

# Expectation Management

20.12.2023 – 22.01.2024

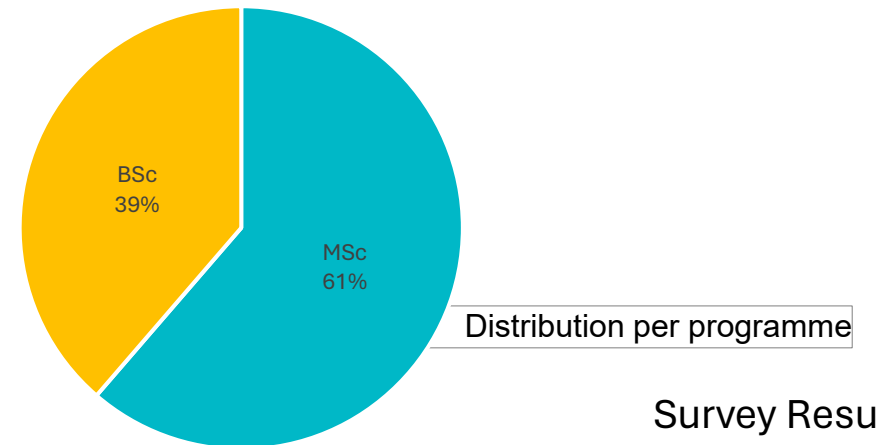
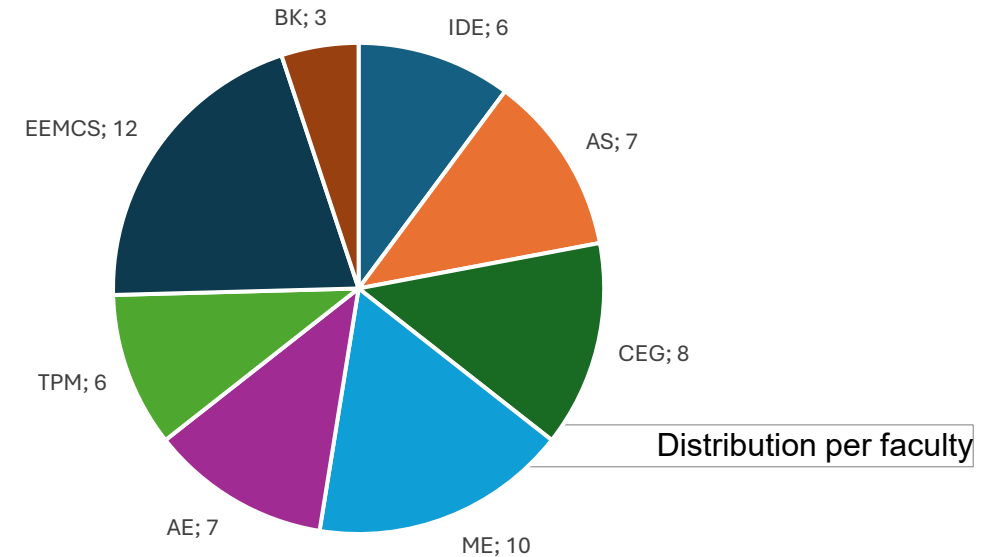
## Topic of research

Expectations are continuously made, either conscious or subconscious, and impact the way we feel and function. These expectations are made within various aspects of student life. With this survey, we explored these expectations with students and their impact.

## Survey Insights

- The most occurring expectations for student life relate back to the student's social life and connecting with their peers as well as professionals.
- Most students (90% of 59 respondents) indicate that they have set high expectations for themselves. For most (81% of 59 respondents), these expectations are a source of motivation. For slightly less students (69% of 59 respondents), these expectations are a source of stress.
- Over half of students (54% of 59 respondents) believe that their expectations are realistic.
- For most students (74% of 58 respondents), their expectations have shifted in some way over the duration of their studies. Some have increased their expectations, while others have lowered them.

