

# 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 study adviser 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](http://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

[wur.eu/studentguidance](http://wur.eu/studentguidance)

