

İSTANBUL MEDİPOL UNIVERSITY

# PSYCHOLOGICAL COUNSELLING CENTRE

The Psychological Counselling Centre  
at Medipol University offers  
free services to all of our students.



## To Make an Appointment

Scan the QR code, fill out the application form, and  
send it to the following address: [pdrbavuru@medipol.edu.tr](mailto:pdrbavuru@medipol.edu.tr)  
(Your application will be placed in a queue, and you will be contacted accordingly.)



**Place:** Medipol University South Campus,  
North Campus, and Unkapanı (Haliç) Campus



**MEDİPOL**  
**UNV-İSTANBUL**  
İSTANBUL MEDİPOL UNIVERSITY

## Support Your Psychological Well-being When Back to Campus!

Returning to campus after a long break can be exciting, but it may also bring various challenges. Taking care of your emotional and academic well-being is crucial for a successful adjustment. Here are some suggestions and support resources to guide you through this journey.

### 1. Acknowledge Your Emotions

Returning to campus can be a fresh start, but you may encounter feelings like anxiety, uncertainty, or stress. Remember that these emotions are normal, and don't hesitate to seek support.

#### What can you do?

- ▶ Recognize and accept your feelings.
- ▶ Find friends or counsellors with whom you can share your stress.
- ▶ Take advantage of the campus psychological counselling services.

### 2. Time management and planning

Balancing your academic and social life is essential for a successful campus experience. Developing your time management skills will make this process easier.

#### What can you do?

- ▶ Create a weekly plan and prioritize your tasks.
- ▶ Be mindful of balancing study and rest times.
- ▶ Seek guidance on effective study techniques.

### 3. Support your social adjustment

Returning to campus after the summer holiday may bring social anxieties. Building new friendships or reconnecting with old ones may take time. Be patient.

#### What can you do?

- ▶ Join clubs and participate in social events.
- ▶ Seek individual counselling to manage your social anxieties.
- ▶ Join group therapy sessions to meet others with similar experiences in support groups.

### 4. Stress and anxiety management

Academic pressure, exams, and heavy course loads can increase stress. However, managing this stress properly will positively affect both your health and academic performance.

#### What can you do?

- ▶ Find friends or counsellors with whom you can share your stress.
- ▶ Take time for yourself during busy periods to recharge.
- ▶ Seek expert support to learn stress management strategies.

### 5. Self-compassion and self-care

It's important to take care of both your physical and mental health as you return to campus. Small breaks you take during a busy schedule will help you feel more energetic and happier.

#### What can you do?

- ▶ Ensure you get enough sleep and maintain a balanced diet.
- ▶ Take short relaxation breaks during the day.
- ▶ Be kind to yourself and patient on your journey to success.

### 6. Seek professional support

Take advantage of the psychological counselling services offered on campus. You can have a healthier adjustment process by receiving emotional, social, and academic support.

#### What can you do?

- ▶ Contact the campus counselling centre to participate in individual or group therapy.
- ▶ Attend seminars and awareness events on mental health.

Remember! You are not alone on your journey back to campus. Your psychological well-being is just as important as your academic success. Sharing your emotions and seeking support can make this process easier.

Wishing you a healthy and successful semester!