

An illustration of a woman with long dark hair, wearing a black top. She is holding a white mask with a smiling face. Her own face is partially visible behind the mask, showing a sad expression with a tear. The background is light pink with decorative elements: a red asterisk, purple dots, an orange wavy line, and a red spiral.

Informing students about mental health in preventive, accessible ways

Mental health issues: better to prevent
than to cure

Lore De Keersmaecker - STUVO Odisee & KULeuven

Breaking the Stigma Around Mental Health

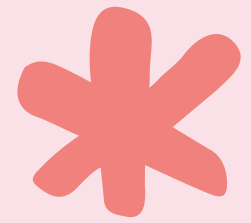
Raising
Awareness

Encouraging Open
Conversations

Informing &
handing out easy
tips & tricks

Encouraging
Professional Help





What do we offer?

Group offer

Webinars &
knowledge clips

Live & online
sessions

Activities fun x
mental health

Learning paths

Prints

...and much
more

Individual counseling



Our counselors
use the group
offer to psycho-
educate or
students make an
appointment with
them when more
elaborate help is
needed

Themes we cover *

fear of failure

stress

sleep

study method &
planning

procrastination

screen addiction

(re-)exams

ruminatio



Example - knowledge clip

Procrastination



Do you find that you often put off tasks from which you actually think

Example - webinars

Various themes (Dutch)

MATERIAL

Here you can see our online offer on (mental) wellbeing and studying.



