

In the first part the current findings in the area of counselling on stress management in academic settings are presented. Outcome was that most authors that investigate stress on students claimed the main source of stress to be the exams. The reason for this was either the fear of failing or fear of the teacher. Another most frequently stated challenge represented the amount of study material, especially for the students of medicine. Other authors identified as source of stress and anxiety relationships in general. For example relationships between teachers and students, between classmates or family relationships. As the main sources of stress for academicians the following issues were mentioned – lack of financial means for research as well as for everyday routine activities, excessive work, poor management of the university, little appreciation for their work and worries concerning losing their job. As the most favourable coping strategy was mentioned the problem oriented coping and the cognitiv-behavioral therapy was also placed in the pole positions of coping strategies. Also the topic of receiving help from a tutor personally versus the help from online questionnaires and manuals was investigated and discussed with such results favouring positively the contact from person to person. Some authors introduced a coping strategy called mindfulness training as to be quite effective in reducing stress levels. Several suggestions were layed out as part of problem oriented coping strategies for the academicians. Those were different approach by the university management incommunication with the university employees, increase the number of staff and modernize the facilities. Most academicians were in need to get a secretary to do their administrative work for them. In the research part of my work I examined 15 counselling centers that fall under different universities. Half of them had their own websides and all them offered help through personal counselling which as stated above proved to be more efficient than counselling based on only online contact. What I found insufficient was the visibility and presentation of the counselling center on the main pages of their native universities. Most of the centers could not be reached in less then three keystrokes. Usually it could be found in the area of study matters.