

# ESA Group training sessions

QUARTILE 3, 05/02/2024 - 21/04/2024

## Study management - Group training

For more information about the courses, visit the [Education guide](#). If you know what course to follow, you can schedule an intake appointment via [this link](#).

For tips and tricks about study management, you can also visit the following canvas page: [Study Management](#)

For personal appointments: [Study management advisor](#)

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| <b>SFC01</b> | <b>Graduation Group (Bachelor/Master)</b><br>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.  | <ul style="list-style-type: none"><li>• Monday morning</li><li>• Tuesday afternoon</li><li>• Thursday morning</li></ul>    |
| <b>SFC02</b> | <b>Keep the focus and ACT on your studies</b><br>This training is for students that want to improve their study behavior, but face challenges as procrastination, perfectionism, fear of failure, uncertainty, or performance pressure. Utilizing the principles of ACT, they will develop resilience and discover how to make choices that contribute to their study success. Visit this link for more information. | <ul style="list-style-type: none"><li>• Tuesday afternoon</li><li>• Thursday morning</li></ul>                             |
| <b>SFC03</b> | <b>Workgroup planning and setting goals</b><br>Students who have difficulties actually carrying out the tasks they intend to do. Visit this link for more information  | <ul style="list-style-type: none"><li>• Tuesday morning</li><li>• Wednesday afternoon</li><li>• Thursday morning</li></ul> |
| <b>SFC05</b> | <b>Approaching your studies</b><br>First or second-year students who do not yet know enough about how they should study and how they can approach studying independently. Visit this link for more information.  | <ul style="list-style-type: none"><li>• Thursday morning</li></ul>   |

### **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 [this link](#) to make an appointment.

### Other support:

[Academic advisor](#)  
[Student counsellor](#)  
[Student psychologists](#)  
[Study choice advisor](#)  
[TU/e career academy](#)