

<https://www.unibs.it/servizi-online/servizi-studenti/spazio-studenti-sportello-d-ascolto-e-consulenza>

**We're waiting for you, enjoy the group to share with us the magic of a new path...**



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