

Dear student,

We hope you and your family and friends are healthy and doing well. We hope you have gotten used to online (distant) learning fairly.

There are several exams planned in your bachelor's programme the upcoming period. Because we received many questions about these exams and the corresponding individual study planning from 1st year students we decided to share our tips and advice with all 1st year bachelor students. Please note, it depends on the amount of credits* you have obtained up until now, which advice applies to your individual situation.

** following the curriculum 1st year students could have obtained a maximum of 31 credits up until now:*

- *IPN/PSY1131 Skills I (2 credits)*
- *IPN/PSY1132 Skills II (2 credits)*
- *1st exam and resit modules Period 1: IPN/PSY1021 Social behaviour (6 credits) & IPN/PSY1022 Methods & Techniques (6 credits)*
- *1st exam modules Period 2: IPN/PSY1023 Body and Behaviour (6 credits) & IPN/PSY1024 Statistics I (6 credits) – resit planned in June*
- *1st exam module Period 3: IPN/PSY1029 Discover Psychology (3 credits) – resit planned in June*

From this moment on a maximum of 44 credits can still be obtained:

- *Resit Period 2 modules: IPN/PSY1023 Body and Behaviour (6 credits) & IPN/PSY1024 Statistics I (6 credits)*
- *Resit module Period 3: IPN/PSY1029 Discover Psychology (3 credits)*
- *1st exam and (possible) resit Period 4 modules: IPN/PSY1025 Development (6 credits) & IPN/PSY1026 Perception (6 credits) – please note: exam for both modules entails an assignment with deadline 12 June or 16 July (resit)*
- *1st exam and (possible) resit Period 5 modules: IPN/PSY1027 History and Foundations of Psychology (6 credits) & IPN/PSY1028 Learning and Memory (6 credits)*
- *1st exam and (possible) resit Period 6 module: IPN/PSY1030 Evolution (3 credits)*
- *IPN/PSY1133 Skills III (2 credits)*

Before we share our tips and advice with you, we would like to discuss the two most important decisions the faculty took concerning Covid-19, which entail changes for first year bachelor students: the Binding Study Advice (BSA) and the exam schedule for this academic year.

BSA

In line with Article 7.7 (1) of the Education and Examination Regulations (EER), a warning advice is issued in January and in May. The warning advice was sent in January already. However, due to Covid19 the warning advice will not be sent in May. Instead, another procedure will be followed according to the UM guidelines. The Board of Examiners has decided on behalf of the Faculty Board not to provide a negative BSA to students who have not fulfilled the BSA-requirements. This means that they will not be informed that the Faculty Board is intending to issue such an advice, and a formal hearing will not be organized. If you have not obtained enough credits at the end of the academic year, the BSA will be postponed directly and you will have one year extra to fulfill the BSA-requirements during the academic year 2020-2021. In addition, The Faculty Board has decided not to impose an additional requirement on top of the standard BSA norm of 42 ECTS and at least one of the modules: M&T or Statistics I. However, if you do

not meet this norm at the end of 2020-2021, you will still receive a negative BSA after two years of study and you will have to stop your studies.

Students who fulfill the BSA-requirements at the end of this academic year 2019-2020, will receive a positive BSA, which means that they can continue with their studies unconditionally. To ensure that as many students as possible meet the norm this academic year, our aim is to help you plan your studies as optimal as possible to increase your chances of passing the upcoming exams.

Exam schedule

Due to Covid-19, the faculty has taken a decision to change the exam schedule, see also:

https://www.askpsy.nl/bestanden/downloads/exams_grades/exam-schedule/2019-2020/2019-2020_FPN_Exam_Schedule_Bachelor_v007_17-04-2020.pdf.

In short, the most important changes for 1st year bachelor students are:

- The exam format of IPN1025 Development and IPN1026 Perception changed to writing assignments. Deadline for these assignments (12 June 2020) coincides with the first week of the module IPN1030 Evolution and Genetics (period 6).
- The resits for IPN1023 Body and Behaviour, IPN1024 Statistics I and IPN1029 Discover Psychology are rescheduled to week 25 (15-19 June 2020). This coincides with the second week of the module IPN1030 Evolution.

The exams for the current two modules, IPN1027 History and Foundations of Psychology and IPN1028 Learning and Memory (Period 5) are both planned in the week before the course IPN1030 starts. All of the above results in a rather tight schedule during and around the 6th period (start of June – middle of July).

To make sure you can optimally plan your study, despite of all these shifts and study-load, we – the academic advisers - would like to advise you in the following way, as we believe this will maximize the chance of passing as many modules in the upcoming period.

