

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 well-being 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](#)

Well-being Services for Students

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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



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



- 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



@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

Anu Mäkelä

anu.makela@utu.fi or +358 50 351 8586



Heidi Vuoristo

heivuor@utu.fi or +358 50 303 8922

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.

Have nice moments
at the UTU 😊





**UNIVERSITY
OF TURKU**

THANK YOU!