

Weekly update on FPN Education | 8 May

Dear FPN students,

We hope that you and your family and friends are well. [In this video](#), Nokhez Usama, a member of the FPN Student Council, interviews Herco Fonteijn, our Programme Director Bachelor in Psychology and Petra Hurks, our Associate Dean of Education, about the consequences of the global COVID-19 pandemic for teaching at FPN.

In this weekly update, we want to provide information that might be interesting to you. Please also make sure to regularly consult the [FAQ section in AskPsy](#) and on the [UM website](#). Please let us know, via [AskPsy](#), if you're missing any important information.

BRIEF LECTURE ON HOW TO LEARN EFFECTIVELY

Anke Sambeth, our Education Director, recorded a short lecture on how to learn effectively, including several lessons from research on learning. You can reach the lecture, entitled *lecture on learning*, [directly via this link](#).

WELLBEING MOVEMENT UM

The Wellbeing Movement (WBM) is an initiative promoting physical and mental wellbeing at Maastricht University (UM). The WBM is here to give you tools towards a healthy and happy student life. During this period, a range of online activities will be organised for students. [Check out the current offer and sign up now](#).

THE LOG INN

Today at 16:00hrs, there is another session of the online café The Log Inn at FPN. Sessions of this weekly happy hour are hosted by Arie van der Lugt and Werner Teeling. During these sessions, students, but also staff, meet online to have a chat and connect. It might even result in a karaoke session this week! So far, the meetings have been a great success. And we look forward to seeing you there.

- You can reach The Log Inn via *FPN Students General* >> *Tools* >> *Blackboard Collaborate Ultra*

For now, enjoy the upcoming weekend.

With kind regards,

The Education Management Team

GENERAL RESOURCES AND SUPPORT

- Specific information for FPN students can be found on [askpsy.nl](#). Here you'll also find the [FPN student FAQ](#)
- The most recent UM coronavirus updates can be found on the [UM homepage](#)

- Stay in touch with the Academic Advisors:
Master's students: fpn-academicadv-ma@maastrichtuniversity.nl
Bachelor's students: fpn-academicadv-ba@maastrichtuniversity.nl
- UM FAQs for [Students](#), [Employees](#), [IT-support](#), [Alumni](#)
- For urgent FPN-related questions, you may call 0031 (0) 43 388 40 08
- In case you are experiencing problems with your internet connection, the Online Education Helpdesk can help you find a solution:
<https://www.maastrichtuniversity.nl/education/online-education-um> (via the big green button, which is also displayed in your Student Portal).
- A website has been developed as part of a project concerning study skills (StudySmart). Here you can find useful tips to support you in studying on your own: <https://www.studysmartpbl.com/news/effective-homebound-learning/>