

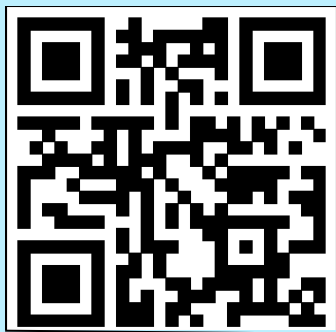
STUDENT AGENCY CHALLENGE

LEAD YOUR JOURNEY!



The Student Agency Challenge encourages students to map and expand their agency.

Scan the QR code for more information.



<https://www.han.nl/stuurkracht-challenge/>

On the web page you will find:

- The underpinnings of the Challenge
- A short manual
- The PowerPoint that accompanies the Challenge
- A video explaining how to work with the Challenge
- All cards in pdf format, available to download
- The research report about the development
- Our contact information

ROLE CARD



The Navigator

The navigator's qualities:

You..

set goals

motivate yourself

plan

feel confident

deal with change

ask for help

ROLE CARD



The Connector

The connector's qualities:

You..

make contact

show interest

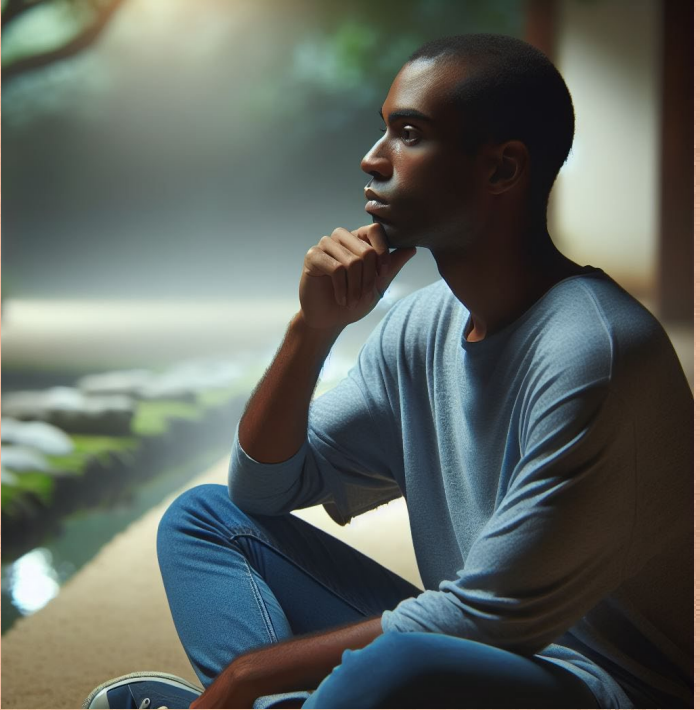
listen

trust

collaborate

help

ROLE CARD



The Thinker

The thinker's qualities:

You..

look back

switch perspectives

brainstorm

consider options

form an opinion

learn smart and effective

ROLE CARD



The Entrepreneur

The entrepreneur's qualities:

You..

take initiative

dare

inspire

decide

face challenges

persevere

ROLE CARD



The Fact Checker

The fact checker's qualities:

You..

are curious

are critical

ask questions

investigate

search knowledge

verify information

ACTION CARD



The Connector



Bring a coffee and
chat to a colleague
on placement or
someone in your
class you don't know
so well yet.

ACTION CARD



The Connector



Ask a classmate why
they picked this
course and have a
chat about it.

ACTION CARD



The Connector



Talk to your
classmates about the
challenges you're all
facing or might face
in the future.

ACTION CARD



The Connector



Next time you work together in a group, discuss what exactly you expect from each other.

ACTION CARD



The Connector



Get in touch with a fellow student from another internship site and exchange your internship experiences.

ACTION CARD



The Connector



Next time you're at
an internship or
school day, try
complimenting three
different people.

ACTION CARD



The Connector



Ask a fellow student
about their goals and
see if there's
anything you can do
to help.

ACTION CARD



The Connector



Ask a colleague at
your internship why
they work there and
what makes the work
at that place
interesting.

ACTION CARD



The Connector



Talk to a classmate who's facing a similar challenge and see how you can help each other out.

