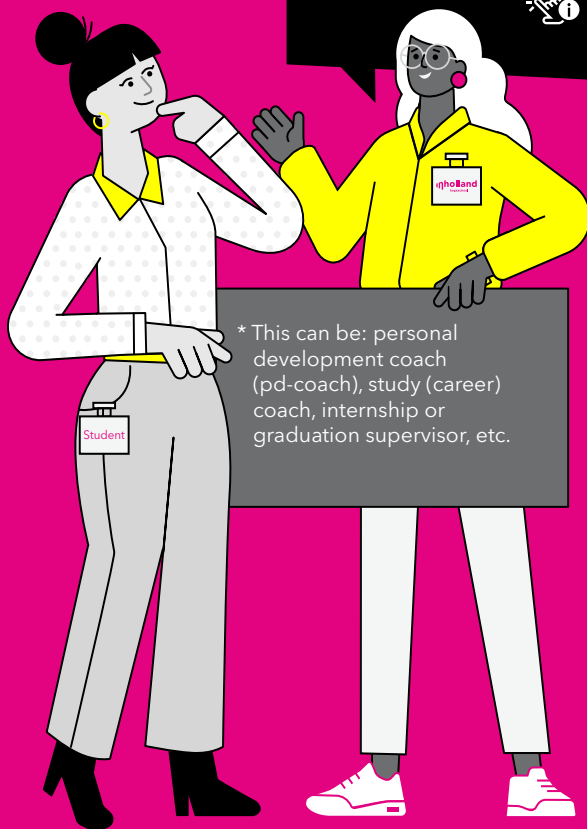


How to get support as a student?

I am your first point of contact* within the programme and will help you or lead the way to the right support.



* This can be: personal development coach (pd-coach), study (career) coach, internship or graduation supervisor, etc.



Student support network guide



Study guidance

- Support with study skills, concentration, motivation, planning, learning strategies, procrastination, etc.
- Studying with a neurodivergent profile such as dyslexia, AD(H)D, autism, etc.
- Doubts about your study choice

- **Student Success Centre (SSC)**
- **Student coach**
- **Student counsellor**
- **Student coach**
- **Study Advice Centre**



Wellbeing

- I would like to connect with other students
- Studying with physical challenges, such as a chronic condition or visual impairment
- Family circumstances, being a caregiver, or being a top-level athlete
- Mental health support with stress, feeling less alone, dealing with negative thoughts, etc.
- Confidential advice and support in cases of unwanted or unsafe situations at school or during internships

- **Student Success Centre (SSC)**
- **Student counsellor**
- **Student counsellor**
- **Student coach**
- **Confidential counsellor**



Administration & education

- Assistance with (applying for) financial arrangements
- Confidential advice and support when submitting an objection, complaint, or appeal
- Advice on studying or doing an internship abroad
- Support with integration and studying in the Netherlands

- **Student counsellor**
- **International Office**
- **Confidential counsellor**
- **International Office**
- **International Office**
- **Student Success Centre (SSC)**

Feel free to pass by the SSC!

Find more information and contact details of the support network: iris.inholland.nl/studentsucces

Click on the icon for more information

Tip: Ctrl + click opens the link in a new tab

Your first point of contact within the programme

Each programme has its own first point of contact for students. Depending on your programme, this person may be called a personal development coach (pd-coach), study (career) coach, internship supervisor, graduation supervisor or something similar. If you have any questions or need support, whether related to your studies or personal matters, always start by contacting your first point of contact.

- **Study planning:** Advice and tools for effective time management and prioritization.
- **Learning goals:** Guidance in setting and achieving personal and academic goals.
- **Motivation:** Techniques and support to stay motivated and overcome study challenges.
- **Referral:** Information about and referral to other support services.
- **Catching up on backlogs:** Support in making up missed exams and improving study skills.



Contact

Check at your programme who your first point of contact is.

Student Success Centre (SSC)

The Student Success Centre (SSC) is the place for students seeking support, connection or wanting to develop. Whether you want to meet others, grow personally or professionally, or just not sure what you are looking for, we'll help you find your way. We know what it's like being a student and having to balance it all.

- **Peer-to-peer coaching:** Get practical tips and support from trained student buddies, whether you need help with study skills or finding balance.
- **Study skills:** Workshops in Dutch language, time management, study planning, independent working and learning to study.
- **Professional skills:** Workshops around problem-solving, professional work attitude, CV writing, leadership and presenting.
- **Community & events:** Take part in social activities, and connect with student communities, such as for neurodiverse, queer, Caribbean, Surinamese, or international students, in a safe and inclusive space.



Contact

Visit the SSC at your location or send an email to: [ssc.\[yourlocation\]@inholland.nl](mailto:ssc.[yourlocation]@inholland.nl). For more information visit [Knowledge base | Iris](#)

Tip: Ctrl + click opens the link in a new tab

Student coach

Do you experience stress or challenges that are hindering your studies? Get in touch with a student coach and work together to find practical tools and solutions that can help you move forward. In one or more conversations, they can help you get back on track.

