



Everything you need to know

about support during your
study

hogeschool

Welcome to NHL Stenden University!
We hope you will enjoy your time at our university.

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. Our academies may have different names for this position, such as mentor, tutor, study coach, personal coach, or PDP coach. In senior years it may be an (internship) supervisor who helps you with your study career. 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.

Your conversations with a student counsellor are confidential. You can make an appointment with a student counsellor, visit the walk-in consultation hours, send an email, or consult the online student counsellor www.nhlstendendecanaat.com. If necessary, you can be referred to external care providers. There are a number of regulations that require you to report special circumstances promptly to a student counsellor in order to be eligible for receiving (financial) provisions/support. Find more information or make an appointment at Student Info , Locality Leeuwarden, +31582441155, studentinfo@nhlstenden.com , Locality Emmen, +31591853192, studentinfo.emmen@nhlstenden.com.

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.

Study Advice Centre - support for making the right choice in education

During your course, you can experience doubts on whether you have made the right choice of study. You may notice that you had different expectations of the course and/or that the content of the course does not really match your interests. It could also be that you are approaching the end of your HBO course and that you would like to further your education, but that you do not know which course would suit you best.

Are you experiencing doubts about your present choice of study or would you like to further your education? In that case, contact the study choice advisors at the Study Advice Centre. They can help you explore your preferences, your capacities and what it is that you value / find important. The study choice advisors use a number of different tools to help you reflect on what it is you would like to do – for example you can do a study choice test or follow a workshop. Armed with these new insights you can orient yourself towards other (educational) possibilities.

Could you use some help to make the right choice of study? Please contact the Study Advice Centre on + 31 58 251 3400 or email us at studieadvies@nhlstenden.com.

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.

You can contact our confidential advisor Margriet Veenstra by phone 00316 10 71 73 01 or mail m.veenstra@gimd.nl.

Good luck with your studies!

Never hesitate to ask for help when you need it; that's what we're here for!