

SPOTLIGHT

MEET for Teachers

During the yearly Docentenweek (Teachers' week) at the UMCG, teachers from different departments explored the topic of 'The emotional side of (receiving and giving) feedback' at a MEET session (Medical Education Empowered by Theatre). Supervised by 2 actors, the teachers used various theatre exercises to open the conversation about this topic and to learn collectively about their daily practices while giving and receiving feedback. Interesting enough, it seemed that all teachers were going through the same struggles in both receiving and giving feedback to students.



In the second semester, MEET will also be offered to medical students, see **page 3** for an overview of the profile education SCOPE offers.

AGENDA/EXTERNAL EVENTS

February 3 - 26 [AI Parade](#)

Feb 22 [Stadsgesprek AI Café: zorg](#)
@ Forum Groningen

February 23 [Kenniscafé \(On\)gelukkig](#)

@ Forum Groningen

March 18 [BRUUT! Indoor Festival](#)

To be announced [Wellbeing Weeks Groningen](#)

April 2 [KLM Urban Trail Groningen](#)

Running event through the city

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

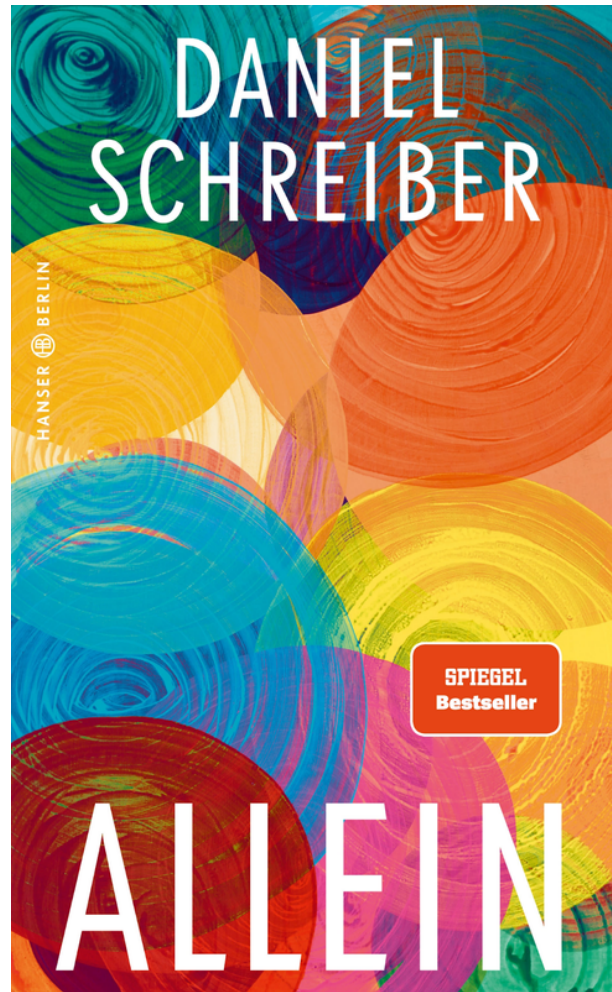
Ongoing group [Mindfulness-based stress reduction](#)

By the Student Service Center, signing up is required.

USVA Courses

BOOK

'Alone' by Daniel Schreiber



What does it mean to be alone? The introduction of 'support bubbles' during the Covid-19 pandemic recognised that important interpersonal connections often lie outside the traditional couple or family unit. And yet, in a society that still all too readily equates finding happiness with finding love, not living in a couple is easily associated with a sense of incompleteness.

But does living alone necessarily mean being lonely? How does our obsession with romantic relationships contribute to social isolation? Can we re-think notions of intimacy and commitment outside the romantic couple? And is it possible to be alone and happy?

Want to know more about the different types of loneliness and the social needs that underlie them?

