2026 FHML Honours Kick-off



Juanita Vernooy
Bart Penders

21-09-2026

Maastricht University | Maastricht UMC+

Who is Who?



Juanita Vernooy

Chair



Bart Penders

Vice-chair



Ingrid Mesterom

Secretary

Maastricht University | Maastricht UMC+

FHML
Faculty of Health, Medicine and Life sciences
Honours Programme

Welcome HP cohort 2026

- 7 students Ba European Public Health
- 37 students Ba Biomedical Sciences
- 1 student Midwifery
- 12 students Ba Health Sciences
- 6 students Ba Regenerative Medicine & Technology
- 16 students Ba Medicine



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Welcome HP coaches 2026



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FHML
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Honours Programme

Agenda

18:30	Welcome! Who is who?
18:35	**FHML Honours Programme 2026: *Working on Competencies***
18.55	Maastricht Association (Alumni) Honours Students
19:00	Pitches by project coaches
19:50	Meet the project coaches
20:30	FHML Honours Programme 2026: *Courses & Timeline*
20:50	Honours+: Edlab Team
20:55	Final questions
21:00	Closure

FHML Honours in 3 words

Closing Ceremony 2026



CHALLENGING TEAMWORK .... and FUN !

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FHML Faculty of Health, Medicine and Life sciences Honours Programme

Objectives of FHML Honours

To **challenge you** and all other students of FHML

1. **To step out of your comfort zone**
2. To get involved with students from other disciplines
3. To work on a CV that stands out of the ordinary
4. To take control over your own (research) project
5. To work on a personalized set of competencies



Objectives of FHML Honours

While stepping out of your comfort zone, you will:

1. Acquire academic skills and competencies in a real-life setting
2. Learn to appreciate the interdisciplinary aspects and the European dimensions of current developments in HML
3. Obtain a better understanding of the complexity of the relationship between science and society



"Step so far out of your comfort zone that you forget how to get back. That's where all the magic begins to happen" - Michael Bernoff, LinkedIN

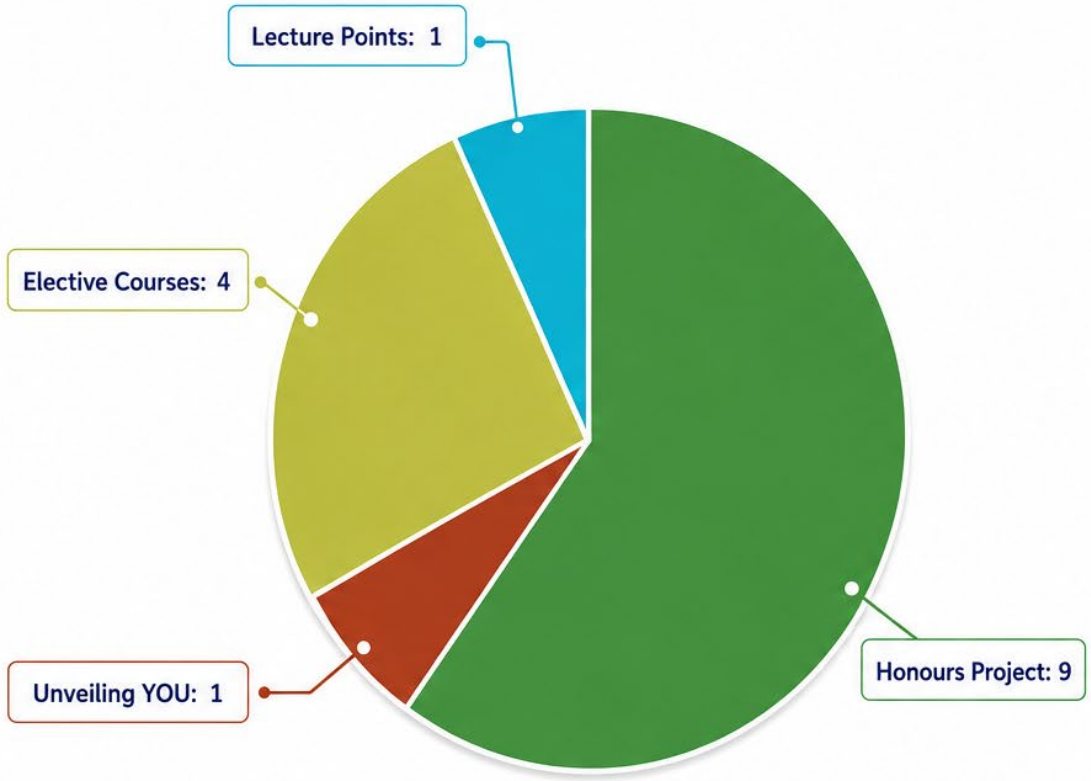
General features FHML Honours

18-month programme open for students from **ALL** programmes within FHML

Project based approach:
- opportunities for initiative, creativity, networking, no easy-going learning
- Relevant and real-life outcomes
- Personalized tasks and compentency development
- Budget responsibilities
- Specific endproduct is not necessarily a report

