

New degree, new me?

Orientation for BIZ master students

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Starting Point of Wellbeing



Aalto-yliopisto
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Today's topics...

Getting to know
each other...

How to retain your
energy during
studies?

New degree, new
me?

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Setting up
intentions for the
upcoming studies

The services of
the Starting Point
of Wellbeing

A few questions to start with...

Answer to Presemo:

<https://presemo.aalto.fi/masterorientation>



How to retain your energy during studies: 5 tips for wellbeing and recovery

1. Create structure to your days

- Repeated routines make our brain's workload lighter
- Routines save us from the constant need for choice making and willpower



2. Protect your free time and detach yourself from studies

Plan your recovery from four angles

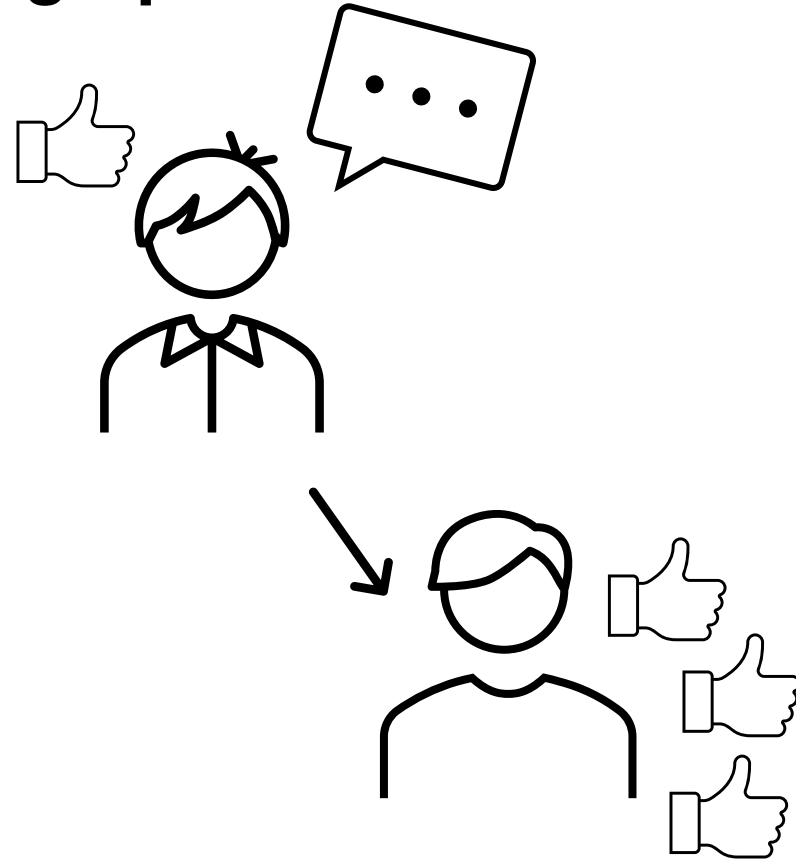
- Schedule *holidays*
- Have days off *every week*
- Schedule breaks and free time for *each day*
- Take *micro breaks* when needed



3. Create connections by being open and who you are

- A. People who engage in intimate disclosures tend to be liked more than people who disclose at lower levels. They are also seen as trustworthy, friendly and warm.
- B. People disclose more to those whom they initially like
- C. People like others as a result of having disclosed to them.

(Collins & Miller, 1994)

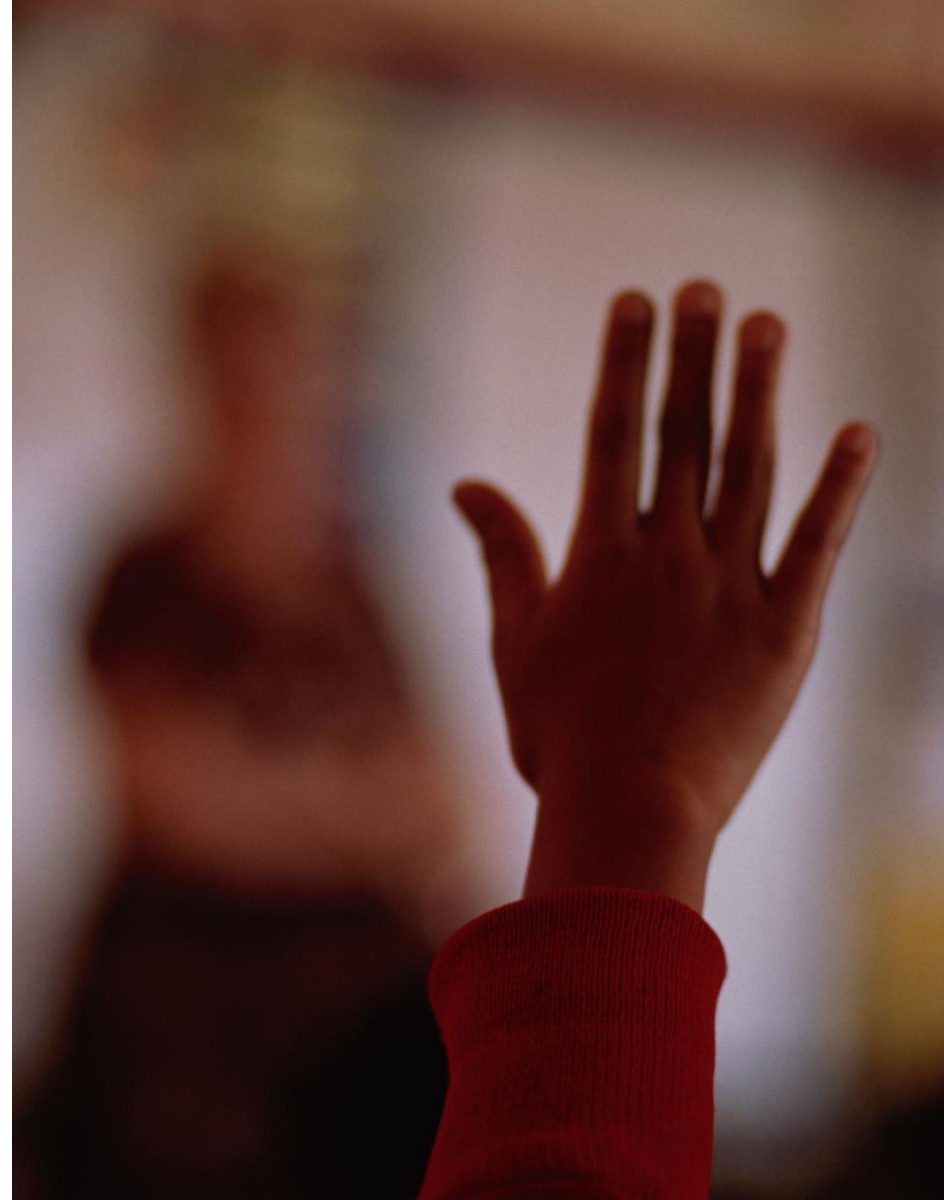


4. Don't hesitate to ask for help

Asking for help/advice

- Improves resilience
- Gives the helper a chance to feel themselves important
- Benevolence can be seen as one of our core needs

(Martela & Ryan, 2015).

