

# A!

Aalto-yliopisto

# Aalto Psychologist's Services

- We are here for you



# Study psychologist

- Typical topics we discuss in our meetings with students:
  - *Study skills*
  - *Motivation*
  - *Time management*
  - *Stress*



[https://into.aalto.fi/display/enopisk/Study  
-+and+career+planning+psychologists](https://into.aalto.fi/display/enopisk/Study+-+and+career+planning+psychologists)



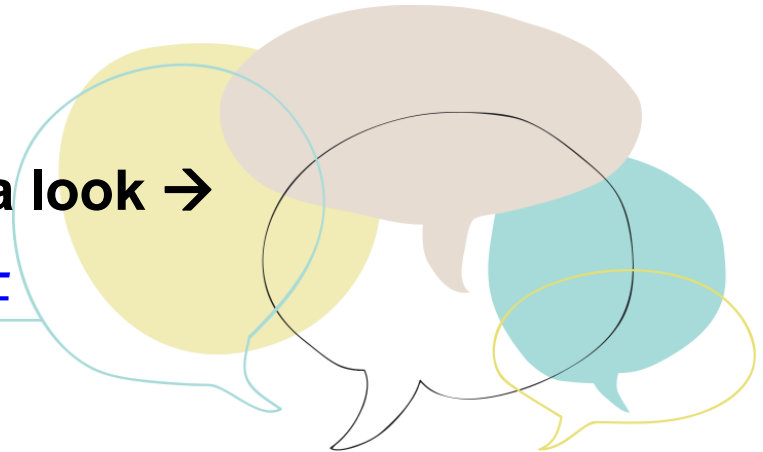
# Career counselling psychologist

- When you think about your career and worklife
  - *"What do I know?"*
  - *"What I'm I good at?"*
  - *"Where can I find good options for me?"*

**Seija Leppänen - uraohjauspsykologi**

**How to book an appointment? Take a look →**

<https://into.aalto.fi/display/enopisk/Study-and-career+planning+psychologists>



# Greetings from Seija, Career counselling psychologist

*"Study time goes fast, so it might be a good idea to start thinking about your career already in the beginning of your studies. Future can arouse many kind of feelings and thoughts and if a student wants to talk about plans for the future, career counselling psychologist could be somebody to talk with. "*



# Workshops - Autumn 2021

- Time management for (better) studying
- International student - How to connect in a new country?
- Let's talk about your future!
- Power of Self-Compassion in Stress-Management



# Online materials and self-study

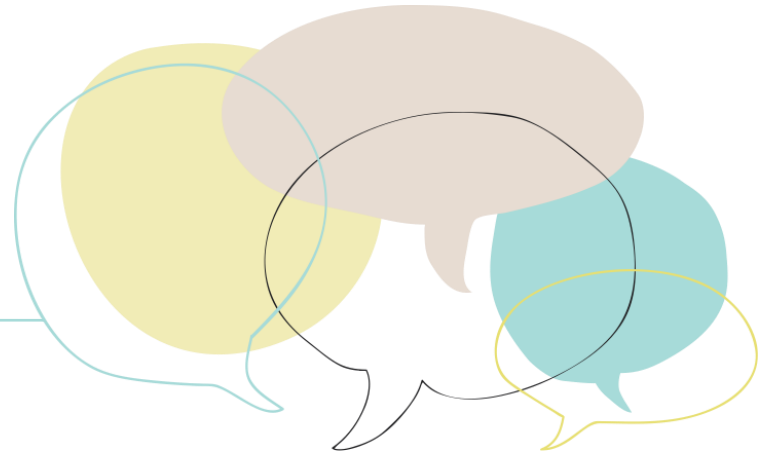
- MyCourses-materials for self-study
- Study skills INTO web pages



# How to book an appointment?

- You will find more Information:

<https://into.aalto.fi/display/enopisk/Study-and-career+planning+psychologists>



# Greetings from Study psychologist

*“Just go and meet people also in online meetings. Many students feels a bit nervous talking with new people (that is okay). Most of us are very happy when somebody comes and says hello with a smile“*

