

Filosofisch spreekuur

voor een ieder die wijzer wil worden

Loop je ergens in vast? Is er een kwestie waar je al een tijd over nadent, maar niet echt wijzer over wordt? En heb je de behoefte om die stagnatie te doorbreken? Dan ben je welkom op het filosofisch spreekuur van SCOPE.

De kwestie waar je over denkt blijkt niet echt het probleem te zijn: je loopt vast in je denken over de kwestie. Dat is goed nieuws en dat is slecht nieuws, want in zekere zin vorm je dus zélf het probleem. Het goede nieuws is dat je je er ook zelf van kunt bevrijden, door te denken over je denken.

Denken over je denken over het probleem... Begint het je al te duizelen? Geen paniek! Filosoferen kun je leren en Margit zal je daarbij helpen. In een gesprek begeleidt ze je van je probleem, via een wijsgerige onderzoek van je denken over het probleem, tot een vraag die bevrijdt.

Hoe werkt het?

De gesprekken vinden kosteloos plaats in de filosofische praktijk aan het Martini kerkhof nr. 11, of online.

Meld je [hier](#) aan.

Note: philosophical conversations are in Dutch, that's why the information above is in Dutch



Margit Vegter

SPOTLIGHT



Underneath the skin

Did you know that artists and doctors used to work together? A collaboration which has increased the knowledge of the human body in both disciplines. Did you also know that looking at art improves your observation skills? From research it is known that doctors who are trained to look at art have better diagnostic skills. Also, creativity is seen as one of the most important skills to develop as a person functioning in the 21st century. In the course 'Underneath the Skin' second year medical students are trained in these skills through looking at and making art. We visit several museums and through conversations with doctors and artists we discover what we can learn from each other and how both worlds are connected.

Setting goals to help you grow

We all have goals, either explicitly written down, or somewhere in the back of our minds. But how you phrase and strive for them can make a huge difference in your life. Having a goal that fits with our identity and with what we find important gives focus and direction in our lives.

On the contrary, feeling aimless or purposeless is not a nice feeling at all. Of course, a balance between striving for things and enjoying the present moment is necessary. Setting goals that fit with your values, or what you truly find important in life, can help with that balance. Goals that align with your identity can thus contribute to your well-being and happiness and can help with making changes and learning new skills.

Goals can be **abstract** or **concrete** and **short-term** or **long-term**. Neither of these types of goals is good or bad. It is, however, important to realize the impact of each type of goal and to also use various (types of) goals that align with each other.

For example, abstract or long-term goals can be very motivating but are rather difficult to work on in the here and now. By combining these with short-term, concrete goals, it becomes easier, more motivating and more enjoyable to work on your long-term goals and dreams.



Would you like to practice this yourself?

Focus on progress, not perfection

Write down one important goal

Take a look at this goal and ask yourself:

- What do I truly find important in life? Why do I want to achieve this goal?
- Is there a way to adapt this goal in a way so that it connects with my values?
- What would be an action that I could take on today?

Write down the smallest step possible, and do that step right now.

Example:

"My goal is to eat more sustainably and healthy.

- *I think sustainability is really important in life, and as what you eat is a large part of your daily life, I can make a difference by adjusting my diet. But on the other hand, I also find it important to have a flexible stance towards food when I eat together with friends.*
- *Maybe I can rewrite it as: 'My goal is to eat more sustainably and healthy when I cook for myself' so that it fits with both my values of sustainability and flexibility.*
- *A small step I can take today is: buying plant-based milk instead of regular milk."*

Would you like more inspiration or tools for setting goals? Click [here](#).

BOOKCLUB

Matt Haig - The Midnight Library



4 May 2022 - 15:00-16:30

Online or at the Medical Faculty, information will be provided via email

We invite you to join us for a book club devoted to the book 'The Midnight Library' from Matt Haig. We cite from the synopsis:

Between life and death there is a library. When Nora Seed finds herself in the Midnight Library, she has a chance to make things right. Up until now, her life has been full of misery and regret. She feels she has let everyone down, including herself. But things are about to change. The books in the Midnight Library enable Nora to live as if she had done things differently.

The set up is as follows: Everyone reads the book at their own pace and on the 4th of May we come together for a discussion about the book. We will address topics such as making choices, what-if scenarios, and well-being. Every UG-student is more than welcome to join!

[sign up here](#)

AGENDA/EXTERNAL EVENTS

April 3 & April 10 [International movie night](#)
@ Forum Groningen

April 10 [Urban Trail Groningen](#)
Running event through unique places and buildings

May 5 [Bevrijdingsfestival Groningen](#)
(Almost) free festival @ Stadspark

Ongoing group [Mindfulness-based stress reduction](#)
By the Student Service Center, signing up is required.
Weekly on Wednesday and Thursday mornings

Daily [SUP mini-expeditions](#)
Surprising SUP-tours

Now - June [JR: Chronicles](#)
You'll discover iconic projects of the international famous artist JR @ Groninger Museum

[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. For more information, take a look at our website (rug.nl/scope).