Elective **Courses** and lectures:
- Academic skills and competencies required for Honours
- Addressing historical, ethical and philosophical issues

Overview study load FHML Honours



FHML Honours

Project:	9 EC
Courses:	6 EC (1+4+1)
Unveiling YOU:	1 EC
Lecture Points:	1 EC
Total:	**15 EC**

FHML Honours projects in practice

- We offer 11 different projects and students get assigned to one of their Top-3 preferred projects

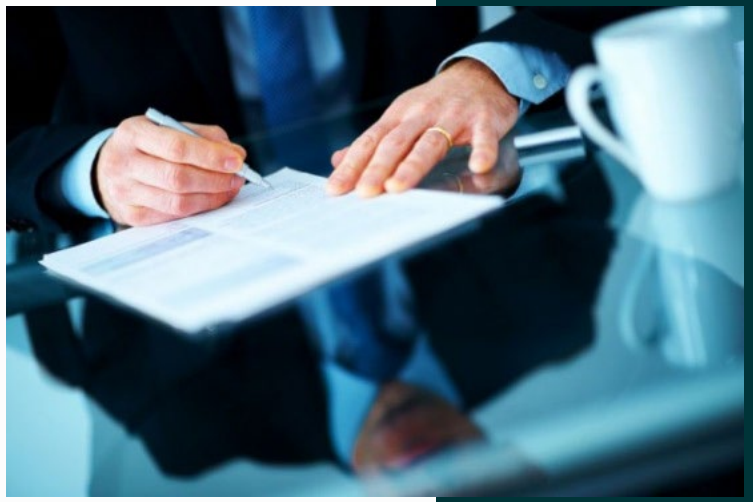
- Regular project meetings with or without your coach mostly outside regular study hours >> dedicated time slots once a month Wednesday 16.00-18.00 hours

- Project group:
  - Project leader (leadership and management)
  - Reporters (communication)
  - External contacts (networking)
  - Researcher (analytical skills)

