



Hanze
University of Applied Sciences
Groningen

Hanze Student Support courses, self-help E-health, podcasts and video's

- Want to study smart?
- Working on a healthy stress level?
- Want to meet and share?
- Do you need some energy?



Studying is often fun and exciting, but can also be stressful and challenging at times.

Hanze Student Support is there to help and support you in dealing with this. For example, talk to a student counselor or student psychologist, make use of extra facilities, participate in a peer group or an (online) course.

Are you feeling less comfortable or getting stuck in your studies? Go to hanze.nl/hss-en to see what Hanze Student Support can do for you. We are happy to help you.

Team Hanze Student Support
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share your talent. move the world.