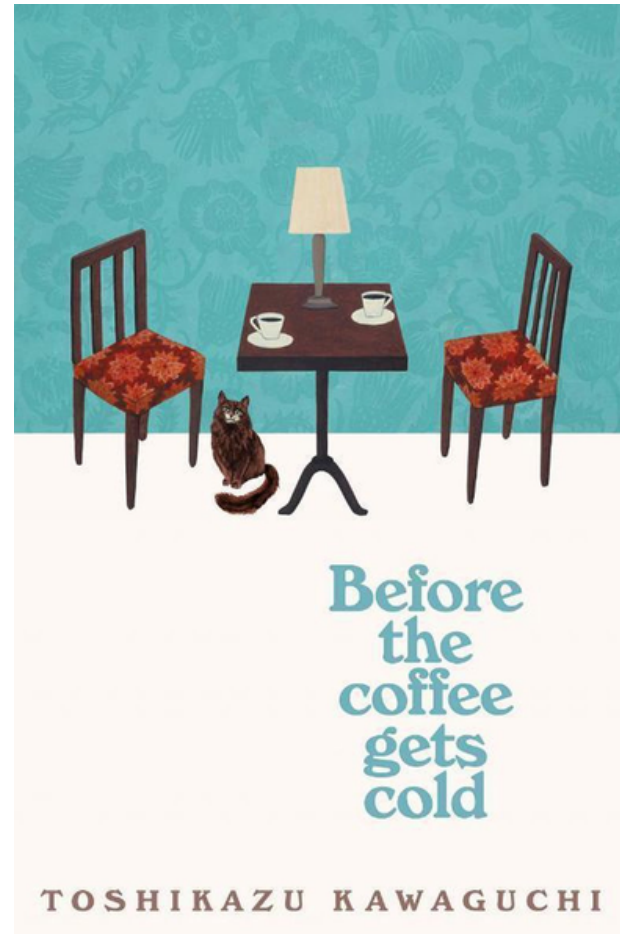


BOOKCLUB

Toshikazu Kawaguchi - Before the coffee gets cold



After a successful first edition of the Book Club, we will continue with another one. This time, we will read 'Before the coffee gets cold' from Toshikazu Kawaguchi. This is what the book is about:

In Before the Coffee Gets Cold, we meet four visitors, each of whom is hoping to make use of the café's time-travelling offer, in order to: confront the man who left them, receive a letter from their husband whose memory has been taken by early onset Alzheimer's, to see their sister one last time, and to meet the daughter they never got the chance to know.

But the journey into the past does not come without risks: customers must sit in a particular seat, they cannot leave the café, and finally, they must return to the present before the coffee gets cold . . .

Again, we will all read the book in advance, meet each other on the 27th of June and discuss our thoughts, ideas and experiences during the reading process. Start your summer of reading with this not-so-thick book and get inspired to read more in your well-deserved holidays!

27 June 2022 at 13:00 - 14:30
Department of Health Psychology

[SIGN UP HERE](#)

AGENDA/EXTERNAL EVENTS

June 19 Stadspark Live
@ Groningen

June 19 Run4Educaided
Running event for charity

August 6 Happy Feelings Festival
Graanfabriek @ Groningen

More inspiration GRONG activities



The struggle of freshmen in Corona time

In [this](#) UK Krant article, our research on student well-being is mentioned during Corona. Our colleague Miranda was interviewed by the UKrant, to explain what our research has found regarding the struggles of first- and second-year students. In summary, we observed that these students predominantly suffered from a lack of social contact with their peer students and did not know how the academic system worked. Hopefully, in the next academic year, things will get much better again for everyone.

Staying Sane

Would you like to get more insight into how to keep a healthy study-life balance?

