

Studies without worries

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Technology & Student Mental Health Conference - June 18th 2019
Charlotte Van den Broucke - Pulso Europe

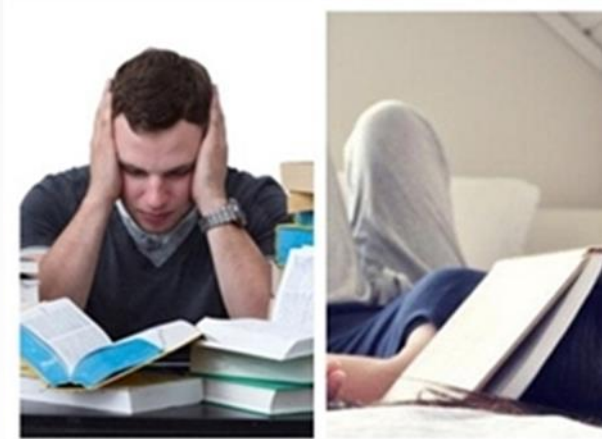
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Studies without Worries

9:

Performance Anxiety



Procrastination behavior

Being more secure in the study





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Result



- ➔ You score 35 on procrastination. This means that 35% of the students suffer less from procrastination than you and 65% suffer equal or more.
- ➔ You score 92 on performance anxiety. This means that 92% of the students experience less performance anxiety than you and 8% experience equal or more performance anxiety.
- ➔ You score 85 on uncertainty. This means that 85% of the students suffer less uncertainty than you and 15% suffer equal or more.

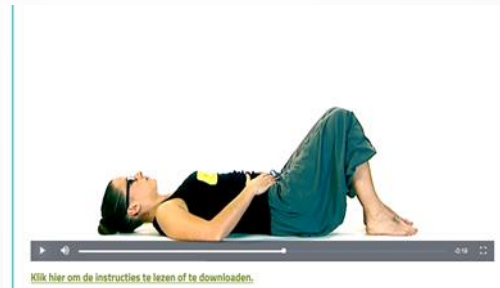
Advice

The test results show that you, on average, suffer more from performance anxiety compared to other students.

Your login gives you access to all packages. Based on the test we recommend you to start with the package 'Dealing with performance anxiety'. This contains the necessary building blocks to be able to take steps towards a life with less performance anxiety.

It is quite possible that you notice that you need more support while going through the package. Don't hesitate to make an appointment with the [care coordinator](#) to discuss our [other guidance options](#).

[Start now with the proposed package](#)



Week van 10/4 tot 17/4
[Afprintversie maken](#)

Datum: 11/04/2017

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<https://studerenzonderblokkeren.be/en/>

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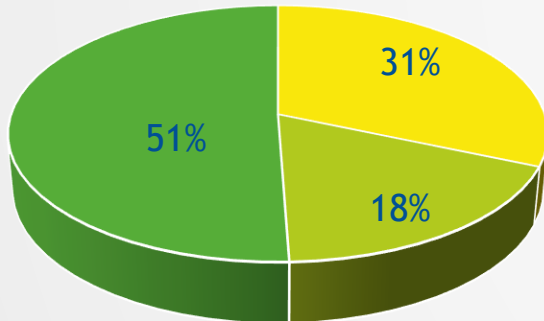


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Q:

