



SPOTLIGHT

Who does not know, can say it - Margit Vegter

'Why does it have to be perfect? Do I always need to perform and achieve the best? Am I allowed to study just for fun?'

These are some of the questions students of the course **'Wie het niet weet mag het zeggen'** (free translation: Speak out the unknown?) asked themselves. During this philosophical course, students were invited to explore what it feels like to ask questions (and thereby show the things they don't know or are insecure about) and to inquire about the borders of their conceptual thinking, by questioning their most intimate thoughts and beliefs.

As their teacher, I was struck by the high demands medical students put on their selves in terms of performance and perfection. The results seem to be of the highest interest, instead of the learning process itself. While learning (and therefore: NOT knowing) is what studying should be all about, isn't it?

But it also all felt very familiar from the time I was a medical student myself. Being a medical student was a time when I felt a pressure to perform in almost every field of life. And I judged myself strongly by the results I was able to achieve. Of course, it was me all along who put that pressure on, but I wasn't aware of that yet (and thus not able to change it). What a difference with the classes I teach now! Where the emphasis is placed on the intention instead of the result: on what you put into it yourself, instead of what comes out (what you have no control over!). Where students are invited to question their expectations and judgements and share the vulnerability of the not-knowing, instead of being expected to know an answer to everything.

Feel like practicing with this theme? See the next page 

AGENDA/EXTERNAL EVENTS

January 31 - February 4 International Film Festival Rotterdam

Films and talks @Forum

February 5 De bacterie en het brein

Lecture about the influence of your intestinal flora on the health of your brain @Studium Generale, Aletta Jacobshal

February 10 Het Grote Gebeuren

Literature festival @Forum

February 12 Safe Space

Theatre performance about social safety @Forum

March 7-10 Grasnapolsky

Music, arts, theatre and literature festival @Scheemda

Twice/Month BlaBla Language Exchange

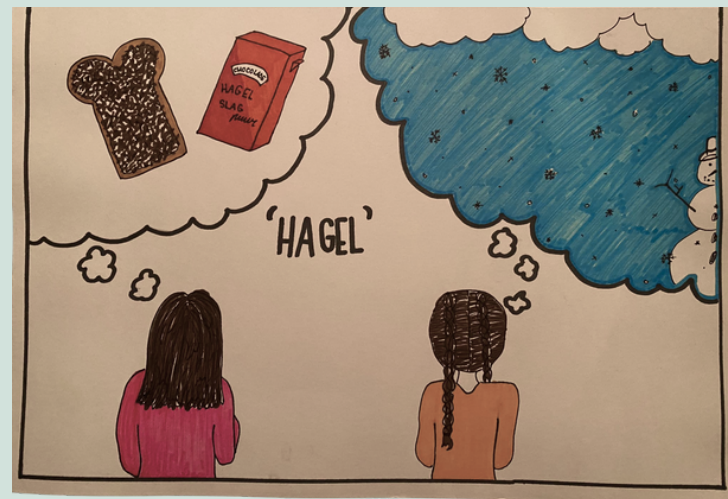
Ongoing group Mindfulness-based stress reduction

Weekly - signing up is required

▶ Questioning your preconceptions

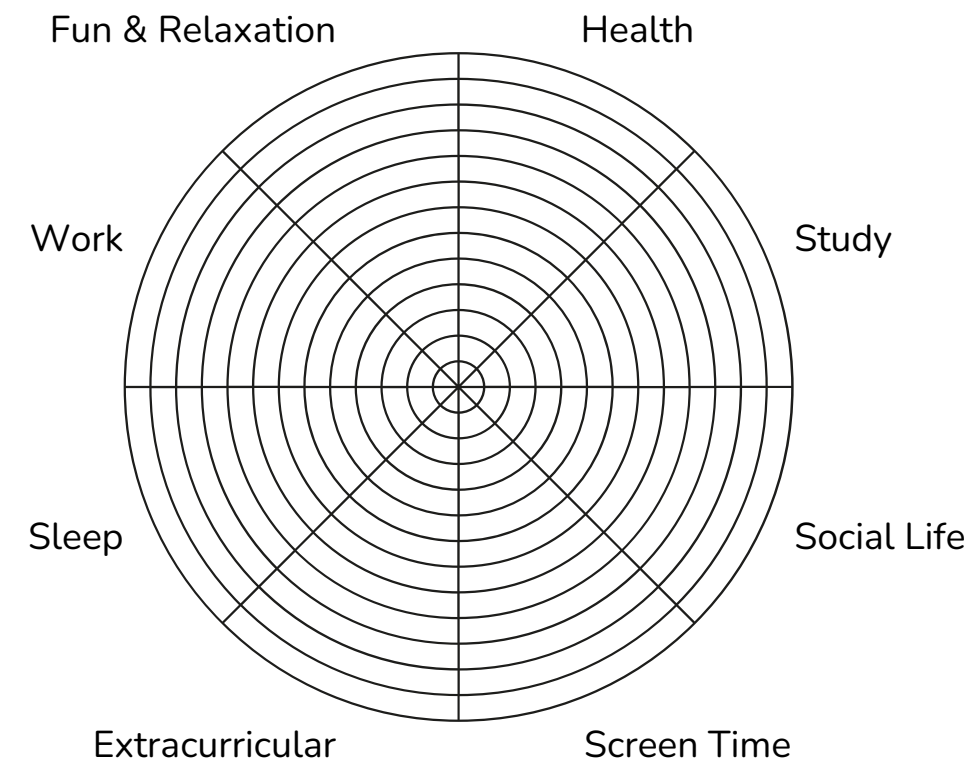
Here's an exercise! Grab a pen and some paper whenever you feel like you are running into a disturbing kind of judgement or expectation.

- Write down the 'hidden rule', for example: "As a student, you should always get a perfect score" or "As a doctor, you should work hard"
- Write down ALL the presuppositions that are part of this rule. For example: It is possible to get a perfect score; a score (or anything else, for that matter) can be perfect; it is possible to work hard or not
- Write down any question stirred up by writing down the presuppositions. For example: does perfection exist? What does 'working hard' exactly mean?
- Choose one of the questions you wrote down (the one that intrigues you the most), write it down on a new piece of paper, and put it somewhere where you see it often and see what happens...



With a new year ahead, it might be the moment to reflect on your last year and take on actions for the new year. One useful exercise for a more holistic overview of your life is the well-being check-in below. After the exercise, you have more insight into what is going well and where you accept how it is in this very moment - but also where you want to take action to change something. For example, if your well-being in the area of health is rated a **6**, you could think of a specific action to increase it with 1 point, for example: *Try to sleep a bit earlier during a specific week.*

▶ Well-being check-in



1. Rate each life area (1-10), possible questions to use:

- How satisfied am I with this category?
- How is my wellbeing in this category?

2. For each: accept or action?
Per area, depending on the grade: do I want to or need to accept this for now? If no, do I want to take action on it?

3. Action: what is one small step you could take in this area?

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).