



NEWSLETTER

INTERNATIONAL STUDENT SUPPORT



December 2025

Dear Subscribers,

For our December issue, we are happy to share information about many upcoming events and workshops, such as the writing group organized as part of the Peer Mentoring Program, the wide range of offerings at the libraries, as well as the Mental Health Awareness Weeks.

As always, the Newsletter is available via our mailing list and on our website in [English](#) and [German](#).

Advising and Support: Everything about your studies at a glance

For questions and a wide range of support services, always feel free to contact the [Info-Service](#), [General Academic Advising](#), [Psychological Counseling](#), and [support.points](#). They are always there to support you throughout your studies.

All the best,
International Student Support Team

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NEWSLETTER

Tips of the Month



From our mentors: Writing Group in December

- 01.12.2025. [Academic Writing Group: Writing exercises & Mind mapping](#). In English.
- 08.12.2025. [Academic Writing Group: Time Management in the Writing Process](#). In English.

At the library: Research tips and support

Philological Library (in person)

- [01.12.2025](#); [03.12.2025](#); [09.12.2025](#). [Literaturrecherche Grundschulung](#) (Basics of bibliographic research). In German.
- 04.12.2025. [Workshop | Das Dissertationsexposé in den Geisteswissenschaften](#) (Workshop | The exposé for a dissertation in the humanities). In German.

Central Library (in person and online)

- 02.12.2025. [Schreibworkshop: Was ist wissenschaftlicher Stil? \(hybrid\)](#) (Writing workshop: What is academic writing?). In German.
- 03.12.2025. [Intensivkurs Recherche \(Präsenz\)](#) (Intensive Research Course). In German.
- 08.12.2025. [Schreibworkshop: Wie lese und exzerpiere ich wissenschaftliche Texte? \(hybrid\)](#) (Writing workshop: How should I read and cite academic texts?) In German.
- 09.12.2025. [Schreibworkshop: Wie baue ich eine Argumentation auf? \(hybrid\)](#) (Writing workshop: How can I develop an argument for academic papers? In German.

Online-Angebote

- 08.12.2025. [BibBasics – Services der Bibliothek effektiv nutzen \(online\)](#) (Library basics – Using library service effectively). In German.
- 09.12.2025. [EndNote für Anfänger \(online\)](#) (Endnote for beginners). In German.
- 09.12.2025. [Intensive Research Course \(online\)](#). In English.



EVENTS & WORKSHOPS

Center for Academic Advising and Psychological Counseling

In addition to [academic advising](#) and [psychological counseling](#), the Center for Academic Advising and Psychological Counseling regularly offers workshops. A complete list can be found [online](#).

- [Neustart ins Studium](#) (A fresh start to your studies). Open session. In German.
- 11.12.2025. [Die richtige Psychotherapie finden \(Gruppe 2\)](#) (Finding the right psychotherapy). In German.
- 07.01.2026. [Austauschtreffen „Prokra Meet-up“ \(online\)](#) (Procrastination meet-up). In German.
- 08.01.2026. [Prokrastinationsworkshop „Vom Aufschieben Verabschieden“](#) (Procrastination workshop: Saying goodbye to procrastinating). In German.
- 09.01.2026. [Mach ich's oder mach ich's nicht?](#) (Should I do it or not?) In German.
- 09.01.2026. [Tips on time and self-management \(Group 2\)](#). In English.

Peer Mentoring Program for International Students

The Peer Mentoring Program offers additional forms of support through [events](#) and [writing groups](#) as well as [peer mentoring sessions](#).

- [04.12.2025](#); [11.12.2025](#); [18.12.2025](#). Weekly Check-in Circle. In English.
- 10.12.2025. [Peer Mentoring Event: Boardgame Night](#). In English and German.

Mental Health Awareness Weeks

Organized by [support.points](#)

The Mental Health Awareness Weeks (MHAW) continue in December. See program is below. No registration is required! Just drop by!

- 02.12.2025. [MHAW-Workshop: Austauschtreffen für First Generation Students](#) (Meet-up for first-generation students). In German.
- 03.12.2025. [MHAW-Workshop: Tips on time and self-management](#). In English.
- 03.12.2025. [MHAW-Workshop: Studieren mit körperlicher Behinderung](#) (Studying with physical disabilities). In German.
- 04.12.2025. [MHAW-Workshop: Wie finde ich einen Psychotherapieplatz?](#) (How can I find a psychotherapist?) For students and staff. In German.
- 09.12.2025. [MHAW-Workshop: Konzentration und Aufmerksamkeit](#) (Concentration and awareness). In German..
- 10.12.2025. [MHAW-Workshop: Eine kleine Einführung in mediative Kompetenzen](#) (A short introduction to meditative skills). In German.

