




POSSIBLE

MOTIVIERT BLEIBEN
STAY MOTIVATED

V

A person is seen from behind, sitting on a bed and reading a book. The room is softly lit, with light coming from a window with white curtains. The person is wearing a yellow top. The text is overlaid on a white rounded rectangle in the center of the image.

Formuliere realistische und
konkrete Tages- und
Wochenziele & kommuniziere sie.

Formulate realistic and concrete
daily and weekly goals &
communicate them.

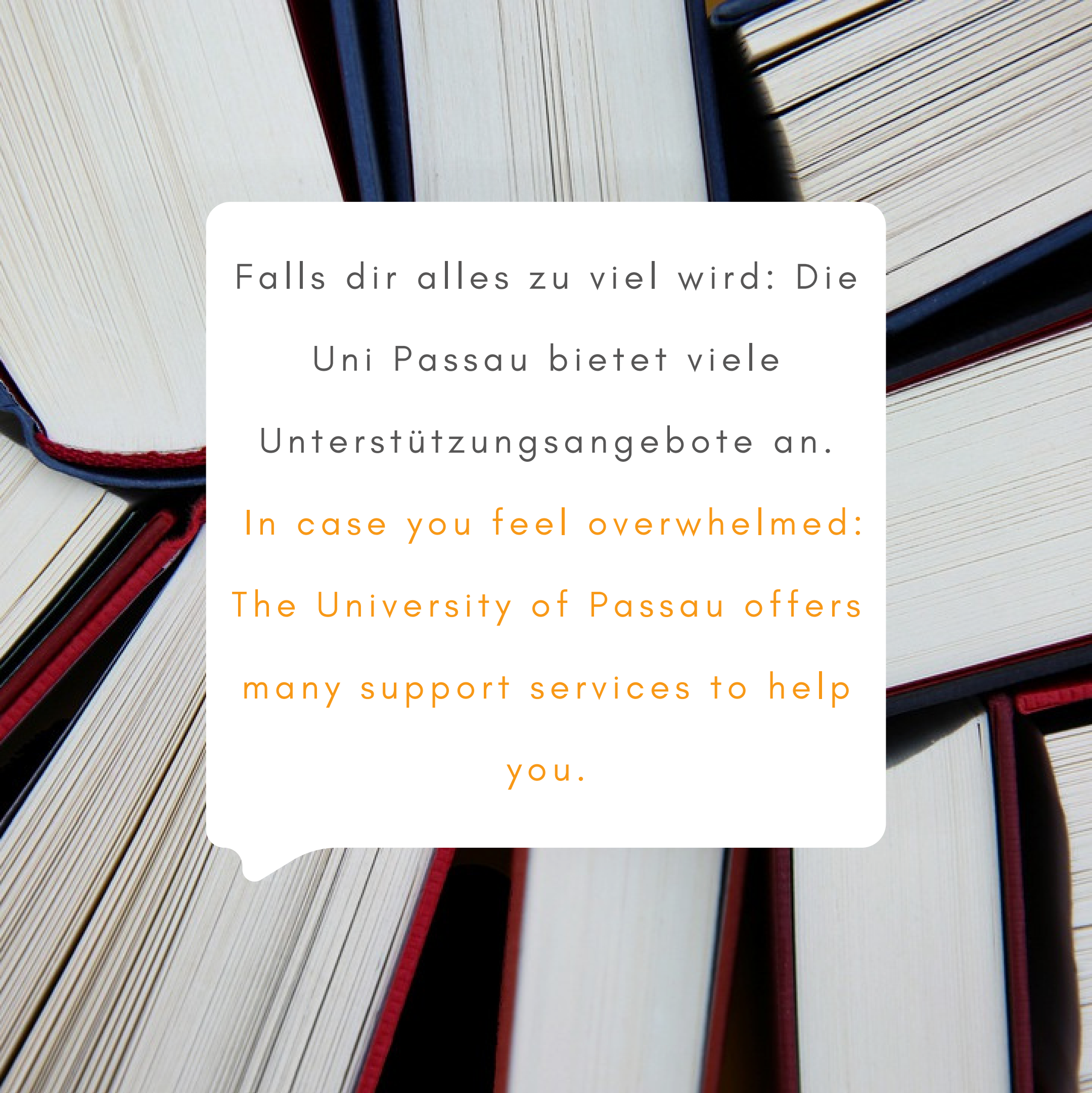
Denke nur an den nächsten
Schritt und belohne dich, wenn
du etwas schaffst.

Think only about the next step
and reward yourself when you
accomplish something.

A person is sitting on the grass on the left, using a laptop. A woman is lying on the grass on the right, resting her head on her hand. The background is a blurred green field.

Lerne in Gruppen. Falls du
keinen hast, melde dich beim
Lernpartnerprogramm an!

Learn in groups. If you don't
have one, sign up for the Study
Partner Programme!



Falls dir alles zu viel wird: Die
Uni Passau bietet viele
Unterstützungsangebote an.

*In case you feel overwhelmed:
The University of Passau offers
many support services to help
you.*

Wir hoffen, die Themenwoche hat euch gefallen. Gebt uns gerne Feedback dazu und meldet euch heute noch beim Lernpartnerprogramm an!

We hope you enjoyed the theme week. Feel free to give us feedback on it and sign up for the Study Partner Programme today!