- As a group you have budget responsibility

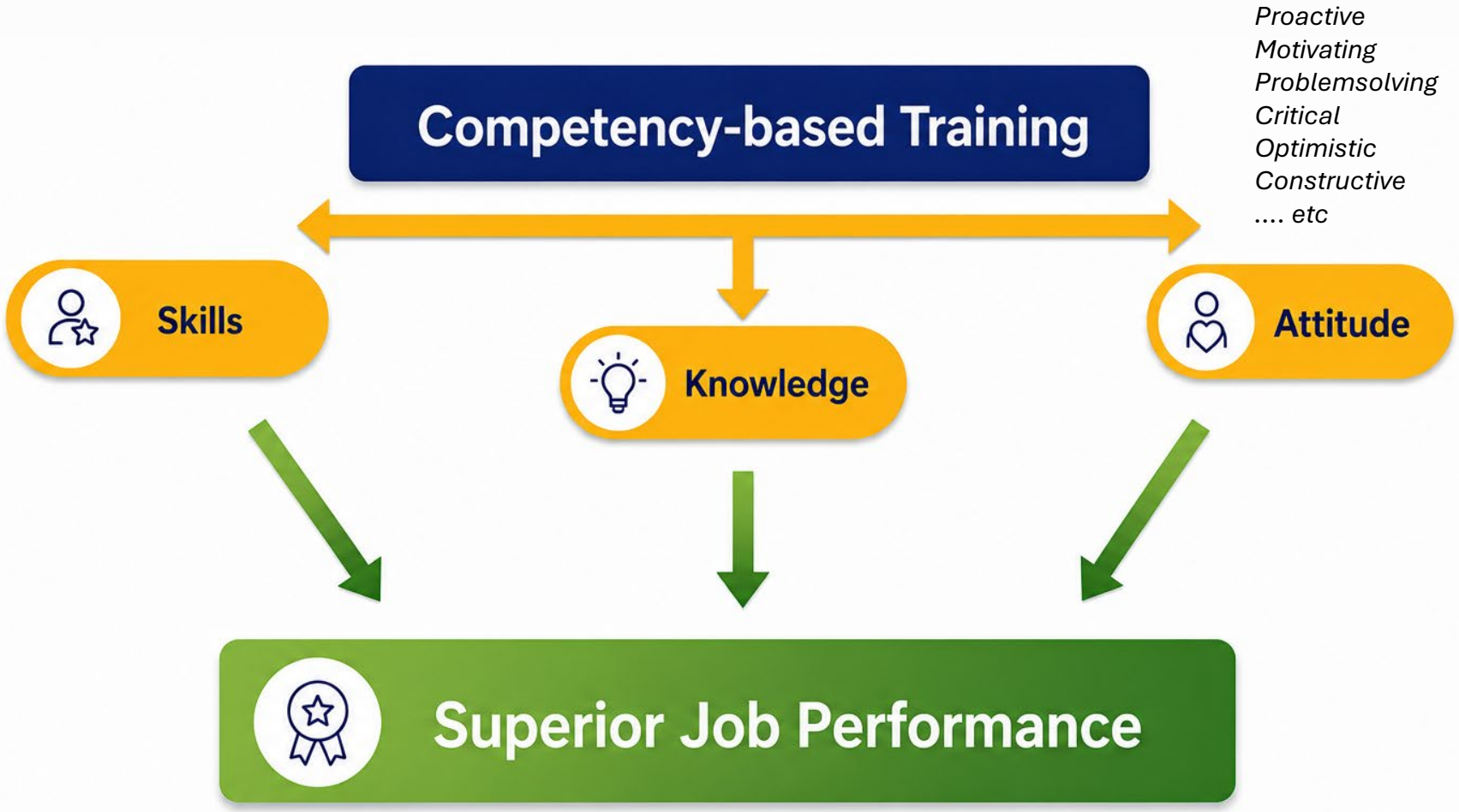
Working on competencies

- Mandatory Honours course “Unveiling YOU!” helps you to identify your own stronger and weaker competencies
- Your profile will be matched against the project / team
- You will define with your coach a “learning-working” agreement



- ➢ Everybody has a personalized work plan
- ➢ Everybody will be tailor-made graded

Working on competencies



Proactive
Motivating
Problemsolving
Critical
Optimistic
Constructive
.... etc

Constructive
Critical &
Independent

Thinkers

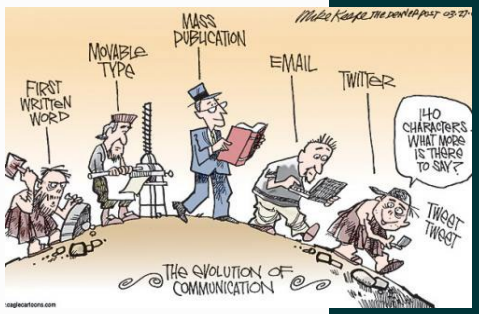
FHML Honours competency map

3 Main categories:

1. Project-based and result-oriented collaboration
2. Research and analytical competencies
3. Communicative competencies

>> Each category has 3-4 subcategories with specific criteria







Example category 1: Collaboration

1.1 Cooperating **>> Full FHML-HP Competency Map on Canvas!**

Definition: Contributing with other persons or groups to a joint result, even when there is no direct personal interest in doing so.



Example category 1: Collaboration

1.1 Cooperating >> Full FHML-HP Competency Map on Canvas!

Definition: Contributing with other persons or groups to a joint result, even when there is no direct personal interest in doing so.

Evaluation criteria:
- Shares information and experiences with others
- Offers colleagues help when they need it
- Contributes ideas, proposals, etc designed to achieve a group result
- Responds actively and constructively to the ideas of others
- Adapts to the group and its goals when a joint result is needed
- Bridges people's differences and their different viewpoints

Project analysis and defining tasks

- **Meet with your project coach a.s.a.p.**
- Interpretation of the research question
- Identifying different multidisciplinary dimensions
- Define sub themes and more specific research questions
- Define roles of each group member: individual activity plan
- Individual “Learning-Working” agreement

‘Learning-Working’ agreement

- Everyone makes a selection of 3-4 competencies to work on, based on the selected tasks within the project group
- This will determine how the project work will be evaluated
- Feedback on the competencies at given time points
- Feedback from the coach as well as project group members



