Mentoring Meet-up
Better life in FU - Stress managing, career, etc. …
For Master student in Physics Department
Nature Editorial,

**Being a PhD student shouldn’t be bad for your health**

The first international meeting on postgraduate mental health opens this week, but much more is needed to solve academia’s crisis.

[https://www.nature.com/articles/d41586-019-01492-0](https://www.nature.com/articles/d41586-019-01492-0)

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European Association for International Education (EAIE)

5 unique mental health stressors faced by international students

By FRANK HAEBER, STEPHANIE GRIFFITHS

[https://www.eaie.org/blog/5-mental-health-stressors-international-students.html](https://www.eaie.org/blog/5-mental-health-stressors-international-students.html)
MAJOR ERRORS FOR INTERNATIONAL STUDENTS

70%
Course program during the semester

Language Test (German Level test)

TANDEM (Independent Language Learning Center)
General Advising

- missing background knowledge
- difficulties with the orientation at the beginning of your studies
- problems with the coordination of your different subjects
- alternatives to study termination
- .. etc.

Psychological Counseling

- Motivation, orientation and decision problems
- Exam anxiety and fear of public speaking
- Writer’s block
- Learning problems and procrastination
- Stress, overextension, depression
- Wish and search for therapy

Info-Service Studium
Freie Universität Berlin
Monday, Wednesday, and Friday morning
or Thursday afternoon

psychologische-beratung@fu-berlin.de
To arrange a first appointment
Course Details & Regulations

- General questions for studying in Physics department
- Module registration
- Course regulations

Tutoring & Mentoring

**Tutor** assists a lecturer (or professor) and supports students to study the subject or modules, so tutor has expert knowledge of that subject.

**Mentor** will share he or her personal experiences to improve one’s ability and potential, so mentor has faced on similar experience and got the answer by one’s own way.

**Boram Yu**

No office hour, general advice for a master student's experience

**Leveke Holler**

Office hours: Mon. 12 - 2 p.m., Wed. 2 - 4 p.m.
Room: 1.1.14a

**studienberatung@physik.fu-berlin.de**

**boram.yu@fu-berlin.de**
Acute effects of aerobic exercise promote learning

Renza Perini², Marta Bortoletto¹, Michela Capogrosso¹, Anna Fertonani² & Carlo Minnissi¹,²

The benefits that physical exercise confers on cardiovascular health are well known, whereas the notion that physical exercise can also improve cognitive performance has only recently begun to be explored and has thus far yielded only controversial results. In the present study, we used a sample of young male subjects to test the effects that a single bout of aerobic exercise has on learning. Two tasks were run: the first was an orientation discrimination task involving the primary visual cortex, and the second was a simple thumb abduction motor task that relies on the primary motor cortex. Forty-four and forty volunteers participated in the first and second experiments, respectively. We found that a single bout of aerobic exercise can significantly facilitate learning mechanisms within visual and motor domains and that these positive effects can persist for at least 30 minutes following exercise. This finding suggests that physical activity, at least of moderate intensity, might promote brain plasticity. By combining physical activity-induced plasticity with specific cognitive training–induced plasticity, we favour a gradual up-regulation of a functional network due to a steady increase in synaptic strength, promoting associative Hebbian-like plasticity.
Independence in Finance

- Bafög (German government funding)
- DAAD Scholarship portal
- Student loan

Student Job
- tutoring (or nachhilfe)
- RA (Research Assistant)
  etc.
Read a code, share your question

Future Plan: Christmas market?