



# POPcorner

FSW POPcorner Students' Manual 2020/2021



# POPcorner

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# POPcorner

## The POPcorner: providing study support

The POPcorner provides support+\* for and by students. We provide support for students in finding their way in their studies and in student life; we are there for students who have doubts about how they are going about their studies; and we offer facilities for students who want to develop their skills further.

And the POPcorner is also the place to be for students who want to enrich their time at university by doing something for their fellow students. At the POPcorner, students can work on their personal and professional development by taking part in one of our workshops, contributing to student4student activities, acting as a buddy for a fellow student, or becoming a student assistant with the POPcorner.

The POPcorner network aims to ensure that everyone can get off to a good start at university and complete their studies successfully. We advocate a close, inclusive, and diverse academic community. At the POPcorner, everyone is welcome.

The POPcorner's core values are: connectedness, well-being, inclusiveness, diversity, and security (a safe learning environment).



# POPcorner

## Staff

### Nadia Mansouri



Coordinator  
Responsibilities:  
Founder POPcorner  
Individual guidance  
Pre-Study Programme

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### Simone Keijsers



Trainer/coach  
Responsibilities:  
Individual guidance

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### Ly Pham



Student assistant  
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Social Studying Group  
Workshops

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Student assistant  
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### Anwar van Engen



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Responsibilities:  
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Student assistant  
Responsibilities:  
Buddy system first  
Years

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**Laura Kuijper**



Student assistant  
Responsibilities:  
Study planning group  
Workshops

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**Annelieke van Muiswinkel**



Student assistant  
Responsibilities:  
Barrier-free studying

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# POPcorner

## Calendar of activities 2020/2021

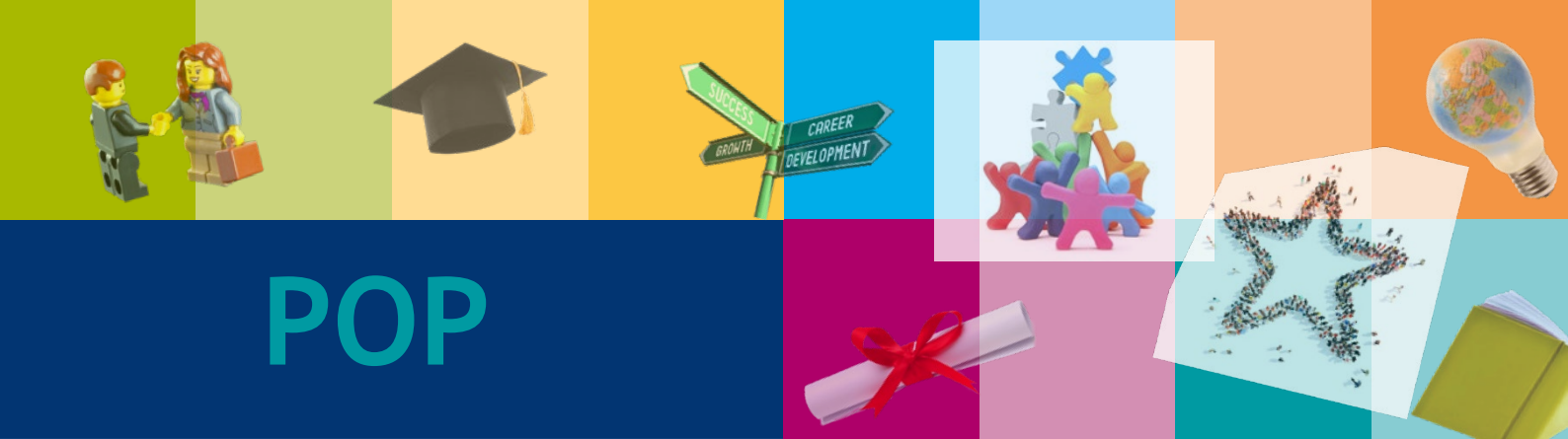
### What do students need?

- Online workshops & courses
- Personal coaching
- Buddy systems and much more!
- Extra challenge for students in the later years of their degree programme

### Contact

If you have any questions, check our website: [popcorner@fsw.leidenuniv.nl](mailto:popcorner@fsw.leidenuniv.nl)  
At the moment there is an online drop-in consultation hour.





