

## Theme of this newsletter: Ongoing development

During the time of high school and studying, the primary focus of people is to develop in many different ways. Through your education, you give direction to your career. Some people are focusing on medicine and others on law. Alongside your studies, you discover more and more what you like and what energizes you, both personally and professionally. When you finish your education, you are ready for the real stuff: for the rest of your life you can use all the knowledge and skills from your education in the profession you are trained for. Right? Of course not!

Okay, okay. The 'working in the profession you're trained for' part is true for most people, but you will not stay exactly the same person forever. At your job and in your personal life, life happens. You will meet new people, you get experienced in certain skills and over time you may feel that other things become important to you. You change as a person and professional. With this change, questions for development arise. Who am I? What specialization in my job fit me? What aspects of my personal life are important to me? Where do I want to go with my career? SCOPE supports people to reflect on these questions. We mostly organize education for students at the UMCG, but also for (young) professionals. Therefore, the theme of this newsletter is: **Ongoing development!**

### AGENDA/EXTERNAL EVENTS

**July 12-14** [Festival Hongerige Wolf](#) @  
*Province of Groningen*

**August 22 - September 1** [Noorderzon  
Festival of Performing Arts & Society](#) @  
*Noorderplantsoen Groningen*

**August 31** [Groningen City Swim \(Sports  
event\)](#) @ *Groningen*

**Ongoing group** [Mindfulness-based stress  
reduction](#)  
*Weekly - signing up is required*

**USVA Courses**

### 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)).

# SPOTLIGHT



## **Making authentic choices for residents of the Martini Hospital Groningen, 28 June 2024**

Late June, SCOPE trainers Floor and Hedwig provided a workshop for residents not, and residents in training (in Dutch abbreviated as: a(n)ios) of the Martini Hospital in Groningen. The workshop focused on making authentic choices. We started with the quote of Alan Cohen: “Since you are the one who has to live with your choices, be sure they are your own.”

Authenticity can be explained as a deeply felt call from within to remain true to yourself, to follow your own path, without too much interference from others. However, making authentic choices isn't always easy. Knowing oneself is step one, but there's also another hurdle to take. As human beings, we have a need for autonomy (such as making our own choices), but at the same time, we also have a strong need for security. And these two can bite each other. It's a paradoxical tension inherent in making choices, and therefore helpful to be aware of. Strategic choices that most likely will bring you more security (e.g., doing a PhD to increase your chances of getting into specialty training as a resident), might not always align with your true interests, needs and wishes (e.g., teaching students or focusing on management tasks within a hospital department).

Staying true to oneself is associated with wellbeing and engagement in life (1) and ultimately results in better performances at work, more work satisfaction, a stronger commitment and lower turnover (2). Therefore, during this workshop, we focused on enhancing participants' self-awareness; better knowing oneself to foster the possibility of making more authentic choices in life.

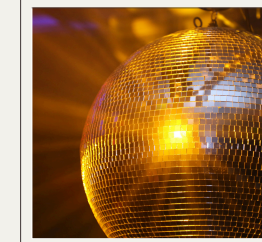
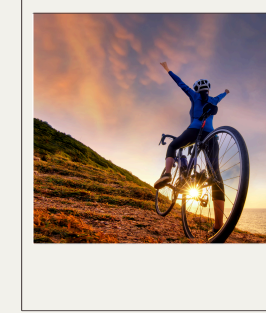
We offered various exercises and created a format in which insights about oneself could be recorded (such as what makes one truly happy, personal energizers in life, work values, character strengths, personal dreams and desires, qualities and personal interests). This provided an overview of personal elements that might support authentic choices. After sharing the format with each other, participants were challenged to think about as many ideas/activities as possible to carry out in the upcoming days or weeks, that could help them in making their choices. For example, if someone is doubting which specialty training to choose; what could you do to help you with making that decision? They did this exercise for themselves, but also for one of their peers. Based on previous experiences, we know that thinking of ideas or advice for someone else usually results in more creative, new and out-of-the-box ideas that could really inspire new thoughts and possibilities to explore.

Due to the increased awareness of one's interests, needs, strengths and wishes at this point in the workshop, we trust that the participants are now better able to think about which steps to take from a more personal perspective, rather than, for example, from a strategic point of view or based on expectations. At the end of the workshop, by sharing one activity that will be carried out in the near future, our aim was to empower participants to go home with a concrete next step and enhanced self-awareness that could help them with making choices in the near future.