MENTAL OVERLOAD

Stress

Fear of failure



BALANCE IN YOUR LIFE

Sleep

Screen addiction

Procrastination



STUDYING WITH SUCCESS

To class

Study Smash
starter kit

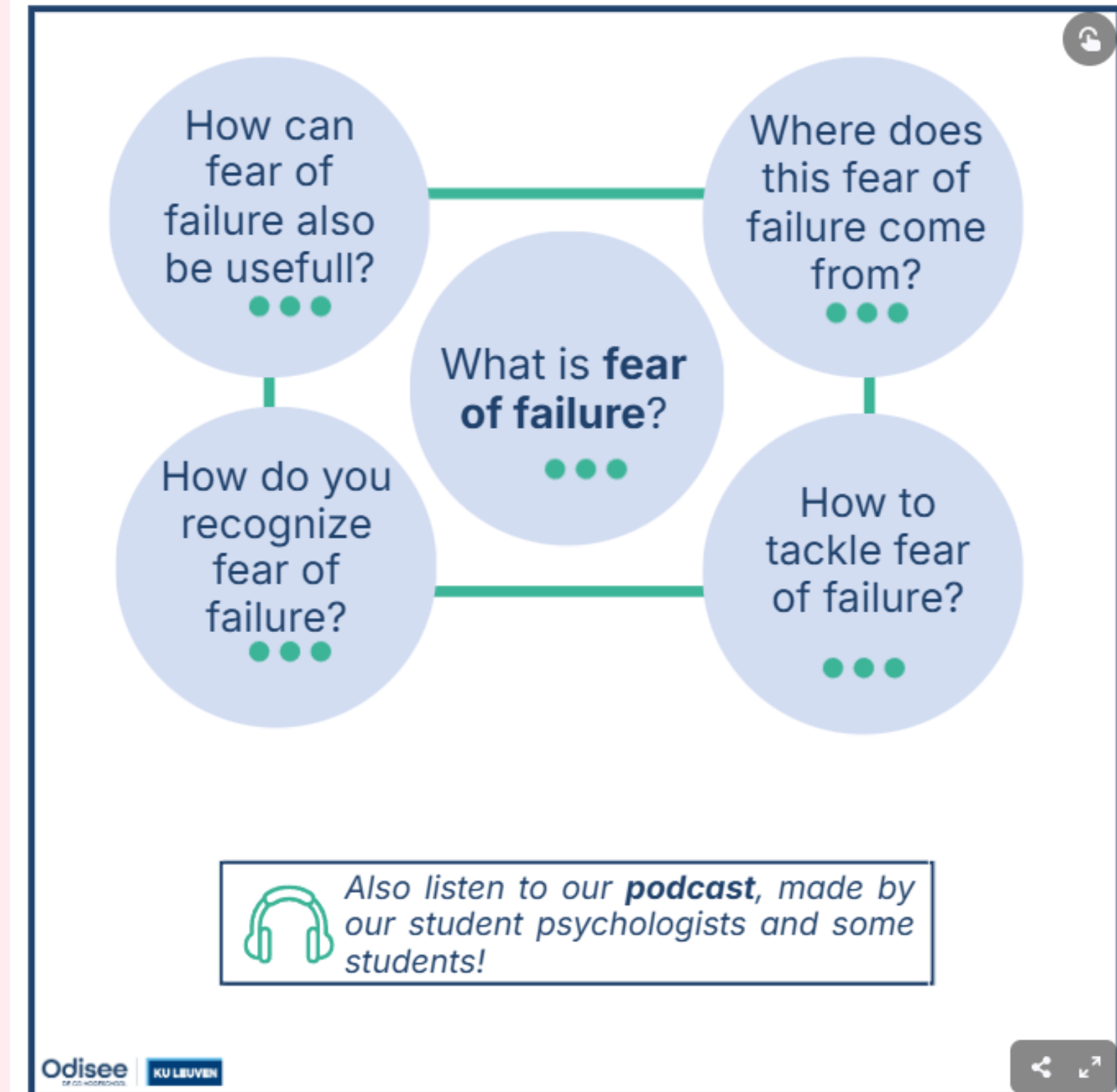
Study Smash
Exam success

Example - webinars

e.g. fear of failure

Mental overload: Fear of failure

Afraid of failing? You are not alone. Fear of failure is common among students and can put a lot of pressure on your studies and self-confidence. On this page, you will find tips to better understand fear of failure and tackle it step by step. You will learn how to turn that fear into more confidence and peace of mind. **Discover how you can become stronger during your studies.**