ACTION CARD



The Connector



Tell your classmates
about an interesting
way of working
you've picked up in
your internship.

ACTION CARD



The Entrepreneur



Talk to your teacher
about a problem that
affects several other
students.

ACTION CARD



The Entrepreneur



When working
together in a group,
take a new approach
to how you
collaborate.

ACTION CARD



The Entrepreneur



Visit the internship
site of one of your
fellow students.

ACTION CARD



The Entrepreneur



Share what you
learned in a recent
class with people
outside your study
group.

ACTION CARD



The Entrepreneur



Have a conversation
with a fellow student
about what you can
do if someone does
not keep agreements
made.

ACTION CARD



The Entrepreneur



Interrupt a work session with fellow students, whenever you feel it is appropriate, with a short energizer.

ACTION CARD



The Entrepreneur



Take the lead in
creating a group plan
for dividing tasks for
an assignment.

ACTION CARD



The Entrepreneur



Share something
inspiring that
happened to you
while studying or on
an internship with
fellow students.

ACTION CARD



The Entrepreneur

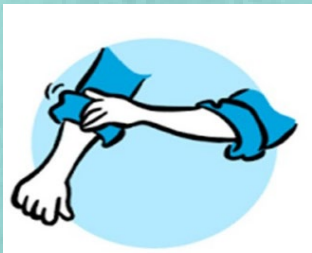


Consider what you
could do to help
yourself when things
get tough and you
feel like giving up.

ACTION CARD



The Fact Checker

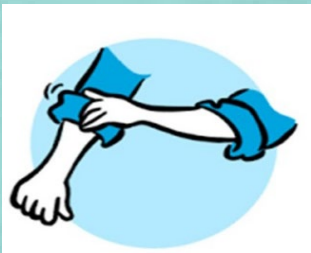


Think about a challenge you're facing on your internship and find out what facts are.

ACTION CARD



The Fact Checker



Ask ChatGPT and
CoPilot a question
related to your own
interests and see how
their answers
compare.

ACTION CARD



The Fact Checker



After your next lecture, ask the lecturer a critical question about the covered content.

ACTION CARD



The Fact Checker



Listen to an
interesting podcast
together with a
classmate and talk
about whether what
you hear is fact or
opinion.

ACTION CARD



The Fact Checker

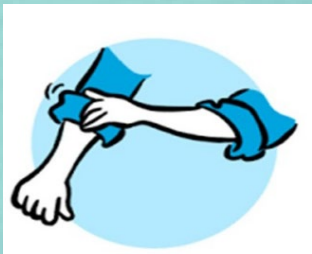


Think of a way to
explore your own
role when working in
a group or preparing
for an exam.

ACTION CARD



The Fact Checker

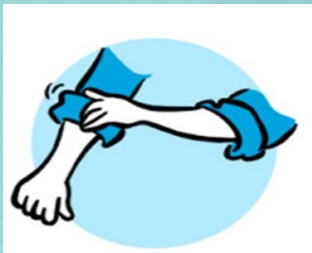


Find an Instagram, YouTube or TikTok channel that shows the latest trends in your future job, and share it with other students.

ACTION CARD



The Fact Checker

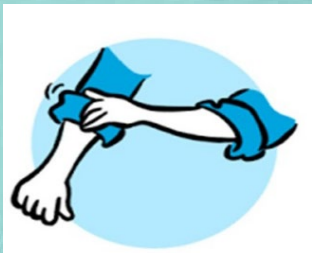


Share an interesting experience or insight from your internship with a fellow student.

ACTION CARD



The Fact Checker

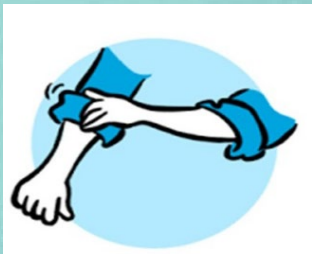


Ask your classmates
for tips on how they
learn best and try
one of their
suggestions.

ACTION CARD



The Fact Checker



Talk about a topic that was discussed in a recent class with someone at your internship and ask what they think about it.

ACTION CARD



The Navigator



Plan how you will study for the next test, and ask for feedback on your plan.

