

Student Welfare

Find your way to the right support



The Student Welfare Department wants to help you to get through your studies feeling well and healthy. We are there for you when you have a personal or study related issue. We can help you think about solutions. You can make an appointment with a student counselor, one of our student welfare advisors or peer coaches. Or check out what you can do yourself with the help of our online tools.

Where to go?



Online Support

On our online platform [Study Help](#) you find an overview of the support and [workshops](#) we offer, and useful tips and links. Want to know more?



Student Counselors

[Student counselors](#) can offer advice when something is troubling you that influences your studies. Together you will look at steps you can take in your situation. If appropriate they can also inform you about the possibilities of help and support outside the university.



Student welfare advisors

Our [student welfare advisors](#) have expertise in one or more welfare themes. They offer [workshops](#) and activities. They can also match you to a peer coach with relevant experience.



Peer coaches

[Peer coaches](#) are a buddy and expert-by-experience. It can be helpful to talk to someone who has been where you are. They can give you tips and a place to vent. The welfare advisors can match you to a peer coach from Student Welfare.

"Hey, I am Suzanne Melfor. I support studying parents and studying [informal caregivers](#)"



"Hey, I am Paula van Galen and I support [students with a disability](#)"



"Hi, I am Esther Rijnsburger. I help students to study more effectively, for example with time management, organizing, procrastination and [motivation](#)"



"Hello, I am Jimera Koordijk. I help students to study more effectively and I support [studying status holders](#)"



"Hi, I am Garreling Michel. I support [students from the Dutch Antilles](#)"



"Hi, I am Linn Schönherr and I support [international students](#)"



"Hey, I am Leonie van Staveren. I support [LGBTQI+ students](#) and advise student associations"

Advice regarding:

- (study delay because of) personal circumstances
- educational facilities
- studying with a disability
- information on financial regulations
- external help and support

We are also here for you if you just need someone to talk to. Our conversations are always confidential.

Want to make an [appointment](#)?



You can come to any of us for individual coaching or if you need someone to talk to. Together we will help you forward.

Ask a question or make an appointment via studentwelfare@hr.nl