- **Study related stress:** Lack of motivation or struggling with planning, issues around concentration, procrastination, etc.
- **Emotional or mental concerns:** Fear of failure, dealing with negative thoughts, insecurity, coping with illness, difficult home situations, etc.
- **Studying with AD(H)D, dyslexia, autism:** Concentration, structure, acceptance, etc.

Contact

You can contact the student coach of your location:

Location Alkmaar: Annelies.Smit@inholland.nl

Location Amsterdam: Karin.Hoens@inholland.nl

Location Delft: Ria.Mooij@inholland.nl

Location Haarlem: Saskia.Kuling@inholland.nl

Location Rotterdam/Dordrecht: Corjanne.vandenHoonaard@inholland.nl

Location The Hague : Gabrielle.Rademakers@inholland.nl



Study Advice Centre (SAC)

If you're unsure about your study choice, have questions about a specific programme or master's or want to better understand your talents and strengths, contact the study choice advice centre.

- **Study choice:** Support in finding a suitable study.
- **Self-awareness:** Help in discovering interests, talents and ambitions.
- **Orientation:** Receive advice on study routes, admission requirements and future possibilities.
- **Guidance:** Through personal conversations and study choice tests.



Contact

Send an email to make an appointment: [studiekeuze.\[yourlocation\]@inholland.nl](mailto:studiekeuze.[yourlocation]@inholland.nl)

Student counsellor

When you have personal circumstances in your life that are (or might eventually be) affecting your studies, then you should contact the student counsellor as soon as possible. Especially if you need special facilities or extra guidance to support your academic progress. Student counsellors are familiar with the available support systems both within and outside of Inholland. They provide information, advice, guidance and training to help you with your studies. Conversations with a student counsellor are always confidential.

- **Advice on (possible) study delay:** Due to (specific) personal circumstances (such as being neurodivergent, having a disability, illness, practicing sports at top-level or family issues).
- **Requesting adjustments, facilities or exceptions:** Because of personal circumstances.
- **Questions about student finance, laws and regulations, and support options:** For example, in relation to the Binding Study Advice (BSA) procedure, both inside and outside the university.
- **Guidance and/or support:** For example, if you're not feeling well, are ill, often worried or stressed, or have difficult situations at home.



Contact

Check [Knowledge base | Iris](#) to see how you can contact the student counsellors at your Inholland location or send an email to: **decanaat.[yourlocation]@inholland.nl**

Tip: Ctrl + click opens the link in a new tab

Confidential counsellor

The confidential counsellor is your first point of contact for advice and support whenever you have to deal with unwanted behaviour like intimidation, (sexual) harassment, aggression or discrimination. Don't hesitate to contact the confidential counsellor, even if you doubt the seriousness of undesirable behaviour that has been directed to you.

Together we can identify possible next steps, provide advice and support you in conversations with third parties. You remain in control and we assist you in the steps you want to take.

In case of unwanted/unsafe situations at school and during internships, you can contact the confidential counsellor for confidential advice and support.

- **Unwanted comments or behavior:** When you suffer from bullying, threatening or intimidating comments – verbal, physical or online.
- **Discrimination and racism:** When you feel treated differently because of your religion, background, skin color, sexual orientation or disability.
- **(Sexual) transgressive behavior:** When you are dealing with unwanted advances, aggression or sexually tinted comments.
- **Problems with guidance or assessment:** When you feel unfairly treated or assessed due to unclear or subjective guidance.
- **Unclear rules and procedures:** When you suffer from changing or unclear rules from school, without clear communication.
- **Complaint, objection, or appeal:** When you need advice or support in submitting a complaint, objection or appeal.

Contact



- For the locations: Alkmaar, Haarlem and Amsterdam
Annemiek Salomons: Annemiek.Salomons@inholland.nl or call 06 49141545.
- For the locations: Delft and The Hague
Greet Fokker: Greet.Fokker@inholland.nl or call 06 52450965.
- For the locations: Rotterdam and Dordrecht
Jurgen Dorrenboom: Jurgen.Dorrenboom@inholland.nl or call 06 52375662.

International Office (IO)

Coming to the Netherlands to study or doing an internship abroad is an exciting step. The International Office is here to support you before, during and after your stay. We can help with practical matters like housing, health insurance, scholarships and your learning agreement.

- **Practical matters:** Advice on health insurance, banking, DigiD and public transport.
- **Housing:** Help with finding a room in the Netherlands.
- **Financial support:** Information about scholarships and grants, for example support with Erasmus+ and other funding.
- **Exchange & internships:** Guidance on academic procedures and placements.

Contact

International students can contact the International Office at incoming@inholland.nl, while students wanting to participate in an exchange programme or (graduation) internship abroad can contact the International Office at outgoing@inholland.nl or get in touch with the International Coordinator of your degree programme: [Knowledge base | Iris](#).

It is also possible to call us on +31 (0) 88 466 31 19 or you can schedule an [online appointment in the booking tool](#).

Feel free to visit us during the walk-in hours at your Inholland location. Click the following link for the address and opening hours: [Knowledge base | Iris](#)

Tip: Ctrl + click opens the link in a new tab