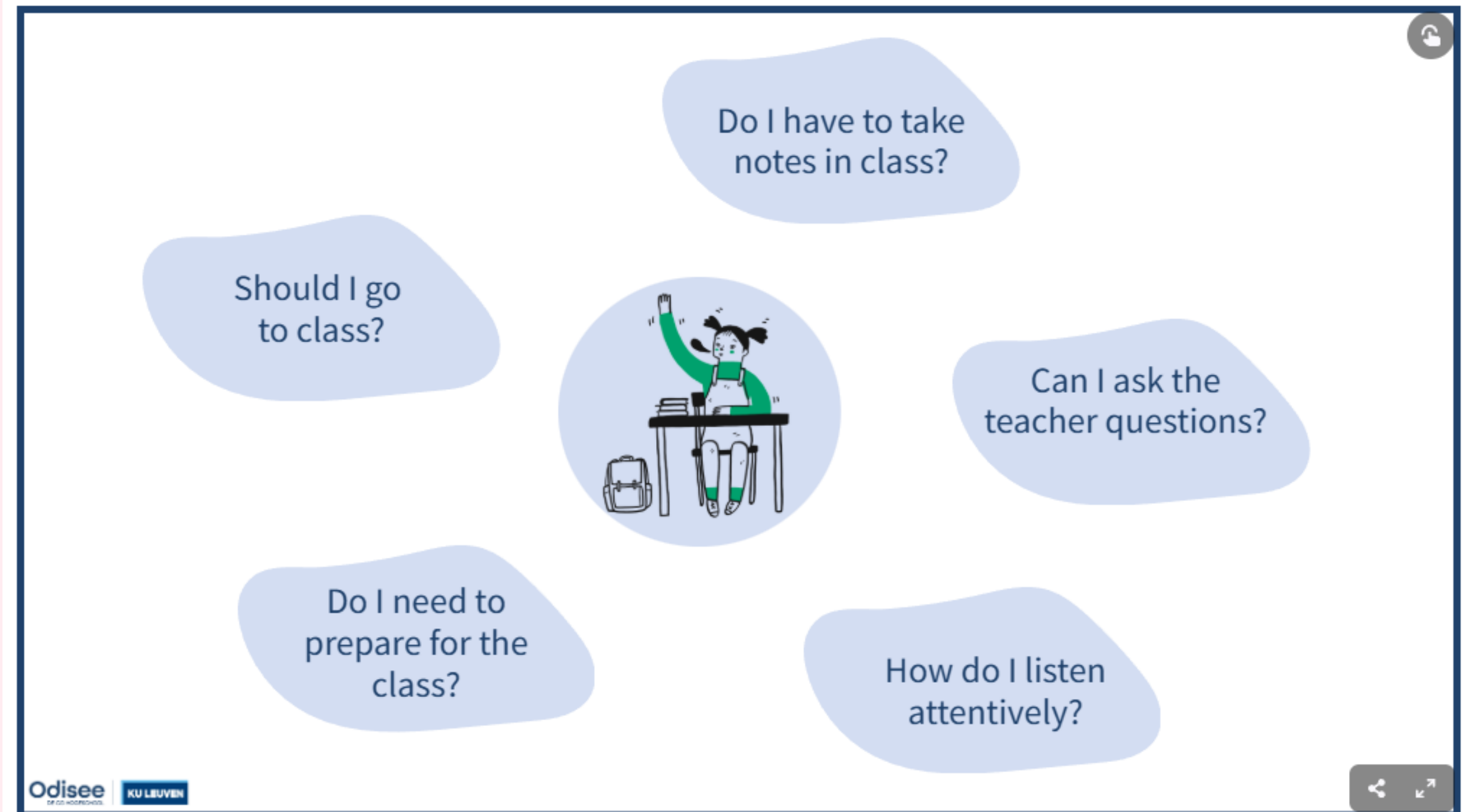


Example - learning path

Learning path

Studying with success: To class

Ready for a good start? Attending class is more than just being present: it is the perfect opportunity to learn actively. On this page, you will find tips on how to prepare, take good notes and dare to ask questions. This will help you get the most out of every lesson and stay focused. Discover how you can start your lessons feeling stronger and more confident.