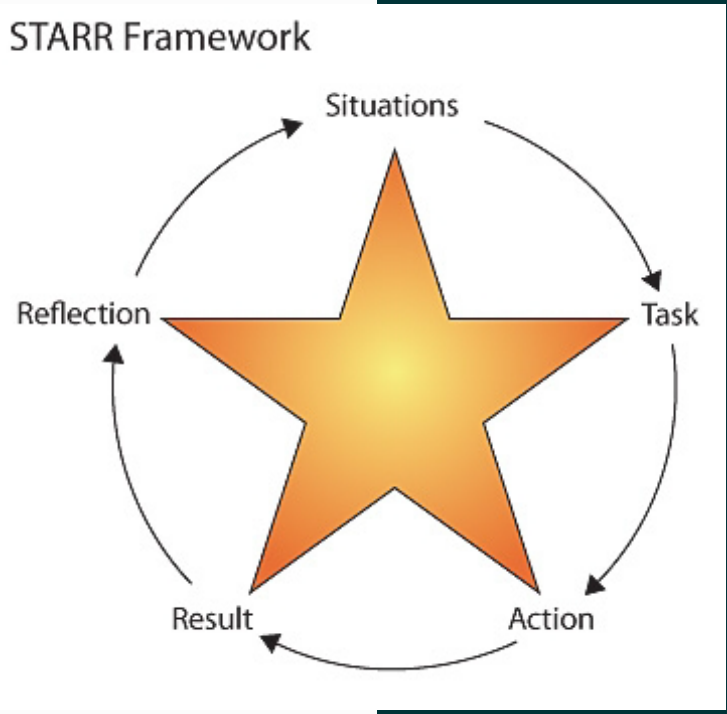
Situation **T**ask **A**ction **R**esults **R**eflection

STARR: Individual evaluation

STARR

Competence you want to develop:	
Situation What was the situation?	
Task What where your tasks, what was your role?	
Activity What did you do?	
Result What happened?	
Reflection What did you learn?	

- Create for every competency a STARR form
- Share your STARR forms with the group (*Google Drive*)
- Use forms to discuss compentency development (*regular group activity*)
- Use the forms for grading (*group grading and by the coach*)



Grading & examination

1. Work and competences in the projects (Pass/Fail/Good)
- Group grading of the project result
- Individual grading on 3 competencies

2. Elective courses (Pass/Fail/Good)



Festive Closing Ceremony:
You will receive: UM certificate and transcript of results

Detailed information on CANVAS

MAAHS



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Honours Programme

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FHML Honours Projects 2026

1. Dr. Simone van Breda (Dept. Translational Genomics)
   Dr. Ghislaine van Mastrigt (Dept. Health Services Research)
   External client: Research Office FHML
   Healthy food for all 2.0

2. Prof. Maurice Zeegers (Dept. Epidemiology)
   External client: World Performance Center
   DNA testing in elite sport

3. Dr. Stefanie Linden (Dept. Health, Ethics and Society)
   External client: MUMC+ Hersen+Zenuw Centrum
   Deep brain stimulation

4. Prof. Judith Sluimer (Dept. Pathology)
   External client: Hart en vaat onderzoekfonds Limburg
   Mind the Gap

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FHML Honours Projects 2026

5. Dr. Rianne Fijten (Dept. Radiation Oncology)
   External client: MAASTRO Clinic
   Patients' say on AI

6. Prof. Theo de Kok (Dept. Translational Genomics)
   Julian Krauskopf (Dept. Translational Genomics)
   External client: NWO Project team
   Contageous Cancers

7. Dr. Masoud Zamani Esteki (Dept. Clinical Genetics)
   External client: MUMC+ Clinical Genetics
   PREhealth 2.0

8. Prof. Ramon Langen (Dept. Respiratory Medicine)
   Dr. Daan Ophelders (Dept. Pediatrics)
   External client: Knowledge Platform Biomedical Model system Maastricht
   Future of Biomedical Models

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FHML Honours Projects 2026

9. Dr. Issam Alsamara (Dept. International Health)
   Dr. Anke Wind (Dept. Precision Medicine)
   External Client: Rhode Public Policy (RPP) Advocacy group
   Global Health Threats 2.0

10. Dr. Agnes Meershoek (Dept. Health, Ethics and Society)
    External Clients: SAM.nl & Hogeschool Zuyd
    Mental Health and Participation

11. Dr. Sander Rensen (Dept. General Surgery)
    External Client: Preclinical Dutch Pancreatic Cancer Group
    Starved by Cancer

How to apply for a project?

