

WORKSHOP PORTFOLIO

STUDENTS

PEDAGOGISK
PEPPARE



HEJ AND WELCOME TO PEDAGOGISK PEPPARE!

We provide workshops that help (international) students navigate academic and practical aspects of studying in Sweden.

DID YOU KNOW?

We conduct workshops in-person and digitally.

We adapt every workshop to our participants' needs.

We offer individual building blocks of our workshops as guest lectures or webinars.



WORKSHOP: SWEDISH HIGHER EDUCATION 101



WORKSHOP: SWEDISH HIGHER EDUCATION 101

TARGET AUDIENCE:

(International) students who are about to start or have just started their education at a Swedish HEI

GOAL:

Get acquainted with the fundamentals of Swedish higher education



WORKSHOP: SWEDISH HIGHER EDUCATION 101

BUILDING BLOCKS:

- What are the rules and regulations to govern Swedish higher education?
- How is Swedish higher education structured? How do I choose courses?
- What pedagogical ideas are there? What is my role as a student?
- How do exams work?



WORKSHOP: PRACTICALLY GETTING STARTED



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GOAL:

Help you to tackle practical and administrative challenges to enable you to focus on what matters most: your studies



WORKSHOP: PRACTICALLY GETTING STARTED

BUILDING BLOCKS:

- A number to connect it all: Personal identity numbers and coordination numbers
- Ways of financing your studies
- Health and insurances
- Finding an accommodation



WORKSHOP: GETTING ENGAGED



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TARGET AUDIENCE:

(International) students at all levels

GOAL:

Get to know ways of making your voice heard and influencing your education and study environment



WORKSHOP: GETTING ENGAGED

BUILDING BLOCKS:

- What can you do in a student union?
What can a student union do for you?
- Getting engaged - on the level of your programme, your HEI, and beyond
- Addressing discrimination and harassment



WORKSHOP: GETTING ORGANISED



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TARGET AUDIENCE:

(International) students at all levels

GOAL:

Develop strategies and tools for managing and completing your studies



WORKSHOP: GETTING ORGANISED

BUILDING BLOCKS:

- Time management within and across courses
- A study environment for getting things done
- Perfectionism, procrastination, paralysis - and how to get unstuck
- Sources and tools of support when studies feel overwhelming



WORKSHOP: A HEALTHY APPROACH TO STUDYING



WORKSHOP: A HEALTHY APPROACH TO STUDYING

TARGET AUDIENCE:

(International) students at all levels

GOAL:

Thrive instead of survive in your studies



WORKSHOP: A HEALTHY APPROACH TO STUDYING

BUILDING BLOCKS:

- Basic human emotions within and outside of the classroom: the need to feel safe, to matter, and to be recognized
- Overcoming self-rejection
- The role of resilience and self-efficacy in your studies



VISIT US ONLINE:

WWW.SWEDISH-HIGHER-EDUCATION.COM

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