



To Dah Loo

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IN COOPERATION WITH THE STUDENT COUNCIL



Especially made for
UvA science students

April 2021



Dear students,

In our New Year's survey, you expressed a desire to know more about your rights as a student at the Faculty of Science. As the Student Faculty Council, we fight for your student-rights and improvement in education. So we decided to make things a little easier for you and are working on putting the most important rules on our website.

For example, the rule that when retaking an exam, the retake grade counts. Which of course might not be in your best interest, when your retake grade is lower than your original grade. The rules also dictate that the duration of an exam is such that students reasonably have sufficient time to answer the questions. And did you know about the online examination rules? These rules decide that you are not allowed to be late to an online exam. And they decide that an examiner can determine if bathroom visits are allowed during an online exam. This should be communicated to you beforehand. Most of these rules are to limit the risk of students committing fraud.

Last year the Faculty Student Council successfully changed the practice-exam policy. With the practice-exam, you should now be getting the answers. We are also hearing from a lot of you about not getting your grade within the designated grading period, that is also something we are working on.

Apply to be a member of the Faculty Student Council: last call!

Do you want to make a difference for your fellow students as part of a fun team? The applications for the student council for next year are still open! Sign up for one of the student parties on liefvoorjou.nl or slaafs.com or set up your own party. Would you like to know more? Send us a message on Instagram for a quick response!



Kind regards,

Daan Jellema and Fijke Oei
The Faculty Student Council FNWI 20/21

More information? Send an email to fnwi@studentenraad.nl or go to studentenraad.nl/fnwi

Wanted: trainers for high school students!

Partnership VO Amsterdam-Diemen is looking for students who want to prepare high school students prepare for their exams. For a period of one to two weeks during the May holiday (26-30 April and 3-7 May) you will support a small group of students for the central exam. Experience with teaching is an advantage.

Send an e-mail with your motivation to Sita Remesar (s.remesar@svvadam.nl) for more information.

Do you need a mental boost?

These are difficult times and being alone most of the time can be hard for some of us. Do you need help? Please read this list of available help and resources, whether you're looking for activities or mental health support. And remember, never hesitate to seek (professional) help.

■ Feeling depressed and in need of serious help? Please contact your study advisor, a student psychologist or your GP. If you don't have a GP, please consult our UvA General Practitioners Practice. UvA also offers free UpTalk Coaches (in Dutch).

■ Do you need a (mental) health boost? Try participating in one of the

activities during the UvA Health Week (12 – 17 April).

■ Looking for personal contact with other students or new friends? Try UvAWalks. UvA Walks puts you in touch with another student to walk with.

■ Need more advice? Check with this QR-code the webpage with the full list of initiatives en tips.



UvA Health Week (12 – 17 April)

More than ever, we are aware of the importance of keeping both our body and brain healthy. Working from home is a challenge. You might experience extra work or study pressure and it's difficult to schedule time for yourself. Break through these habits during the UvA Health Week!

From 12 to 17 April, the UvA offers a varied programme of free activities to give you a

(mental) health boost. Brain researcher Harm Krugers will explain what stress does to your brain and psychologist

Guy Winch explains the importance of Emotional First Aid (with Q&A).

Or join a sports or dance class via the USC or CREA, sign up for one of the meditation or yoga sessions, or take a stroll with a walking coach.

Check the full programme and register with this QR-code.



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Would you like to expand your knowledge? Or would you like to specialise further in your current field? A minor can be used to specialise further within the field of your Bachelor's programme. Or a minor can

be used to broaden your knowledge and earn credits in a different field, which could increase your options at the Master's level. Discover the wide range of minors at uva.nl/minors.

Training: Manage your stress level

Are you experiencing high levels of stress during studying? Do you find yourself worrying a lot, are you procrastinating and struggling with anxiety? In this training, consisting of 6 meetings, you'll become more aware of what your triggers of stress are.

Start: 6 April 2021 (09:00 – 11:00)

Read more and register:

