



Starting Point of Wellbeing

On this sheep-scale,  
how do you feel today?



WOOL FOR EVERY DAY #IWOOLWOOLYOU

# Starting Point of Wellbeing- What is it?

- Advice and guidance on matters related to your wellbeing and study ability.
- On the campus, room Y199c Undergraduate Center and online.
- You can just drop in, without booking an appointment.
- Different wellbeing services on different days: study counselors, study- and career counselling psychologists, Aalto chaplains...
- Events, such as Open doors, Fridays with Starting Point of Wellbeing and Beat the Blues.

[Starting Point of Wellbeing | Aalto University](#)

# Schedule

Schedule 16.1.2023 onwards

Mon	Tue	Wed	Thu	Fri
<b>10-11 Study and career counselling psychologists</b> <a href="#"><u>(chat/video)</u></a>	<b>10-11 Study and career counselling psychologists</b> <a href="#"><u>(chat/video)</u></a>	<b>10-11 Study and career counselling psychologists</b> <a href="#"><u>(chat/video)</u></a>	<b>10-11 Study and career counselling psychologists</b> <a href="#"><u>(chat/video)</u></a>	<b>10-11 Study and career counselling psychologists</b> <a href="#"><u>(chat/video)</u></a>
<b>13-15 Study and career counselling psychologists (SPW- room, Y199c)</b>	<b>12-13 Open Doors (SPW- room, Y199c)</b>	<b>13-15 Aalto- chaplains (SPW- room, Y199c)</b>	<b>13-15 Guidance counsellors (SPW- room, Y199c)</b>	<b>27.1, 24.2, 31.3 and 28.4. at 13-15 Fridays with SPW- events (SPW-room, Y199c)</b>
			<b><u>16.2, 16.3 and 13.4, at 16-18 Beat the Blues -events</u></b>	

# Beat the Blues- events

- Come as you are! We are offering a place to share experiences, make new friends and maybe learn something new about surviving – and thriving – In Finland!
- Events are free of charge on the campus. However, we wish that you register in advance for each event you are taking part in (so that we are able to prepare enough snacks and coffee for everybody).
- 16.2., 16.3. and 13.4.



# Groups, workshops and materials

Groups, workshops and online materials for supporting wellbeing and study ability | Aalto University

## Groups and workshops in English (registration required)

Here are our groups and workshops offered in English. We also offer groups in Finnish - if you are looking for those, please change the language of this page to Finnish.

Towards better wellbeing and studying -course (3 credits), Spring 2023

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Let's talk about your future -workshop 6.3.2023

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### Online material

Benefits of Calmness: mindfulness and other calming practices for You

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The Best Thing Today - a psychology podcast

+

Study Skills -materials

+

### Online Courses via MyCourses

Here you can find our self-help and other online courses (MyCourses) in English. If you are looking for Finnish or Swedish online courses, change the language of this page.

Mindful Tools for Stress Management (mindfulness-based)

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Career Planning Exercises

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Material on time management

+

Stress-management

+

ABCs of getting things done

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# Mindful Breathing

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