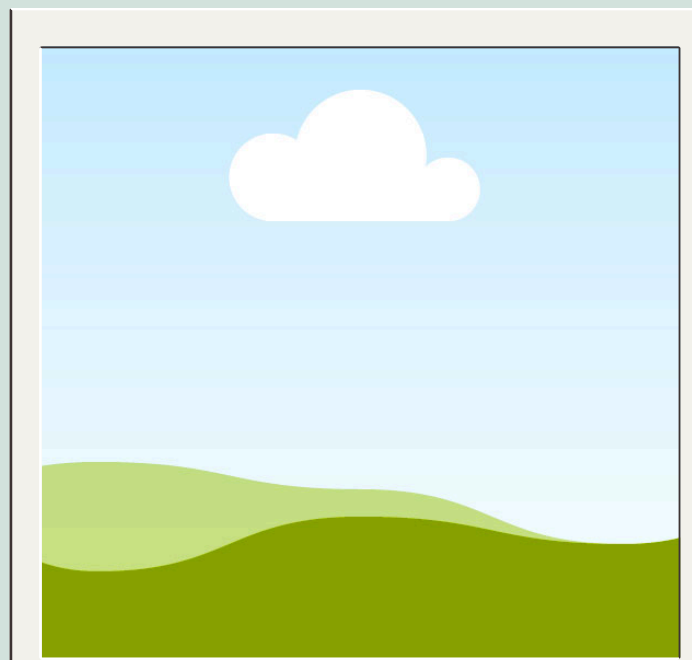
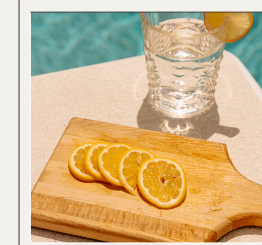
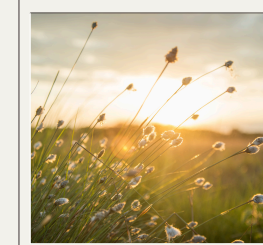
# Summer Challenge: Development in 5 pictures

Throughout the summer, we encourage you to start thinking a bit more about yourself through a summer challenge: Development in 5 pictures. Below, you see 5 prompts/questions that you can ask yourself at the end of the summer. Scroll through your camera roll on your phone and try to find 5 pictures related to the prompts/questions. After that, answer the following questions:

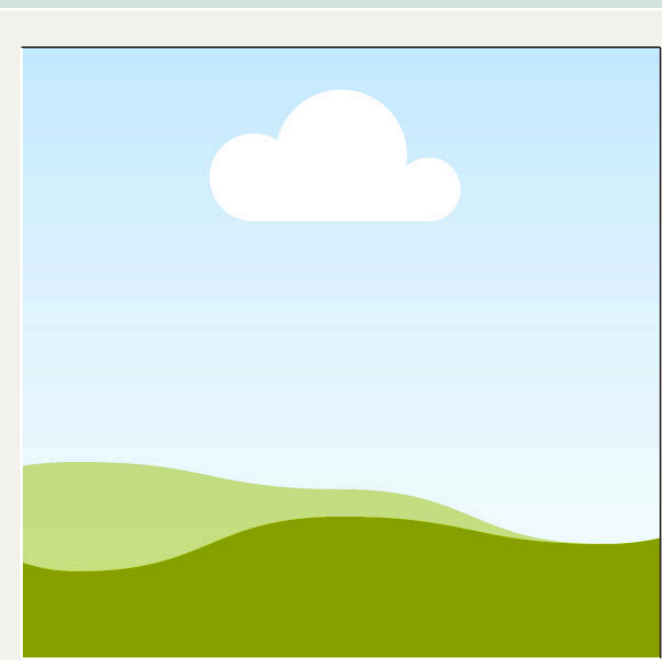
- Seeing the 5 pictures next to each other, what word pops up?
- How would you describe yourself this summer in a few sentences?
- What things would you like to work on in the upcoming (academic) year?