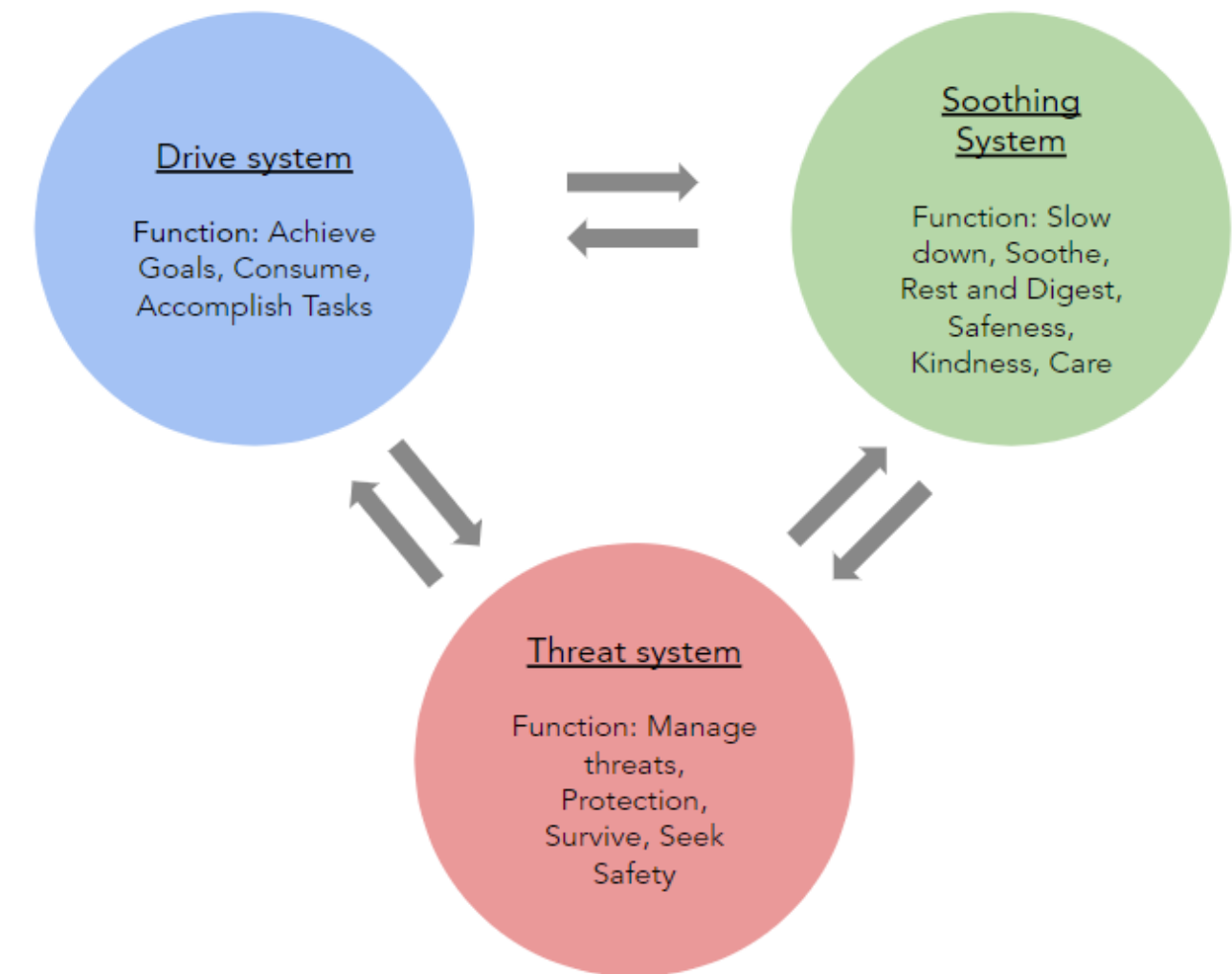
Then understanding the three emotional regulation systems developed by Paul Gilbert (2009) can help you. According to Gilbert, we have three emotional regulation systems. We have the Threat System, the Drive System, and the Soothing System. When there is an imbalance between these systems you will probably feel out of balance.

The **threat system** is activated by events that scare you, or that make you angry or elicit self-criticism. These events can be external (deadlines, giving a presentation, parents who expect too much) or internal (that self-critical voice "*I cannot do this*"). You need this system because it prepares you to fight, flight or freeze when necessary. Due to our brain's ability to imagine and ruminate, it is possible that this system remains active even in the absence of any actual threat.

The **Drive system** is focused on the things we want or need (or, at least, things that we *believe* we need) to prosper. The Drive System alerts us to opportunities for pursuing goals and securing resources and helps us focus and maintain our attention during such pursuits. Like the Threat System, this system can be powerfully motivating and can narrow our attention to focus on whatever we are pursuing.

Unlike the Threat and Drive Systems which *activate* us, the **Soothing System** can *deactivate* us, it makes us rest and digest. The Soothing System allows us to soothe ourselves, and it also allows us to soothe others. It makes you connect with others. This system is associated with peaceful states – feelings of being safe, calm, peaceful, and content.

Three circles of Emotional Regulation (Paul Gilbert, 2009)



So, think about yourself:

- How big are each of your 'circles'? Are they in balance?
- What also helps is to know your triggers; what activates your Threat system?
- What are the goals that activate your Drive system?
- How do you slow down and activate your Soothing system?

SPOTLIGHT

Stress management workshop

In May SCOPE provided a workshop about stress management for first-year physics students. We talked about topics such as stress, loneliness and feeling connected, all while enjoying pizza. We explained the theory of emotional regulation systems, developed by Gilbert (2009) and talked about the importance of knowing your triggers that cause stress and what makes you relax. You can read more about this in the Staying Sane section.



What to do in your second year med school?

Join our new profile education program where theater MEETs medical education

Starting your second year in the bachelor of Medicine, and thinking about a nice profile education program for autumn 2022? Join our program on theater and medical education; a beautiful 5 day course from the medical university of Campinas, Brazil, that is already successfully taking place for over 10 years.

'Medical Education Empowered by Theater (MEET)' explores the similarities between the world of theater and the world of medicine to nurture students' professional and personal development. Together with clinical doctors and professional actors, students bring their dilemmas to the stage. They engage in theatrical and improvisational exercises that feed their imagination, which is crucial for understanding patient's trajectories and will help them prepare to deal with complex and uncertain situations. MEET focuses on verbal and non-verbal communication, reflects on the implicit norms and behaviors in medicine, and on students' personal behavior and values.

Exact dates will become available at a later stage.

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).