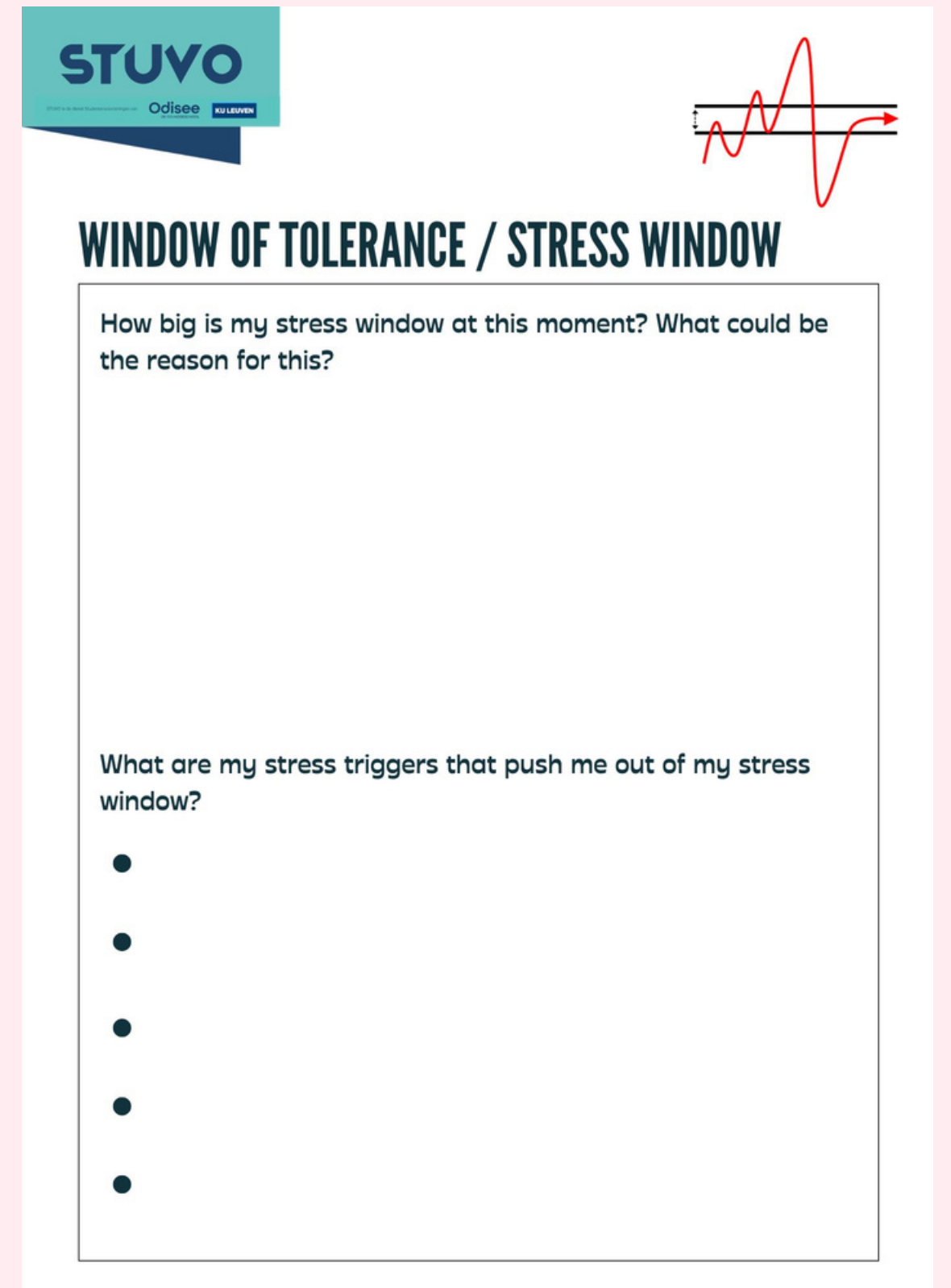


Example - flowchart

Rumination



Stress



Example - poster

Stress

STRESS
LESS

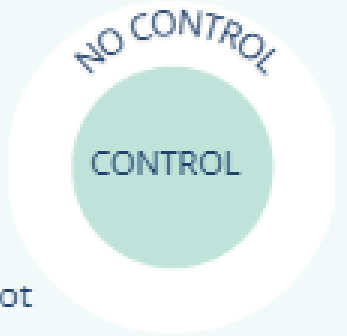


STUVO is the student services department of Odisee and KULeuven.

1 CIRCLE OF CONTROL

Fill in the circle:

- + What are you in control of?
- + What is beyond your control?



Try to let go of what you cannot control!

2 WORST CASE SCENARIO

Ask yourself: *What am I actually afraid of?*
= Worst case scenario + *How can I still make my life meaningful if that scenario were to happen?*

=> Remember: **things can go wrong, and that's okay.** You will be able to deal with it.

3 TRANSFORM NEGATIVE THOUGHTS

Exercise to reshape negative thoughts:
Make 2 columns
+ In the left column, write down the negative thought.
+ In the right column, write down the new, helpful thought.

4 BREATHE

Spend 3 minutes doing a breathing exercise.

- + Breathe in for 4 counts through your nose
- + Exhale for 6 counts through your mouth

Objective: to signal to your body that it is safe and thus calm yourself down

Scan this QR code to view the exercise on YouTube: 

5 MINDFULNESS

Tips for letting your negative thoughts "be":

- + Name the thought with humour
- + Accept your current situation, try to let it go
- + Focus on the here and now
- + Listen to your body

Scan this QR code to view the 5-4-3-2-1 method on YouTube: 

6 NEED EXTRA HELP?

Have a look at 

moodspace.be/en & chsbelgium.org

7 TIME MANAGEMENT



Tips for effective planning:

- + As specific and achievable as possible
- + Schedule buffer moments
- + Take sufficient breaks
- + Regularity creates habit; build in structure
- + Consider your 'most productive moments'

WEBINARS

Stress
Fear of Planning & failure studying
Exams

Example - online sessions

Various themes (Dutch)

