UTU Well-being Services

Anu Mäkelä, Study and Work Well-being Coordinator

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



Study and Work Well-being Services

- our unit is a joint support function for staff and students to promote the well-being of the university community
- the first in Finland, started on January 1st 2017
- support for the everyday life of the entire community, about 25.000 "customers"
- staff: about 15 persons
- synergies when providing services and expert support to students and staff from the same unit
- one of primary responsibilities is to enhance and support wellbeing at the UTU

Well-being Services for Students

- Campus Sport
- Accessibility Planning Officer
- Study Psychologist Services
- Early Support of Study Ability



CampusSport

Join us!

www.campussport.fi info@campussport.fi Facebook & Instagram:

@campussportturku
#campussportturku

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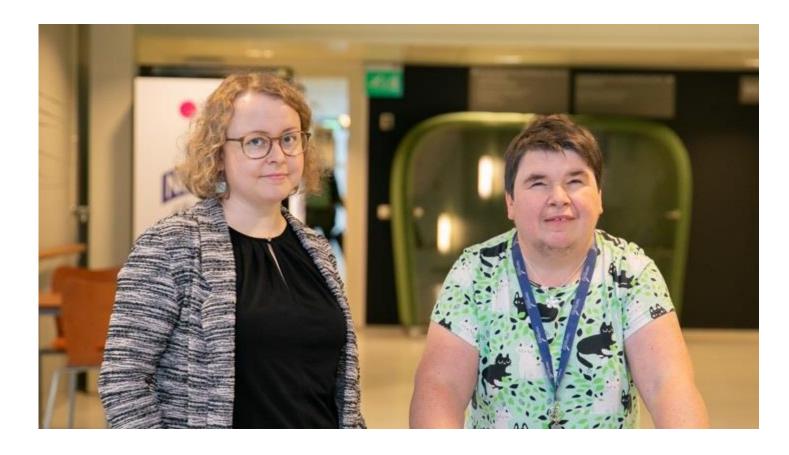


Accessibility Planning Officer

Every member of the University community has the chance to take part in the University's activities and develop their abilities and know-how.

- Accessibility means easy access to physical environment and buildings.
- Availability of studying and teaching means, for instance, that students
 have a possibility to get study material in a suitable format. It could also
 mean organising the study place or situation so that it is suitable for a
 student with a wheelchair or dyslexia.
- Support for learners with special needs
 - The student can receive a recommendation of special study arrangements due to disability, illness, dyslexia, or learning difficulties.
 - The recommendation can only be given once the student has presented a medical certificate or other expert opinion.
 - https://intranet.utu.fi/index/special_arrangement_teaching/Pages/default.aspx
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Accessibility Planning Officers: who they are and how to contact?



Essi Huuhka

Paula Pietilä

Contact by e-mail:

esteet@utu.fi

or call:

+358 50 597 1066 (Paula)

+358 50 349 9139 (Essi)

More information:

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?



Sanna Keskitalo Saara Laitinen Tiina Tuominen (Riikka Suohurme) Tiina Danbom Contact by e-mail: 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



Link tips Q

- > Study skills: https://www.skillsyouneed.com/learn/study-time.html
- Self-esteem, social skills, time management etc: https://www.nyyti.fi/en/opiskelijoille/opielamantaitoa/
- 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

Illing 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



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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Study Psychologists

opintopsykologi@utu.fi or

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

Accessibility Planning Officers 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.









THANK YOU!