# POP

## Overview of facilities

### 1. POPcorner workshops (on-campus)

*The POPcorner workshops are half-day sessions given by a professional trainer.*

- Study Skills

When studying, do you find it difficult to distinguish between the most important information and less important information? Or do you find it difficult to stay concentrated when you have to read a lot of study material? In this workshop you learn a method to study in a more active and focused way. We also pay attention to how to improve your concentration.

For dates and enrolment please visit our website:

<https://www.student.universiteitleidennl/en/courses/social-and-behavioural-sciences/popcorner/smart-study-skills?cf=university&cd=guest>

- Time management

In this workshop you learn how to make a realistic schedule and how to stick to it. To prepare for the workshop, you keep track of your activities in the week before the workshop by filling in your diary. You will be asked to record how you've spent your time, on an hourly basis.

For dates and enrolment please visit our website:

<https://www.student.universiteitleidennl/en/courses/social-and-behavioural-sciences/popcorner/time-management?cf=university&cd=guest>

- Making exams + exam confidence

In this workshop you learn how to develop more confidence about taking exams, and how to deal with exam stress. You will be given exercises to learn how to cope better with exam stress, worrying, and 'blackouts' during exams. In addition, you will be given tips about how best to prepare for various different types of exams.

For dates and enrolment please visit our website:

<https://www.student.universiteitleidennl/en/courses/social-and-behavioural-sciences/popcorner/making-exams-exam-confidence?cf=university&cd=guest>



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- Coronacoaster: Who would have thought you would be a student during Covid19?

Do you experience studying during Covid19 as challenging? Do you lack perspective? Are you looking to connect with fellow students? Are you in need of a more productive daily schedule? Could you use a boost in your motivation? If your answer to one or more of these questions is 'yes', please participate in the 'Coronacoaster Webinar'. This session is in English.

During the interactive program you will discuss your experiences with fellow students and you will work on your personal challenge with the help of professional advice and practical tools. The session is a mix of informal contact, working on personal goals together with fellow students and informing yourself about available professional tools. We will also focus on the process of integrating the insights you obtain during the webinar in your daily life as a student.

For dates and enrolment please visit our website:

<https://www.student.universiteitleidennl/en/announcements/2020/11/coronacoaster?cf=university&cd=guest>





# POPcorner

## 2. ePOPcorner study skills workshops

*The ePOPcorner study skills workshops are fully online, can be followed at your own pace, and are freely available to all students of Leiden University. The workshops were developed by enthusiastic and experienced trainers.*

- Effective study skills

Do you find it difficult to distinguish between the main points and the subsidiary points in your study materials? Or do you find it difficult to maintain your concentration when you have to read a lot of study materials? In this workshop you learn a method to study more actively and in a more focused way. The workshop also pays attention to how to improve your concentration.

- Time management

In this one-hour workshop you gain insight into how you spend your time, and you draw up a realistic schedule that you can use immediately.

- Taking exams

In this workshop you learn how to prepare for different types of exams and how to handle exams with open questions and multiple-choice questions.

- Studying methodology & statistics

In this one-hour workshop you get a broader overview of the subject matter of your statistics course. You learn to understand the subject matter better, and how best to prepare for the exam.

- Mind mapping

In this one-hour workshop you learn what mind mapping is, why it works, and how this way of taking notes can help you study efficiently.

- Study skills

In this one-hour workshop you learn to understand how your memory works and how to improve the ways you understand and remember the subject matter.

To enrol: Go to the ePOPcorner Brightspace self-registration link. Log in and choose 'Enrol in course'. You will then see the ePOPcorner in 'My Courses', under the tab 'Other'.



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## 3. Courses

- Study planning group

Do you have difficulty making and sticking to a schedule? Why not join the study planning group! The group meets once a week. At this meeting, we discuss how our schedules went over the past week, and where the pitfalls were. During the meeting we also make a new schedule for the coming week, which we then discuss with the group.

Link to enrolment: [https://leidenuniv.eu.qualtrics.com/jfe/form/SV\\_2hrt3SuLm3KA8a9](https://leidenuniv.eu.qualtrics.com/jfe/form/SV_2hrt3SuLm3KA8a9)

- Daily Dutch

The Daily Dutch course is an intensive introduction to the Dutch language and culture. The aim of the course is to give our Social and Behavioural Sciences students and PhD candidates a basic understanding of Dutch and an opportunity to learn more about our culture. At the end of the course you will have a basic knowledge of Dutch and will be able to participate in simple conversations. The level on completion of the course will be A1.

