

# Welcome!

## Study & wellbeing info session





# *Academic Advisers*

*Bachelor:*

*Gerda Galenkamp*

*Olga Penninger*

*Angelique Weitmann*





## *Why do we plan a meeting now?*

- ✓ explain Binding Study Advice
- ✓ explore factors behind study delay
- ✓ tips and advice to improve

AND....

- ✓ to address the topic of student wellbeing





## *Binding Study Advice (BSA)*

✓ Obtain at least 42 credits out of 60

AND

✓ pass at least one of:

○ IPN/PSY1022 Meth. & Techniques

○ IPN/PSY1024 Statistics I

• [overview curriculum & credits Ba-1](#)



## *Fail for M&T and first exam Statistics?*

- ✓ Exam inspection
- ✓ Strategic planning Period 4:
  - focus on resit Statistics, parallel to 1025 & 1026
- ✓ Practice, practice...
  - ✓ study with peers
  - ✓ extra lessons/tutoring



# *Warning Study Advice (WSA)*

- ✓ January and May
- ✓ Board of Examiners informs all BA1 students - not binding

## **You are 'in danger' when obtained:**

- ✓ less than 14 (out of possible 26) credits: end of January
- ✓ less than 30 (out of possible 42) credits: in May



# *Important Rules & Regulations*

## Education & Examination Regulation (EER)

- ✓ Attendance obligation
- ✓ Deadline assignments: missed deadline? No resit!
- ✓ Possibility compensating one course
- ✓ BSA

Individual request Board of Examiners

Complaints and Appeal

<https://www.askpsy.nl/rules-and-regulations>



# *Revision Curriculum year 1 starting 2024-2025*

Transitiononal arrangements for missed/failed courses of 2023-2024

➤ Repeat education & exams

2025-2026: Ba-2 revised

2026-2027: Ba-3 revised





QUESTIONS



# *Study Delay - possible causes*

- ✓ Study Choice – motivation
- ✓ Study Smart:
  - Learning Strategies
  - Planning & Time-management
  - Exam strategy
- ✓ Personal circumstances



## *Study choice / motivation*

✓ Portal personal & professional development  
personal & professional development portal

✓ Appointment academic adviser

✓ Switch to another bachelor?  
Check the deadlines!

✓ Quitting study means negBSA



# *Study smart – learning strategies*

NOT: highlighting, summarizing or re-reading

BUT:

- ✓ Active retrieval of information
- ✓ Deep processing
- ✓ Interleaved practice
- Prolonging retention interval

<https://www.studysmartpbl.com/>



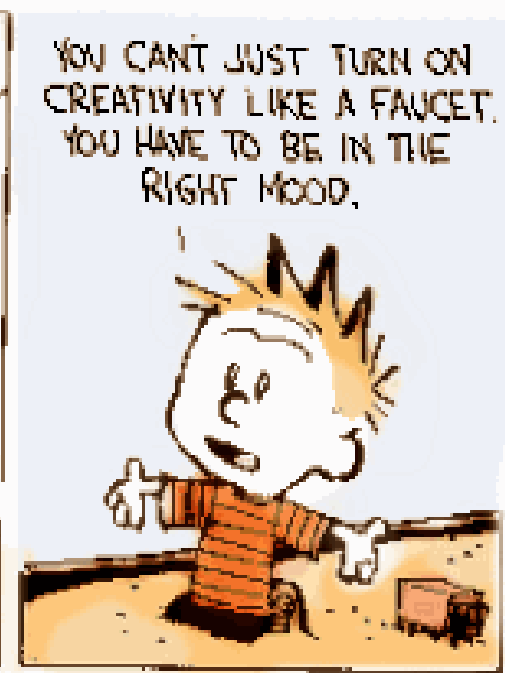


# Time management

- ✓ Feasible planning (buffer)
- ✓ Balance study/personal life
- ✓ Spread the workload
- ✓ Study together
- ✓ Pareto-principle

[Tim Urban Procastination](#)

[workshops SSC](#)



## *Study smart - exam strategy*

- ✓ Change topics during study sessions
- ✓ Make your own exam-questions – active retrieval
- ✓ Study together

After exam > attend the exam inspection:

Where/why did you make mistakes?





