

Courses, training sessions and workshops Student Support

2nd semester 2021 - 2022

The courses, training sessions and workshops in this flyer will be taught in English. Of course, you can also participate in the other courses, training sessions and workshops of student counselling, but most of them are taught in Dutch. For an overview see our website:

www.ru.nl/currentstudents/during-your-study/counselling/courses-training-sessions-workshops/

Participation in one of the courses or training sessions is possible after an intake interview. For attending a workshop you can enroll yourself via Osiris by the course code in this flyer.

Digital coaching and Self Help courses are for free. You can enroll yourself via Osiris.

More information:

Mail: sacursus@ru.nl

Phone: +31 24 - 361 27 95

Effective studying

Webinar Studying in the Netherlands

To help you understand what is required of you as a RU student.

Wednesday	February 9th	03:30 PM - 05:00 PM
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Study Gym

It can be hard to adjust to a new learning environment in a new country. It can cause lots of doubts, frustrations and stress that are hard to handle. Several areas of study activities usually stand out as needing attention; planning and organizing your activities, learning strategically instead of learning everything, thinking constructively instead of suffering from undermining doubts, stress and irritation. And finally working well with others such as teachers and fellow students instead of isolating yourself.

Wednesday	January 12 th - June 15 th	12:30 PM - 02:00 AM
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Webinar Writing a Thesis

Get clarity on what is expected of you and on how you can apply this in your thesis. (Questions can also be asked in Dutch).

Course code Osiris: ASB-THSIS2-21-22

Wednesday	February 16th	03:30 PM - 05:00 PM
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Thesis issues

Thesis Gym

The thesis project is usually the final project and the accumulation of your studies. It can be a struggle however because it is less clearly defined than your other subjects. This can cause undermining stress and doubt. What is expected of me? What can I expect? How should I work on it? When is it good enough? The Thesis gym is for international students who are struggling significantly with their thesis and don't see how they can improve their situation. There are sessions every two weeks in which the objective is to help you develop the skills necessary to address your thesis more constructively. The meetings are in a group and will be led by a professional educator. An intake is required before admittance is possible.

Wednesday	January 19 th - June 22 nd	12:30 PM - 02:00 PM
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Personal development

Burn Out Prevention

Gaining insight and dealing with sign of a burnout.

Wednesday	February 16 th - March 23 rd	05:30 PM - 07:30 PM
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Mindfulness

Awareness that arises through paying attention, on purpose, in the present moment, non-judgementally.

Tuesday	April 5 th - June 7 th	11:00 AM - 13:00 PM
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Stress management

How to deal with stress and fear of failure.

Tuesday	February 8 th - May 17 th	09:30 AM - 12:00 PM
Wednesday	April 6 th - June 22 nd	09:30 AM - 12:00 PM