



**How To  
Choose**

**A Study**

**Program?**

**Workbook**



# How do I choose a study program?

It's time to take the next step and choose a study program. How do you decide what you want to study? Which study program fits you best? Choosing a program in higher education can be daunting and it's easy to be overwhelmed. Where to start? This workbook is designed to make choosing easier. You'll find step-by-step tools to help you.

The process of choosing a study program has three steps. Step 1: Get to know yourself. Explore your talents, interests and the career options that appeal to you. This exercise in self-knowledge will help you focus to find the right fit. Step 2: Explore the world. Gathering more in-depth information about different programs. Step 3: Your action plan. What steps do you need to take to make your final choice?

Take your time in this process of choosing a fitting study program. Continually taking small steps, investigating options and new experiences, will all add up to a choice that suits you!

Good decision making requires both head and heart: your choice of study program should make sense and feel right. Good luck!

Check out [www.studiekeuze123.nl](http://www.studiekeuze123.nl) or [www.studyinnl.org](http://www.studyinnl.org) if you would like more information on studying in the Netherlands.

# How To Choose A Study Program?

Workbook

## Contents

### Step 1. Get To Know Yourself

<b>Task 1</b> What Do I Like To Do?	4
<b>Task 2</b> What Are My Talents?	5
<b>Task 3</b> Which Professions Seem Interesting To Me?	6

### Step 2. Explore The World

<b>Task 4</b> What Are My Fields Of Study?	8
<b>Task 5</b> Study Research	10



### Worksheet Roadmap

12

### Step 3. Your Action Plan

<b>Task 6</b> Action Plan	14
<b>Must-do's</b>	16

Write about your dreams, ideas or plans you already have about your future.

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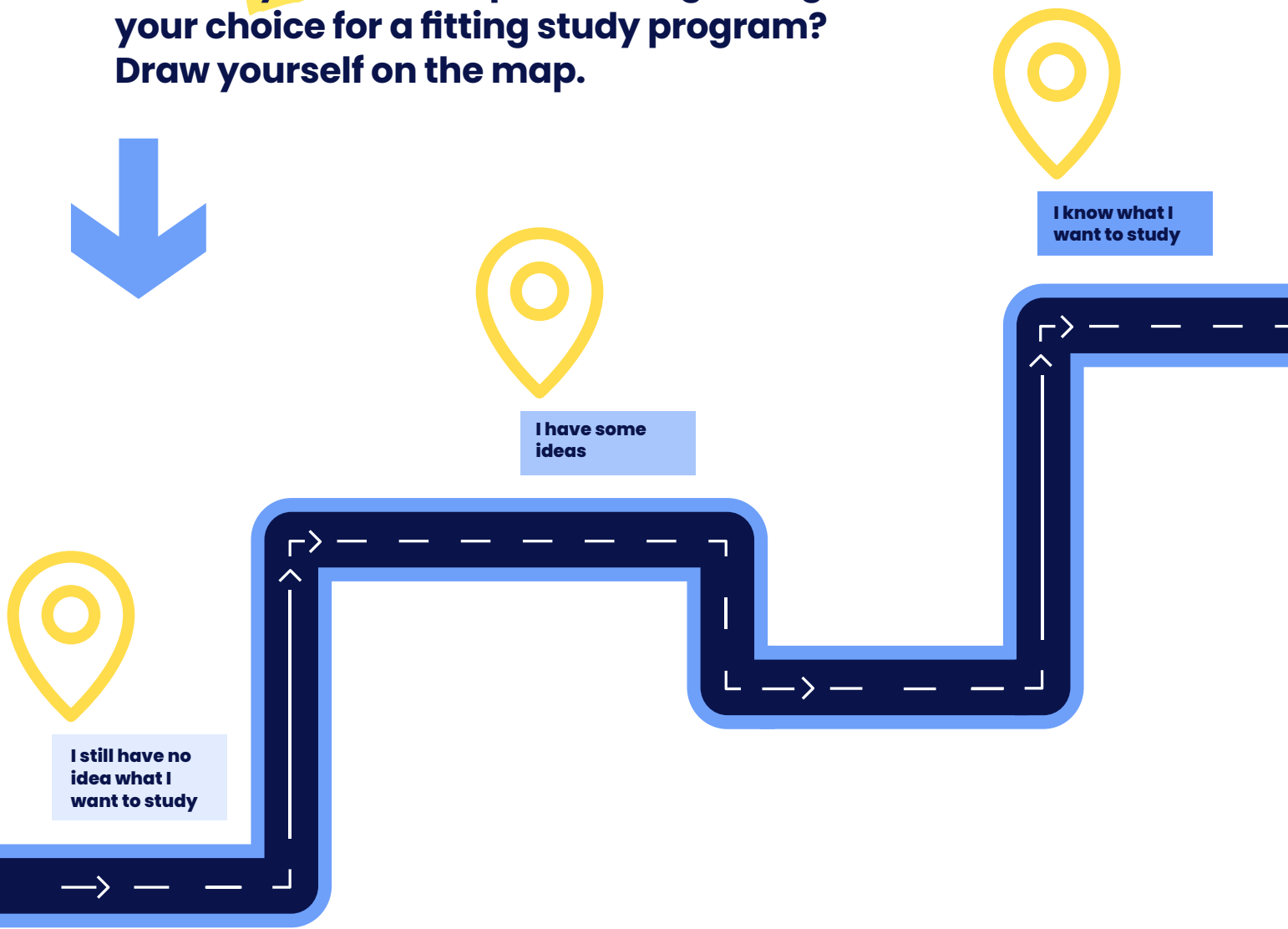
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What is your current position regarding your choice for a fitting study program? Draw yourself on the map.