- After the Kick-off meeting, all information will be published on Canvas

- Go to Canvas > Honours Programma cohort 2026 course HON0126 and find under:
  Modules / ***Honours Projects 2026/2028***

  - Project descriptions
  - Pitches by the coaches
  - Project preference form

Project preference form 2026

FHML Honours Programma - Preference Form 2026

Instructions

1. Use row number 8 to fill in your project preference by overwriting the example.
2. Column G-Q: Give your ranking of projects from 1 to 11, with 1 being the most prefered project.
3. Column R-AB: You only give your motivation for the top 3 ranking projects in the corresponding purple columns. Please make sure that your motivation matches the ranking you provided (!)

Student number	First name	Family name	FHML programme	Gender	Project 1	Project 2	Project 3	Project 4	Project 5	Project 6	Project 7	Project 8	Project 9	Project 10	Project 11	Motivation Project 1	Motivation Project 2	Motivation Project 3	Motivation Project 4	Motivation Project 5	Motivation Project 6	Motivation Project 7	Motivation Project 8	Motivation Project 9	Motivation Project 10	Motivation Project 11
i1234567	Santa	Claus	BMS	M	4	8	3	5	7	9	10	2	6	11	1			If, like Santa, project 3 is your third preference you can give your motivation for this project here.					If, like Santa, project 8 is your second preference you can give your motivation for this project here.			If, like Santa, project 11 is your first preference you can give your motivation for this project here.

Project	Short title	Coach(es)
1	Healthy Food for All 2.0	Simone van Breda & Ghislaine van Mastrigt
2	DNA testing in Elite Sport	Maurice Zeegers
3	Deep Brain Stimulation	Stefanie Linden
4	Mind The Gap	Judith Sluimer
5	Shared Decisions with AI	Rianne Fijten
6	Contageous Cancers	Theo de Kok & Julian Krauskopf
7	PREhealth 2.0	Masoud Zamani Esteki
8	Future of Biomedical Models	Ramon Langen & Daan Ophelders
9	Global Health Threats 2.0	Issam Alsamara & Anke Wind
10	Mental Health and Participation	Agnes Meershoek
11	Starved by Cancer	Sander Rensen

Project preference form 2026

FHML Honours Programma - Preference Form 2026

In erwriting the example.

ith 1 being the most prefered project.

ranking projects in the corresponding purple columns.

Student number	First name	Family name	FHML programme	Gender
i1234567	Santa	Claus	BMS	M

Project	Project	Project	Project	Project	Project	Project	Project	Project	Project	Project
1	2	3	4	5	6	7	8	9	10	11
4	8	3	5	7	9	10	2	6	11	1

Motivation Project 1	Motivation Project 2	Motivation Project 3	Motivation Project 4	Motivation Project 5	Motivation Project 6	Motivation Project 7	Motivation Project 8	Motivation Project 9	Motivation Project 10	Motivation Project 11
		If, like Santa, project 3 is your third preference you can give your motivation for this project here.					If, like Santa, project 8 is your second preference you can give your motivation for this project here.			If, like Santa, project 11 is your first preference you can give your motivation for this project here.

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11	Starved by Cancer	Sander Rensen

Make sure that your motivation matches the ranking you provided (!)

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Project preference form 2026

- Rank your preference 1 to 11 ..... ***with 1 as the most wanted!***
- Provide motivation for your Top 3 (Rank nrs 1-2-3) ***& matches the ranking!***
- Rename the file with your name and studentnumber >> Save
- Email your completed form to: honoursfhml@maastrichtuniversity.nl
- **Deadline Thursday 24th September, 09:00 AM**

>> Challenge yourself to step out of your 'comfort-zone' !



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Meet our Project coaches

- Every coach has their own table
- Grab some drinks and walk around
- Be proactive, this is your chance to ask questions!
- Also, the MAAHS board has a table
- Be back in this room at 20.30 hrs sharp



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Calendar FHML Honours

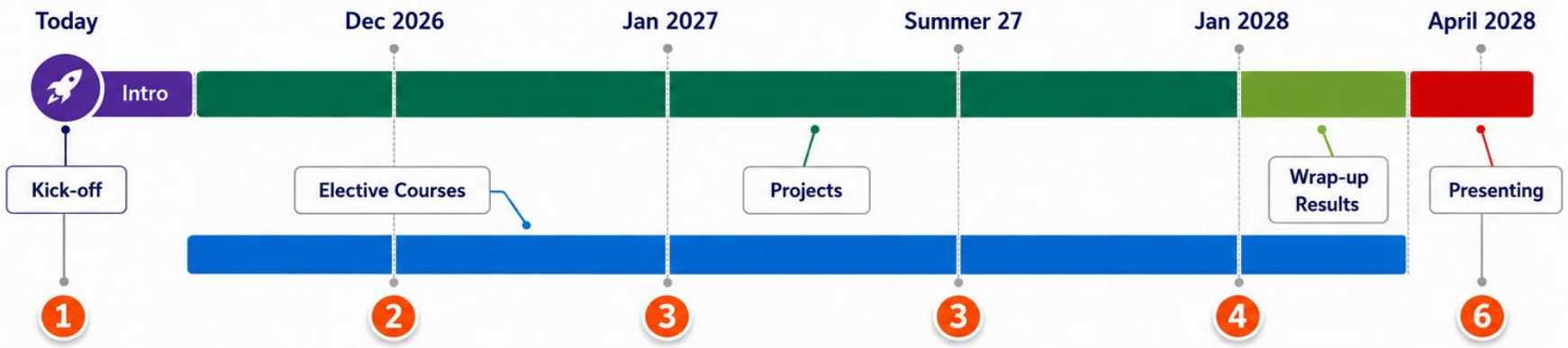
Divided in four periods:

1. Three weeks of introduction	Oct 2026
2. Project and Elective Courses	Nov 2026 - Jan 2028
3. Finishing off project	Jan 2028 - Mar 2028
4. Closing Ceremony: presenting results	Apr 2028



Extra opportunity: UM Honours+ Nov 2026 - May 2027

Timeline FHML Honours



Mandatory Events

1	Crazy88	October 1st, 2026
2	Teambuilding	December 9th, 2026
3	Plenary Meeting cohorts 2025/2026	January 20th, 2027
4	Midterm presentations	June 16th, 2027
5	Plenary Meeting cohorts 2026/2027	January, 2028
6	Closing Ceremony	April, 2028

- Meet your peers (all cohorts)
- Learn from other projects
- Exchange of ideas
- Gaining specific academic skills

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Elective Honours Courses (6 EC)

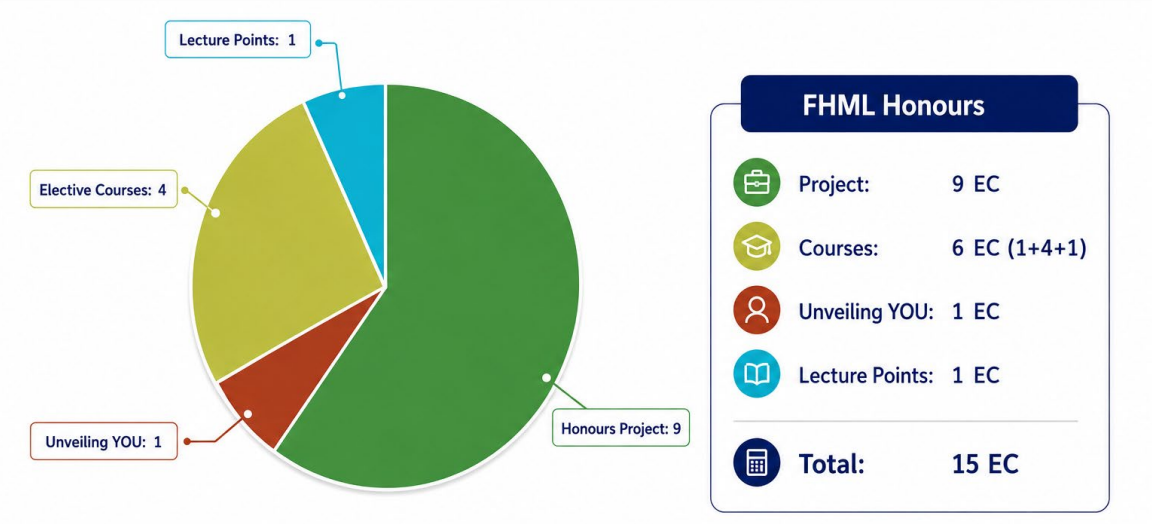
Objectives
- Shape your own Honours Programme based on **your** interests
- Expanding your intellectual horizon
- Gaining specific academic skills

Study load
You need to obtain 6 EC (at least):
- 1 EC: Mandatory course Unveiling YOU!
- 4 EC: You can choose from a panel of Electives Honours Courses
- 1 EC: Attend 5 workshops/lectures to obtain 5 Lecture Points