## Survey Respondents | *max. 59 Respondents*

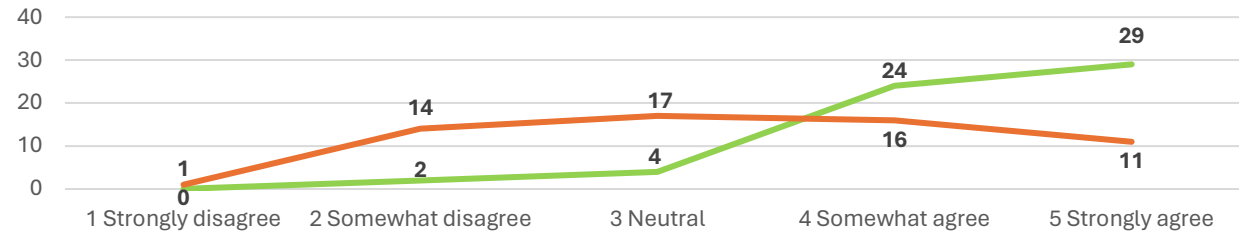


## 1. Expectations of student life

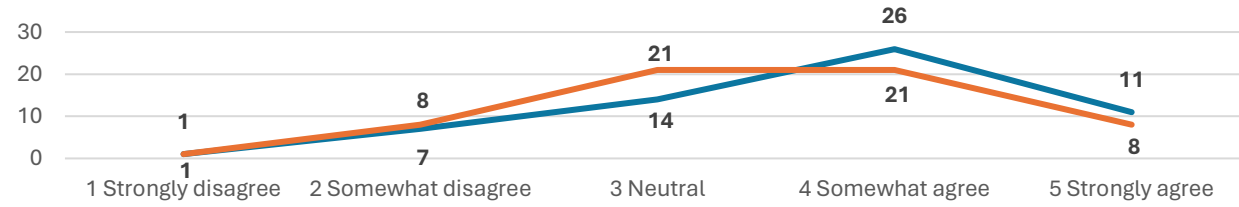
(59 responses)



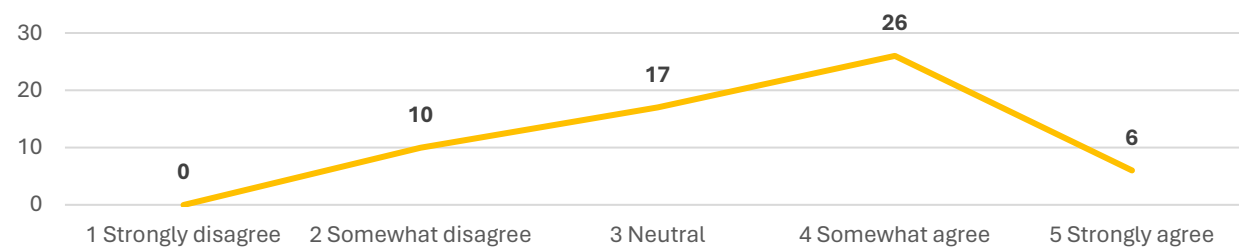
I have high expectations for myself  
I feel like I have to meet others' expectations



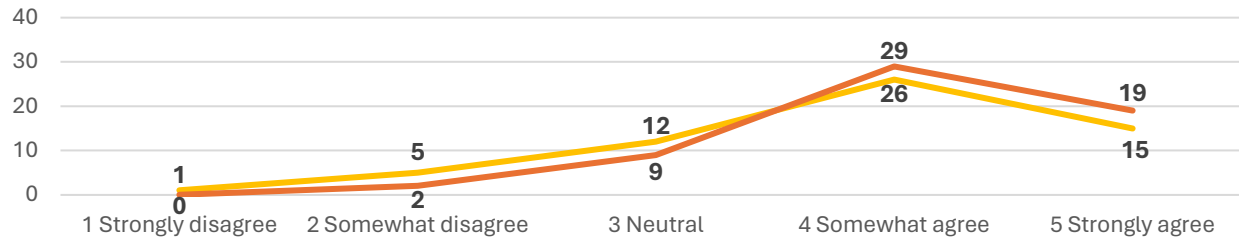
I feel negatively when my expectations are not met in real life  
My own expectations motivate me more than they cause me stress



