

## Study counselling and Life Coaching

Dear Students,

**Our aim** is to teach students how to be able to create and maintain their physical and mental health. We provide guidance for those Medical students, who have got stuck in their everyday lives but are willing to do something for themselves. In order to be able to solve their difficulties, they should get help. We treat your problems anonymously and secretly and the service is free of charge.

### Wherein can we help?

- **learning disabilities**
- **study organization problems**
- **lack of motivation**

### We can provide more help with:

- **integration difficulties**
- **social conflicts**
- **communication problems with friends or family**
- **self-evaluation problems**
- **troubles occurring in a partnership**
- **loneliness**
- **life conducting problems**
- **or when you feel that you have to talk to somebody!**

The successful accomplishment of university studies depends on the individual's personal well-being, his/her balanced manner of living, his adaptation to the academic life on a large scale.

The consultation is anonymous, based on discretion and free.

## Turn to us with confidence!



## Mentors (in English)

### Teachers:



Dr. Csaba Szigeti  
[szigeti.csaba@med.u-szeged.hu](mailto:szigeti.csaba@med.u-szeged.hu)  
*English program I-V. year.*



Dr. Péter Bencsik  
[bencsik.peter@med.u-szeged.hu](mailto:bencsik.peter@med.u-szeged.hu)  
*English program I-V. year.*



Csaba Erdős  
[erdos.csaba@med.u-szeged.hu](mailto:erdos.csaba@med.u-szeged.hu)  
*English program I-V. year.*



Dr. Györgyi Váradi  
[varadi.gyorgyi@med.u-szeged.hu](mailto:varadi.gyorgyi@med.u-szeged.hu)  
*English program I-V. year*



Dr. Zsófia Mezei  
[mezeizsofia@gmail.com](mailto:mezeizsofia@gmail.com)  
*English program I-V. year*



Dr. Tünde Vezér  
[vezert.umentor@gmail.com](mailto:vezert.umentor@gmail.com)  
*English program I-V. year*



Dr. Dénes Zádori  
[zadorid@gmail.com](mailto:zadorid@gmail.com)  
*English program I-V. year*



**Psychologist:**  
Racs Eszter  
[studenthelp.szeged@gmail.com](mailto:studenthelp.szeged@gmail.com)  
*English program I-V. year*



**Psychologist:**  
Nelli Fischer  
[helpingmedstudents@gmail.com](mailto:helpingmedstudents@gmail.com)  
*English program I-V. year*

## Students:



Ricardo Prestamburgo  
[ricardo.prestamburgo@gmail.com](mailto:ricardo.prestamburgo@gmail.com)  
*English program I.-V. year*



Roberto Mario Bertolotti  
[robertomario.bertolotti@gmail.com](mailto:robertomario.bertolotti@gmail.com)  
*English program I.-V. year*



Alper Elez  
[alperelez@gmail.com](mailto:alperelez@gmail.com)  
*English program  
I.-V. year  
Dormitories*



Hanna Rudersdorf  
[hanna.rudersdorf@web.de](http://web.de/hanna.rudersdorf)  
*English program I.-V. year*



Teresa Schaich  
[teresa.m.schaich@gmail.com](mailto:teresa.m.schaich@gmail.com)  
*English program I.-V. year*



Nitzan Hasson  
[nitzan.hasson@gmail.com](mailto:nitzan.hasson@gmail.com)  
*English program  
I.-V. year  
Dormitories*