To enrol, email: [dailydutch-popcorner@fsw.leidenuniv.nl](mailto:dailydutch-popcorner@fsw.leidenuniv.nl)



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## 4. Individual coaching

- Nadia Mansouri

Nadia is on hand to help with any questions you may have about finding your way at the Faculty, getting off to a good start, coping with studying and student life, networking, starting your own project, language help, troubles, a complex starting situation, your own story, self-development, and personal coaching.

To make an online appointment, email Nadia: [n.mansouri@fsw.leidenuniv.nl](mailto:n.mansouri@fsw.leidenuniv.nl)

- Simone Keijsers

Simone can help you with questions about studying, time management, taking exams, self-confidence, giftedness, and other challenges you may encounter while studying.

To make an online appointment, email Simone: [s.j.m.keijsers@sea.leidenuniv.nl](mailto:s.j.m.keijsers@sea.leidenuniv.nl)



# POPcorner

## 5. Buddy systems

- 1st-year students (both Dutch and international)

As a student you often have to feel your way to work out how best to tackle your studies. It's a process of trial and error. Do you want to increase your chances of success? There are lots of people lined up to help. A buddy can help you find a successful study strategy that works for you.

Link for enrolment:

[https://leidenuniv.eu.qualtrics.com/jfe/form/SV\\_cBWQjx5FX37TZGZ?fbclid=IwAR1erV4g3G-nFrdi0NUBFnJHyUpLD1oAgzMOjxP1N7Of6rxpjaxMA2xic5ys](https://leidenuniv.eu.qualtrics.com/jfe/form/SV_cBWQjx5FX37TZGZ?fbclid=IwAR1erV4g3G-nFrdi0NUBFnJHyUpLD1oAgzMOjxP1N7Of6rxpjaxMA2xic5ys)

- Barrier-free studying

Do you want to sweep aside the barriers of your disability or remove the barriers for a fellow student? Request a buddy! The buddy system is for students who cannot always be physically present at the university due to health problems.

Link for enrolment:

[https://leidenuniv.eu.qualtrics.com/jfe/form/SV\\_cBWQjx5FX37TZGZ?fbclid=IwAR1erV4g3G-nFrdi0NUBFnJHyUpLD1oAgzMOjxP1N7Of6rxpjaxMA2xic5ys](https://leidenuniv.eu.qualtrics.com/jfe/form/SV_cBWQjx5FX37TZGZ?fbclid=IwAR1erV4g3G-nFrdi0NUBFnJHyUpLD1oAgzMOjxP1N7Of6rxpjaxMA2xic5ys)



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## 6. Social Studying Group (SSG)

The Social Studying Group (SSG) was set up to bring students into contact with each other to motivate each other and study together. Instead of studying in parallel (side by side, but without taking any notice of other), you discuss with each other what you're going to do, and you can ask each other for input if you get stuck or want a fresh perspective on something. For each session the participants determine what constitutes a good work pace for everyone.

To enrol, e-mail Ly Pham: [n.l.pham@umail.leidenuniv.nl](mailto:n.l.pham@umail.leidenuniv.nl)



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## 7. Extra challenge (for students in the later years of their degree programme)

- Be a buddy in a buddy system

The Buddy System is there for all FSW students who want a helping hand with practical or content-related matters. The buddy system is coordinated by students of the FSW POPcorner.

Link for enrolment:

[https://leidenuniv.eu.qualtrics.com/jfe/form/SV\\_cBWQjx5FX37TZGZ?fbclid=IwAR1erV4g3G-nFrdi0NUBFn|HyUpLD1oAgzMOjxP1N7Of6rxp|xMA2xic5ys](https://leidenuniv.eu.qualtrics.com/jfe/form/SV_cBWQjx5FX37TZGZ?fbclid=IwAR1erV4g3G-nFrdi0NUBFn|HyUpLD1oAgzMOjxP1N7Of6rxp|xMA2xic5ys)

- Help out as a student duo with the Pre-Study Programme (PSP)

The Pre-Study Programme (PSP) links up students of Leiden University and students in the second-last year of secondary school (5 VWO) with a similar background: first-generation students and/or students with a diverse cultural background. In this way, secondary-school students have the opportunity to get to know the academic field in an accessible way: on the one hand by doing research and on the other hand by reflecting on their personal development. The students are supervised by both a paraprofessional and a firsthand expert: a university student who has been through the process themselves.

To enrol, send a mail to [popcorner@fsw.leidenuniv.nl](mailto:popcorner@fsw.leidenuniv.nl)