Study- and career planning psychologists

Aalto psychologist services for students 2021-22

You can contact a study psychologist for example when you are looking for help with time management, you find yourself procrastinating, you are lacking motivation, you are looking for a study method that suits you, or you are experiencing study related stress, anxiety or burnout.

A career counselling psychologist specializes in career management issues and supports you in career and life planning, and transition to work. Career counselling supports you in self-knowledge, building a meaningful career, identifying opportunities, and making decisions.

The Aalto psychologists guide and support all undergraduate and doctoral students at Aalto University. The service is free of charge and confidential, and is primarily available via remote options. If need be, you can also meet the psychologist in person on campus. You can reserve an appointment through e-mail (instructions below) or meet a psychologist without an appointment via Zoom (read more: Starting Point of Wellbeing).

Note that, if you need healthcare, you should contact the student health care services, FSHS (if you are a doctoral student, you should contact occupational health care or your local health care center). Also, you can find other sources of information and support (outside Aalto) here: Where to find help?

Courses, workshops and self-study material

The Aalto psychologists organize courses and workshops to help with study skills, wellbeing and career planning. There is also self-study material available on these topics. You can find more information about these courses via this link.

Booking an individual appointment with an Aalto psychologist

You can book an appointment easily via e-mail (use your Aalto-e-mail for this). We will answer you as soon as possible, and offer you an appointment within a couple of weeks. Always include the following information in your e-mail:

- your name
- the name of your study programme and the name of your school
- your phone number
- a short description of your need for an appointment
- let us know if you have already had a meeting with Aalto psychologists before in some point of your studies
- also let us know whether you prefer a meeting in person.

Appointments to the study psychologist: opintopsykologi(at)aalto.fi

Appointments to the career counselling psychologist: seija.leppanen(at)aalto.fi

Appointments to the psychologist for doctoral students: docstudypsychologist(at)aalto.fi

Data protection and confidentiality

The Aalto psychologists are healthcare professionals who are licensed by the National Supervisory Authority for Welfare and Health (Valvira). The psychologists hold a Master’s degree in psychology and most have had different updating or in-service training.

You might want to talk about things with the psychologist that you don’t want others to find out. The psychologists take confidentiality very serious and always make sure that each discussion remains confidential.

The psychologists take notes during the appointment. Read more about this and archiving procedures here.

You can send us feedback at opintopsykologi(at)aalto.fi.

The Aalto psychologists are Mikko Inkinen, Alli Mattila, Henna Niiva, Hannu Penson, Sanni Saarimäki and Paula Sjöblom. The psychologist for doctoral students is Maria Törnroos, and the career counselling psychologist is Seija Leppänen. They are based at the Aalto University’s Otaniemi campus (address: Otakaari 1, Espoo).

If you want to find their personal Aalto-e-mail or read more information about the psychologists, you can find them in Aalto People.