About us

Sofie Blankers

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About the project

• 4 student desks
  • Nijmegen
  • Delft
  • Utrecht
  • Wageningen

• Ca. 25 students with different (study) backgrounds
Our goal

• Resilience

• Four pillars
  • Accessible (media)
  • Taboos
  • Tips (instead of only information)
  • Recognizable
The project

• From students, for students
• Different backgrounds, different creative ideas
Season 1

• 8 episodes on Spotify
  • Loneliness
  • Mindful towards transition (English)
  • Psychological First Aid
  • Student psychologist
  • Alternative therapy
  • Mindfulness
  • Burn out
  • Pressure to perform

• Different guests (experts by experience and professionals)
I think that everyone feels upset once in a while, but it would surprise you how little people talk about their feelings. Almost no one. (Loneliness)

Acceptance is important, accept your emotions. By fighting against them, they will become bigger and more difficult. (Mindful towards transition)

We need to see the resilience in students, instead of their weaknesses. (Studentpsychologist)

With a client of mine, a young adult, no therapy really helped and she was totally stuck and locked, but music and movement made her melt. (Alternative therapy)
Season 2

• Among others:
  • Impact of negative news on mental health
  • Social media and eating disorders
  • LGBTQ+ acceptance
  • Creativity

• 2 English-spoken episodes again
Questions