

Student Guidance - Find Your Way

Need Support?

Feel free to reach out to any support person or service that feels right for you. If you're not sure where to start, your study adviser can point you in the right direction.

Where can you find coaching or training?

Student Training & Workshops ●●▲

Offers practical workshops & short training courses.

MoodLift ●▲

Free online programmes for WUR-students

Student Life Coach ▲

Talk to a professional student life coach about challenging situations in your life.

Peer Coach ●■

Experienced peer coaches (fellow students) help you with topics like: planning, studying efficiently, and preparing for exams.

Wageningen Writing Lab ●

Improve your academic writing with coaching sessions by trained students.

Student Career Services ●■

Supports you in your orientation on the labour market, and transition from study to career.

wur.eu/sts

Who can guide, support or advise you?

Study Adviser ●●▲◆

Source of information for study success:

- Define study path and goals
- Course planning and - progression
- Study skills
- Internships and exemptions

Student Dean ■

Student counselling on:

- Studying with a disability
- Personal circumstances causing study delay
- Apply for facilities (e.g. extra time)
- Temporary de-registration
- Financial issues and regulations

Student Psychologist ▲

Offers support with issues such as:

- Stress & stress-related health issues
- Fear of failure, procrastination, perfectionism
- Neurodivergence
- Anxiety
- Low spirits
- Homesickness, loneliness

Confidential Counsellor ◆

Guides in case of unacceptable behavior:

- In areas of education, or elsewhere
- Independent & confidential
- Offers individual support, assistance in addressing complaints



Social Safety Contact Point

For a listening ear, initial advice & referral

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Study Progress

- Study delay
- Functional limitation
- Course planning
- BSA & credit points
- Career development

Personal Issues

- Stress
- Fear of failure
- Gloominess
- Loneliness
- Grief

Study Skills

- Planning
- Making choices
- Procrastination
- Motivation
- Writing & presenting

Social Safety & Integrity

- Bullying
- (Sexual) Intimidation, threat, stalking
- Discrimination
- Suspicion of fraud

Training & Coaching

Support & Advice