



Serviço de Psicologia PSYCHOLOGICAL UNIT



EN

Plenty are the challenges faced by the college students in their academic journey

At certain times, it may be useful
and / or necessary to look for:

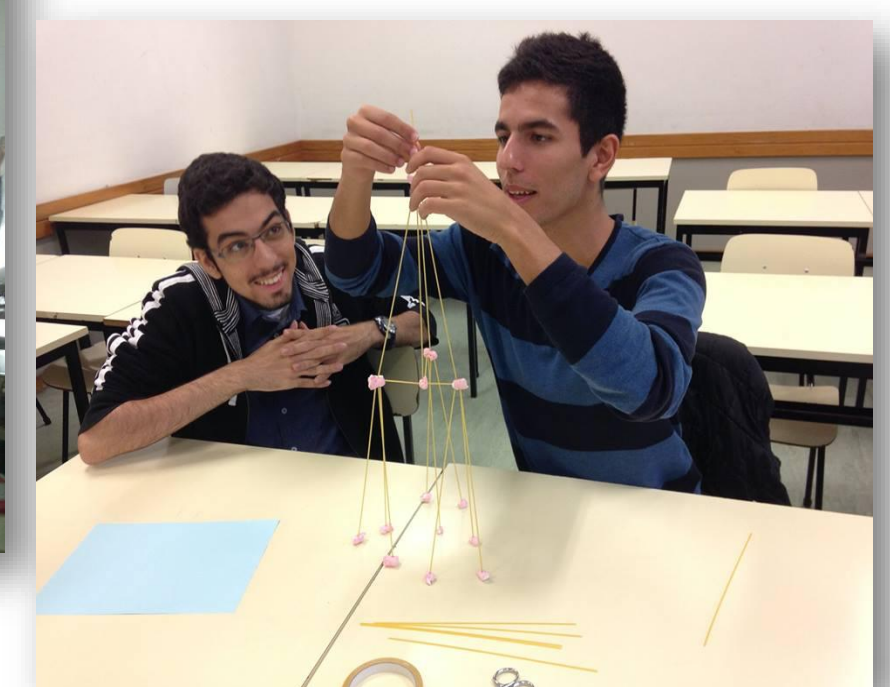
GUIDANCE (e.g. in decision making,
problem solving, vocational choices)

HELP / SUPPORT to promote
psychological well-being and self-
knowledge (e.g. managing emotions,
interpersonal relationships, increasing
self-confidence, motivation...)

TRAINING SKILLS (e.g.
assertiveness, study methods)



Activities:
Tutoring Program



College experience
gives you much more
than an academic
degree. It can be an
unique opportunity for
new experiences and
learnings, that leads to
further personal and
professional growth!

SUPPORTS AVAILABLE

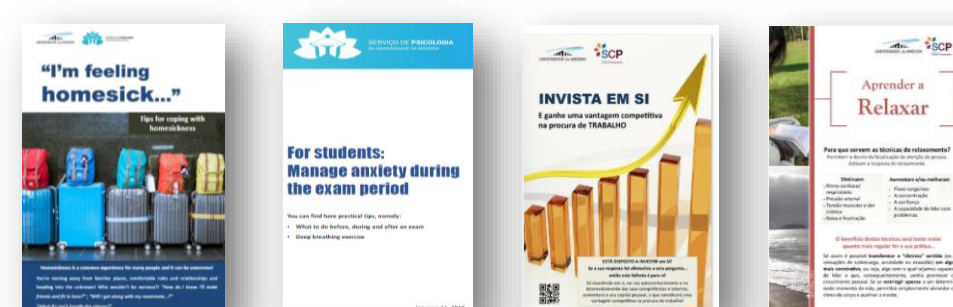
TUTORING PROGRAM

- **BRIEF APPOINTMENTS** (individual
and/or in group)
- **WORKSHOPS** (for instance, coping
with anxiety, team work...)
 - Enrol for free.

PSYCHOLOGICAL AND VOCATIONAL COUNSELING

* A small fee is applied
Find more information: scp.uma.pt

SELF HELP RESOURCES



Resources, that address different
aspects of the academic journey, are
available in Portuguese and in English:

- Study better;
- Managing anxiety (...)

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WHERE CAN YOU FIND US?

Colégio dos Jesuítas
| Monday to Friday
| 9 a.m – 12:30 p.m
| 2 p.m – 5:30 p.m

Campus da Penteada:
| Room 1.2 floor (-1)
| Tuesday and Thursday
| 9 a.m – 12:30 p.m

OUR TEAM

Coordenation

Prof. Luísa Soares



Psychologists

Carla Vale Lucas



Supervision

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Filipa Oliveira



CONTACT US



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