



Student well-being

Where to go when you need guidance



Study Coach/Mentor

Your assigned coach or mentor can help you with routine study content or study approach problems. This person is your first point of contact if you have questions about:

- Study (career) planning
- Study skills
- Curriculum
- Digital learning systems
- Working in a team of students
- Study results/progress

→ You can contact your coach or mentor personally



Student Counsellor

The student counsellor of your academy can help you with more complex personal or academic issues that may require specific expertise, or refer you to specialists. A student counsellor can help you with:

- Study issues
- Personal issues
- Learning difficulties & provisions
- Special circumstances
- Binding study recommendation (BSA)
- Laws and regulations

→ You can contact the student counsellor via the student portal: Education → Student well-being → Student Counselling



Confidential Counsellor

We take undesired behaviour extremely seriously, and confidential counsellors are always available to you. They are guaranteed to handle any complaints seriously and professionally.

You may choose whom to confide in and they will never act without your express permission. You can contact them about, for example:

- Aggressive behaviour
- Sexual harassment
- Discrimination

→ You can contact the confidential counsellor via the student portal: Education → Student well-being → Student Counselling



Student Psychologist

The student psychologist helps students with mental health problems when these have a negative impact on the progress of their studies. This involves short treatment programmes.

If the student psychologists are unable to offer you the help you need, they can help you find the right kind of support and treatment. The psychologist can help with issues such as:

- Stress management
- Functional limitations
- Fear of failure
- Concentration problems

→ You can contact the student psychologist via the student portal: Education → Student well-being → Student Counselling

Additional Support

Student Portal

On the portal you can find more information on our well-being support offer, such as:

BESTtraining

Free extracurricular training and activities. Check out our diverse programme and register for skills and behavioural training courses.

Mirro modules

Free online self-help for mild mental problems.

→ Student portal: Education → Student well-being