

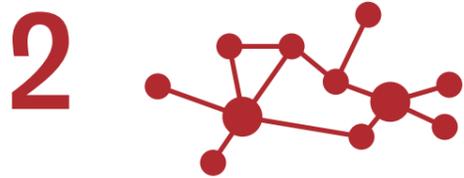
10 TIPS

for studying successfully



1 Visit your lectures and work groups

Students who attend all lectures and work groups, and who prepare in advance, get higher grades, need fewer resits and earn more credits. So you should really go!



2 Networking

Studying successfully also means building a social and professional network. By becoming a member of a study or student association, you will quickly get to know new people. But don't go out every night, because that can lead to a delay in your studies. In addition, visit (career) events and talk to professionals in your field to build up a professional network. Your network is increasingly important in order to obtain a nice internship or an interesting graduation project, and can also help you take the first step on the labour market.



3 Stress-free studying

At times, studying can be quite stressful. For example: a lot of independence is expected from you, you sometimes have to deal with setbacks and it can be a challenge to combine your studies with a part-time job as well as social activities. The following tips to combat stress were provided by students:

- 1) don't do everything last minute, prepare yourself well and make a schedule;
- 2) stay positive! If, in advance, you already think that you can't do something, there is a greater chance that you won't be able to do it;
- 3) do a training course to help you deal with stress, to learn mindfulness or to combat fear of failure;
- 4) share your worries with fellow students: you're not the only one who has them!



4 Working next to your studies

A part-time job in line with your studies is good for your CV, your network, your personal development and, of course, your wallet. But do not spend more than 12-15 hours a week on this; research shows that exceeding this amount can lead to study delay.



5 Study skills

The average study load is 40 hours per week. Do not underestimate this and make a realistic time schedule. If you have problems with the amount of study material or with (the execution of) your schedule, you can try doing a time management course. Contact your academic adviser and/or find a study buddy.



6 Study motivation

Having a motivation dip is perfectly normal. Not all subjects are equally interesting and seemingly may not even be very useful/usable in practice. Many students will then no longer attend lectures or work groups, but that just makes it harder for yourself. For 'difficult' subjects, it may help to reward yourself if you've gone to the lecture, made the assignment(s) or worked hard. Small rewards work at least as well as a big reward at the end.



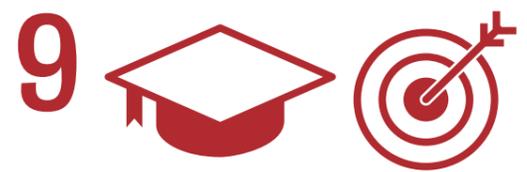
7 Trust yourself!

Students who trust their own ability achieve higher grades. So don't doubt yourself and don't give up in case of setbacks.



8 Invest in your energy

Studying the same subject for hours at a time turns out to be less effective than alternating between subjects. So make sure to alternate between subjects, and also between study time and leisure time. Find an outlet and don't forget to take enough rest. That's how you'll be able to keep up with your studies and recharge your battery.



9 Setting goals

Setting realistic, concrete goals will help you achieve your long-term or final goal. This could be your propedeuse (certificate for your first year), your third year, your internship or your diploma. Your final goal may also be a certain position or job: for example, a lawyer or an accountant. Without such a goal, it is sometimes difficult to see the use of certain subjects and activities, and motivation can then decrease more easily. Everybody will recognise these thoughts: 'Why do I have to learn this? What is the added value of this? What can I do with this?' At times, they are justified questions, but they often don't help you. In addition to a final goal, make sure to also set smaller goals such as meeting a deadline or passing a difficult exam in one try. Also consider what steps you are going to take to achieve your goals, such as: buying the necessary textbook and reading one chapter each day. Setting goals can help you get started and keep moving.



10 Ask for help in time

If you encounter a hurdle in your studies and you just can't figure it out on your own, don't be afraid to ask questions or ask for help if you need it. It helps to talk to other students, an academic adviser, a student counsellor, a confidential adviser or (university) psychologist.