## Step 1. Get To Know Yourself

The search for a fitting study program begins with questions like: what do I like to do? What am I good at? Which professions seem interesting to me? The answers are elements you would like to see represented in your study program and future career! These three tasks below are designed to help you get to know yourself.

### Task 1 - What Do I Like To Do?

Looking at your interests can help you understand what you like to do and what you enjoy learning about. Look at the list below and select things that interest you. If you feel something is missing from this list, feel free to add it at the bottom.

**Choose the things you like to do most**

- Investigating
- Sorting and classifying
- Experimenting
- Improvising
- Fostering growth or development
- Having conversations
- Evaluating
- Negotiating
- Processing information
- Mediating
- Cooking
- Making music or singing
- Working with my hands
- Gardening
- Making calculations
- Parenting
- Entertaining people
- Analysing
- Collecting
- Providing information
- Caring
- Precision work
- Selling
- Operating machinery

- Contemplation or meditation
- Repairing things
- Giving advice
- Transporting
- Guiding or coaching
- Supervising
- Entrepreneurship
- Building or creating
- Writing or working with language
- Big-picture thinking
- Designing
- Influencing
- Problem solving
- Bringing about change
- Learning or studying
- Teaching
- Imagining
- Improving things
- Creative expression
- Motivating or inspiring
- Travel
- Helping
- Inventing

- Developing a vision
- Leadership
- Recording information
- Planning or organising
- Reading
- Exercise or sports
- Observing
- Providing assistance
- Starting a business

Missing something? Add it!

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## Task 2 – What Are My Talents?

When you have a talent for something, it comes effortlessly. Time flies when you're at it; you feel completely at ease, and it makes you happy.

**Choose the talents you see in yourself or would like to develop.**

- Can enjoy yourself
- Can express what you feel
- Creative
- Sporty
- Intelligent
- Confident
- Determined
- Strong
- Relaxed
- Content
- Can deal with criticism
- Sensitive
- Clear
- Playful
- Convincing
- Enjoy doing things
- Positive thinker
- Empathetic person
- Can deal with changes
- Helpful person
- Cheerful
- Neat and tidy
- Funny
- Calm
- Brave
- Kind person
- Polite
- Law-abiding

- Dare to express your opinion
- Handy
- Come up with ideas
- Good listener
- Neat worker
- Inventive
- Precise
- Hard worker
- Patient
- Easy going
- Can admit your mistakes
- Responsible
- Sensitive
- Stand up for yourself
- Easy talker
- Sensible
- Respectful
- Critical thinker
- Caring
- Honest
- Spontaneous
- Focussed
- Interested in others
- Independent
- Reliable
- Ambitious
- Goal-oriented

- Adventurous
- Serious

Missing something? Add it!

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## These are the talents I want to develop (further) in my studies

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Tip:** sometimes it is easier for the people around you to see your talents than it is for yourself. Ask your father, mother, grandmother, grandfather, brother, sister, friends, teachers or anyone else who knows you well.

## Task 3 – Which Professions Seem Interesting To Me?

Look at the list of professions and choose the ones you find interesting. If you are missing a profession, write it down at the bottom. In addition, ask the people around you which professions they think suit you best.

