

Step 1 Identify why you want to change your study programme

You may have already quit your studies, or you are considering quitting. In this exercise, look at the factors that play the biggest role in your study results. Which factors do you yourself influence (e.g., I am not studying efficiently enough) and which factors do you yourself have less/no influence on (e.g.: my health causes an obstacle)?

Below is a list of various factors that may have influenced your study results to a greater or lesser extent. Indicate with a check mark to what extent this factor applies to you.

- 0 = not at all applicable
- 1 = not very applicable
- 2 = somewhat applicable
- 3 = applicable
- 4 = very applicable

	0	1	2	3	4	Comments
I find the study programme too theoretical						
I find the study programme too vague/unclear						
I think my previous education is insufficient						
I don't know what I can do with this study later						
I think the study programme is too demanding for me						
I have very little contact with my fellow students						
I don't like my lecturers						
I'm not good with planning and scheduling						
I'm easily distracted						
I don't study efficiently						
I can't motivate myself sufficiently						
I have too little perseverance						
I had different expectations of the study programme						
I'm not interested in this study programme						
I received a negative binding recommendation on continuation of studies (BSA)						
I'm following an HBO study programme and want to switch to university						
I chose this study programme because I wasn't selected for another study programme						
The study programme is difficult to combine with my work						

	0	1	2	3	4	Comments
I doubt my abilities						
I'm very tense before an exam						
I feel lonely in a new environment						
I'm very impressionable						
I'm easily tired						
My health is affecting my studies						
I don't have good accommodation						
I feel under pressure due to my study financing						
I feel pressured by the expectations of others						

Which three factors mentioned in the list above are most important to you?

Which three factors can you improve in order to be more successful in a possible other study programme?

Which three factors cannot be changed, but must be considered when making your next choice?