

Henna Niiva



**Study Psychologist
(Starting Point of Wellbeing)**



Starting Point of Wellbeing

On this sheep-scale,
how do you feel today?



WOOL FOR EVERY DAY #IWOOLWOOLYOU

Support for study planning and making study choices

▶ MyStudies Success Team

- ▶ Study advisor
- ▶ Coordinator / Planning officer of your programme
- ▶ Academic advisor ■

▶ Starting Point and student services

- ▶ Support for internships ■
- ▶ Exchange coordinator
- ▶ Course teachers

▶ Tutor ●

- ▶ Individual study ● arrangements
- ▶ Guidance counsellor ●
- ▶ Manager of academic affairs

Support for study wellbeing

STARTING POINT OF WELLBEING

- Peer groups
- Workshops
- Events
- Study psychologist
- Career counselling ■ psychologist
- Guidance counsellor ▶
- Aalto chaplain
- FSHS
- Unisport
- AYY
- Materials for self-study
- Personal Impact courses
- The Best Thing Today podcast

Drop-in services

Y199c

Support for career planning

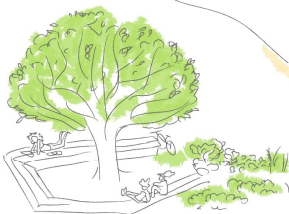
- Academic advisor ▶
- Support for ▶ internships
- Career counselling ● psychologist

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

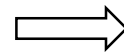
- FSHS
- Municipal public health care
- 112
- Nyyti ry
- HelsinkiMissio crisis services for youth
- Mieli ry
- Vamos Espoo



Starting Point of Wellbeing – What is it?

- Advice and guidance on matters related to your wellbeing and study ability.
- On the campus, room Y199c Undergraduate Center and online.
- You can just drop in, without booking an appointment.
- Different wellbeing services on different days: guidance counsellors, study- and career counselling psychologists, Aalto chaplains, Career Design Lab...
- Events, such as Open doors, online peer study sessions with Pomodoro and Beat the Blues.

[Starting Point of Wellbeing | Aalto University](#)



Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10-11.30 GROUP: <u>Thesis and Tomatoes</u> Facilitated co-writing sessions for thesis writing	10-11 ONLINE DROP-IN: Study and career counselling psychologists (chat/video).	10-12 WALK-IN: Study and career counselling psychologists (SPW-room, Y199c)	10-12 WALK-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 WALK-IN: Study and career counselling psychologists (SPW-room, Y199c)	13-15 WALK-IN: Aalto-chaplains (SPW-room, Y199c)	13-15 WALK-IN: <u>Career Design Lab</u> (SPW-room, Y199c)	13-15 WALK-IN: Guidance counsellors (SPW-room, Y199c)
	15-16 WALK-IN: <u>Career Design Lab</u> (SPW-room, Y199c)	GROUP: <u>Beat the Blues</u> Event for international students Wed 31.1. & Wed 6.3. & Wed 10.4.	

Beat the Blues -events

- Come as you are! We are offering a place to share experiences, make new friends and maybe learn something new about surviving – and thriving – In Finland!
- Events are free of charge on the campus.

31.1. Employment in Finland

6.3. Imposter syndrome

10.4. Friends and Festivals



Mind & Study - toolbox for being well in studies, 3 cr

[Mind & Study and other
Personal Impact -courses](#)



Online co-studying and online courses

Groups, workshops and online materials for supporting wellbeing and study ability | Aalto University



Online Co-studying and other activities (no registration required)

Theses & Tomatoes -co-writing on Mondays, autumn 2023

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Start your studies with Pomodoro

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Online materials and online courses about:

- ❖ Stress-management
- ❖ Mindfulness
- ❖ Power of self compassion

- ❖ Study skills
- ❖ Time-management and getting things done
- ❖ Training your concentration

- ❖ Career planning

Follow our channel

 @aaltowellbeing

