Aalto Psychologist’s Services
- We are here for you
Study psychologist

• Typical topics we discuss in our meetings with students:

  - Study skills
  - Motivation
  - Time management
  - Stress

https://into.aalto.fi/display/enopisk/Study-and+career+planning+psychologists
Career counselling psychologist

- When you think about your career and worklife
  - "What do I know?"
  - "What I'm I good at?"
  - "Where can I find good options for me?"

Seija Leppänen - uraohjauspsykologi
How to book an appointment? Take a look →
https://into.aalto.fi/display/enopisk/Study-and+career+planning+psychologists
Greetings from Seija, Career counselling psychologist

“Study time goes fast, so it might be a good idea to start thinking about your career already in the beginning of your studies. Future can arouse many kind of feelings and thoughts and if a student wants to talk about plans for the future, career counselling psychologist could be somebody to talk with.”
Workshops - Autumn 2021

• Time management for (better) studying

• International student - How to connect in a new country?

• Let's talk about your future!

• Power of Self-Compassion in Stress-Management
Online materials and self-study

- MyCourses-materials for self-study

- Study skills INTO web pages
How to book an appointment?

• You will find more Information:

https://into.aalto.fi/display/enopisk/Study-and+career+planning+psychologists
Greetings from Study psychologist

“Just go and meet people also in online meetings. Many students feel a bit nervous talking with new people (that is okay). Most of us are very happy when somebody comes and says hello with a smile“