

## Workshop 'Social Connection'

Do you want to gain more insights into your (social) connections, friendships and relationships?

For example, do you sometimes feel lonely while being with friends? Or do you want to understand what your (social) needs are? Then this workshop is something for you.

During this workshop we will look at and work on the topic of social connection from a new perspective. We will take a different, more solution-focused approach. Thinking this way builds confidence, is more motivating, encourages us to try new things, and helps us become more proactive. These exercises and group discussions take place in a safe, and informal group setting.



### Interested?

Click [here](#) to find out more and to sign up (free)

## AGENDA/EXTERNAL EVENTS

**May 9 - 20** [MENA is here](#)  
*@SPOT Groningen*

**Twice/Month** [Groningen BlaBla Language Exchange](#)

**May 12** [Masterclass Design Thinking](#)  
*Free, signing up required*

**May 21** [Urban Walk Groningen](#)

**May 22** [The International student: stadjer or not?](#)  
*Mindwise Debate by Studium Generale Groningen (free for students)*

**June 7** [Echt Gebeurd - Verhalenworkshop \(in Dutch\)](#)  
*@Forum Groningen*

**Ongoing group** [Mindfulness-based stress reduction](#)  
*By the Student Service Center, signing up is required.*

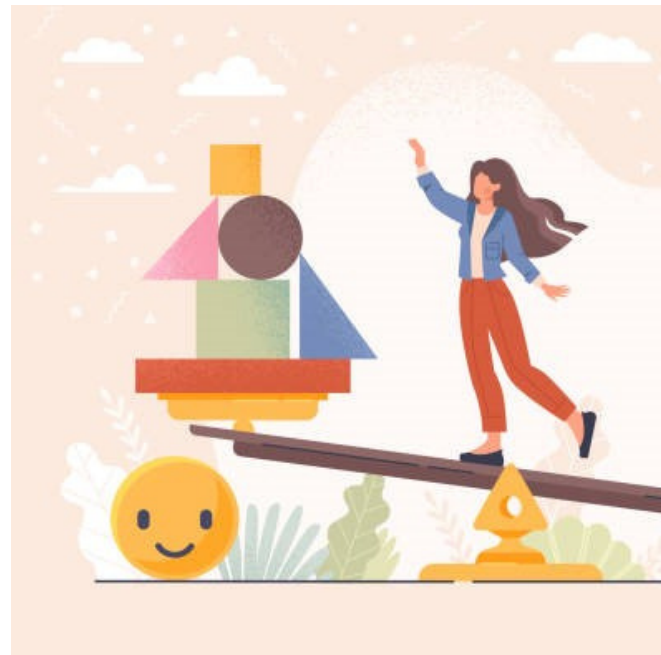
[USVA Courses](#)

# SPOTLIGHT

## The Happy Student

In March the four-session course 'The Happy Student' took place, in which a group of enthusiastic Medicine students participated. This experience-based course consisted of a compilation of a broad range of tools and insights, taken from fields such as neuroscience and psychology. These insights were translated into exercises, for example, by becoming aware of your stress mindset, by practicing with breathing to induce calm, and by sharing your thoughts on what being happy means to you. The students got to try out these different tools, but most importantly, they got to know themselves better: When do I feel stressed? What makes me happy? What helps me to become activated, or deactivated?

During the last session the students shared their reflections on their learning process via a materialization; diverse poems, artworks and collages were shared in a safe group setting. Overall, we hope that the students each furthered their reflections on this topic in such a way that they are able to continue working on their wellbeing and stress levels in the long run.



## Exercise

### Rethinking your stress response

1. Think about the following question: "What is stressing you right now?"
2. Now consider what personal values or goals are behind your stress.
3. Complete this sentence: "I am stressed about this because I care about ..."

For the next few days, when you notice that you are feeling stressed, ask yourself: "Why am I feeling stress? What is important to me about this situation?"

Adapted from the [Stanford Rethinking Stress Toolkit](#)

## 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](http://rug.nl/scope)).