

STUDENT WELL-BEING

The UT cares about your well-being, not just as a student but as an individual. Being a student can be both exciting and challenging. However, like most worthwhile challenges, it is completely normal that it can feel demanding, disorientating, tiring and difficult at times.

Through the Well-being website '**Are you okay**', we aim to enhance your resilience and provide you with necessary resources to develop skills that promote your well-being throughout your studies. The online Student Well-being Platform offers tips and advice for students on how to manage your emotions, as well as supporting courses and tools to help you navigate your current situation.

UNIVERSITY OF TWENTE.

STUDENT AFFAIRS COACHING & COUNSELLING (SACC)

Counsellors from SACC are available to support you throughout your studies at the UT. They offer individual coaching, provide information and give advice on a wide range of issues that you may come across as a student. In addition to individual support, SACC also organizes various training sessions and group activities.

STUDENT GUIDANCE IN THE FACULTY

Your **study adviser** within the faculty is your first point of contact for any questions or issues related to the content of your degree programme. The study adviser is there to provide advice and information on a wide range of study-related topics. If necessary, your study adviser may also direct you to the **counsellors at SACC**.

STUDENT COUNSELLOR

A student counsellor is an independent adviser to students who are facing challenges due to personal circumstances that make it difficult to study. These circumstances may include financial constraints, family issues, disabilities, mental health issues, or difficulties adapting to the Dutch culture or the educational system. The student counsellor can also advise on legal matters and help navigate study-related rules and regulations. This includes the Binding Recommendation and MoMi regulations.

CONFIDENTIAL ADVISER

The confidential adviser for students lends a sympathetic ear in situations of unacceptable behavior or unequal treatment. The confidential adviser is independent and has a duty of confidentiality towards others, such as lecturers at university institutions. The confidential adviser will always be on your side and offers moral and emotional support. The confidential adviser helps to investigate what steps you could take and identify advantages and disadvantages of each step.

STUDENT PSYCHOLOGIST

It is common for everyone to feel a little distressed at times. The student psychologist is available to provide short-term individual support when you are facing mental health issues that are impacting your study progress, regardless of whether they are study-related or not. You can also participate in training sessions and groups with other students. If long-term guidance or specialized care is required, the student psychologist will refer you to a general practitioner (GP) for a referral outside the university.

CAREER COUNSELLOR

A career counsellor is a specialist in the area of study, career choices and the job market. You can consult the career counsellor for individual career counselling, coaching and advice. The Career services team also provides several training sessions and workshops on personal development and career choices.

AUTISM CONSULTATION HOUR

If you are a student living with autism and require assistance in planning and structuring your studies, daily activities or social interactions, SACC offers a consultation hour. For the autism consultations, SACC collaborates with Jados (www.jados.nl).

ADHD CONSULTATION HOUR

The consultation hour can help students who are diagnosed with ADHD or experience concentration problems, and may require extra support or assistance. You can get help in achieving and maintaining a comfortable daily routine, preventing distractions and regaining attention in a timely manner or learning to handle problems before they become insolvable obstacles in your mind.



If you have questions after reading this flyer, please visit our website utwente.nl/en/ces/sacc

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