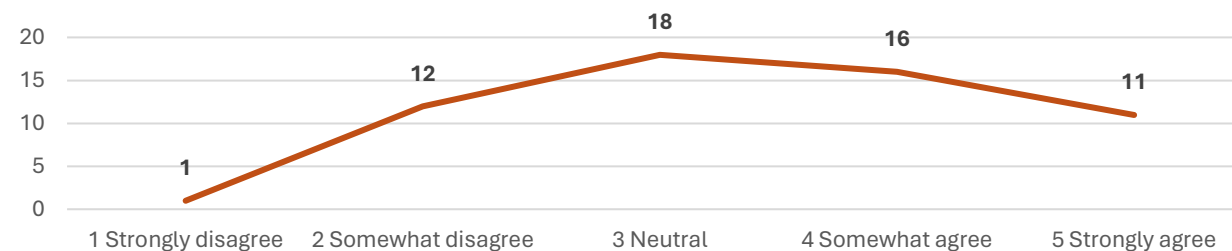
I believe my expectations are realistic



My own expectations cause me stress.  
My own expectations motivate me

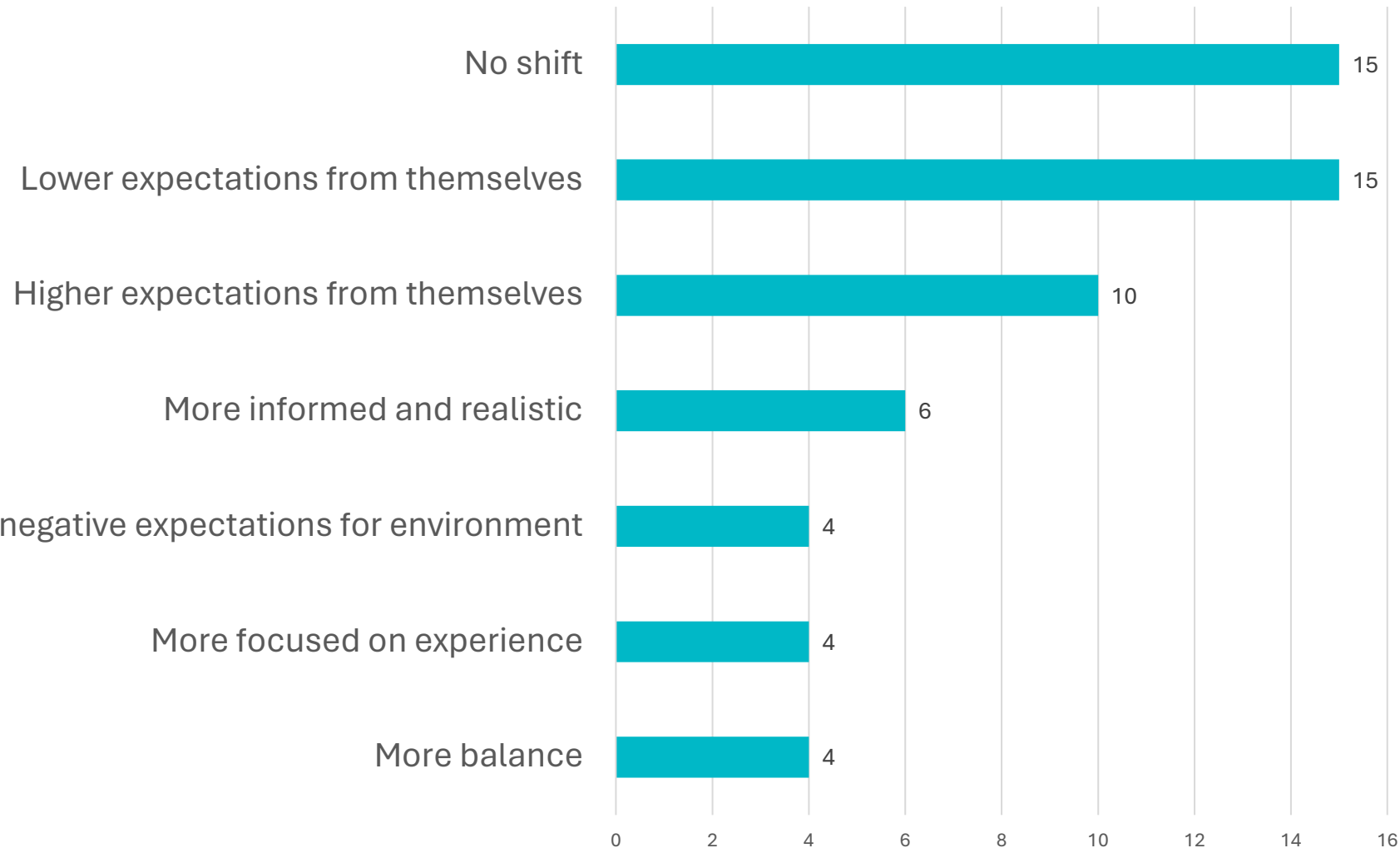


I would like to learn more about managing expectations



## 3. Shift of expectations

(58 responses)



*“I should have changed but I didn’t, and it became a source of stress.”*  
- ME MSc student

*“Care less about ‘prestatiedruk’ and focus more on enjoying the process.”*  
- IDE MSc student

*“I found that I should mainly focus on the areas which I like instead of on being good at everything.”*  
- EEMCS BSc student

*“The housing crisis is horrible, so my idea of independence, freedom and growth took a bit of a negative hit.”*  
- IDE MSc student

*“they changed from strongly focusing on studying and exams to personal growth and socializing”*  
- EEMCS MSc student