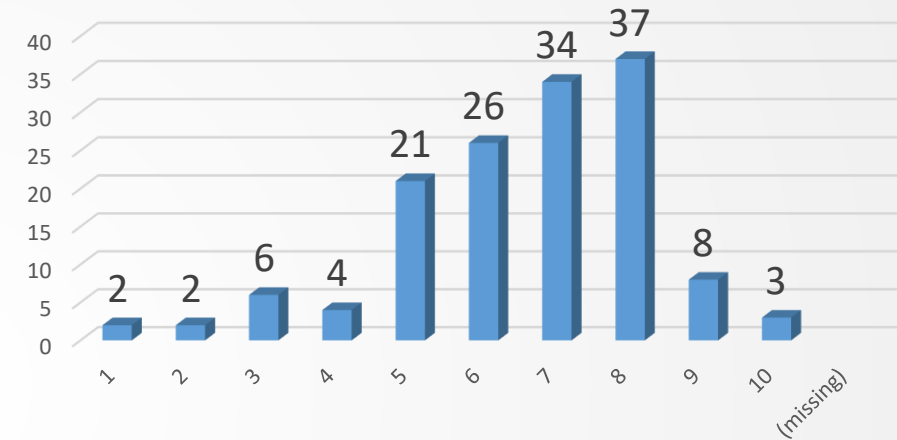
Utilization rate 6.36%

Program

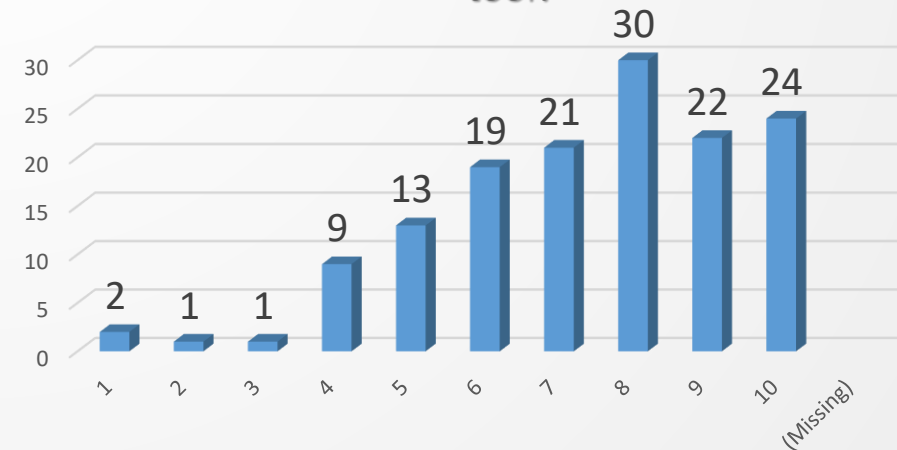


- Performance Anxiety
- Secure in your study
- Procrastination

To what extent did the tool help you?



To what extent would you recommend the tool?





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Q:

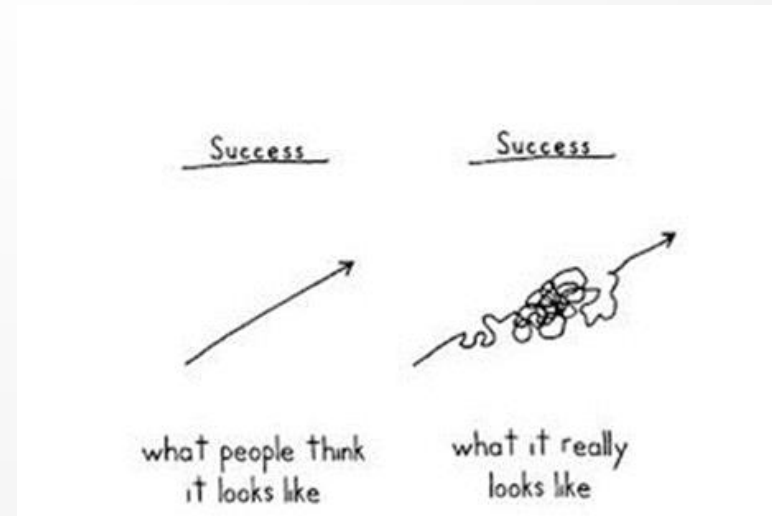
Website is easy to access and easy to use

"The suggestions are very realistic. As I recognized a lot, I felt less alone with my problem"

"The films used are very well made and help to understand alternative behavior"

"The exercises can be done whenever and wherever you are. Sometimes I do a breathing exercise on the bus"

The exercises seem relevant to me, but not all the texts and films



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Studies without worries is an online program for students who are hindered by performance anxiety, lack of assertiveness or procrastination behavior. This online tool was developed by the Student Services department of Artevelde University College in Gent (Stuvo) and the organisation Pulso Europe, external service for wellbeing. For more information we like to refer you to the following link: <https://studerenzonderblokkeren.be/en/>



Thank you!

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