# *Personal Circumstances*

- ✓ Illness- acute or chronic
- ✓ Psychological problems
- ✓ Problems in family
- ✓ Functional impairment

➤ Contact academic adviser as soon as possible



# *Personal Circumstances*

## Individual arrangements

- ✓ Customized study planning
- ✓ Preferential scheduling
- ✓ Extra time exams
- ✓ Individual attendance
- ✓ Extension deadlines



# *Study delay due to personal circumstances?*

- ✓ Binding Study Advice
  - Request Board of Examiners exception: postponement BSA
  
  - ✓ Financial compensation study delay
  - Profileringsfonds
- [info Pfonds](#)





QUESTIONS



# *How are you doing?*

- ✓ Fear & worries?
- ✓ Stress?
- ✓ Feeling isolated?
- ✓ External pressure?
- ✓ Compete & Compare?



Connect



# *Sharing is caring*

how are you really doing?

- ✓ Bridging the gap between what you learn and your personal life
- ✓ Get out of your mind and into your life

Takes courage to open up

- ✓ Listening and being there; no judgment nor offering solutions
- ✓ (self)compassion
- ✓ Feeling connected and sense of belonging



# *Student wellbeing – initiatives UM*

- ✓ Wellbeing Movement: monthly Wednesdays & yearly week (Nov)
  - ✓ Resources – tips and links
  - ✓ Workshops & indiv appointments student psychologists
  - ✓ Peer Support
  - ✓ Caring Universities – online program WHO
  - ✓ @Ease
  - ✓ InnBetween - student chaplaincy
  - ✓ Match – social responsibility and engagement
- 
- [student wellbeing UM](#)



# *Student wellbeing – resources & inspiration*

- ✓ Anxiety and Fears
- ✓ Perfectionism & Worrying
- ✓ Low mood
- ✓ Stress and Resilience
- ✓ Eating behavior & Addiction

- [resources & inspiration](#)



# *Psychological problems*

## Student Psychologist

- ✓ Quick Psychological Referral
- ✓ Group workshops & trainings
- ✓ Individual appointments (max 4-5)

## General Practitioner

- ✓ referral to psychotherapist

[Student Psychologists UM](#)





# *Student Guidance & Assistance*

## **FPN**

- ✓ Mentor
- ✓ Academic Advisers

## **Student Services Centre:**

- ✓ Student Deans
- ✓ Disability Office
- ✓ Student Psychologists
- ✓ UM Career Services

# Tips

- ✓ Be pro-active
- ✓ Take care of yourself and each other
- ✓ Speak up and ask questions
- ✓ Don't hesitate to ask for help
- ✓ Get in touch with us in time
- ✓ Study together
- ✓ Plan ahead. Deadlines are limits, not goals



# *How to contact the academic advisers?*

Email:

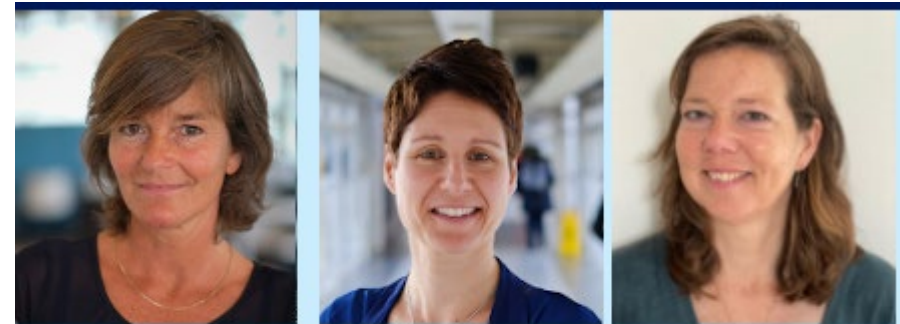
[fpn-academicadv-ba@maastrichtuniversity.nl](mailto:fpn-academicadv-ba@maastrichtuniversity.nl)

Scheduling personal appointments

[Book an appointment online >>](#)

