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# Study assistance

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Assistance during studies includes support from a professional office (study strategy training) and help provided by students. The goal of assistance during studies is to support students in dealing with the demands of studying at a university while taking into consideration their specific needs.

If you need assistance with organizing your studies or if you would like to learn effective study strategies, stress management, or study planning strategies, click on Study strategy training. On this page, you can also find information about counselling related to academic writing.

If you need transcripts from a lecture, an escort, help during work with documents, or other assistance during classes, you can find more information at Assistance provided by students.

[Assistance provided by students](#)

[Study strategy training](#)