

After your first study weeks it is a good idea to think about the expectations you had regarding your study choice. How do you experience it now? Does this study choice suit you? Are there (personal) circumstances that may affect your study (progress)?

★ Motivation for your studies



Take some time to think about...

- ★ What motivates you?
- ★ What exactly demotivates you?

★ Study discipline



If you are still searching for a good way to study, ask your fellow students how they handle this or try studying together sometimes. This way you can help each other and make it a bit more enjoyable as well. Also know that you can talk to your student coach about this. Your student coach can tell you if there are any trainings offered related to study skills. You can also make an appointment online with a student counsellor or student psychologist to talk about ways to break procrastinating habits. Check [Fontys Helps](#) to get more information on [procrastination](#).



- Make sure you have a fixed working spot at home for you to study.
- Avoid distractions, keep your working spot clean and list your to do's, so they are not going through your mind the whole time.
- Make a schedule to manage your study time. This will also help you to successfully start up your study day.

★ Study stress



If you have the feeling that you experience a lot of stress due to your studies, be sure to know that you can always talk about this with your student coach. That way you can discuss together what causes you to experience this stress and what steps you can take to cope with it. Also know that you can make an appointment online with a student counsellor or student psychologist to talk about themes such as stress reduction or coping with fear of failure or perfectionism. On [Fontys Helps](#), you can find more information on how to deal with [performance anxiety](#), [perfectionism](#) and [dealing with stress](#).

★ Satisfaction with your study choice



Take some time to think about...

- ★ What are the things that are (a little) disappointing?
- ★ Do you think this will change in the coming months?
- ★ What can you do about this yourself?



Doubts about your study choice are very common; you are certainly not alone. Are you not completely satisfied with your study choice? Check with a lecturer, a student coach or fellow students whether your expectations are legitimate. Don't dwell on your study doubts for too long. Talking about it helps! Do you want to reconsider your study choice? You can make an appointment with a study choice advisor at Fontys without any obligation. Check [Fontys Helps](#) for more information.

★ Feeling at home at your study programme



If you don't feel (completely) at ease yet, you might like to try the following. While you're chatting, try and find out how fellow students feel at college. It's quite possible that everyone else is also still finding their place. However, if you get the feeling you're the only one who feels this way, it might be a good idea to have a chat with your student coach. It will please him/her to see you have been proactive in this!

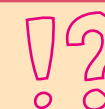


Are you already a member of a [community](#) or a [study association](#)?

★ Self-confidence in your studies

Ask yourself which things you are sure about and which things you are less sure about (at college). You might discover that there are certain things you could use some advice about or help with. Of course, you can always talk to your student coach about this, or make an appointment online with a student counsellor or student psychologist to talk about ways to work on your self-confidence. You can find more information on dealing with [performance anxiety](#) and building [self-confidence](#) on [Fontys Helps](#).

★ Help



Check out [Fontys Helps](#) to see how Fontys can help you with any questions, doubts, or concerns. Prefer to take action yourself? On Fontys Helpt, you can use short [online self-learning modules](#) for free

If you are struggling with certain things, know that you are not the only one! You can always make an (online) appointment with a student counsellor, student psychologist or study career choice advisor, if you run into something.