

# UTU Well-being Services

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Coordinator  
Study and Work Well-being Services

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*Every student and staff member  
has the right to a good and  
balanced environment for  
studying and working.*

# Well-being Services for Students

- Campus Sport
- Support for learners with special needs:  
Special Study Arrangements
- Study Psychologist Services
- On My Mind activities
- Early Support of Study Ability

**CampusSport**

**Join us!**

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# Special study arrangements at the UTU

## – what and how?

- Legal background Non-discrimination Act (1325/2014):  
The education provider shall take reasonable steps to ensure that persons with disabilities can access and survive the education.
- Students can receive a recommendation of special study arrangements due to disability, illness, dyslexia, or learning difficulties.
- The student can contact Accessibility Planning Officer, who will make the recommendation based on a conversation with the student. The recommendation can only be given once the student has presented a medical certificate or other expert opinion to the Accessibility Planning Officer.
- Students receive a recommendation for themselves via e-mail.
- The student is responsible for giving the recommendation to the person in charge of the course so that arrangements can be agreed upon.

# Accessibility Planning Officers: who they are and how to contact?



Essi Huuhka

Paula Pietilä

Contact by e-mail:  
[esteet@utu.fi](mailto:esteet@utu.fi)

or call:  
+358 50 597 1066 (Paula)  
+358 50 349 9139 (Essi)

Bookings for conversation  
with Asio system

More information:  
[https://intranet.utu.fi/index/accessibility\\_studying/Pages/default.aspx](https://intranet.utu.fi/index/accessibility_studying/Pages/default.aspx)

# Study Psychologist Services

- experts in educational psychology and in student counselling
- for students who want to reflect on their goals and motivation and develop their learning skills, study habits, life management and wellbeing
- aim is to find solutions together with the student to the problems that can arise in:
  - studying and learning skills
  - writing the thesis (for example, seminar papers and the thesis itself)
  - matters related to motivation in studying and learning
  - time management
  - ability to study and coping
- aim is to support students to overcome difficulties and to carry on with their studies
- individual counselling (1-5 meetings, live or on line) or group counselling
- available for the degree students of the UTU, i.e. students who are carrying out a degree (not, for example, exchange students)



# Study Psychologists: who they are and how to contact?



Louise  
Hellström

Sanna  
Keskitalo

(Tiina  
Tuominen)  
Riikka  
Suohurme

Tiina  
Danbom

Contact by e-mail:  
[opintopsykologi@utu.fi](mailto:opintopsykologi@utu.fi)

or call: +358 50 5020 749  
phone time Wednesdays at 14-15

More information:

[https://intranet.utu.fi/index/Study\\_Psychologist/Pages/default.aspx](https://intranet.utu.fi/index/Study_Psychologist/Pages/default.aspx)

# Link tips

- **Study skills:** <https://www.skillsyouneed.com/learn/study-time.html>
- **Self-esteem, social skills, time management etc:** <https://www.nyyti.fi/en/opiskelijoille/opi-elamantaitoa/>
- **Mental health and wellbeing:** <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>
- **Coping with stress:** <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>



# On My Mind

- Support student programme is a form of peer support given by students for students
  - one-to-one conversational support
  - group activities such as movie nights and day trips
  - well-being themed events
- Our goal is that nobody is left alone with their worries and difficulties
- Reach out to one of our support students through our website by filling out the **Shall we talk? contact form**
  - **NB!** Support students are not healthcare professionals themselves, but if necessary, they know where to find suitable professional help by utilizing their orientation training



[utu.fi/onmymind](https://utu.fi/onmymind)



@mielen\_paalla



# What is Early Support for Students?

- The well-being of students and staff stems from balanced, inspiring, and functional everyday life in the University community > everyone can direct their energy to learning, teaching, and performing other important work tasks.
- There may be occasional disturbances in studying and teaching which affect on well-being. When any member of the University community feels that the prerequisites for normal studying or working are disturbed, the matter should be discussed as early as possible.
- To clarifying situations and finding solutions, both teachers, teacher tutors as well as students and student tutors can get support, for example from their faculty (Head of Academic and Student Affairs or Student Advisor), from support services (especially Educational Support Services, Student Support Services, Study and Work Well-Being Services) as well as from other parties.

# Feel free to contact early support persons

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**Heidi Vuoristo**

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**Study Psychologists**

[opintopsykologi@utu.fi](mailto:opintopsykologi@utu.fi) or

phone time Wednesdays at 14-15 tel. +358 50 5020 749

**Accessibility Planning Officers**

[esteet@utu.fi](mailto:esteet@utu.fi) or +358 50 597 1066 (Paula) / +358 50 349 9139 (Essi)

Together with the support person you can confidentially seek solutions in any problem situation interfering with studying and learning.



Have nice moments  
at the UTU ☺



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# Get inspired.



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