ESA Group training sessions

QUARTILE 4, 24/04/2023 - 09/07/2023

Study management - Group training

For more information about the courses, visit the Education guide. If you know what course to follow, you can send an e-mail to studymanagement@tue.nl. Please state which (online) training you want to apply for in the e-mail.

For tips and tricks about study management, you can also visit the following canvas page: Study Management

For personal appointments: Study management advisor

SFC01 Graduation Group (Bachelor/Master)

Students who are in the final phase of their Bachelor's or Master's program, But need some support for the completion of their Bachelor's Final project (BEP) or graduation project. Visit **this link** for more information.

- Monday
- Tuesday
- Thursday

SFC02 Tackling Procrastination

Students who are eager to learn how to organize their studies and their social life around it. Also how to manage your time more consistently and efficiently. Visit this link for more information.

Thursday

SFC03 Workgroup planning and setting goals

Students who have difficulties actually carrying out the tasks they intend to do. Visit **this link** for more information

- Monday
- Tuesday
- Wednesday
- Thursday

SFC05 Approaching your studies

First or second-year students who do not yet know enough about how they should study and how they can approach studying independently. Visit <u>this link</u> for more information.

Monday

New, walk sessions!

From now on, you are also able to make a 'walk session' for your individual coaching meeting. During the walk session, the meeting takes place outside, while walking on campus. Visit $\underline{\text{this link}}$ to make an appointment.

Other support:

Academic advisor
Student counsellor
Student psychologists
Study choice advisor
TU/e career academy

