



## Welcome!



# **Honors in the Graduate School**

- For motivated students who look for an additional challenge
- 20 credits 'on top of'
- Individual, self-initiated, tailor-made program

Set your own ambitious goals and achieve them.





#### **Program**

Honors Master Program	20 credits in total
Personal Leadership Experience	5 credits
Professional Development	15 credits

#### **Schedule**

Master year 1	Semester 1	Semester 2
Honors Master Program year 1	Personal Leadership Experience	Professional Development
Master year 2	Semester 3	Semester 4 - Graduation
Honors Master Program year 2	Professional Development	

Note: This is the ideal model, but other schedules are also possible. And if you start in March this schedule may be slightly different.



### What we offer & what we expect from you

#### What do we offer?

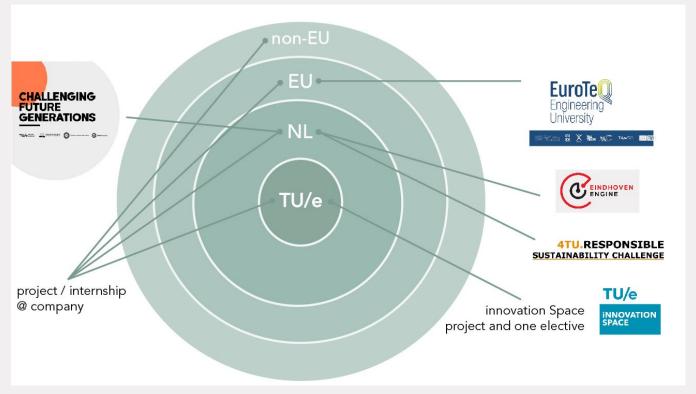
- Interesting intensive workshops (Personal Leadership Experience)
- Freedom and support in your development and in shaping your program (but you are in the lead!)
- A nice, engaged and active community

#### What do we expect from you?

- To be present at certain meetings (Kick-off, PLE sessions, PLE intervision sessions)
- To meet certain deadlines
- To keep us up-to-date about your Honors Master Program



#### **Examples of Honors options – Professional Development**



Note: there will be a separate Professional Development inspiration session after the third PLE workshop.







Dr. Ir. Maja Rücker 4TU.RSC teacher m.rucker@tue.nl

Join the online Q&A session on Sept. 16 12.35-13.25h to ask your HMP or 4TU.RSC questions!

#### **Application procedure**

- Application letter and a tentative plan for Professional Development to GPD Deadline September 18
- An interview with your GPD
   September 19 26
- You will be informed about your admission September 30
- Program starts in week of October 14

When you apply: Save these dates in your agenda!



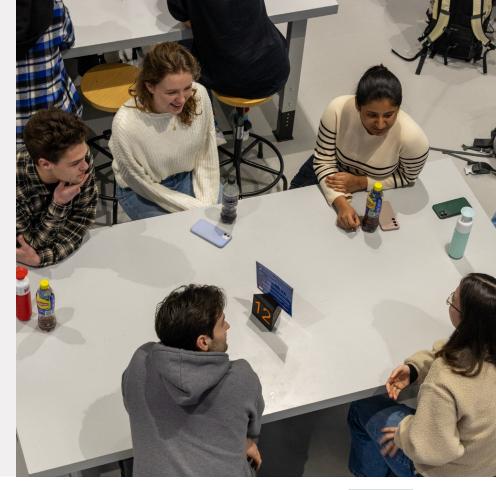


#### Reserve in your agenda

If you are interested to apply for the Honors Master Program, please reserve in your agenda for the

Kick-off evening with fun activities to get to know each other

October 8





#### **Honors Study Association: CONFLUENTE**



#### Interested?

Check their website: www.hsaconfluente.nl or email: info@hsaconfluente.nl

### Personal Leadership Experience

By Esther van der Ham



"This is the best course that I had in university because it helped me to base my decisions, in every thing that I do, on love instead of fear."

#### **Boris Zwaan**

Honors Master Alumnus Master Chemical Engineering



Meetings	Topics	Skills/ results
Live your life joyfully	<ul><li>What is Personal leadership?</li><li>What makes me shine?</li></ul>	- Reflection - Self-awareness
Steering towards joy	- Focus on what you really want	- Prioritizing - Decision making
Dancing in the rain	<ul><li>Navigating the highs and lows of life.</li><li>Dealing with emotions: the power of thought.</li></ul>	- Peace of mind - Personal courage
You've got talent!	<ul><li>What are your talents?</li><li>How to use these to live joyfully</li></ul>	- Self-awareness - Talent-development
Self-care	- How to be healthy & energized? - Being vs Doing	- Work-life balance - Energy management
Your inner navigation	- Using your intuition & gut feeling - Appling your inner knowing	- Presence - Authentic decision making
Let's shine together	- Dare to ask - Dare to connect & share your potential	- Asking for help - Collaboration & win-win
Celebrate!	- Share your lessons learned & next steps	- 1% rule - Inspire

Note: Professional Leadership Experience sessions (8) are always on Mondays or Tuesdays



### **Experiences by Honors Master student**

By Vincent Eurlings



### **Experiences by Honors Master student**

By Lucas van Osenbruggen







### Go for it!

#### Do you want more information?

• Website: tue.nl/honorsacademy

E-mail: <u>honorsacademy@tue.nl</u>

#### And follow us on Social media!

- LinkedIn
- Instagram







