

Dear future Utrecht University Clinical and Health Psychology student,

You have applied for and been admitted to the Utrecht University Clinical and Health Psychology (CHP) Master's programme 2016-17. On behalf of the whole staff, I would like to give you a warm welcome and wish you will have a fruitful and enjoyable master's study.

This mail contains important information about the master's programme and I do advise you to read the information carefully. It is a rather long mail, sorry for that. There is much to say.

Blackboard

First of all, if all works properly, you have access to the UU master 2016-117 site on [Blackboard](#). If you cannot login to the master site, please notify the [Blackboard administration](#), giving your name, student number and mention that you cannot yet access the CHP master site 2016-17. If your admission has been completed correctly, you will be granted access as soon as possible. The administration will contact you if there are any problems that need to be taken care of before clearance is given to access Blackboard.

On Blackboard you can find general and specific information about the curriculum and practicalities. Please note that some of the pages are still under construction and will be updated in August. Additional information is available [here](#). For practical queries, please contact the study information desk ([STIP](#)).

Start-up session Monday September 5

A CHP start-up session is scheduled to take place on 5 September for all new Master's students. During that meeting there will be every opportunity to ask questions and discuss problems with staff members. More details about the meeting will follow in due course, but keep in mind that the CHP start-up meeting will start at 13.30 h and end around 15.00 h. After that meeting a thesis market is organized where students looking for a thesis project will be able to see if there are any projects they are interested in. Usually at this meeting project participation can be settled and students can start immediately afterwards. In Blackboard you can also find a list of thesis projects on offer. That list is being updated as we speak, and will be ready in August.

After the thesis market, an informal CHP social session will take place where students and staff can get to know each other. Some further information will be presented there too, while we all have a bite and a drink. This will probably end around 18.00 h.

Courses starting in September

All students entering the master are automatically registered for participation in three courses that start in September. Two courses are not track specific:

- Academic Professional
- Core Course: Clinical Psychology and Health Promotion

Students entering the Clinical Psychology track additionally are registered for

- Behaviour Therapy and Cognitive Therapy

Students entering the Health Promotion track also are registered for

- Health Promotion: From Theory to Intervention

Details regarding these courses can be found on Blackboard in August.

Course coordinators

The following staff members can be contacted if you have any general or course specific queries:

For general Master's matters, the Master's coordinator, [Henk Schut](#).

For answers to questions about the specific CHP courses, you should contact the course coordinators:

For questions about the internship, the internship coordinator, [Sibe Doosje](#).

For questions about the thesis, the thesis coordinator, [Henk Schut](#).

Academic Professional: [Lot Sternheim](#) or [Muriel Hageaars](#).

Core Course: Clinical Psychology and Health Promotion: [Alishia Williams](#).

Behaviour Therapy and Cognitive Therapy: l.verspui@uu.nl.

Loss & Psychotrauma: [Henk Schut](#).

Anxiety and its Disorders: [Iris Engelhard](#).

Health Promotion: From Theory to Intervention: [Marleen Gillebaart](#).

Nudging: [Jeroen Benjamins](#).

Get a Buddy!

For students coming from other countries than the Netherlands September will be more than 'just' the start of a new master's study. You probably will need to get to know a new country, a new city and a new university might be a frightening. You don't know where to get a bike, how the university library works, where to find the best bars in town and how to get around in the Netherlands. You may want to find out more about how things are done at CHP or what is expected of you in terms of learning, punctuality, or how to study for an exam. Therefore, getting a Dutch buddy to assist you is probably the smartest thing you can do. The Dutch buddies are here to help you out!

This year the Department of Clinical and Health Psychology, the Faculty of Social Sciences, The SGS Student Association and Buddy Go Dutch will launch a brand new buddy program. The buddy programme is a way of making your integration at the university in your newly adopted city easier, not only at the beginning when you have a lot of practical questions, but also later when you want to meet fellow (Dutch) students.

How it works

International students who come study at Utrecht University can sign up to be matched with a Dutch buddy. Buddies are students at Utrecht University who volunteer to guide you in the Dutch way of life. In addition, all kind of activities are organized by CHP, SGS and Buddy go Dutch for all buddies.

There are two ways of getting a buddy:

- You can choose to sign up for early matching to be matched with a buddy before you arrive in Utrecht. In this way you can already ask your buddy for help before arriving.

- You can choose to find your buddy at the matching event on the 12th of September. In this way you can meet face to face before getting connected to a buddy.

How to apply?

If you are interested you can sign up through the online Buddy Go Dutch form here: <http://bit.ly/FormBuddy>.

Make sure you indicate on the form that you study at the Faculty of Social Sciences and please specify that your study is Clinical and Health Psychology. This is important because we will try to match you with a student from the same programme and we will organize special events for Dutch and International buddies within our CHP master.

If you have any questions about the buddy system, please feel free to contact [Henk Schut](#), the [International Office](#) or [SGS](#).

Accreditation

The requirements to registration as licensed health psychologist or clinical psychologist vary across the world. The Clinical and Health Psychology master's curriculum is accredited within the Dutch system of education and training in clinical psychology. Formal accreditation in other countries is conducted by the national association of psychologists of the particular country. For more information, please contact your national association of psychologists for more information (for addresses please look [here](#) or [here](#)).

Lastly

Just to give you a bit of the flavour of Utrecht, some documents are attached. One of our student-assistants, Marit Knoop, wrote a very nice and informative (for me too) guide on how to survive in Utrecht. Well worth reading because it can save you money, shows you where you can go for nice food or a drink, how to best use public transportation and much more. Another document provides you with basic information about our department and teaching and a third document contains practical information about our campus, the Uithof.

On behalf of the whole CHP staff, I wish you a good summer and hope to see you all in September. We all look forward to it very much!