

Lilli Huttula

Study Psychologist (Starting Point of Wellbeing)

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

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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](#)

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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 weekly	10-11 ONLINE DROP-IN: Study and career counselling psychologists (<u>chat/video</u>)	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 (<u>chat/video</u>)
	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)

More details on website!



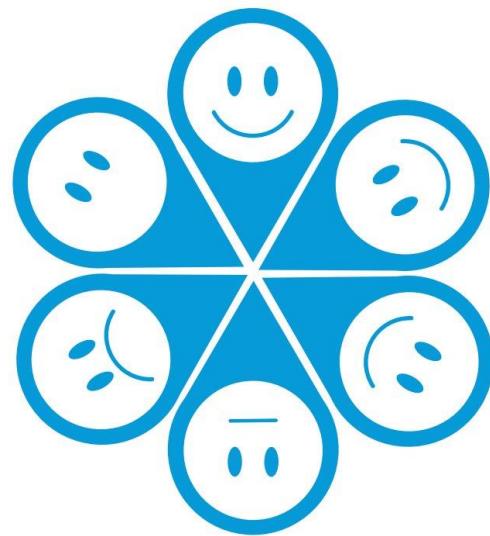
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Theses & Tomatoes: Start your studies with Pomodoro

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**](#)



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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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Next event:
Jan 28th
Employment in Finland

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](#)

Available in IV period, register by Feb 23rd 10am.

Other online materials and courses

- “The Best Thing Today” Podcast by Aalto study psychologists
- MyCourses
 - Concentration training
 - Mindful tools for stress management
 - Career planning exercises
 - Time management
 - Stress management
 - Getting things done
 - Self compassion
- Study skills online material

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Thank you for listening and sharing

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Starting Point of Wellbeing |
Aalto-yliopisto

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