**Choose the professions that you find interesting**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Pharmacy assistant         | <input type="checkbox"/> Criminologist             | <input type="checkbox"/> Anesthesiologist               |
| <input type="checkbox"/> Lawyer                     | <input type="checkbox"/> Physiotherapist           | <input type="checkbox"/> System administrator           |
| <input type="checkbox"/> Physical education teacher | <input type="checkbox"/> Biologist                 | <input type="checkbox"/> Dietician                      |
| <input type="checkbox"/> Engineer                   | <input type="checkbox"/> Photographer              | <input type="checkbox"/> Medical receptionist           |
| <input type="checkbox"/> Security guard             | <input type="checkbox"/> Veterinarian              | <input type="checkbox"/> Programmer                     |
| <input type="checkbox"/> Tax advisor                | <input type="checkbox"/> Air host(ess)             | <input type="checkbox"/> Military police/border control |
| <input type="checkbox"/> Pharmacist                 | <input type="checkbox"/> Social media specialist   | <input type="checkbox"/> Podiatrist                     |
| <input type="checkbox"/> Make-up artist             | <input type="checkbox"/> Teacher                   | <input type="checkbox"/> Pilot                          |
| <input type="checkbox"/> Financial controller       | <input type="checkbox"/> Mediator                  | <input type="checkbox"/> Accountant                     |
| <input type="checkbox"/> Entertainer                | <input type="checkbox"/> Psychologist              | <input type="checkbox"/> IT technician                  |
| <input type="checkbox"/> IT specialist              | <input type="checkbox"/> Forensic investigator     | <input type="checkbox"/> Office manager                 |
| <input type="checkbox"/> Lifestyle coach            | <input type="checkbox"/> Social worker             | <input type="checkbox"/> Insurance agent                |
| <input type="checkbox"/> Play therapist             | <input type="checkbox"/> Coach                     | <input type="checkbox"/> Administrative assistant       |
| <input type="checkbox"/> Electrical engineer        | <input type="checkbox"/> Animal trainer            | <input type="checkbox"/> Air traffic controller         |
| <input type="checkbox"/> Event manager              | <input type="checkbox"/> Community support worker  | <input type="checkbox"/> Tax lawyer                     |
| <input type="checkbox"/> Educational psychologist   | <input type="checkbox"/> Management consultant     | <input type="checkbox"/> Judge                          |
| <input type="checkbox"/> Chef                       | <input type="checkbox"/> Cyber security specialist | <input type="checkbox"/> Software developer             |

- Fashion designer
- Speech therapist
- Economist / business analyst
- Automotive engineer
- Entrepreneur
- Marketeer
- Social scientist
- Recruitment consultant
- Estate agent
- Nurse
- Career coach
- Urban planner
- Activities coordinator
- Police officer/Chief inspector
- Website designer
- Communications advisor
- Human resource advisor
- Public relations specialist
- Detective
- Business manager
- Copywriter
- Multimedia designer
- Consultant
- Landscape architect
- Designer
- Commentator
- Illustrator
- Researcher
- Visual artist
- Politician
- Author
- Astronaut
- Game designer
- Musician
- Mechanical engineer
- Structural engineer
- Occupational therapist
- Surgical technician
- Journalist

- Industrial designer
- Hotel manager
- Hospitality manager
- App developer
- Youth worker
- Logistic manager
- Dentist
- Actor
- Dental hygienist
- Skin specialist
- Medical specialist
- Art therapist
- Public administrator
- Physicist
- Paramedic
- Editor
- Stockbroker
- Probation officer
- Midwife
- Lifestyle designer
- Childcare worker
- Fashion designer
- Bailiff
- Military personnel
- Teacher
- Pharmacist
- Psychotherapist
- Lawyer
- Mathematician
- Trend researcher
- Radiologist
- Special educational needs teacher
- Lab technician
- Chemist
- Anthropologist
- Architect
- Interpreter/translator
- Environmental scientist
- Interior designer

Missing something? Add it!

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Go to the ROADMAP on pages 12/13 and fill out what you like to do, what your talents are and which professions appeal to you.

## Step 2. Explore The World

**There are so many study programs. Where do you start exploring? It's helpful to first decide which fields of study suit you best. After that, you can look for the study programs that match those fields. This makes choosing a lot easier!**

### Task 4 – What Are My Fields Of Study?

Which field of study appeals to you most? Underline the words that appeal to you and choose three fields of study that seems the most interesting to you.

#### ~ BUSINESS AND ECONOMICS

Are you entrepreneurial and curious about financial systems? Do you enjoy working with numbers, strategy and improving how things run? You see opportunities. Whether you dream of starting your own company, advising businesses or researching economic trends. Think: budgeting, investing, exports, marketing, business models and sustainable entrepreneurship. You're focused on growth and impact. From tourism, retail, finance and real estate to international business consulting.

#### ~ EDUCATION AND CHILD DEVELOPMENT

Are you social, patient and interested in how people learn and grow? Do you want to make a real difference in the lives of children, teens or adults? You help others move forward. Whether you're in the classroom, designing learning materials or helping with behavior. You explain clearly, think creatively and enjoy finding new ways to teach and support. You inspire and guide.

#### ~ ARTS AND CULTURE

Are you bursting with ideas? Do you want to move others with your creativity? Or do you want to study the culture of both the ancient and modern world? You live for art and culture. Whether you create, perform, research or analyze. You think originally, work conceptually and know how to use expression to move people and make them think. From musician, theater maker, philosopher and cultural researcher to artist. You bring imagination to life.

