
Starting Point of Wellbeing

Questions about wellbeing, studying or life?
Welcome! We are here for you.



Starting Point of Wellbeing



Counselling on wellbeing, studying and life for all Aalto students.

- Drop-in counselling: 20-30 min without appointment
- Facilitated peer groups (e.g. Beat the Blues, Pomodoro)
- Online material (podcasts, Concentration training, Career Planning MyCo)
- Courses (e.g. Mind and Study, Back to studies - Tauolta tutkintoon)
- Individual counselling with time reservation

Who supports the student?

- Study and career counselling psychologists (opinto- ja uraohjauspsykologit)
- Guidance counsellors (opinto-ohjaajat)
- Career counsellors - Career Design Lab (uraohjaajat)
- Aalto chaplains (Aalto-papit)
- Special education teacher (erityisopettaja)
- Established network: FSHS (YTHS), Unisport, AYY, Vamos, Ohjaamotalo – House of Guidance, Helsinki Missio

Website: **Starting Point of Wellbeing | Aalto University**



We support students in many topics...

- Time management, procrastination, motivational challenges, study techniques, study related stress and anxiety (study and career counselling psychologists)
- Decision making, goal setting, life- and career planning, recognizing study related possibilities, prioritizing and future options (Aalto guidance counsellors)
- Studying with learning difficulties, illness or a handicap (special education teacher)
- Career planning, finding job opportunities, career design (career coaches)
- Confidential discussions on all life topics, e.g. (challenging) life situations, relationships, crisis (Aalto chaplains – regardless of world view)



Drop-in counselling: Undergraduate center Y199C & ONLINE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10-11.30 GROUP: <u>Theses and Tomatoes</u> <u>Support</u> for thesis writing	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 Design Lab</u> (SPW-room, Y199c)	13-15 DROP-IN: Guidance counsellors (SPW-room, Y199c)
	15-16 DROP-IN: <u>Career Design Lab</u> (SPW-room, Y199c)	16-18 EVENT: <u>Beat the Blues</u>	

More details on website!



Theses&Tomatoes: Start your studies with Pomodoro

Are you having **trouble getting started** with your studies? Do you struggle to **establish routines**? Does studying feel like a lonely task? Join us for **guided studying** and pick up **tips for more effective work** during Pomodoro sessions!

Pomodoro technique encourages focused work. Sessions are **online in Zoom from Monday to Thursday** in cooperation with other universities. Aalto's **Theses & Tomatoes Mondays 10.00-11.30**.

Info and Zoom-link: **Theses & Tomatoes: Start your studies with Pomodoro | Aalto University**



Group: Beat the Blues!

Share experiences in a relaxed atmosphere. **Insights on topics related to living in Finland.** Beat the Blues –events:

- **on campus** (Otakaari 1, Undergraduate Center)
- **free of charge** and open to Aalto international community

Topics for example

- Living in Finland, Culture shock
- From winter blues to embracing winter
- Employment in Finland, Friends and Festivals, Self compassion

Info and registration: **Beat the Blues! brings international students together and supports wellbeing | Aalto University**

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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 \(3cr\) coming up | Aalto University](#)

Where to get guidance and support?

Support for study planning and making study choices

► MyStudies Success Team

- Study advisor
- Coordinator / Planning officer of your programme
- Academic advisor ■
- Thesis supervisor and advisor

► Starting Point

- Support for internships ■
- Exchange coordinator
- Course teachers
- Urhea contact person

► Tutor •

- Individual study •
- Guidance counsellor •
- Manager of academic affairs

Support for study wellbeing

STARTING POINT OF WELLBEING

- Peer groups
- Workshops
- Events
- Study psychologist
- Career counselling ■
- Guidance counsellor ►
- Special education teacher
- Career coach ■
- Aalto chaplain
- AYY harassment contact person
- FSHS
- Unisport
- Materials for self-study
- Personal Impact courses
- The Best Thing Today podcast

Drop-in guidance

Y199c

Support for career planning

- Academic advisor ►
- Support for internships ►
- Career counselling •
- Career counselling psychologist

CAREER DESIGN LAB

- JobTeaser
- Job search tools
- Job search advising
- Online career design tools
- Workshops and classes
- Career events
- Career coaching
- Mentoring programme
- Aalto International Talent Programme
- Career Design Lab blog
- Future of Work MOOCs

Health care, crisis and challenging situations

- FSHS
- Municipal public health care
- 112
- Nyyti ry
- HelsinkiMissio crisis services for youth
- Mieli ry
- Vamos and Sveps

Thank you for listening and sharing

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Aalto-yliopisto

