

Student Advisors are still able to be in touch and in contact students. This is working very well. Some groups are more proactively approached, because they might be at risk. Until now most of the questions are similar to the questions in 'regular' times. Specific Corona questions are:

- Connectivity (technical issues, wifi, etc)
- Financial (tuition fees, rent, lost jobs)
- Future expectations (internship, masters, diploma)

The immense number of tips is stressful in itself, more important is to provide student some assurance and let them know We really care about them. They are not alone or the only one and it is ok to feel sad.

SEVERAL SUPPORT OPTIONS

- The student advisors
- EdLab's Study Smart
- The university library
- Student Services Centre (see slide 9)
- Tips from the university's Corona updates (see slide 10)
- SWOL financial support for students (see slide 11)
- 113 Suicide Prevention

* See the last pages for more information.

Be compassionate with your students and be compassionate with yourself.

There are a lot of factors that lead to stress, not only health and financial, but also loss (great and small losses). Continuous levels of stress have detrimental effects, for instance being more irritable. However, it is normal. The situation is exceptional.

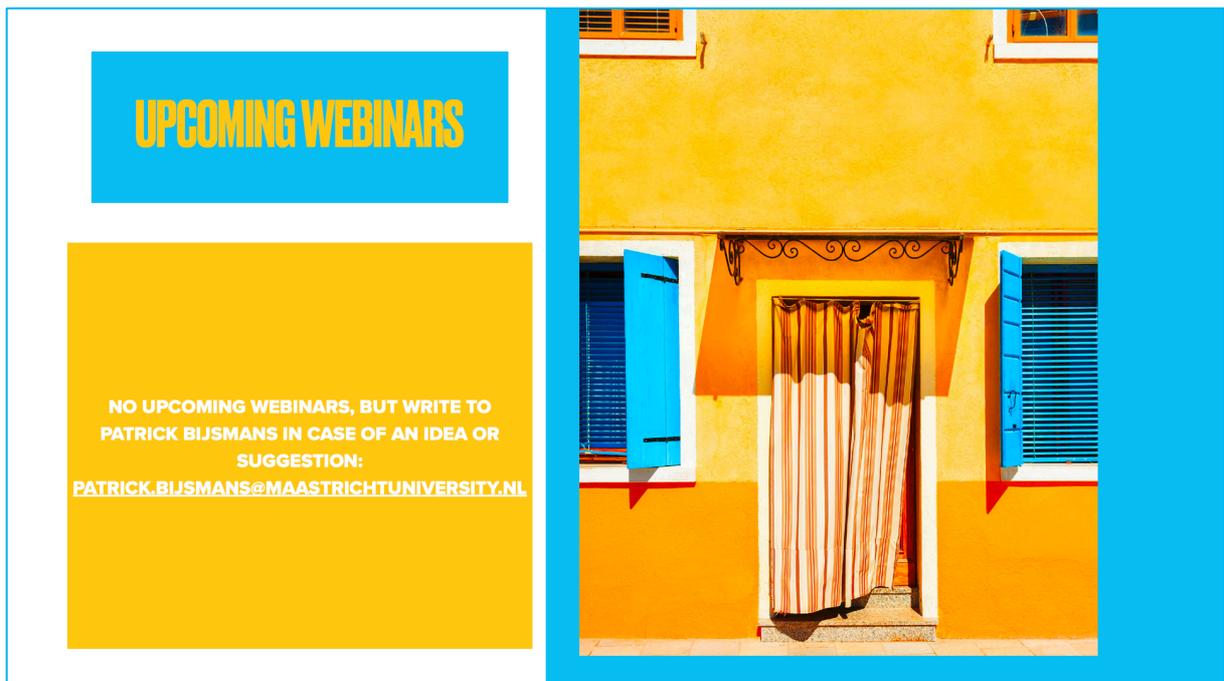
Missing the informal moments is the crux in missing the 'real' contact. Getting a feel for the issues that students deal with is therefore very hard. The opportunity to come up to the tutor with private questions is lost. Tutors can encourage students to ask for a short moment of their time. Also, private-chat options could be used better.

All things said, students do perceive and experience the online education and situation differently. We should be aware not to overburden students with extra 'help', (which appears an extra burden).

In addition, we should also recognise that despite the current situation, staff and students alike are trying their utmost best to make things work, with a lot of mutual respect and patience towards each other. This is something we should try to keep up, also when things return to normal.

What's more, this is also a time to try out new things and work with new software. Some of what we learn can also be applied to 'offline' teaching.

And last, but not least, this is a time to learn other new skills, such as baking that perfect bread, as well as a time to enjoy life outside academia to the fullest, having that first-ever online family gathering or finding time for a stroll in your garden.



UPCOMING WEBINARS

NO UPCOMING WEBINARS, BUT WRITE TO
PATRICK BIJSMANS IN CASE OF AN IDEA OR
SUGGESTION:
PATRICK.BIJSMANS@MAASTRICHTUNIVERSITY.NL

OFFER SSC WELLBEING MOVEMENT

- Check out the online workshops on:
 - Stressmanagement
 - Time management
 - Fear of Failure
 - Meditation
 -
- SSC also offers
 - Online videos - <https://www.maastrichtuniversity.nl/student-wellbeing-overview#videos>
 - Resources & inspiration - <http://www.maastrichtuniversity.nl/resources-inspiration>
 - Daily wellbeing tips - <http://www.facebook.com/WellBeingMovementUM>
 - Daily Facebook live chat from 13h-14h to ask all career & wellbeing questions to our team of career counsellors and psychologists.

UM CORONA UPDATE #28

- Click here for tips regarding mental health from the WHO.
- Click here for tips for staying in touch with colleagues, such as Zoom and Lifesize.
- Click here for the free online courses on staying vital, offered by HumanCapitalCare (HCC), the Occupational Health Care Service for employees. To obtain your login details, please send an e-mail to l.renierkens@humancapitalcare.nl, stating the course for which you wish to register (in the week of 7 April, this will also be made available in English).
- Click here for contact persons for employees in case of anxiety/stress (corporate social worker, confidential advisor, ombudsman, company doctor).
- Click here for contact persons for students in case of anxiety/stress (student psychologist, confidential advisor for students).
- Tips for a healthy lifestyle (healthy diet and exercise while working from home).

HELP UM STUDENTS IN FINANCIAL TROUBLE

At the moment, some students of Maastricht University barely have enough money to cover their basic needs, such as shelter and food. The companies where they had student jobs are closed, and for some of them existing provisions by the state are inadequate and their parents are not in a position to help. In fact, they feel uncertain about the future.

To make sure that students in severe financial need get through the corona crisis as well, Maastricht University and the University Fund Limburg/SWOL have set up a crowdfunding campaign. We need your support, too! If everyone were to give a small amount, we would already be able to help multiple students.

Contribute now – go to www.umcrowd.nl.