#### ~ HEALTHCARE AND SPORTS

Do you enjoy caring for others and want to understand how the body and mind work? You want to contribute to people's wellbeing. Whether you're working with patients, doing sport coaching, health research or helping

improve the healthcare system. You stay calm under pressure, work with precision and take responsibility. From physical therapy, human movement science to biomedical science and from nursing to mental health. You combine care with knowledge and heart.

#### ~ PEOPLE AND SOCIETY

Do you care deeply about people and want to understand what drives their behavior? You want to make a real difference. Whether you're supporting others, researching behavior or working on social challenges. You listen, analyze and take action. From applied psychology to sociology and from social work to anthropology. You choose a path where people and society come first.

#### ~ ENGINEERING AND DESIGN

Are you curious, analytical and always looking for smart solutions? You want to know how things work and how to make them better. Technology is your language. Whether you're designing, coding, calculating or testing. Think: robotics, renewable energy, smart infrastructure or transportation innovation. From hands-on building to technical design. You're making the world smarter.

#### ~ EXACT SCIENCES AND COMPUTER SCIENCE

Are you fascinated by numbers, formulas and logic? Do you enjoy understanding complex systems, building software or analyzing physical processes? You think precisely, love experimenting and enjoy solving meaningful problems. From data science to AI and from chemistry to astronomy. You bring theory to life and always look ahead.

#### ~ LAW AND POLITICS

Are you interested in how rules and systems shape our society? Do you think critically, argue clearly and want to stand up for justice and good governance? You dig deep to find answers. Whether you're applying laws, analyzing politics or working on public safety. From public administration to law and from criminology to international justice. You think sharp and act responsibly.

#### ~ LANGUAGES AND COMMUNICATION

Is language your superpower? Can you find just the right words to inform, inspire or persuade? Whether you write stories, research communication or create campaigns. You know how to make impact with words. You're curious about culture, media and how language connects people. From journalism to media studies and from content creation to linguistics. You speak to the world.

#### ~ NATURE AND ENVIRONMENT

Are you concerned about climate change, nature or food systems? Do you want to help create solutions for a healthier planet? Whether you're researching plants, water, energy or the environment. You're driven to make a difference. You think about what the world needs now and what's good for the future. From soil science to sustainability. You're working toward a better world.

## Make a top three of the fields of study that appeal to you most

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Task 5 – Study Research

You now know which fields of study appeal to you most. Next, you are going to research which study programs fit these fields of study and which of these courses have sparked your interest!

**Go to [studiekeuze123.nl](https://studiekeuze123.nl)** and select on the left side:

- Type of study: hbo associate degree, hbo bachelor or wo bachelor.
- The fields of study from your top three.
- City and school you want to study at.

Choose three programs that appeal to you and that you want to investigate further in the coming period.

#### Checkpoints 'how to choose a study program?'

- This seems interesting to me: which topics and subjects of this program appeal to you?
- What I would like to learn: which talents and skills will you develop during this program?
- Professions that appeal to me: what could you do after finishing this program? Think about jobs or further study options.

Check the website of the university or college you're interested in. You will often find videos about the programs and can get in touch with students and lecturers.

**Which study program seems like the best match for your interests, talents, and interesting careers? Check it here!**

	<b>This seems interesting to me:</b>	<b>What I would like to learn:</b>	<b>These professions appeal to me:</b>
<b>study program 1</b>			
<b>study program 2</b>			
<b>study program 3</b>			

**Go to the ROADMAP on pages 12/13 and fill out which study programs seems interesting to you.**



# Roadmap

DATE: / /

1

## INTEREST

This is what I like to do:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**Where are you now?  
Draw yourself on the map**



I still have no idea what I want to study



I have some ideas

2

## TALENTS

These are my talents:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3

## PROFESSIONS

These professions I find interesting:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4

**FIELDS OF STUDY**  
These fields of study  
seem interesting to me:

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I know what I  
want to study

5

**STUDY PROGRAM**  
These study programs look interesting to me:

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## Step 3. My Action Plan

### Task 6 – Action Plan

Which study programs are you most excited about now? There are many ways to continue your search for a study program in the coming period. What steps do you take next?

#### What more do you need to know to make a choice?

- The teaching and learning approach
- In which language you want to study
- The location, culture and atmosphere of the college/university
- Admission requirements

#### Checkpoints 'how to choose a study program?'

- Compare different programs
- Visit the schools that interest you
- Attend an (online) open day or evening event
- Join an (online) taster day
- Talk to a student who is already in the program
- Search for information online (websites or social media)
- Talk to or shadow someone in your favorite profession
- Discuss with your parent(s) or guardian(s)
- Have conversations at your school

Fill out the activities in your Action Plan and make it as specific as possible.

## Create Your Own Action Plan

Activity I will plan:	When and where?	What do you want to find out?	So what did you think?





