

# Study guidance

[Suomeksi](#) | [På svenska](#)

The university offers study guidance at multiple levels.

## Student advisors are available at your own school or degree programme

- Learning service planners, coordinators and study affairs secretaries are always there to help with any questions you may have related to studying.
- Programme planners and coordinators are the best informed about degree programme contents and degree requirements.
- Study affairs secretaries are responsible for the graduation process, for grouping studies, and for entering completed studies into the study attainment register.
- International planning officers may be contacted in all matters pertaining to international studies.
- Doctoral study planners may be contacted in matters pertaining to doctoral education.
- Peer advice: Student tutors can be of assistance especially when you are just starting out with university studies. Some degree programmes also employ a part-time study advisor. Study advisors are students who have advanced in their studies. You can turn to them with any questions relating to studies and studying or learning methods.
- Course teachers: Study guidance is also given in connection with teaching. Lecturers and assistants may be approached in matters involving studies. Course-specific study guidance is provided by the teacher of the course (professor, lecturers, assistants, etc.). As teachers generally have set hours for seeing students, so appointments should be made in advance.

Some schools also have separate academic advising in order to increase teacher–student interaction and collaboration.

Swedish-language study guidance: General study advice is provided in Swedish by Pia Rydestedt and also more information [Swedish student services](#) (in Swedish).

## Other guidance services

- The One-Stop Guidance Centers guide and help young people under 30 years of age with any major and minor life problems, whether they have to do with studying, finding work, relationships, money, or wellbeing. <http://ohjaamot.fi/mika-on-ohjaamo-1>
- Vamos supports young people under 30 years of age who are at the risk of being excluded from education or the world of work. If you are having trouble with studying or think you may drop out of university, Vamos is the place for you. <https://www.hdl.fi/en/support-and-action/young-people/>
- Nyyti ry. supports student wellbeing and study capacity: [nyyti.fi/en/](http://nyyti.fi/en/)
- All guidance and support services for persons under 30 years of age: [nuortelama.fi](http://nuortelama.fi) (in Finnish and Swedish only).