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## Psychological Counselling in Modern Times – Is there anything new under the sun?

The implementation of the Bologna process in Germany has led to a considerable increase in the demand from students for psychological counseling. Not only do more clients seek help and support, but their expectations also seem to have changed. In general, support in study skills, coping with stress and test anxiety and support in academic writing has gained high priority. On the other hand, severe problems like depression, eating disorders and attention deficit (hypermotoric) syndroms are on the rise among young people in Europe, the United States and China. More severe problems and more stress might impair the personality and identity development of students.

Statistical data from surveys in Europe and the US on the growing prevalence of mental illness among students will be presented. The question of more stress-related problems among German students due to the BA/MA reform will be addressed, drawing on recent survey data. Consequences of the changes due to the Bologna reform for identity formation issues will be discussed. Suggestions will be presented how to develop a mental health and learning support policy in Higher Education, drawing on experiences from the work of the Academic Advisory and Counselling Center of the Freie Universitaet Berlin, pertaining to the leading question: How can the needs for study skill support and personal growth during the student's time at university be met?