[What Sort of Lonely Are You? And What Can You do About it?](#)



Exercise: Draw your social network

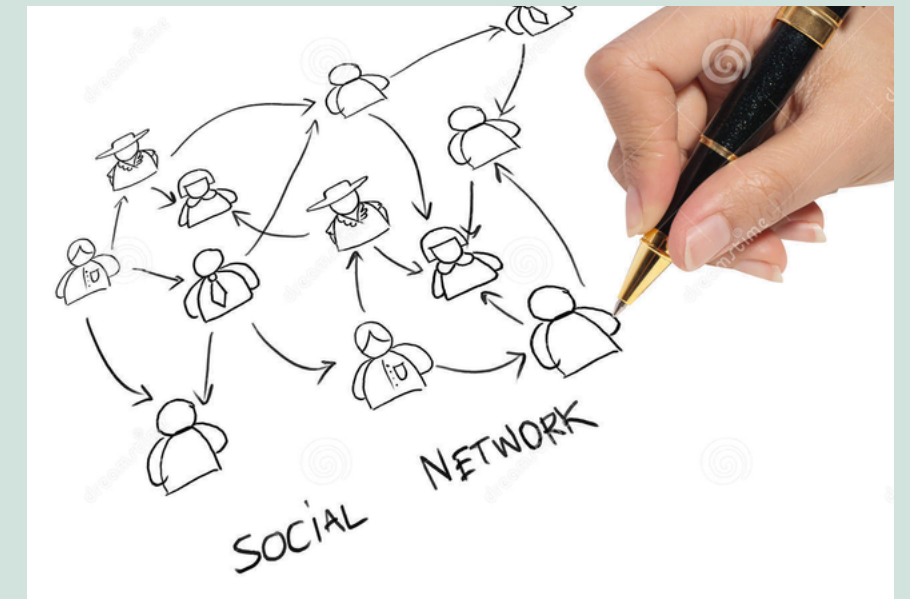
Draw your social network, you could even use coloured lines or symbols to indicate how 'close' those relationships are. Remember, it is more about the quality than the quantity of the relationships.

Tips:

- Think of the people you interact with during a day, week or month
- These do not have to be 'real' relationships yet: the fellow student you (sometimes) sit next to during lectures, a person who is often at the gym, the park, or the library at the same time as you, and so on
- Look at your WhatsApp (or online) conversations

Are you paying enough attention to the social relationships that are important to you?

- What small step could you take to improve them?



→ Strengthen the connections that make you happy and that fulfill you, or that you are curious about, build new ones where necessary.

→ People come and go into our lives, that is normal. What (type of) connections do you want to foster?

Medicine: Profile Education by SCOPE

The Happy Student

The course provides a broad overview of stress and well-being, including all kinds of insights and tools to get started with this yourself. The aim is that you are able to understand, apply and reflect on the provided insights and tools in a way that supports both your performance and wellbeing.

4 two-hour sessions, March 10 - 16

MEET

Medical Education Empowered by Theatre (MEET) onderzoekt de overeenkomsten tussen de theaterwereld en de medische wereld om je professionele en persoonlijke ontwikkeling te stimuleren. Je werkt samen met artsen en professionele acteurs en wordt uitgenodigd om dilemma's op het toneel te brengen (Dutch spoken, replying in English is allowed)

5 bijeenkomsten van 4 uur, mei - juni

Wie het niet weet mag het zeggen

Tijdens deze cursus oefen je met het ontwikkelen van een vragende denkhouding. Je leert een wijsgerig onderzoek in te stellen naar wat je zoal denkt over je dagelijkse leven, je studie, je werk, je vriendschappen, je toekomst, enzovoorts. Je leert je eigen denken beter kennen, je wordt je bewust van vooronderstellingen die je hanteert en durft jezelf kritischere vragen te stellen.

4 bijeenkomsten van 2 uur + individueel gesprek, april - mei

Interested? Sign-up in February by sending an e-mail to: scope@umcg.nl

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).