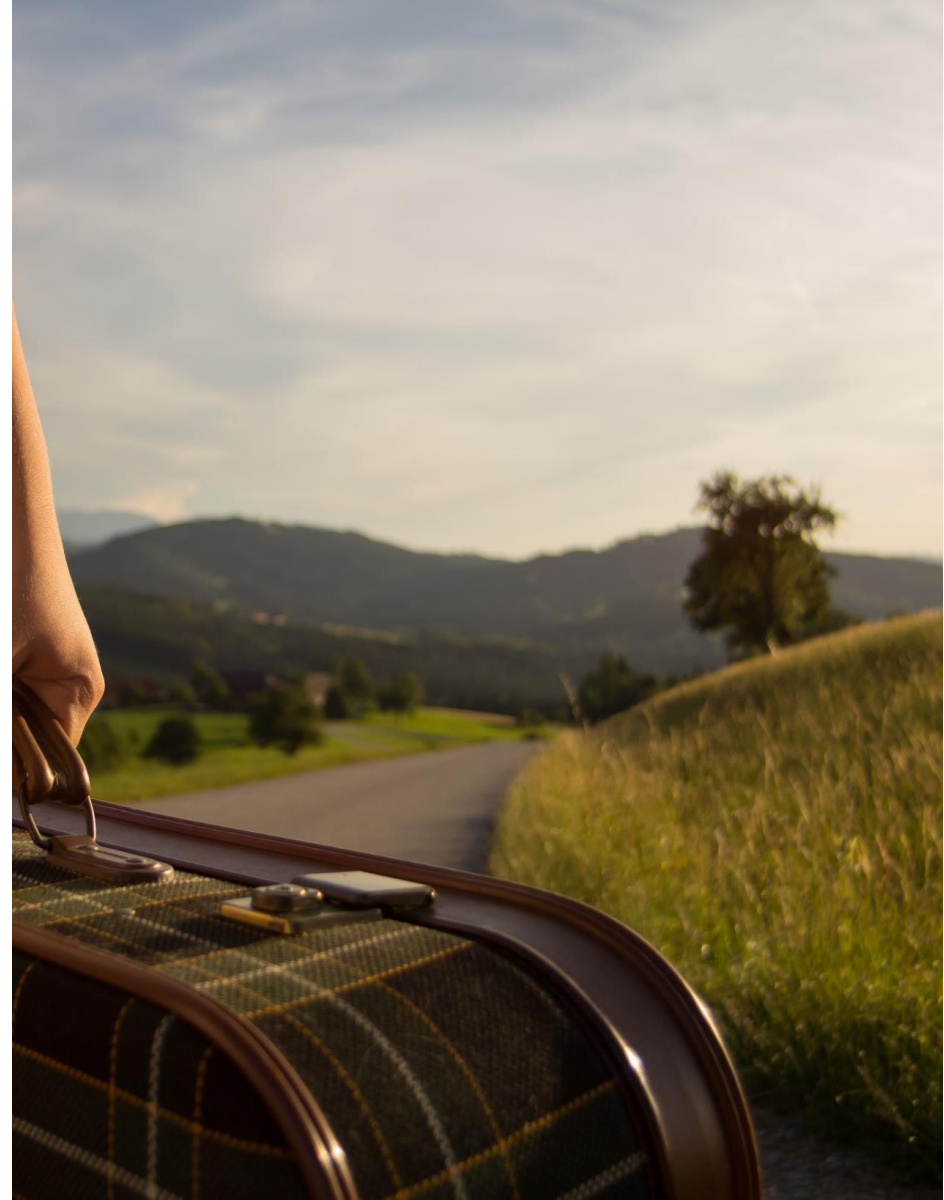


5. Ask yourself: “Why do I study?”

Clarifying what is important to us
and *why* we do what we do

- Helps us to stay motivated
- Helps us to overcome challenges & difficult feelings
- Helps us to make sure we are living according to our *own* values and not somebody else's

(Harris, 2008).



New degree, new me?

-Setting up intentions for the upcoming studies

When you think about your previous studies, what were you happy about in your study routines and student life? What would you like to be different this time?

Write a list of...

- Things you would like to take with you from your past or do similarly**
- Habits you would like to leave behind**
- New routines, actions or perspectives that you would like to try**

Discuss in groups of three

- Introduce yourself 😊
- What type of study routines have worked well for you in the past?
- Name one thing that you would like to try doing differently this time?
- What could be the smallest step towards that?

Starting Point of Wellbeing. When life happens.

Counselling for wellbeing, studying and life

- **Drop-in counselling:** Confidential 20-30 minutes talk with professional counsellor without time reservation.
- **Open doors:** Tuesdays 12-13: coffee, tee and good vibes.
- **Groups, courses and materials:** Theses&Tomatoes, Beat the Blues, Mind and Study –course, Back on track -group



Where: Undergraduate center Y199C. Drop-in counselling also online.

Up to date
schedule on
our website!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10-11.30 GROUP: <u>Theses and Tomatoes</u> <u>Support</u> for thesis writing weekly	10-11 ONLINE DROP-IN: Study and career counselling psychologists (chat/video).	10-12 DROP-IN: Study and career counselling psychologists (SPW-room, Y199c)	10-12 DROP-IN: Special education teacher (SPW-room, Y199c) 10-11 ONLINE DROP-IN: Study and career counselling psychologists (chat/video).
	12-13 Open Doors (SPW-room, Y199c)		
13-15 DROP-IN: Study and career counselling psychologists (SPW-room, Y199c)	13-15 DROP-IN: Aalto-chaplains (SPW-room, Y199c)	13-15 DROP-IN: <u>Career Counsellors - Career Design Lab</u> (SPW-room, Y199c)	13-15 DROP-IN: Guidance counsellors (SPW-room, Y199c)
	15-16 DROP-IN: <u>Career counsellors - Career Design Lab</u> (SPW-room, Y199c)	16-18 EVENT: <u>Beat the Blues</u> Events for international students three times every semester	



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Study credits for study wellbeing:

Mind & Study - toolbox for being well in studies, CS-CV0005 (3 cr)



More info:

[Mind & Study - toolbox for being well in studies is organized also in English | Aalto University](#)

Remember also...

Individual counselling by study and career counselling psychologists | Aalto University

Frontpage - FSHS (yths.fi)

In practical questions related to study planning: planning officers



Questions?

Sources:

Demerouti, E., Bakker, A.B., Geurts, S.A.E. and Taris, T.W. (2009), "Daily recovery from work-related effort during non-work time", Sonnentag, S., Perrewé, P.L. and Ganster, D.C. (Ed.) Current Perspectives on Job-Stress Recovery (Research in Occupational Stress and Well Being, Vol. 7), Emerald Group Publishing Limited, Bingley, pp. 85-123. [https://doi.org/10.1108/S1479-3555\(2009\)0000007006](https://doi.org/10.1108/S1479-3555(2009)0000007006)

Uuvutko töissä? Laaja suomalaistutkimus selvitti, miten palautumisen voi aloittaa jo työpäivän aikana - Tiede | HS.fi

Virtanen, A., De Bloom, J. & Kinnunen, U. (2020). Relationships between recovery experiences and well-being among younger and older teachers. *Int Arch Occup Environ Health* 93, 213–227. <https://doi.org/10.1007/s00420-019-01475-8>

Harris, R. (2008). The happiness trap: How to stop struggling and start living.

Martela, F. and Ryan, R. M. (2015). The Benefits of Benevolence: Basic Psychological Needs, Beneficence, and the Enhancement of Well-Being. *Journal of Personality*. doi: 10.1111/jopy.12215

Collins, N., & Miller, L.C. (1994). Self-disclosure and liking: a meta-analytic review. *Psychological bulletin*, 116 3, 457-75 .



Have a great semester!