

*New: now also available  
for group sessions!*

# Move-aHead!

Training in cognitive skills approach for students



**Do you work with students who struggle with things like planning, concentration or organisation?  
Get trained in Move aHead! - a practical approach to support students strengthen their cognitive skills, both individually and in a group.**

The Move aHead! approach, designed by the Hanze professorship Rehabilitation, offers targeted exercises for nine common cognitive skills, such as attention, overview, and planning.

The approach is flexible to use: You can guide students individually or provide workshops about specific cognitive skills for a group of students. Workshops can be offered separately or combined into a program. Sessions can be hosted online or on location, dependent on what works best for your students and agenda.

## **Why participate in this training?**

- You will learn to apply a research-based and positively evaluated approach in your own teaching practice
- You will contribute to student success and well-being
- The training is free of charge. The hours used for using the approach will be reimbursed.



## Who is the training for?

The training in the Move aHead! approach is designed for educational professionals at Hanze and the University of Groningen who work with students with cognitive problems that hinder them in their studies, such as student counsellors, academic counsellors, mentors, lecturers and study advisors.

## Who gives the training?

The training will be given by one of our Move aHead! trainers.

## Dates

The duration of the training is two days, from 9 am till 4 pm. You can choose from:

- Tuesday 19 May and 2 June (in English)
- Thursday 17 September and 1 October (in Dutch)
- Monday 14 and 28 September (in English)

## Location

Zernike Campus

You will receive the Move aHead! materials digitally. At the end of the training, you will receive a proof of participation.

There is room for up to 14 participants per group. Training days cannot be swapped between groups. If you would like to attend the training but can't make it at one of the above times, please send an email to [MoveAhead@org.hanze.nl](mailto:MoveAhead@org.hanze.nl). We will then update you on new training dates.

**“I must say it did help me. I was really struggling with concentration, and the person who supported me made me aware of what my problem was and how to deal with it. It helped a lot to achieve my goals.”** (Student)



Read [here](#) the experiences with the method from a coach and a student

The Move aHead! approach is being further rolled out within higher education as part of the Nationaal Programma Groningen and, more specifically, platform Mentaal Gezond Groningen. The Move aHead! approach is being implemented by the Supported Education research and innovation programme of the [Hanze professorship Rehabilitation](#). You can read more about Mentaal Gezond Groningen [here](#).

**‘Move aHead! definitely took away some of the stress. Just sitting down together at the start and sorting everything out helps you create an overview for yourself of the deadlines and what lies ahead.’** (Student)

## Cost and conditions of participation

The training is free of charge. In return, we ask the following:

1. You attend both training days in full.
2. You give at least 2 workshops (a 90 minutes each) to a group of students, or you supervise at least one student individually. If carried out in 2026, up to 6 hours can be reimbursed, which you can include in your roster. If you work at the University of Groningen (Rijksuniversiteit Groningen), your organisation can declare these hours.

Each month, you report to us how many students you supervised using Move aHead!. Five months after the training, you will complete a short questionnaire about your experiences (about 10 minutes). Students will also fill in a short, anonymous online questionnaire.

## Origins of the Move aHead! approach

To improve students' study success, Rutgers University (United States) developed a cognitive remediation method focused on improving cognitive skills. The Hanze Research Group for Rehabilitation further developed, implemented, and tested this approach within the Hanze. Experiences with the Move aHead! approach, from both students and education professionals, are positive.

## How to register?

Click [here](#) or scan the QR code.



## Questions?

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