ACTION CARD



The Navigator



Set yourself a goal
and discuss with a
fellow student how
you will work
towards achieving it.

ACTION CARD



The Navigator



Begin the next group session by writing down the goals you wish to achieve as group that day.

ACTION CARD



The Navigator



Ask for advice on
how to motivate
yourself to do a task
you need to do but
don't particularly like.

ACTION CARD



The Navigator

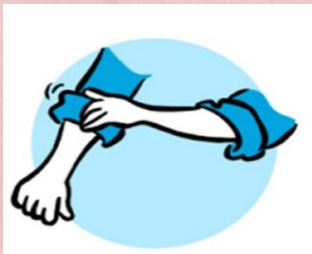


Think about which students are good at your subjects and ask one of them for advice on how to approach an assignment.

ACTION CARD



The Navigator



Discuss with a fellow student what you can do when you find that your pre-made schedule is no longer feasible.

ACTION CARD



The Navigator



Ask three of your classmates to each name three things about you that you can be proud of.

ACTION CARD



The Navigator



Think of three ways
you can keep yourself
motivated to stick to
your study schedule.

ACTION CARD



The Navigator



Ask someone who
always gets their
work done on time
for their top tips on
staying on schedule.

ACTION CARD



The Thinker



Find a good format or approach to studying and try it out with a classmate.

ACTION CARD



The Thinker



Take a lunch walk
with a fellow student
and discuss how you
both experienced the
morning.

ACTION CARD



The Thinker



Think about what happened today on your way home and note down three things that you learned.

ACTION CARD



The Thinker



At the start of the next lesson, ask the teacher to give a quick rundown of what has been covered so far.

ACTION CARD



The Thinker



Can you think about
three times when
you did really well in
your studies and
what made you
successful then?

ACTION CARD



The Thinker



During a discussion
with fellow students,
count how many
times you have asked
a question.

ACTION CARD



The Thinker



Set a goal for the
next day and,
afterwards, reflect on
why you did or did
not achieve it.

ACTION CARD



The Thinker



Ask someone to observe you in a lesson or an internship and then talk about what he or she noticed.

ACTION CARD



The Thinker



Think about your day
on the way home and
decide on one thing
you'll do differently
your next
school/internship day.

ACTION CARD



The Thinker



Find a fellow student who thinks differently from you on a subject and ask why he or she thinks that way.

ACTION CARD



The Thinker



Think about what is now important in your studies. Come up with two reasons why and write them down.

ACTION CARD



The Thinker



Make a list of the pros and cons of an important decision you made recently and then discuss your list with a fellow student.

Goals and Desired Outcomes

“

What is your motivation for taking this action?

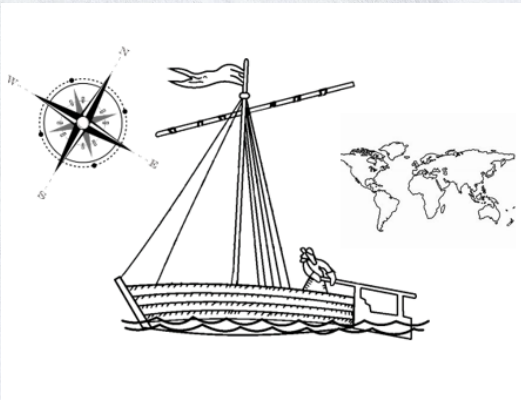
Which aspect of the chosen agency role would you like to develop?

What do you hope to achieve through this action?

When will you be satisfied with the result of the action?

”

Help Card



Making Action Concrete



What exactly are you going to do?

Who will you involve in implementing this action?

Where will you perform this action?

When are you going to take action?

How will you prepare the action?

What is the first step you want to take?



Help Card



Influence of Environmental Factors

“

What can you use in your environment to make your action a success?

What might get in the way of your action? How would you deal with this?

Who might be able to help you do it?

Who might stand in the way of your action? How would you deal with this?

”

Help Card



Review of Proposed Action

“

To what extent did you manage to carry out your proposed action?

What determined the extent to which you could carry out the action?

What did you learn from the action (knowledge, insights, otherwise)?

What did you learn about yourself?

What next step could you take now?

”

Reflection Card

