

Student Guidance - Find your Way

Looking for support: How to go about it?

Please feel free to contact the student dean, psychologist or confidential adviser directly. When in doubt, always contact your confidential counsellor first.

Where can you find coaching or training?

Student Training & Support ●●▲

Offers group trainings on six themes:

- Study skills
- Career
- Personal development
- Communication
- Well-being
- 'Between cultures'

e-Health ●●▲ **Gezondeboel.nl**

Free E-health for WUR students. Improve your mental well-being and work on your study skills free, easy and anonymous.

Student Life Coach ▲

Talk to an experienced student life coach about challenging situations in your life.

Peer Coach ●●

Experienced peer coaches (fellow students) help you with topics like: planning, studying efficiently, and preparing for exams.

Student Career Services ●●

Supports you in your orientation on the labour market.

wur.eu/sts

Who can guide, support or advise you?

Study Adviser ●●▲◆

Source of information for study success:

- Define study path and goals
- Course planning and - progression
- Study skills
- Internships and exemptions

Student Dean ■

Advises in case of:

- Studying with a disability
- Personal circumstances causing delay
- Apply for facilities (e.g. extra time)
- Temporary de-registration
- Financial issues and regulations
- Legal issues

Student Psychologist ▲

Supports with:

- Stress, fear of failure, procrastination
- Depression, mourning
- Homesickness, loneliness
- Substance abuse, eating disorders

Confidential Counsellor ◆

Guides in case of unacceptable behavior:

- In areas of education, or elsewhere
- Independent & confidential
- Offers individual support, assistance in addressing complaints

Ombudsperson ◆

- Structural problems or injustices affecting a group of people
- Impartial advice, referral, investigation or mediation

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