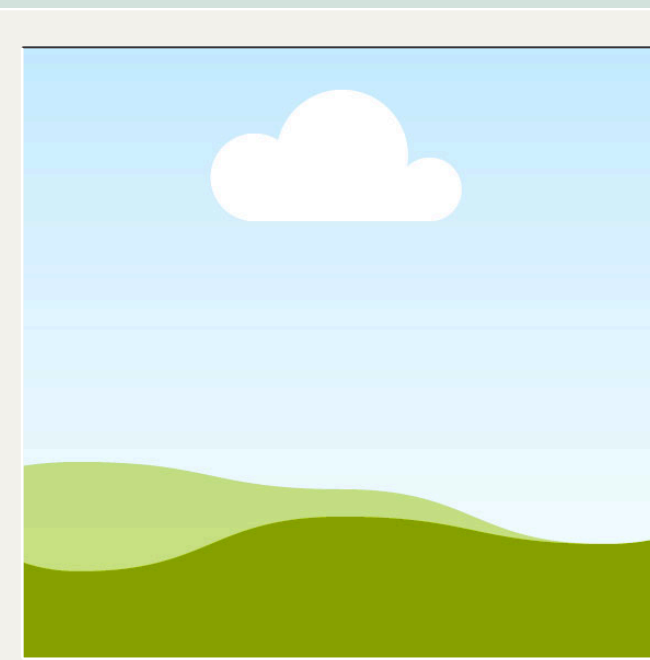
Example-pictures



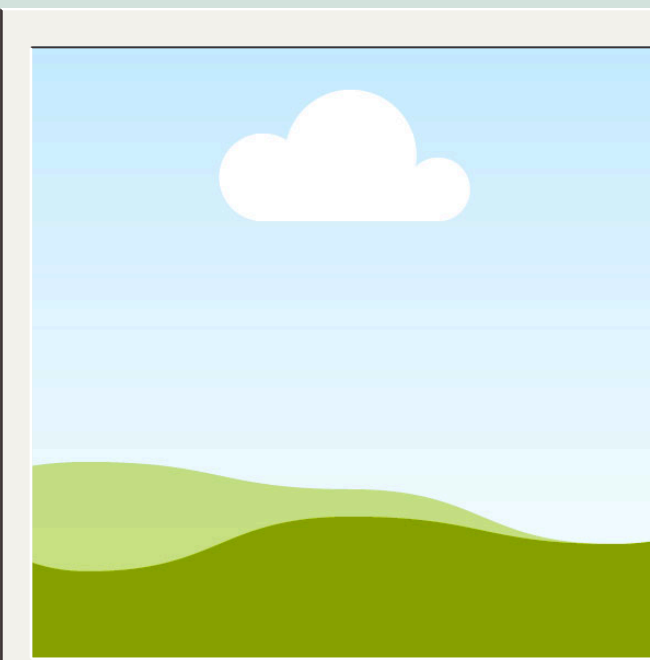
What habit characterizes your summer compared to your winters?



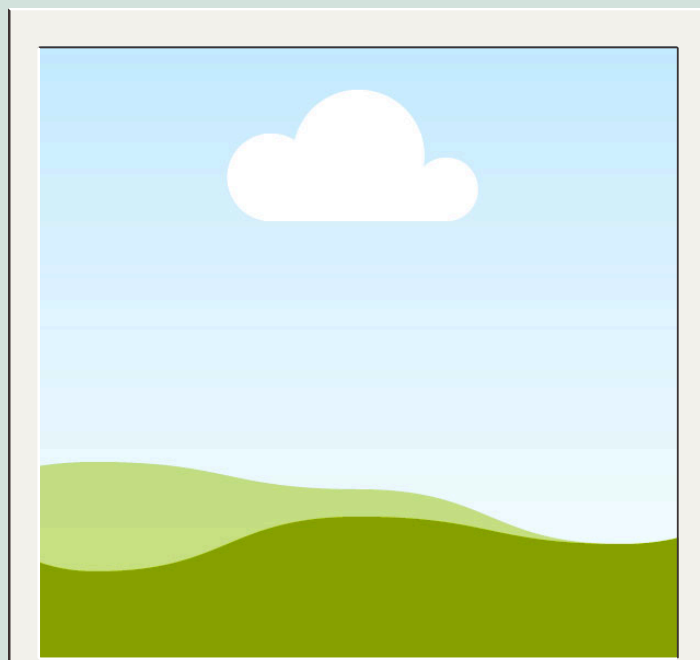
What is something that surprised you (about yourself) this summer?



How would you describe this summer in one word/picture?



What is one moment that says something about your personality?



What was the best thing about your summer holiday?