

# Study & Well-being information

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Your **Academic Counsellor** is the first point of contact for questions and concerns related to your studies or personal issues.



## Personal development

### Essential study skills

Online toolkit to help with many common study roadblocks.

### BOOST

Offers advice on your studies and personal issues during walk-in hours.

### Career & Counselling Services

Workshops and training in the fields of personal support, study choice and career.

### Mini Courses

Tips on (decision) stress, procrastination, teamwork & career.

### Well-being & study

Overview of services, activities and tools to support your well-being.



## Well-being

### Family doctor

Helps with physical and/or psychological issues and illness.

### Student psychologists

Workshops and short-term individual guidance for issues hindering your study. Walk-in hours available.

### MoTiv life coaching

Receive coaching and personal support from a life coach.

### Confidential advisor

Helps in cases of unacceptable behaviour from students or employees.

### E-Health tool 'Gezondeboel'

Anonymous, free and simple programmes to improve your mental well-being.

### Health insurance information

Provides insurance advice for foreign students in The Netherlands.



## Special needs

### Horizon

Helpdesk for studying with a disability or additional support requirement.

### 'Student Onbeperkt'

Student platform for students with a disability.

### Student counsellors

Support with complex issues concerning schemes, regulations and/or facilities.



## Socialising

### Study associations

Every faculty has its own study association(s) that represents students and organises activities related to your field of study

### Student associations

Find others for social and fun associations in career, country or regional, culture, fraternity, international, religious, and sports.

### Uni-Life App

Overview of all events from student associations, organisations, clubs, and initiatives at TU Delft.

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Develop in non-academic areas such as sports and games, arts and crafts, and more

