

Workshop 'Discover and design your own path'

Do you, as a student, sometimes find it difficult to think about what you will do with your studies once you are finished? Or do you notice that choosing a master's or minor program makes you restless?

You're not the only one. We (SCOPE) have developed the workshop 'Discover and design your own path' to create a moment in which you will reflect on who you are right now, what skills you already have, and what your interests and energizers are. In the workshop we also offer an opportunity to use these insights; What directions could you explore? How do you best approach that?

After the end of the workshop, we hope that you will be able to discover and design your own path with a number of actions.



▶ Please sign up via [this Google Form link](#) or send an email to scope@umcg.nl.

AGENDA/EXTERNAL EVENTS

September 29 European Researchers Night
Festival to celebrate & question science @Forum

September 29 Opening 'Meer Gezonde Jaren'
@House of connections - free

October 2-6 Diversity Week UG
Accessible for all UG students and staff

Twice/Month BlaBla Language Exchange

October 8 4 Mijl van Groningen
Running event from Haren to Groningen

October 9-13 Sustainability Week UG

October 16 Safe Space
Theater and workshops about social safety, organized by Studium Generale. Free

Ongoing group Mindfulness-based stress reduction
Weekly - signing up is required

SPOTLIGHT

Lecture about Making Decisions



**If it rains, you have to cry
very loudly (even if you are
indoors)
- OR -
if you see a dog you have to
chase it on your knees for 15
minutes**

Source: Dilemma op Dinsdag

Throughout the day, we make many decisions, from small and seemingly insignificant ones like what we buy in the supermarket to the more impactful 'life changing decisions'. However, how do we actually make choices? And do we know whether a choice is the right one for us, at this moment in time?

On September 5th SCOPE provided a short lecture to third year Dentistry students about making decisions. During the session the students were challenged to think about how they usually make decisions and whether that specific style actually suits them.

Would you also like to get some more insight into how you make decisions? Take a look at the exercise on the right.

[More info](#)

▶ Exercise about Making Decisions

As humans, we do not make choices in the same way every time we face a decision. Sometimes, a decision may intuitively feel right, while at other times, a different choice may seem smarter in the long run. Read through the six styles below and try to identify which style usually fits with how you make choices. Do this, for example, with your study context in mind.

Rational style

Logical, planning, cognitive, objective, strategic

Emotional style

Based on what feels good, comfortable/safe or exciting

Intuitive style

Gut feeling, spontaneous, sudden insight, subconscious

Conforming style

Adapting, doing what others do, trusting others opinions

Procrastinating style

Hesitant, doubting, last moment decisions

Impulsive style

Exciting, just doing something, initiative

Tip: Discuss these questions with a friend or fellow student

Then take some time to reflect on this:

- Does this approach benefit me? And when (not)?
- Which other approach would I like to try more often? Why?
- What small adjustment could I make to use the new approach more often?

There is no right or wrong style approach to making decisions, each of the styles has their strengths and weaknesses. However, how we make decisions is often a habit, and it is thus useful to be aware of that. If we want, we can adapt our approach to choices, such that we learn to make decisions that suit us, also in the long run.

Who we are

How do you make sure to enjoy learning, not just now, but throughout your career? With SCOPE (expertise centre for personal development), we hope to contribute to a generation of happy students. Therefore, we create innovative educational activities in which you increase your self-knowledge and experience the importance of reflection. To illustrate, we provide workshops on values (what do I find important in life?), goals (how can I achieve my personal goals?) and balance (what gives and what takes more energy?). For more information, take a look at our website (rug.nl/scope).