Diversity and Antidiscrimination Office

The [Diversity and Antidiscrimination Office](#) organizes lectures, workshops, and advising for professors, staff, and students at Freie Universität Berlin.

- 01.08.2025. [ASS FU Berlin | Treffen für autistische Studierende und Promovierende](#) (Meeting for autistic students and doctoral candidates). In German. Additional meetings take place on [15.08.2025](#) and [29.08.2025](#).
- Deeskalationsworkshop für Studierende (De-escalation workshop for students). In German on [01.12.2025](#) and in English on [02.12.2025](#).
- ASS FU Berlin | Treffen für autistische Studierende und Promovierende (Meeting for autistic students and doctoral candidates). In German. On [12.12.2025](#) and on [09.01.2026](#).

Career Service

The [Career Service](#) of the FU Berlin regularly organizes events, workshops and courses that focus on professional development to support you alongside your studies.

- [CV Check](#): A great opportunity to get feedback on your résumé and related documents.
- 02.12.2025. [Von der Theorie zur Praxis – Karrierewege auf dem Berliner Arbeitsmarkt](#) (From theory into practice – Career paths in the Berlin job market). In German.
- 04.12.2025. [AI & Job Applications: How Recruiters Use It and How You Can Too](#). In English.
- 10.12.2025. [Career Path Entrepreneurship: Is Starting a Business in Germany an Option for Me?](#) In English.
- 10.12.2025. [Karriere-Kompass: Mit deinen Stärken den Weg in eine erfolgreiche Zukunft finden!](#) (Career-Compass: Using your strengths to build a successful future). In German.
- 16.12.2025. [Zeit im Griff, Energie im Flow](#) (Time under control, energy in flow). In German.
- 08.01.2026. [Chancen mit Initiativbewerbungen](#) (Opportunities through unsolicited applications). In German.
- 12.01.2026. [Sprungbrett ins Berufsleben: So baust du Beziehungen auf und findest deinen ersten Job](#) (A springboard into work life: Ways to building relationships and finding your first job). In German.

studierendenWERK BERLIN

The [studierendenWERK BERLIN](#) (stW) offers a range of services, including [counseling for financing your studies](#), [psychotherapeutic counseling](#), [counseling for barrier-free studies](#), as well as [writing tutoring](#). The [Centre for Student Refugees](#) is also located at studierendenWERK BERLIN, which provides prospective students and students with refugee backgrounds extensive information about studying in Germany as well as advise on asylum and residency, and much more. A full list of upcoming events is available [online](#). Here is a brief preview:

stW BERLIN Events

- 01.12.2025. [Jour Fixe Prokrastination](#) (Jour-Fixe procrastination). In German.
- 01.12.2025. [How to write an outline](#). In English.
- 01.-05.12.2025. [Von Fristen bis Finanzen. Startklar ins Studium mit ADHS](#) (From deadlines to finances: A clear start to studying with ADHS). In German.
- 04.12.2025. [ADHS-Meetup](#). Additional meeting on [08.01.2026](#). In German.
- 04.12.2025. [SprachCafé: Let's speak German!](#) Additional meeting on [18.12.2025](#).
- 06.12.2025. [CultureTrip A Royal Winter Day](#). In English.
- 09.12.2025. [How to find a job in Germany](#). In English.
- 09.12.2025. [Lies Los!](#) (Let's read). In German.
- 10.12.2025. [Ausschreibung: Stadtschreiber*in für Berlin Stories](#) (Call for submissions for Berlin Stories). In German and English.
- 11.12.2025. [Mix it! Nacht der Talente](#) (Mix it! Night of talents). In German and English.
- 12.12.2025. [IKIGAI](#). In German.
- 16.12.2025. [Steuererklärung. Basics für Studierende](#) (Tax Returns: Basics for students). In German.
- 17.12.2025. [Trans*, Inter*, Nicht-Binär Meetup](#) (Tran*, Inter*, Non-binary* Meetup). In German.
- 18.12.2025. [Queer Get Together - Candles & Buttons](#). In German and English.