

Tips for a successful start to your degree programme

There's a lot to deal with when you start a new degree programme; for instance, familiarising yourself with a new place and meeting lots of new people. The way you learn in higher education might also be different than what you're used to. Our research group Study Success can help you get off to a great start in the first 100 days of your programme. These tips are based on the results of various studies conducted by the research group, but also on advice from current students who were asked for their input.



Make contact

Take part in the **introduction programme**.

Create a **group chat** for the whole class.

Spend time with your fellow students, in and out of class. You could, for example, travel to class, exercise or study together. Take the initiative: ask them yourself.

Go to **every class session**.

Learn the names of your classmates and lecturers.¹

Get actively involved within the university, such as by helping with events or becoming a buddy at the [Studentsuccess Centre](#) (SSC). Check with the [ASA](#) employment agency for a **part-time job** at Inholland.



Take care of yourself

Your pre-frontal cortex (the area of the brain that processes information) needs rest, which you can achieve by getting around **eight hours of sleep** per night.

Visit the Inholland [well-being](#) page for useful tips on dealing with stress.

Free up some time in your schedule to **relax**.

Staying hydrated is vital for proper concentration. Drink plenty of fluids, preferably water and tea (without sugar).

Eat healthy foods.



Get informed and stay on top of things

[Iris](#) is the Inholland intranet and your starting point to find information. Here, you'll find common apps, your marks and your timetable, but also answers to the most frequently asked questions via the [Knowledge base](#) page.

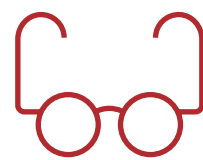
Download the **MyInholland app** to access your timetables, marks and exam registrations.

Read your email every weekday.

Consult **Moodle** for course-related information. This is also where you can find information on assignment requirements and how tests/exams are scored.

You can also upload your timetable to the **calendar** on your phone. Visit this [website](#) for directions.

Draw up a **collaboration contract** for group projects. See [this website](#) for more information.



Get a clear picture of your degree programme

Take the time you need to get a solid impression of what your programme involves and to get used to higher education.⁴

Bring up topics you want to discuss, both during class and in study coaching, and **talk to fellow students** about their experiences.

Your **reasons** for wanting to earn a certain degree can change over time. This is normal and happens to many people.⁵

Still feel like you chose the wrong degree programme? Talk to your **study coach** or study-coaching lecturer about it. Or visit the [Study Choice Advice Centre](#).



Ask for help

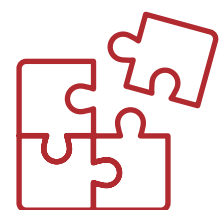
Know where to turn for help and take advantage of that **support** when you need it.

Share your **concerns**. Having someone to talk to can sometimes be enough to reduce stress and you may have more options than you think.⁶

Need help or support? Drop by the **Studentsuccess Centre** (SSC) for a cup of coffee. Or make an appointment with a [student counsellor](#).

You're also welcome to contact the **International Office**.

Ask lots of questions!



Pay attention to your study strategy

Learn how to **learn effectively**. Have you been studying for hours, but still don't feel like you truly grasp the material? That's a sign telling you to adjust your study strategy.²

Train yourself to **work conscientiously**. This is a major predictor of academic success.³

Have trouble **planning**? The tips from the book [Get Smarter](#) can help. Or visit the Inholland [well-being](#) page.

Feeling **unsure** about your study strategy? Talk to your fellow students or with a buddy from the [Studentsuccess Centre](#) (SSC). You are not alone.

Make note of your **successes**. This boosts your confidence, which in turn has a positive effect on your study habits and academic performance. Note what went well and how you solved any problems that occurred.

- 1 Adrichem, L., Van Herpen, S. G. A. & Meijer, J. (2022). *Boeien, binden en behouden* (Attraction, engagement and retention). Study Success research group Haarlem: Inholland University of Applied Sciences.
- 2 Van Herpen et al. (2017). Early predictors of first-year academic success at university: preuniversity effort, pre-university self-efficacy, and pre-university reasons for attending university. *Educational Research and Evaluation*, 23 (1), <https://doi.org/10.1080/13803611.2017.1301261>
- 3 ScienceGuide (2022). Conscientiousness gives female students an edge. <https://www.scienceguide.nl/2022/08/nauwgezetheidgeeft-vrouwelijke-student-voorsprong/>

- 4 Pol, M. (2021). *Get smarter! Set Yourself Up for Study Success* VU University Press.
- 5 Van Herpen et al. (2019). A head start in higher education: the effect of a transition intervention on interaction, sense of belonging, and academic performance. *Studies in higher education*, 45 (4), <https://doi.org/10.1080/03075079.2019.1572088>
- 6 Klinkenberg, E. F. & Kappe, F. R. (2022). *Van eenmalig helpen naar duurzame coaching?* (From one-time help to long-term coaching?) Study Success research group Haarlem: Inholland University of Applied Sciences.