

STUDENT AFFAIRS COACHING & COUNSELLING (SACC)

Counsellors from SACC are available to support you during your study at the UT.

We provide individual coaching, offer information and advice on a broad range of issues that you may encounter as a student.

As well as individual support, SACC offers various training sessions and groups.



UNIVERSITY OF TWENTE.

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ACADEMIC COUNSELLING IN THE FACULTY

Your first point of contact, if you have questions or problems regarding the content of your degree programme, is your study adviser in the faculty. They are involved with everything that has to do with students' living and academic conditions. The study adviser advises and informs you about a wide range of study related topics. Your study adviser may refer you to the **counsellors of SACC**.

STUDENT PSYCHOLOGIST

Everyone feels a little bit out of sorts sometimes. The student psychologist aims to offer short-term individual support when you experience mental health issues, social and/or emotional issues (not only study-related) that are hindering your study progress. You can also participate in training sessions and groups with other students. If long-term guidance or specialized care is necessary, the student psychologist refers you to a GP for a referral outside the university.

CAREER COUNSELLOR

Specialist in the area of study and career choices and the job market. You can consult the career counsellor for individual career counselling, coaching and advice. Career services offers several training sessions and workshops in the field of personal development and career choices.

STUDENT COUNSELLOR

Independent, confidential, adviser to students who are struggling with special circumstances that make it difficult to study. These might include financial, family or health issues or difficulties adapting to Dutch culture and educational system. The student counsellor can also advise in legal issues and dealing with study-related rules and regulations. This includes the Binding Recommendation, and MoMi regulations.

DIVERSITY COORDINATOR

Informs and advises you how to reduce bottlenecks in your study environment due to personal circumstances. Coordinates request with regard to studying with a disability, mental health issues or chronic illness. The diversity coordinator can offer advice on the possible facilities, assisting tools and coordinates necessary arrangements. If you intent to study at the UT and you need additional provisions or advice and guidance, please let this know by filling out the disclosure form on the website. An exploratory conversation is one of the possibilities.

AUTISM CONSULTATION HOUR

If you are a student living with a form of autism and you need a helping hand in planning and structuring your studies, daily activities in general or social contact, SACC offers a consultation hour. SACC cooperates with Stumass (www.stumass.nl) in this.

STUDENT WELLBEING PLATFORM

The UT cares about you and your wellbeing, not just as a student but as a person. Being a student is exciting and challenging. However, as with most worthwhile challenges, it is perfectly normal for it all to feel demanding, disorientating, tiring and difficult at times. With the student wellbeing platform we strive to make you more resilient and provide you with sufficient means to acquire skills and that promote your wellbeing during your studies. The Student Wellbeing Platform offers all students tips and advice how to cope with your feelings, supporting courses and tools to help you dealing with your current situation.

If you have questions after reading this flyer, please visit our website

www.utwente.nl/en/ces/sacc