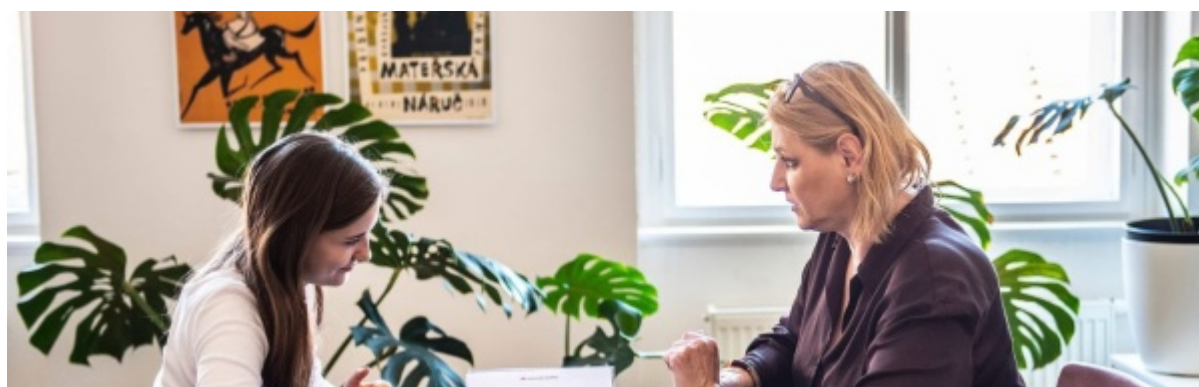

I Want to Manage My Studies Better

Support With Managing Your Studies

We know that exam periods and the time leading up to submitting your bachelor's or master's thesis can be really challenging. We offer immediate support when things feel overwhelming, as well as long-term guidance to help you prevent stress, burnout, and procrastination.

Free Coaching for Charles University Students and Staff



Together with an experienced coach, you can identify your strengths, explore strategies for managing stress, improve your time management, or learn how to build a healthy balance between your studies and personal life.

Coaching can also be helpful when preparing for final state exams, refining your exam strategies, writing a thesis or an article, or preparing for an important presentation.

[Learn more](#)

Additional Support Options

Sometimes, challenges with your studies are connected to other aspects of your life. The following CU Point services may also be helpful:

Contact

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