

O&T aanbod tijdens Wellbeing Week voorjaar 2024

1. **Workshop Effectieve Leesstrategieën (NL)**

30 April. Tijd: 10:00-11:45

[Online](#)

max. 40 participants

Volg je een cursus waarbij je veel moet lezen? Loop je achter bij het lezen van hoofdstukken en artikelen? Of heb je alles gelezen, maar blijft de informatie niet hangen? Dan is het een goed idee om eens te kijken naar je aanpak. Waar begin je? Moet je alles lezen? En hoe zorg je ervoor dat de informatie blijft hangen?

In deze workshop leer je wat je nodig hebt om een overzicht te krijgen van de stof. Ook krijg je handvatten aangereikt om niet alleen sneller door een tekst te gaan, maar ook om de belangrijkste informatie beter te begrijpen en te onthouden. Zo ontwikkel je een manier van studeren die bij jou en je opleiding past!

Houd een boek of artikel dat je moet lezen voor je opleiding bij de hand!

Drs. Elma Zijderveld werkt bij Onderwijsadvies & Training (O&T). Als trainer en adviseur houdt ze zich bezig met het (leren) ontwikkelen van academische vaardigheden als leerstrategieën, presenteren, schrijven en onderzoek doen.

2. **Workshop Presenting with confidence (EN)**

Tuesday 30 April 13:15 – 16:30

on campus

max. 20 participants

Presenting is communicating. It is not only about what you say but also how you say it. An important part of the tension and uncertainty associated with giving a presentation is removed by good preparation. And by practicing a lot and knowing where your qualities and points of interest lie. During the workshop, you will receive feedback on your presentation skills from the teacher and fellow students. We will practice things such as using your voice and posture and conveying a clear core message. This workshop is designed for all students who want to improve their presentation skills.

Marije Stolte works at Educational Development & Training (O&T). Her work focuses on the development of academic skills such as presenting and writing and on how to supervise research projects.

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3. **Workshop Time-Management for Studies (EN)**

6 May 13:15-16:15

max. 15 participants

Would you like to get a better grip on your studies and time management? Then this is the workshop for you. You will be mapping, among other things, what you spend your time on, what the main time sinks are, and which activities you can spend less time on. Using a step-by-step plan, we will discuss what is involved in making a realistic study plan. Plans should also be carried out, and that's where the rub is for most people! Many students experience

procrastination; you will learn how to deal with that.

Mr. Angela Markenhof works at Educational Development & Training (O&T). Her work with students focuses on the development of academic skills such as time management, self-regulation, and research skills.

4. **Workshop How to study effectively (EN)**

Tuesday 7 May 14:00 – 16:00

On campus

max. 40 participants

You invest a great deal of time into your studies, but your grades don't seem to improve. Perhaps you spend too much time reading or summarizing the material or have the feeling that you don't retain much for the exam. If you recognize yourself in this description, then the problem probably lies in the methods you use to study. Perhaps your study techniques don't quite suit the requirements of a specific course. In this webinar, you'll learn about the most effective study techniques.

Steven Raaijmakers works at Educational Development & Training (O&T). He trains students and teachers in making learning more effective and efficient, testing learning, and self-regulation of learning.