Instructions how to sign up will be published on Canvas

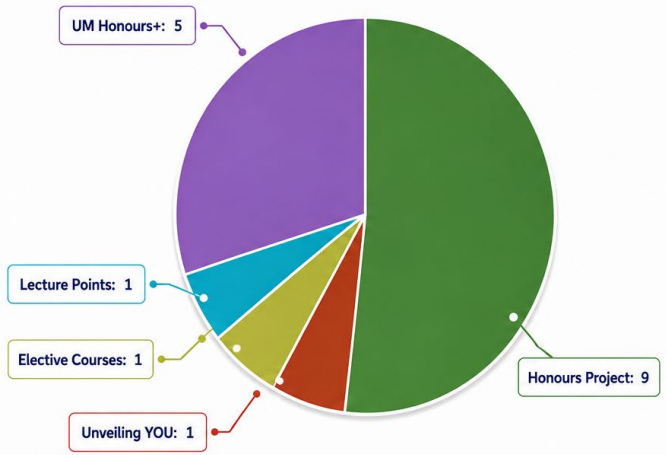
Participating in Honours+ Programme: exemption from 3 EC Elective courses

Study load FHML Honours / H+



FHML Honours

Project:	9 EC
Courses:	6 EC (1+4+1)
Unveiling YOU:	1 EC
Lecture Points:	1 EC
Total:	**15 EC**



FHML Honours incl Honours+

Project:	9 EC
Courses:	3 EC (1+1+1)
Honours+:	5 EC
Lecture Points:	1 EC
Unveiling YOU:	1 EC
Total:	**17 EC**

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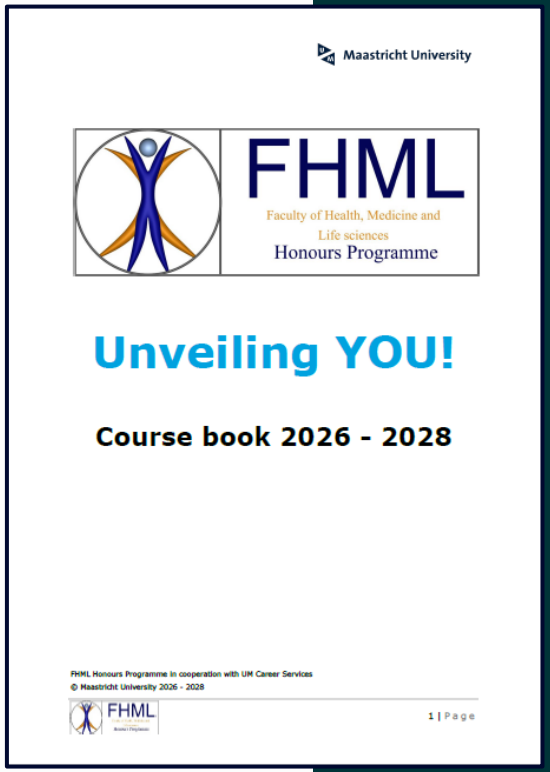
Mandatory: Unveiling YOU !

- UM Career Services at Student Service Center (SSC): Free support for students in their professional development through training, individual support and online resources

- Unveiling YOU! Coursebook:

1. Training – Discover your competences
2. Training – Personal Development Plan
3. Assignment – Team Charter
4. HP Event – Team building session
5. Online Module – Effective Workplace Communication





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Registration Unveiling YOU !



Registration mandatory Course "Unveiling YOU!"

At the start of your Honours journey, you will participate in the **mandatory Course Unveiling YOU!**

This course (1 EC) consists of the following activities organized by UM Career Services in collaboration with the FHML Honours Porgramme:

- Training – Discover your competences
- Training – Personal Development Plan
- Assignment – Team charter
- Honours Programme Event – Team building session Dec 9th at 15.30–19.00 hrs
- Online Career Module – Effective Workplace Communication

Below are the dates of the first two trainings. Please REGISTER a.s.a.p. and mark these dates in your agenda. More details can be found in the Coursebook [to be published after the Kick-off event].

Training 1: Discover your competences (SSC building in Inner City)

Friday, 25 September	09:30–12:00 h
Wednesday, 30 September	09:30–12:00 h
Monday, 5 October	13:30–16:00 h
Thursday, 8 October	13:30–16:00 h
Friday, 9 October	09:30–12:00 h

Training 2: Personal Development Plan (SSC building in Inner City)

Monday, 2 November	13:30–15:00 h
Tuesday, 3 November	13:00–14:30 h
Tuesday, 3 November	15:00–16:30 h
Thursday, 5 November	09:00–10:30 h
Thursday, 5 November	11:00–12:30 h
Friday, 6 November	09:00–10:30 h

See instructions in Canvas HON0126

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Honours courses to choose from

1. **Entering the world of the scientist** (2 EC) *J. Mesman*
   - Introduction in sociology of science
   - Science-industry relationships of biomedical sciences
   - How to study science in action?

