

**Support workshop for inactive students to overcome challenges of not attending classes regularly for an extended period of time, but wish to re-enter studies after successful completion of incomplete exams.**

International students who acquire “inactive status” due to academic reasons often feel isolated while preparing for their exams at home (back in their home country or here in Budapest) As week pass by it is easy to lose motivation, spend time wisely and constructively.

During the interactive workshop 6x45 minute long training students learn about:

- ✓ adaptive coping strategies deriving from inactive life-status – overcoming “fail” mindset
- ✓ strategies to improve academic and social relationships
- ✓ time management techniques – adapting self-monitoring system
- ✓ building self-awareness to adequately cope with procrastination
- ✓ overcoming stress and anxiety of multiple trial & error
- ✓ how students can actively prepare for re-entry to academic and campus life
- ✓ exploring career options, and discussing strategies to reconnect with veterinary science.