

My Studies - A Recipe for Success

The important questions first

With these questions, you can capture your motivation for your studies and establish clear goals!

→ Why am I studying?

MOTIVATION

→ What do I want to achieve with my studies?

GOALS

This is how I see myself after completing my studies

You can design your target image as creatively as you like: Draw or create a collage - it's up to you!

What should remind me of my goal everyday?

Find an object = something to remind you of your goal every day (eg. business card, keychain or a wallpaper for your cell phone)

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Find your balance

Studies & private life - This is how to make it work

Besides studying, I need to:

- Work
- Take care of someone
- Improve my language skills (eg. German)
- Take special care of my health
- Other

Surely you have your own personal background and things that play an important role in your life besides your studies. It is important that you take these into account from the very beginning when planning your studies!

Students with disabilities or chronic illnesses can apply for a disadvantage compensation: h-da.de/behinderung.

Identify possible obstacles in advance

This could possibly cause me some problems

What can I actively do to prevent this?

Know your special powers

Who/What supports me and gives me strength?

RESOURCES

What am I good at? Who/What helps me in difficult times?

POWER SOURCES

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Getting to know yourself as a student

Unlike school, learning at the university is mainly self-organized. That's why it's important that you ask yourself a few basic questions before preparing for your exams:

Do I work better alone or do I need others?

Daily rhythm: Do I work better in the morning, in the afternoon or rather in the evening?

Am I structured or rather disorganized?

Concentration: Do I learn better at home or in the library or other public learning spaces?

We have collected a few important tips for you:

- Time management: Plan your study time as sensibly as possible, taking into account your daily rhythm. Also pay attention to breaks and structural aids such as for example the Pomodoro method.
- Experience shows that learning in small groups can be effective. Connect with others and find the perfect learning group for you!
- Be realistic when registering for the module exams and do not underestimate the time you need to prepare for them.
- Practice, practice, practice: That's how you learn what's behind the theory!
- Keep to your own speed. The standard period of study is an orientation: some students, depending on their situation, do not manage to complete all the modules that are scheduled per semester according to the standard period of study. Small steps also lead to the goal. Pay attention to a regular progress in your studies.
- If you are not well (physically or mentally), then you will not be able to progress in your studies. In this case, it is possible to apply for a leave of absence:
[h-da.de/beurlaubung](https://www.h-da.de/beurlaubung)

For international students:

Your academic success must not be jeopardised by your part-time employment, otherwise you may have problems with your residence permit. However, secondary employment can also be beneficial for your studies if it fits in thematically. The maximum duration of stay for the purpose of studying is 10 years.

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Find the right contact addresses

You don't need to have all answers to possible questions during your studies, it's enough if you know a few places to go to, when you have concerns or need some support.

Example concerns can be the following:

- Questions, problems related to your study programme
- Crises in studies (e.g. failed exam)
- Crises in private life
- Questions about the right of residence
- Someone has treated you unfairly
- Job search, internship search, help with preparation

Anti-discrimination

H_da promotes respectful and appreciative interaction among all members and affiliates. Equal opportunities and fairness are of central importance: link.h-da.de/WKT3

CONTACT 1

Questions about:

Contact details:

CONTACT 2

Questions about:

Contact details:

CONTACT 5

Questions about:

Contact details:

Find 5 contact points
and write down their
contact details!

CONTACT 3

Questions about:

Contact details:

CONTACT 4

Questions about:

Contact details:

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Visualise your study plan

What should your course of study look like in concrete terms? Which modules will you complete and when? You don't need to plan your entire degree programme right from the start, but maybe you can start by planning the first three semesters!

Semester	Modules	Exams	CP

Do you already know the study progress monitoring? You will find more information under h-da.de/studienberatung