

Center for Psychological Consultation and Mediation

University education is undoubtedly a crucial stage in life that lays the foundation for gaining professional skills and knowledge, which should lead to finding a fulfilling job in the future. For a young person this is a definitely memorable and challenging time, especially for those students who left their home in a small town in order to move to a big city like Wrocław. Such experience triggers mixed emotions and carries a risk of feeling separated from their secure social environment as outsiders. Understandably, the students' young minds are filled with uncertainty and anxiety, as they quite often put pressure on themselves to fit in and achieve the highest possible academic standards during exams. For some students this may be a very demanding time when they ask themselves the big question: Am I going to make it? Building a healthy relationship with peers and academics is also a difficult psychological process to cope with.

Moreover, students with disabilities face even harder challenges and obstacles during their studies due to the harmful perception of handicapped people as inferior, weak or, at worst, even not needed. Therefore immediate and effective psychological support offered to them in hard times is a crucial element of the educational system. With the help of qualified specialists students who need help to improve their mental condition, boost confidence and overcome self-concerned fears will be able to get through their time at university much easier.

During the course of studies many difficult situations occur because of poor communication, which quite frequently results in the lack of understanding of the specific needs or requirements some students may have. Such problems are best resolved with the use of mediation carried out by a professional psychologist, who offers support in identifying the problem and help both sides reach a satisfactory solution based on equal terms. Those issues may very well apply to both students themselves, but also academic staff.

We offer psychological support and help to students in:

- Handling problems with adaptation into a new environment (Wrocław, university, dormitory)
- Finding solutions in conflicts in relationships (with other students and staff)
- Giving professional advice on how to attain personal goals
- Coping with mental difficulties caused by exams or tests
- Overcoming anxiety and fear
- Handling problems with low self-esteem, lack of motivation and mood swings
- Breaking language and cultural barriers – support available in English

We also offer support to academic staff in matters like:

- Better understanding of the problems of students with disabilities

- Designing methods for effective work with disabled students and making improvements for them
- Handling conflicts in class or during examinations

How to contact us:

- Online chat or a phone call
- Individual appointment at the University of Technology during weekly psychologist's duty hours:
 - Tuesdays 12.00am - 04.00pm
 - Wednesdays 8.00am - 12.00am
- Another available place to meet is the center of "Your new possibilities" association located at: Ul. Grabiszyńska 163, room 210-215.

Appointment in advance is necessary. Our staff speak Polish, English and the sign language.

In order to keep full confidentiality of meetings and discussed matters please contact directly our psychologist, who runs the center:

Mateusz Kur, Monday – Friday 9.00am - 4.00pm

m.kur@tnm.org.pl

Mob. +48 516 005 583

Below please see some information on Mateusz Kur by himself:

mgr Mateusz Kur, psychologist



My name is Mateusz Kur. I graduated in Psychology and Cultural Anthropology, and I am deeply interested in the holistic approach to human beings. This allows me to interconnect cognitive, emotional and physical aspects in my therapeutical practice with patients. I have been involved in working with disabled people (particularly with impaired hearing) for a long time, and thanks to my ability to use the sign language, I feel that I am capable of entering their world. Apart from that, as a fluent English speaker I have a lot of experience in interacting with foreigners representing a different set of cultural values and other backgrounds. I have the necessary skills and competences to 'see' the people as individuals thanks to my college education and professional career.

Below are listed some areas I specialise in:

- Psychological support for people in crisis

- Boosting motivation, finding ways for self-improvement and setting personal goals Working with children and teenagers in foster care
- Counselling in the sign language for the deaf and hearing impaired
- Running workshops and educational practice
- Handling problems in relationships
- Resolving conflicts using the NVC (Non-violent Communication) method