

Your programme considers it very important that you are feeling well

*Is something on your mind?  
Are you worried about something?  
It's okay to talk about it!*

And, there is more!

### Student wellbeing at Science



### Student wellbeing at UU

- Wellbeing Week
- Tips & Tools
- Let's talk
- Support by topic

Are you not sure where your question belongs?  
Your study advisor is always a good starting point!

#### Who should I contact?

##### Study programme

**Student Mentor (stutor):** senior students who can help you by sharing their experiences.

**Study Advisor:** questions about the study programme, problems with motivation, studying with a disability and personal circumstances. Make an appointment via your study programme page at [students.uu.nl](https://students.uu.nl) > Contact > Study Advisor

**Tutor:** your personal point of contact for questions about your study programme or personal issues.

**Lecturer:** questions concerning for example: assignments, grades and evaluations.

**Student Association:** every study programme has a student association that organises training courses and social activities. For more information, see [students.uu.nl](https://students.uu.nl) > Student life and housing.

**Board of Examiners:** approval for exemptions, extra re-sits, (foreign) internships. For more information, see the study programme page at [students.uu.nl](https://students.uu.nl) > Contact > Board of Examiners

##### Faculty

**Student Information Desk:** course registrations, grades, study progress and graduation.  
> [students.uu.nl/beta/contact/studiepunt](https://students.uu.nl/beta/contact/studiepunt)

**Career Officer:** advises on the job market and transition to Master's programme. Can proofread your CV, and offers training in applying for jobs and networking.  
> [careerofficer.science@uu.nl](mailto:careerofficer.science@uu.nl)  
> [students.uu.nl/en/science/steps-career-orientation](https://students.uu.nl/en/science/steps-career-orientation)

**International Office:** for questions about going abroad for internships, courses or research.  
> [students.uu.nl/onderwijs/studeren-in-het-buitenland](https://students.uu.nl/onderwijs/studeren-in-het-buitenland)

##### University

**Student Services:** place for information about your enrolment, tuition, financial assistance, housing and Studielink.  
> [students.uu.nl/en/contact/student-services](https://students.uu.nl/en/contact/student-services)

**Student Counsellor:** helps with financial issues, studying with a disability, or combining studies with professional sports.  
> [students.uu.nl/en/guidance-and-development/who-to-contact/student-counsellor](https://students.uu.nl/en/guidance-and-development/who-to-contact/student-counsellor)

**Student Psychologist:** helps with personal and study-related problems.  
> [students.uu.nl/afspraak-maken-met-een-studentenpsycholoog](https://students.uu.nl/afspraak-maken-met-een-studentenpsycholoog)

**Confidential Advisor:** helps and advises with issues of harassment. For more information and contact  
> [students.uu.nl/en/guidance-and-development/who-to-contact/confidential-counsellor-for-inappropriate-behaviour](https://students.uu.nl/en/guidance-and-development/who-to-contact/confidential-counsellor-for-inappropriate-behaviour)

**Skills Lab:** offers training, workshops and guidance in the areas of writing, studying and other academic skills.  
> [students.uu.nl/en/guidance-and-development/skills-lab](https://students.uu.nl/en/guidance-and-development/skills-lab)