



Everything you need to know about support during your study

The NHL Stenden University of Applied Sciences is looking forward to welcoming you in Emmen. In the event that you have any questions, it is good to know you can contact:

Your study career adviser

In the first years of your study you often receive guidance from a study career adviser. This is often a lecturer from your programme. You can contact these advisers for questions and problems that are **predominantly related to your education**, although you can also report any issues hindering your study career to them. They will discuss your study progress and any obstacles with you, and can review your study planning. The study career adviser may also refer you to a student counsellor. Your programme will inform you who your study career adviser is.

The student counselling office

You can contact the student counselling office for independent and confidential information, advice, and guidance relating to:

- Delay in studies
- Special (personal) circumstances, such as illness, psychological problems, family circumstances
- Financial regulations in the event of special circumstances
- Laws and regulations: rights, obligations, and procedures
- Study problems
- Workshops and training in the area of mourning, study skills, and personal development
- Studying with a disability.

In case you struggle with any disability, please contact the student counsellor as soon as possible after the start of your study, by writing a message to karel.eggen@stenden.com
A meeting will be scheduled.

Another possibility to schedule an appointment is going to the Istudy desk for students within the university. The cooperators can schedule a date and time for a meeting.

Studying with a disability

Chronic illness, disability, or a functional impairment can mean that adjustments must be made with regard to your study. It is possible that you cannot do everything the way you want to in your studies, or as required by the Teaching and Examination Regulations of your programme. Perhaps you require adjustments or special provisions to successfully take part in your study programme.

If you have a disability, please report to the student counselling office at the start of your studies. You can discuss your situation with the student counsellor to see whether any adjustments and provisions are required, and whether they are possible. The agreed-upon provisions will be recorded and can be modified in the interim, if necessary.

We will hold information meetings about these provisions and how to apply for them in September.

The confidential adviser for undesirable behaviour

You set the limit!

During your studies, you want to have good relations. But when does pleasant and social turn into annoying and intimidating? The person who feels harassed is the one that sets the limit. One person's behaviour may be fine with you, while you do not accept the same conduct from another. All this is related to how familiar you are with each other, how long you have known each other, and/or the nature of your relationship (student/lecturer).

Anyone may be confronted with undesirable behaviour such as bullying, sexual harassment, or discrimination, be it at the university, during your internship, or at work.

Maybe this has resulted in psychological or physical issues, and you consider calling in sick. High time to take action!

Discuss the issue with your study career adviser, a fellow student, the student counsellor, or people in your own environment.

If this is difficult for you, contact our external independent confidential adviser. They will listen to your story, and give you support and advice. They can help you and advise you on how to discuss and/or address the undesirable behaviour. If you are thinking of submitting an official complaint and/or make an official report to the police, the confidential adviser can help you. You can rest assured that your conversations will remain confidential. The confidential adviser will not do anything without your consent.

The IStudy/Studentloket staff or a student counsellor can give you more information about the confidential adviser: +31582441100/+31582512000, studentinfo@nhlstenden.com.

Good luck with your studies!
Never hesitate to ask for help when you need it; that's what we're here for!