

OVERVIEW

Course code	YMK6002.YM	
Course title	Peer Support for International Students	
Semester	2025/2026 Autumn	
Language of instruction / Division of registrations / Number of places	English, no. of places:	
Course volume (ECTS credits)	6	
Prerequisites	Contact lessons (hours): 34	Independent work (hours): 122
Study programmes, which include the course		
Lecturer	Ingrid Hinojosa, Kai Rannastu, Janno Pajupuu	
Aims of the course	• development of knowledge and skills that are necessary for advising international students; • providing skills and ideas to support practical peer support activities in the university; • development of communication skills and intercultural competences; • enhancement of problem-solving and coping strategies; • improvement of group cohesion and community building	
Brief description of the course	The course focuses on the following topics: • internationalisation in Tallinn University • support system for international students • peer supporters' main tasks and useful links and materials for international students • system of studies • communication techniques • intercultural communication, cultural awareness and stereotypes • supporting students with special needs • mental well-being, time management and self-assertiveness • conflict management	

Learning outcomes of the course	- has an understanding of the support systems available for international students; - has the skills and knowledge needed to effectively advise and support international students, including how to navigate academic, cultural, and social challenges; - has the ability to communicate effectively, using active listening and other communication techniques that promote trust, empathy, and understanding in a peer support context; - has the skills to communicate effectively across cultures, is aware of cultural differences, able to overcome stereotypes, and develop strategies for intercultural understanding; - is able to apply problem-solving techniques and coping strategies to help international students manage challenges effectively; - can understand how to support students with special needs, including recognizing different types of support required and how to address them appropriately; - is able to develop practical time management, mental well-being, and self-assertiveness techniques to enhance own well-being as well as the support the student offers to others.
Form of assessment	non-distinctive (pass/fail/absent MI)

SCHEDULE AND ACTIVITIES

11.08.2025 10:00 Week: 32	• Internationalization at Tallinn University • Support system for international students • Main tasks of peer supporters and useful links and materials for international students • Studies and the information systems necessary for studying • Introduction to the International Club
12.08.2025 10:00 Week: 32	• Communication techniques (active listening, introduction, assertiveness) • Students with special needs

13.08.2025 10:00 Week: 33	• Intercultural communication, cultural awareness, and stereotypes • Orientation week activities • Sharing experiences with other experienced peer supporters
03.09.2025 15:45 Week: 36	Introduction and presentation of buddies at peer support training for local students, reflection meeting
01.10.2025 12:15 Week: 40	Mental health workshop: stress and burn-out prevention, most common mental health issues (anxiety, depression, burn-out)
08.10.2025 14:15 Week: 41	Mental health workshop: how to maintain mental health during studies, learning anxiety and procrastination, motivation for learning
29.10.2025 12:15 Week: 44	Mental well-being workshop: how to maintain mental health during studies, supporting fellow students in case of mental health issues, complicated situations and situation that require fast intervention. Possibilities of peer support community for prevention of conflicts and finding solutions. Reflection meeting
07.01.2026 16:00 Week: 01	Final reflection meeting

ASSESSMENT

Form of assessment	non-distinctive (pass/fail/absent MI)
Interim assessment (incl. requirements for accepting to grading and possibilities of substituting debts)	The course is supported by Moodle. Students are required to complete the tasks in Moodle, participate in seminars/workshops/trainings/meetings and keep a journal (in Moodle) of their activities and progress.
Final grading (incl. requirements for accepting to final grading and acceptable substitutions)	Detailed instructions for passing the course are available on the course homepage in Moodle. Registration and completing the tasks in Moodle are mandatory. In addition, students are required to participate in seminars/workshops/trainings, support the assigned international students, assist with events organized

	by the International Club and/or orientation week, organize or conduct one event, and lead a workshop during Mental Health Week.
Additional explanations	

STUDY MATERIALS

Link to e-learning course	https://moodle.tlu.ee/course/view.php?id=5910
Study materials (incl. obligatory and recommended) Titles, web links, files, etc	Study materials can be found in Moodle
Additional explanations	