
Starting Point of Wellbeing

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

27.8.2026

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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)
- 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?

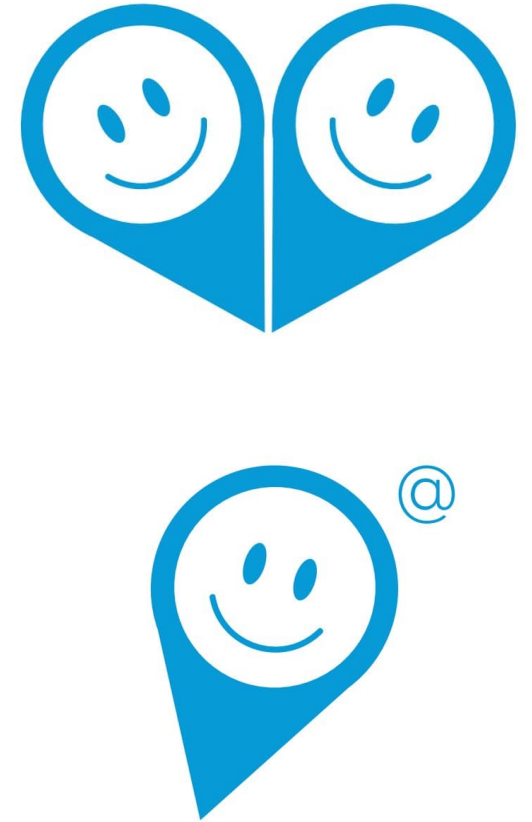
- Study and career counselling psychologists (opinto- ja uraohjauspsykologit)
- Guidance counsellors (opinto-ohjaajat)
- Career counsellors - Career Design Lab (uraohjaajat)
- Aalto chaplains (Aalto-papit)
- Special education teacher (erityisopettaja)
- Established network: FSHS (YTHS), Unisport, AYY.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

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



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 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: Aalto-chaplains (SPW-room, Y199c)		
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More details on website!



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**



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**

Thank you for listening and sharing

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

Starting Point of Wellbeing |
Aalto-yliopisto

