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**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
<b>10-11.30 GROUP: <u>Theses and Tomatoes</u></b>  <u>Support</u> for thesis writing weekly	<b>10-11 ONLINE DROP-IN: Study and career counselling psychologists</b> ( <a href="#">chat/video</a> )	<b>10-12 DROP-IN: Study and career counselling psychologists</b> (SPW-room, Y199c)	<b>10-12 DROP-IN: Special education teacher</b> (SPW-room, Y199c)  <b>10-11 ONLINE DROP-IN: Study and career counselling psychologists</b> ( <a href="#">chat/video</a> )
	<b>12-13 Open Doors</b> (SPW-room, Y199c)		
<b>13-15 DROP-IN: Study and career counselling psychologists</b> (SPW-room, Y199c)	<b>13-15 DROP-IN: Aalto-chaplains</b> (SPW-room, Y199c)	<b>13-15 DROP-IN: <u>Career Counsellors - Career Design Lab</u></b> (SPW-room, Y199c)	<b>13-15 DROP-IN: Guidance counsellors</b> (SPW-room, Y199c)

More details on website!



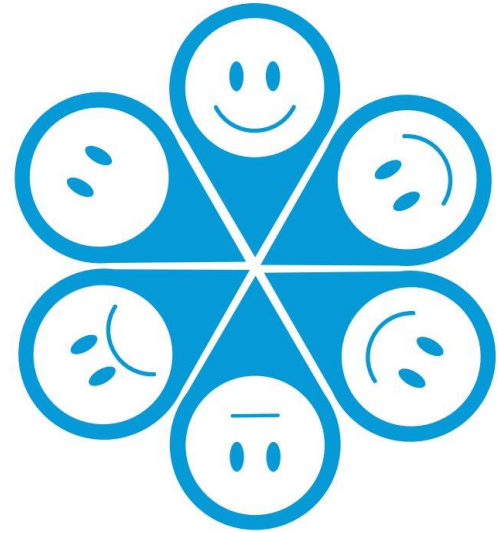
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# Theses & Tomatoes: Start your studies with Pomodoro

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**



# 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 28<sup>th</sup>  
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

# Thank you for listening and sharing

Do you have questions about  
wellbeing, studying or life?  
Welcome! We are here for you.

**Starting Point of Wellbeing |**  
**Aalto-yliopisto**



**A!**