General question? > first check info on

<https://askpsy.nl/>



Gerda Galenkamp

Academic Adviser

Bachelor students

Olga Penninger

Academic Adviser

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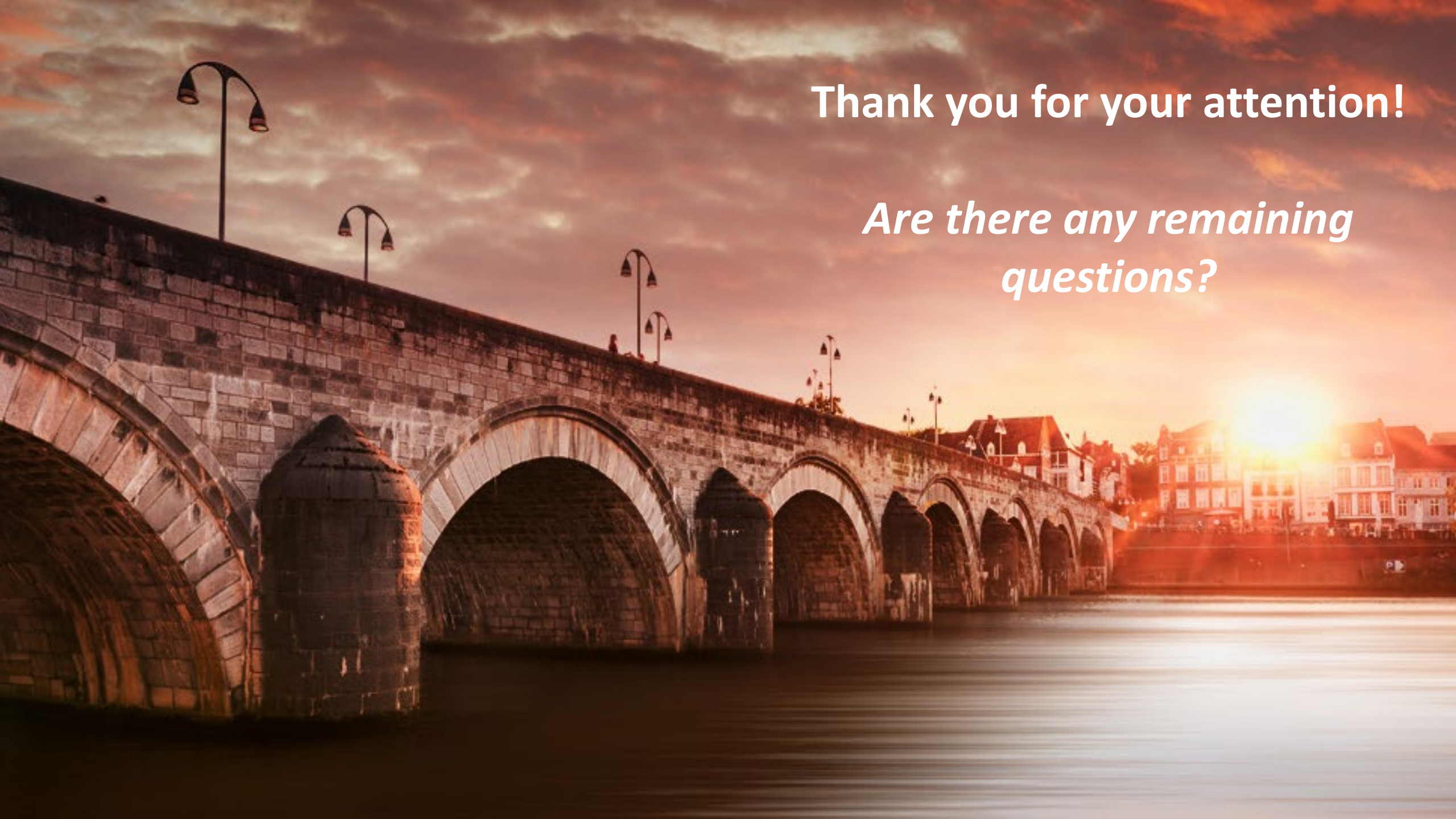
Angélique Weitmann

Academic Adviser

Bachelor students





A stone bridge with multiple arches spans across a river. The scene is captured at sunset, with a warm, orange glow from the sun on the right side of the frame. The sky is filled with soft, colorful clouds. Several street lamps are visible along the top of the bridge. In the background, buildings with red roofs are visible on the right bank of the river.

**Thank you for your attention!**

*Are there any remaining  
questions?*