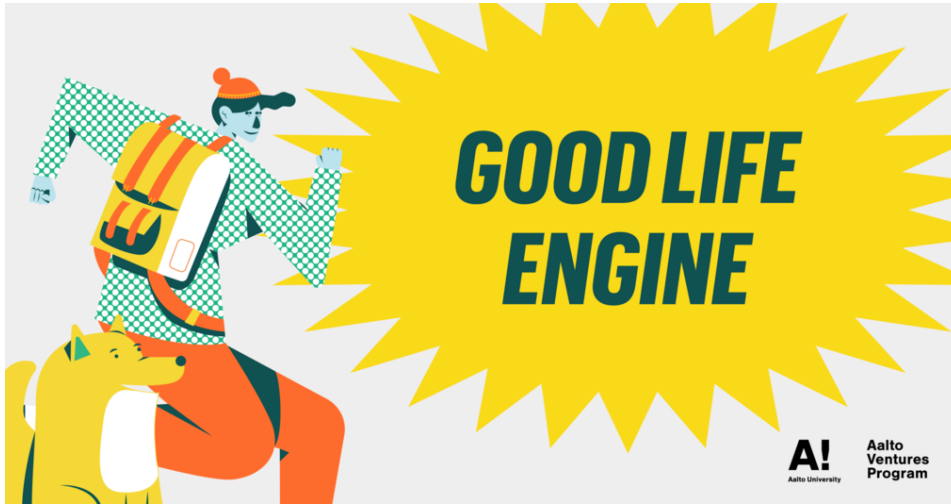


Less zooming, more living | Good Life Engine course returns in September 2021



Good Life Engine is a unique routine and time management course that creates a framework for personal growth. In addition, the course addresses global trends of well-being, life design and self-development, helping students to build stamina and habits to cope with both successes and failures of life.

Self-improvement is not a miracle. It's the result of small daily practices and decisions that require more than just patience. That's why we offer a multidisciplinary course where students of any level learn the importance of psychological and physical balance to prepare for challenges, achieve goals, and maintain a positive attitude in life.

Over the course, you will build a routine activity, learn how to maintain, iterate and develop it, and in the long run apply the methods and know-how to bigger goals and aspects in life. As the course focuses on the individual journey of the student, most of the work is done outside the class. There is an online session roughly once every month. Outside those, you'll be able to develop your routine and report your progress anywhere you want. Less zooming, more living.

"I feel that this kind of course is very rare and meaningful for all students at Aalto University."

– Student feedback

Interested in what Good Life Engine might offer you? Hear about our student's experiences and the habits they created on [our Youtube](#).

The course begins again in September 2021 and is worth 5 ECTS. Registration opens in August in Sisu. Get ready for the course enrollment and add the course to your personal study plan already today!

Read more about the course on the AVP website: <https://avp.aalto.fi/avp-course/good-life-engine/>