24 FEB	ALLE ODISEE & KUL STUDENTEN Online sessie - Plannen & studeren Help! Het academiejaar is begonnen en je weet niet hoe of waar te beginnen. In deze sessie krijg je info rond plannen en studiemethode.	24 MAART	ALLE ODISEE & KUL STUDENTEN Online sessie - Schermgebruik Wil je gewoon kunnen unpluggen en de smartphone aan de kant kunnen leggen? Volg dan zeker mee!
3 MAART	ALLE ODISEE & KUL STUDENTEN Online sessie - Uitstelgedrag "Zorgen voor morgen", klinkt dat herkenbaar voor jou? Hoe komt het dat jij uitstelt en vooral: hoe pak je je uitstelgedrag aan?	30 MAART	ALLE ODISEE & KUL STUDENTEN Online sessie - Slaap "Je moet gewoon schapen tellen"... Ben jij het ook beu om dat advies te krijgen als je niet kan slapen?
11 MAART	ALLE ODISEE & KUL STUDENTEN Online sessie - Stress Benieuwd naar hoe stress werkt en hoe je stresssignalen kan herkennen? In deze sessie geven we tips om jouw stressniveau te verminderen.	5 MEI	ALLE ODISEE & KUL STUDENTEN Online sessie - Examens Examens in het vooruitzicht? Dan zijn een goede planning en effectieve studiemethode meer dan ooit van belang. Wij stomen je klaar!
16 MAART	ALLE ODISEE & KUL STUDENTEN Online sessie - Faalangst Knikkende knieën of slapeloze nachten uit angst om het niet goed genoeg te doen? Bang om te buizen op je examen of om in the spotlight te staan?	2 JULI	ALLE ODISEE & KUL STUDENTEN Online sessie - Herexamens Herexamen op komst? Tijdens deze workshop krijg je tips en tricks om deze zo efficiënt mogelijk aan te pakken.



Example - live sessions x student organisations

Stress & stretch



Procrastination &
vision board making



Joining the forces (city of Ghent x HEI)

Kick off with famous speakers to break the taboo

Workshops about mental health & general wellbeing

Coffee-car on campus to stimulate social cohesion

Yoga & bike-classes

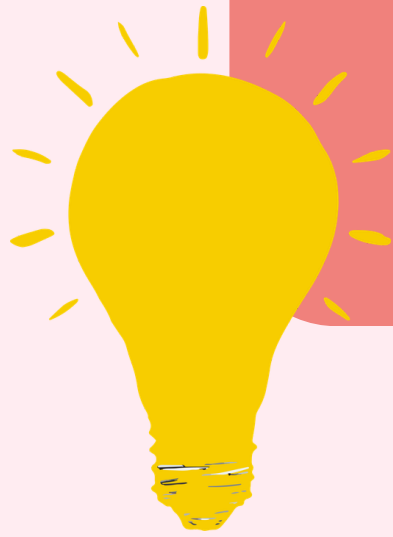
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BOOST YOUR MOOD WEEK

MON 4/11	TUE 5/11	WED 6/11	THU 7/11	FRI 8/11
		9U - 11U OMGAAN MET PIEKEREN	10U30-11U30 SPIN IT OUT WITH JENNY	
	12U30 - 13U CENTEN BIJ STUDENTEN	11U - 12U30 SAFE SPACE LGBTQIA+	17U - 18U30 INTUÏTIEF ETEN	
18U30 - 21U KICK-OFF EVENT MET JAËL OST, MAARTEN VANSTEENKISTE, PASCALE PLATEL, SERDI, BROEINEST EN STUDENTEN	13U30 - 16U HOE HELP JE EEN MEDESTUDENT?	17U - 18U BOKSFIT	18U - 19U YOGA	12U - 16U TIK TOK LIVE MET PSYCHOLOOG EDWINA POPPE EN STIJN BAERT, SÉVERINE VAN DE VOORDE EN REITSKE MEGANCK
	19U - 20U30 ZELFZORG	19U - 21U BOOST YOUR CONFIDENCE: BYE FAALANGST!	19U- 20U TIME MANAGEMENT (ENG)	
			18U30 - 21U CREATIES VAN VERLIES	
			18U30 - 21U TIPS VOOR EEN BETERE SLAAPKWALITEIT	



Challenges



I invite you to brainstorm together
& to share good practices to
overcome these challenges

Low turnout in live sessions

Hard to reach the students (&
teachers)

Lagging behind the trends

Thank You

Feel free to contact me for
questions, suggestions or
collaborations :)

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