

NEWSLETTER #4 **WINTER 2021**

Questions or input? Email us! scope@umcg.nl

BOOKCLUB

Matt Haig - The Midnight library

12 January 2022

15:00-16:30

Online, link will be provided via email
<https://forms.gle/hYCYRzSVC4gArJoE6>
m.trippenzee@umcg.nl



It's getting dark outside and the Christmas break is offering you some well-deserved time off from studying. What's better than to spend these dark days reading a good book with a cup of tea, candles lighted and the heating on?

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 12th of January we come together online 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!

Hope to read and meet you there!

AGENDA/EXTERNAL EVENTS

27 dec Online Yoga Nidra 45 min.
Weekly session of deep relaxation

13 januari

Kennis cafe FORUM - Transplantatie GNK

27 januari FORUM. Expeditie GELUK - ONLINE

Met filosofen **Lammert Kamphuis, Hans Schnitzler** en **Menno de Bree**

Ongoing group Mindfulness-based stress reduction

By the Student Service Center, signing up is required.

Weekly on Wednesday and Thursday mornings

13, 20 & 27-01-2022 Embrace imperfection

By the Student Service Center, signing up is required.

USVA Courses <https://www.usva.nl>



How to tame your inner critic

'How to tame your inner critic?' was the title of the workshop SCOPE provided for the IDUN career committee on November the 25th. During the workshop, we talked about the critical inner voice, represented as the little devil everyone has on their shoulder. By becoming aware of your critical voice and by looking at it from a distance, you create space to react in a more constructive, compassionate way when something discomforts you or is unsettling.



Would you like to practice this yourself?

Staying sane

There are several ways you can get started with being less judgmental and thus more compassionate with yourself, this is one example:

Exercise: A supportive friend

Try to bring to mind a situation in which a good friend of yours is struggling and/or feeling bad about themselves.

- *How would you, as a supportive friend, respond?*
- *Think about or write down what you normally say and do in this situation.*

Next, think about some situations where you were struggling yourself.

- *How do you normally react to yourself?*
- *What does that critical voice say?*

Did you notice a difference in what you have written down?

- *If so, ask yourself why:*
- *What makes it so that you treat yourself so differently?*

Why not treat yourself like the supportive friend you started the exercise with, and see what happens?

Want to learn more about (practicing) self-compassion?
Take a look at this website <https://self-compassion.org>
(adapted from [self.compassion.org](https://self-compassion.org))

SPOTLIGHT



Pressure to perform

We cannot deny that students must deal with an increasing amount of pressure. The pressure to get high grades, to have an active social life, to present oneself on the socials and to have a healthy lifestyle are just some examples. On November the 18th, Joke Fler (founder of SCOPE) together with Tineke Oldehinkel and Caspar Kraaijpoel took part in the 'Kenniscafé' from the Studium Generale Groningen about pressure to perform. This topic was addressed from different perspectives, and the discussion was led by questions such as *'what is it like to deal with the academic system?'* and *'what can teachers and students do to deal with pressure?'* Are you curious about these questions (and answers)?

[Rewatch it](#)

Coach sessions for students

In the New Year, SCOPE will start with offering easy-accessible coach sessions for students. These individual meetings are meant to help you gain more insight in yourself, straighten your thoughts, or help you deal with whatever you are facing. You're also welcome if you just want to talk to someone or if you're looking for someone who simply listens for a while. Salome Scholtens, one of the SCOPE teachers who has been involved in our education since 2017, will be the coach. Salome is a qualified academic teacher, is trained in team dynamics and systemic coaching, and is currently doing a senior coaching practitioner training.



Salome Scholtens

How does it work?

The coach meetings are free of charge and open for all students of the medical faculty, however the number of places is limited. Please [contact](#) Salome for more information or an appointment.

By all means, these meetings do not replace the study advisor, so for specific questions regarding your study please contact them. Also, if you are in need of more professional mental health support, please visit your GP or go to the [psychologists of de Student Service Center from the RUG](#)

We look forward to helping you!

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 costs me energy?). For more information, take a look at our website (rug.nl/scope).

We hope to see you somewhere in 2022, and wish you all the best for the upcoming year.