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Information for parents

Studying at university for the first time is an exciting new phase for both students and parents. The student, who was a pupil until recently, is entering into a new phase of their life. He or she will gradually become an adult and the university is the place where the student can develop himself or herself further. But the role of parents remains important.

Changes

Many student will be moving to student housing for the first time, or are planning to. They will learn how to take care of themselves. This means cooking, cleaning and shopping for groceries, but also managing time responsibly. In addition to the weekly lectures the students need to spend time on home study, but also on recreation. A good balance must be reached

Due to his or her new environment, the student will meet a lot of new people and make new friends. Both in lectures and side-line activities such as study associations and student unions, sports clubs and while going out. Getting to know new people is an important aspect of the networking process which can aid studying, finding an internship and in a future career.

It can be suspenseful for parents not to know who their son or daughter is associating with and what is going on in their lives. A new phase in letting go begins with studying at the university.

Letting go

Students will hold the reigns and learn to take responsibility for their study performance, lifestyle, social network, health and safety. They are encouraged to form their own opinions, to think about their future and thus find their place in the world. Not only the new study, but also a next step for the child in becoming an adult, are big changes for most parents.

The UvA treats all students as adults and therefore only has contact with the students themselves and not with their families. Some parents will miss the contact with the school or the teachers.

You support your son or daughter the most by letting him or her go and by being involved.

It can sometimes be hard to take a step back and let the student take the full responsibility for his or her academic and personal development. Especially when they are still financially dependent on you. While it can be quite frightening, the time has come to give the student the opportunity to make his or her own choices. And to trust the years of good upbringing you have given them. The involvement. The involvement of the parents remains important in the life of a student. This involvement can be encouraged by asking more about the study and studying in general.

Student Services

Student Psychologists' Office - Student Careers Centre - Student Counsellors
Student Service Desk - Office of International Student Affairs

www.uva.nl/studyingsuccessfully

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Information about the study

An academic study consists of a Bachelor (BA, BSc, LLB) and a Master (MA, MSc, LLM). The Master phase for most studies lasts a year, but can also last two or three years depending on the choice of the Master.

At the university a student attends lectures. These consist of lectures (listening), work groups or seminars (participating) and in some studies also practical training (execute). The forms of testing and assessment at the university are examinations, essays, papers, presentations or practical examinations. Many of the lectures are during the day But it frequently occurs that a student has a lecture at night.

In addition, students often study abroad for a period, take an internship, take a minor (electives) or committee member of a study association or student union. Such activities are encouraged by the UvA to the benefit of academic development. This can sometimes cause a study completion delay.

Research shows that the bond with the university is vital to the study success. You can support your child in this by encouraging your child to participate in the activities within the study and the study association. It is also good for your child to not only be present at the university during the lectures, but also to study at the university in the study rooms.

Study completion delay can have other causes such as medical or personal problems. It is important that students notify the student advisor or the student counsellor as soon as possible. Such conversations are confidential and benefit the study. When indicated early on, in some cases certain provisions can still be made .

Five tips for parents

- **Letting go vs. involvement: finding a balance between trust and giving space on the one hand, being interested and offering support on the other.**
- **Make the distance between your world and your son or daughter's world smaller by acquiring knowledge about studying in general.**
- **Try to encourage your child to develop themselves academically.**
- **Review the possibilities in the links below when the student has a problem.**
- **To get an impression of the life of a student , watch the films made by students on the website so you get a glimpse of what the living and study environment looks like.**

Links

- *Student counsellors*

www.uva.nl/studentcounsellors

- *Study advisers*

www.student.uva.nl > programme > contact

- *Housing*

www.uva.nl/housing

- *Student doctors*

www.huisartsenamsterdam.nl/engels/international/

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