



To Dah Loo

PUBLISHED BY THE FACULTY OF SCIENCE
IN COOPERATION WITH THE STUDENT COUNCIL



Especially made for
UvA science students

January 2018

 **Facultaire
Studentenraad**

Dear students,

We hope you have enjoyed your well-deserved winter break and are well-rested, ready to shine in the study benches again.

For the upcoming period, one of the big things the Faculty Student Council is going to focus on is the Teaching & Examination Regulations. These regulations describe the rights and obligations you and your teacher have within your programme and are therefore very important. If you by coincidence come across anything that you think should or should not be in these regulations, by all means, let us know!

This month, the Faculty Student Council is setting out a new year's survey to gather the input of all students of the Faculty of Science across as many topics as possible. If you see a form lying around, for example in the hall or at your study association, we would love for you to fill it in. You can also fill out the survey digitally via studentenraad.nl/fnwi/survey. We have tried to keep it short, but if you want to vent about anything regarding your study or the Faculty of Science outside of the survey, or if you just want to share your new year's resolutions with us, you're always welcome to drop by our office in the central hall or to send us an email.

Yours sincerely,
The Faculty Student Council

More information? Please visit room B0.112, send an email to fnwi@studentenraad.nl or go to studentenraad.nl/fnwi

Student Psychologists can help with stress relief



Many students struggle with some form of stress at one point or another during their study, for example during a busy period. But what if the stress takes over?

If you find yourself with negative thoughts, heart palpitations, belly aches or shaking hands while

taking an exam or even at other times, you might be experiencing serious study-stress. In this case, it is important that you try to find help. You can talk to your study advisor or go to the UvA Student Psychologists. You can visit the Student Psychologists for an individual consultation, but they also offer courses and group sessions. For example,

at the monthly 'stress relief walk-in hour' you will learn a number of techniques that can help you cope with stress in your daily life. The stress relief hour is also helpful for international students who feel homesick, lonely and/or have problems with adjusting.

(student.uva.nl > your programme > A-Z > 'Psychologists')

Do the student health check

Did you know that students experience more health problems than non-studying peers? To prevent unnecessary aggravation of problems and study delays, it helps to keep tabs on your own health. Therefore, the UvA Student Doctors have devised an online self test for students which will help you identify problems quickly and offers customised tips, advice and medical information.



By filling out the questionnaire you gain insight on how you score on indicators for health and various aspects of student life. When you cross a certain threshold, you are symbolically shown a red traffic light: a sign that there is an issue that might need attention.



(studentengezondheidstest.nl)

Student Disability Platform

The Student Disability Platform for and by students with a disability who want to jointly ensure that every student has the chance to get as much as possible out of their studies at the UvA, without experiencing any obstacles arising from their disability.



The Student Disability Platform holds a consultation hour every Friday from 13:00-14:00 at REC-C1.02.



Professional sports advice

New year's resolution to get fit? You might already know that the University Sports Centre (USC) has more than 80 sports on offer, at reduced rates for UvA students. But did you know that they also have a Sports Medical facility, including a sports lab? Here you can test your fitness and get professional training advice.



UvA Master's Week
12-16 February 2018
uva.nl/mastersweek



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Wednesday 17 January, 14:00-20:00,
CONGres conference, Science Park 904

Wednesday 24 January, 12:00-13:00,
BetaBreak, Central hall Science Park 904

Wednesday 24 January, 17:00-22:00,
Science Band night, Heeren van Amstel

For all events, check student.uva.nl