General study tips, study planning and coping with stress

First of all we would like to point out the following:

- With questions about study methods:
 - o Study Smart: <https://edlab.nl/innovation-2/theme-i-instructional-design/#1489586382986-1fea370f-c444>
 - o Lecture effective learning: <https://eu-iti.bbcollab.com/collab/ui/session/playback>

- When in need of help to optimize your study planning:

When making your study planning it can be advisable to write two scenarios: the first one is the most ambitious planning, with the aim to pass as much exams of your first year bachelor in 2019/20. A second scenario is less ambitious with a ranking of modules you definitely want to pass this year and other(s) which can postponed to next year.

Experience tells us that students have less stress when they write down what to do: when, how and what. Such overview gives a sense of control, especially when the planning is realistic and feasible and gives room to any setbacks. Keeping a second scenario in reserve, offers space and this will result in higher chances of success and thus passing exams.

It is okay if you do not pass all exams, because in this period of online life and studying you must also take into account to make time for relaxation. It is important to think about what makes your planning

realistically, and if prioritizing your exams can contribute to that, especially when you still have several resits to take.

- Dealing with stress

On the resources page of the Wellbeing Movement many tips are published about coping with stress and enlarging your resilience, see: <https://www.maastrichtuniversity.nl/wellbeing-movement-um>, <https://www.maastrichtuniversity.nl/well-being-movement/resources-inspiration> and <https://www.maastrichtuniversity.nl/gezondeboel>

Moreover this webinar of David Bernstein may be inspirational to you:

<https://maastrichtuniversity.bbvms.com/view/um/3729983.html>

- Personal circumstances:

In case personal circumstances influence(d) your study progress and you haven't mentioned this to one of the FPN academic advisers before we would like to urge you to do so as soon as possible. In these cases 'standard' advice we send out via this email could be less or not applicable to your situation.

Study progress and study advice:

Additional to the general advice above, we would like to give some specific advice based on your study progress up until now. Since the beginning of the year, a maximum of 31 credits could be obtained.

There are three possible scenarios:

You have obtained 0-12 credits

You have obtained 12-24 credits

You have obtained 24-31 credits

0-12 credits/study advice

Advisability / feasibility study: in case you have only obtained a few credits we would like to advise you to seriously consider the feasibility of continuation of your study. You are always welcome to set a personal appointment with one of us to talk this through. You can do so by sending an email: fpn-academicadv-ba@maastrichtuniversity.nl

Prioritize resit Statistics I: in case you did not pass IPN1024 Statistics I in the first attempt, and especially if you did not pass IPN1022 M&T either, we urge you to make the resit of IPN1024 Statistics I on 16 June your top priority. The reason for this is twofold: passing at least one of the modules IPN1022 M&T and IPN1024 Statistics I is an explicit part of the BSA requirements. Furthermore, passing Statistics I (and M&T) is a prerequisite to start some courses in bachelor year two.

Postpone module IPN1030 Evolution in Period 6 to next academic year: because you will have one or more resits in June, which coincides with the education for period 6 Evolution, our advice is to postpone this module to next year and to prioritize the preparation for the mentioned resits.

Moreover, by doing so you will have more time to work on the assignments for the modules IPN1025 Development and IPN1026 Perception due on June 12th.

12-24 credits/study advice

Prioritize resit Statistics I: in case you did not pass IPN1024 Statistics I in the first attempt, and especially if you did not pass IPN1022 M&T either, we urge you to make the resit of IPN1024 Statistics I on 16 June your top priority. The reason for this is twofold: passing at least one of the modules IPN1022 M&T and IPN1024 Statistics I is an explicit part of the BSA requirements. Furthermore, passing Statistics I (and M&T) is a prerequisite to start some courses in bachelor year two.

Consider postponing module IPN1030 Evolution in Period 6 to next academic year: in case you feel stressed about how to make a feasible study planning for period 6, you can consider postponing IPN1030 Evolution to next year, for this results in having more time and space to pass the other modules.

24-31 credits/study advice

If you have obtained 24 credits or more up until now, we expect you to pass enough credits this year – based on our experiences in earlier years – to meet the requirements of the BSA which means you can round off this year with a positive BSA.

In case you did not pass IPN1024 Statistics I we advise you to make the resit of IPN1024 Statistics I on 16 June your priority. The reason for this is that passing Statistics I (and M&T) is a prerequisite to start some courses in bachelor year two.

With questions about this information, we would like to inform you about an **online Q&A study advice BA-1 on Wednesday 20 May at 16:00-17:00h**. Should you still have questions after that, you can plan an individual meeting with one of us, via email: fpn-academicadv-ba@maastrichtuniversity.nl

We would like to wish you all the best and maybe see you at our Q&A session on Wednesday 20 May at 16h.!

Best regards,
Olga Penninger, Marin Been en Gerda Galenkamp,
academic advisers FPN