2. **Reading books** (2 EC) *S. Linden & T. de Kok & C. Lang*
   - Reading a good book in a small group under supervision
   - Online & On-site versions of the course
   - Book is provided by FHML-HP

3. **Qualitative Research** (1 EC) *E. Pilot*
   - Theory and methods
   - How to know without numbers?
   - Strongly related to the research in projects

Honours courses to choose from

4. **Scientific writing** (1 EC) *D. Jennen & W. van de Worp*
   - Training critical reading and start writing your project publication
   - Strongly related to the research in projects

5. **Science for Society** (1 EC) *R. van Duijn*
   - Organizing a Studium Generale event to translate science to society

6. **Basic Introduction into Clinical Research** (1 EC) *T. Deibel*
   - Training GCP in order to start writing your METC application
   - Strongly related to the research in projects

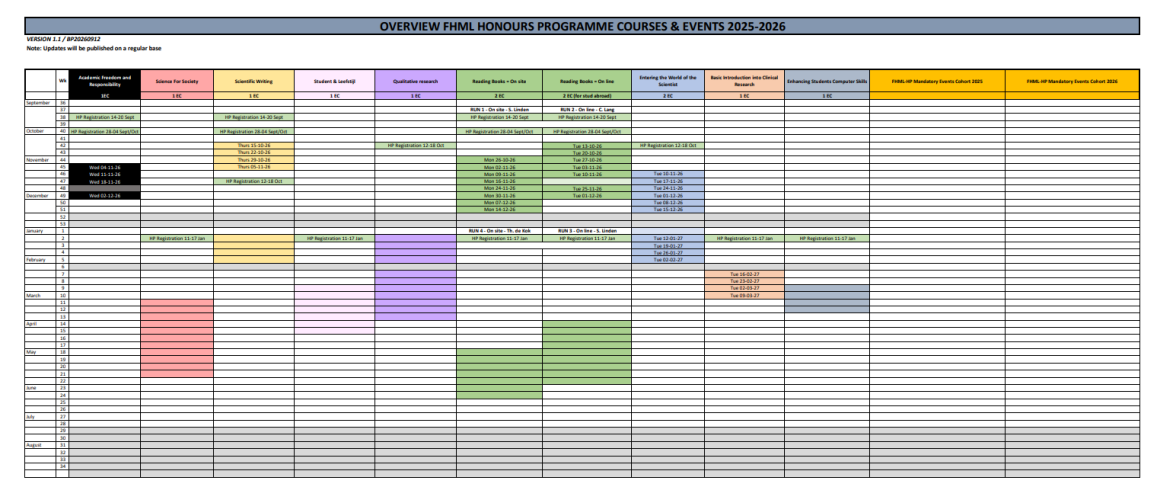
7. **Students Experienced in Lifestyle & Food** (1 EC) *National student initiative*
   - Series of lectures (in Dutch only) about Lifestyle and Food

Honours courses to choose from

8. **Academic Freedom & responsibility** (1 EC) *B.Penders*
   - ➢ Encounters between political philosophy and your project practices

9. **Nominate an external course!** (max. 1 EC)
   - ➢ Send a request to the Honours Secretary and receive credits

Always consult Calendarium in Canvas course HON0126


OVERVIEW FHML HONOURS PROGRAMME COURSES & EVENTS 2025-2026

VERSION 1.1 / BP20260912

Note: Updates will be published on a regular base

Honours Lecture Points

Attend <u>at least</u> 5 workshops and/or lectures to obtain 5 Lecture Points = 1 EC

Offered by:
- Studium Generale
- UM Library
- MAAHS
- FHML / MUMC+
- UM Career Services
- Elsewhere

Mandatory proof: Attendance certificate or Reflection scheme

Honours

LP

Honours +

honoursplus@maastrichtuniversity.nl

https://excellence-edlab.maastrichtuniversity.nl/honours/about-honours

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What do you need to do first?

Week 39-40 (September 21st - October 2nd 2026):

Register for the trainings of the mandatory Course Unveiling YOU!

- Training Discover Your Competencies
- Training Personal Development Plan

Sign up for Projects > Deadline: Thursday 24th of Sept at 09.00 hrs (AM)

Sign up for Honours+ > Deadline: Monday 28th of Sept at 09.00 hrs (AM)

Attend Crazy88 on Thursday 1st of Oct at 18.45 hrs

After Crazy88: **Organise your team & contact your Project Coach(es)** to schedule a first meeting > Deadline Monday 12th of Oct at 09.00 hrs (AM)

To Do List....

so many things!

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Questions?



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