

Where can I find help?

Depending on their problems, students receive support in different places at or around the university; this list is likely not exhaustive. The *Beratungsnavigator* 'advice navigator' may provide an overview (so far only in German): <https://www.uni-konstanz.de/beratungsnavigator/>

Central Student Advisory Service

In case of uncertainty about their choice of studies, the Central Student Advisory Service informs students on alternative options within and outside the university: <https://www.uni-konstanz.de/en/study/advice-and-services/central-student-advisory-service/zsb/>

Directors of departmental administration, teacher education advisers, advice by fellow students

Students may discuss issues with their study area and the possibility of changing their study programme university-internally at one of the following offices:

- Director of Administration Linguistics Dr Anika Lloyd-Smith
- Director of Administration Literature, Art and Media Studies Dr Daniel Hütter
- Teacher Education Advisor for Linguistic Subjects Florian Schönhuber
- Advice for BA Sprachwissenschaft: MentorLing
- Advice for BA LKM: LKM support
- General student concerns: Student Council LitLing

Psychotherapeutic Counselling at Seezeit

Seezeit employees address the problem at hand together with the student and offer further advice and support. The offer is free of charge and confidential. A wide range of issues can be addressed, for instance performance pressure, procrastination, depression, anxiety, relationship problems, addiction, identity crisis, etc.:

<https://seezeit.com/en/advice/psychotherapeutic-counselling/>

Nightline Konstanz e. V. ('registered association') – someone who listens

In the evenings when the official advisory offices of university and student services are closed, Nightline offers anonymous and unprejudiced conversations:

<https://www.nightline-konstanz.de/en/home.html>

Writing Centre

The Writing Centre supports all students in developing their writing skills and offers individual support by tutors as well as courses and workshops:

<https://www.uni-konstanz.de/en/writing-centre/>

Writing Centre Linguistics

The Department of Linguistics used to have their own subject-specific writing centre. Material and guidelines on writing in linguistics are still available:

<https://www.ling.uni-konstanz.de/en/advising-and-services/writing-centre/>

Library – actually: KIM

The Communication, Information, Media Centre (KIM) is the university's central service provider for IT and library services. KIM was created by combining the library, IT service centre and

administrative IT. Students receive individual support with literature research and IT questions, but KIM also offers courses, library tours etc., which facilitate academic activities:

<https://www.kim.uni-konstanz.de/en/>

The International Office

The international office offers advice for international students and students of the University of Konstanz who would like to study abroad for one or several semesters:

<https://www.uni-konstanz.de/en/international-office/>

Erasmus Humanities

Students of the Faculty of Humanities planning a stay abroad (outgoings) or international guest students of the Faculty of Humanities (incomings) can contact Erasmus Humanities:

<https://www.uni-konstanz.de/en/international-participation/erasmus-humanities/>

Social counselling by Seezeit

Social counselling by Seezeit can be requested with study-related questions concerning, e.g., financial assistance other than BaföG (also in case of emergencies), childcare, disability/chronic illness, working side jobs, free meals, benefits like exemption from TV and radio licence fees, social/health insurance, course extension periods, workload limits, problems with authorities, residence issues (international students): <https://seezeit.com/en/advice/social-counselling/>

Studying in special circumstances

Students having children, students with disabilities or chronic illnesses, and students active in top-level sports receive help organizing their studies by different contacts:

<https://www.uni-konstanz.de/en/study/study-essentials/>

Legal consultation

Legal consultation is offered by the student representation in cooperation with a Konstanz law firm and by LAW & LAKE, a gUG where advanced law students and academic staff of the Department of Law lend support with legal issues:

<https://www.stuve.uni-konstanz.de/en/activities-projects/offerings/legal-consultation/>

Studierendenvertretung (StuVe)

The student representation has so much to offer in terms of activities and projects in the interest of students that it is impossible to provide a list here. Do take a look:

<https://www.stuve.uni-konstanz.de/en/>

Contact person and adviser for anti-discrimination

Professor Theodoros Marinis and Lana Daudrich: antidiskriminierung@uni.kn

Contact persons in case of sexual harassment, sexualized discrimination and violence

Inés Eckerle and Werner Palz: campussicherheit@uni.kn

Equal Opportunities Office

The equal-opportunities representative and the office are concerned with cases of sexism:

gleichstellungsbeauftragte@uni.kn

The student members of the Equal Opportunities Council, Irena Brehm and Isabel Beck, can also be contacted.