

For Master student in Physics Department

# Mentoring Meet-up

Better life in FU - Stress managing, career, etc. ...

## Nature Editorial,

EDITORIAL · 15 MAY 2019

### 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.



One study found that PhD students were more than twice as likely to have mental health difficulties than

<https://www.nature.com/articles/d41586-019-01492-0>

## European Association for International Education (EAIE)

### 5 unique mental health stressors faced by international students

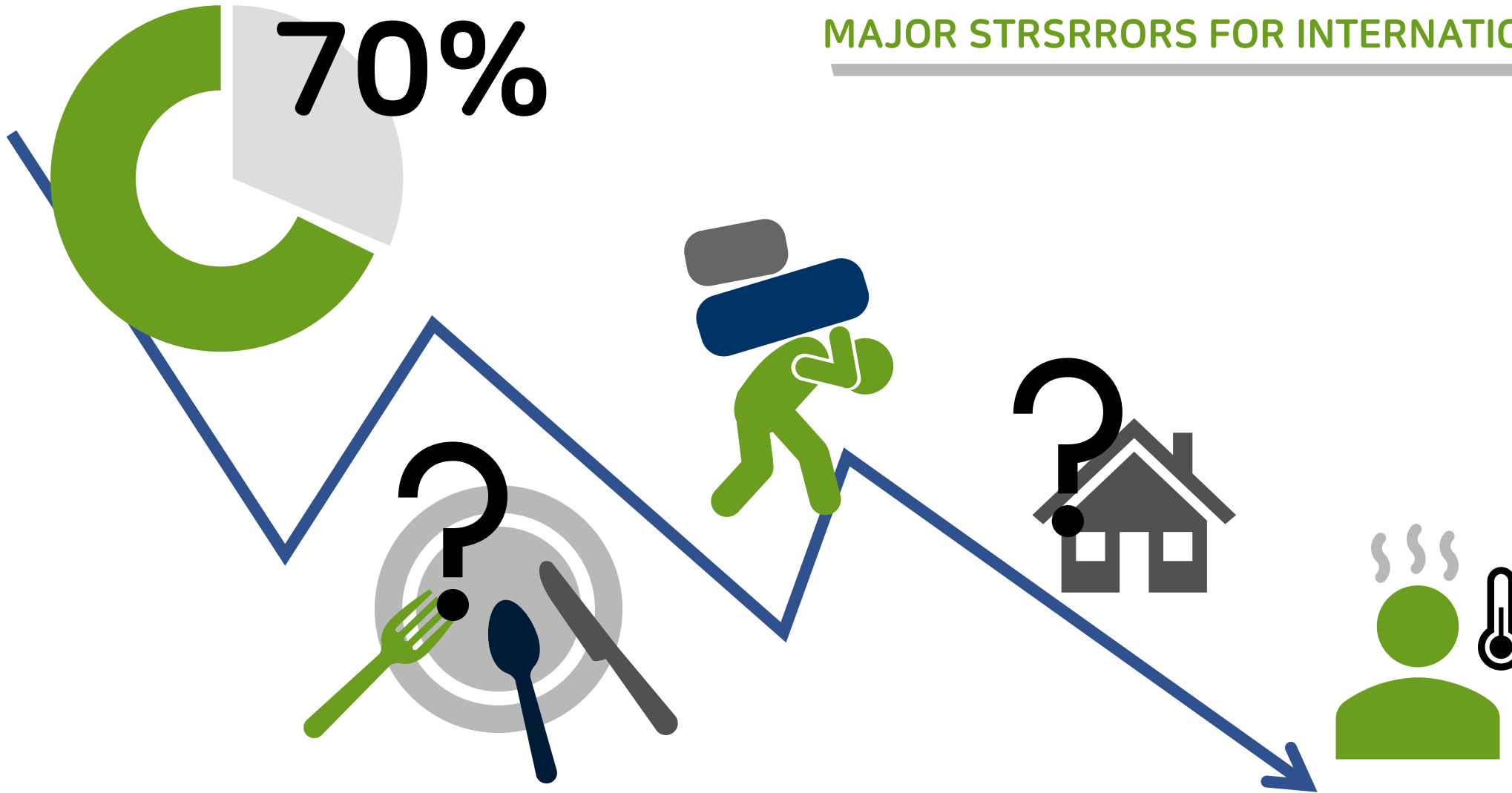
Student services

By FRANK HABER, STEPHANIE GRIFFITHS



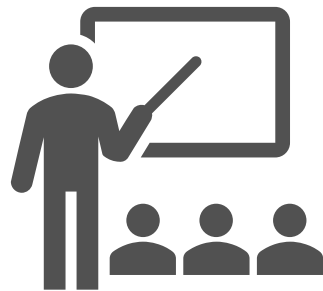
<https://www.eaie.org/blog/5-mental-health-stressors-international-students.html>

## MAJOR STRSRRRORS FOR INTERNATIONAL STUDENTS





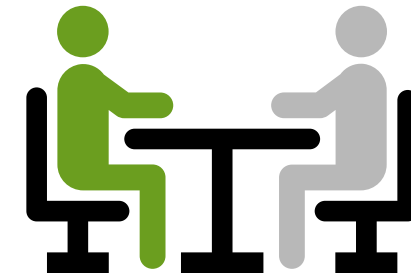
# CENTRAL FACILITY LANGUAGE CENTER



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](mailto:psychologische-beratung@fu-berlin.de)

To arrange a first appointment

## Course Details & Regulations

General questions for studying in Physics department

Module registration

Course regulations

[studienberatung@physik.fu-berlin.de](mailto:studienberatung@physik.fu-berlin.de)

**Leveke Holler**

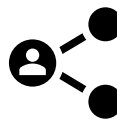
Office hours: Mon. 12 - 2 p.m. , Wed. 2 - 4 p.m.

Room: 1.1.14a

## 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@fu-berlin.de](mailto:boram.yu@fu-berlin.de)

**Boram Yu**

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

# SCIENTIFIC REPORTS

OPEN

## Acute effects of aerobic exercise promote learning

Renza Perini<sup>1</sup>, Marta Bortoletto<sup>2</sup>, Michela Capogrosso<sup>1</sup>, Anna Fertonani<sup>2</sup> & Carlo Miniussi<sup>1,2</sup>

Received: 23 November 2015

Accepted: 15 April 2016

Published: 05 May 2016

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.

## Uni Sport

Approx. 170 courses

Optional Choice (EN, Frauen)

Cheap Price



# Independence in Finance



Bafög(German government funding)

DAAD Scholarship portal

Student loan



Student Job

- tutoring(or nachhilfe)
- RA(Research Assistant)
- etc.



## Job Offers in FU



Job  
occupancies  
in FU

## Studierendenwerk



Job  
Database

## Other Agency



Studentjob



Read a code,  
share your question

Future Plan: Christmas market?