Starting Point of Wellbeing

The Starting Point of Wellbeing offers students advice and guidance on services related to wellbeing. We post links, tips and contact information here. SPW contact persons are psychologist, project coordinator Sanni Saarimäki and guidance counsellor Marja Lehto. Updated 27.5.2022 12.45.

Follow us on Telegram: t.me/aaltospw

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Starting Point of Wellbeing drop-in advising is on summer break

You can drop in to the Starting Point of Wellbeing without booking an appointment in advance if you need advice and guidance on matters related to your wellbeing and study ability. Also, the current situation in world politics may evoke many emotions and thoughts. If you would like to talk to somebody confidentially, you can come and meet our psychologist or guidance counsellor and get guidance about other support services if needed. From 30.5. onwards we are on summer break and will be back in September. During summer, you may contact us directly to book for an appointment.

### ONLINE (until 27.5.2022)

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### ON CAMPUS (Otakaari 1, room Y199c, in addition to online advising)

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Groups and workshops

You can find information about courses, workshops and self-study materials related to student wellbeing here: Courses and workshops for students

Starting Point of Wellbeing goes Co-Studying: Thursdays at 9.00-11.00 via Zoom (until the end of May)

SPW offers the opportunity to get-together remotely to do independent studying, utilizing Pomodoro-technic. Marja (marja.lehto(a)aalto.fi) or Sanni (sanni.saarimaki(a)aalto.fi) will be there to host a co-study session to support your independent studying. Read more:
SPW offers the opportunity to get-together remotely to do independent studying, utilizing Pomodoro-technic. We’ll start with a short intro and tips from the study psychologist to set goals and you can decide on your own goals for that morning. After that, all participants have 2 x 40 minutes available for independent study (Zoom connection open, but the camera does not have to be kept on). There is a break between these 40 minute “pomodoros”, during which you can also ask questions from study psychologist or chat with others.

The language is English, but you can also participate in Finnish. Participating in the discussion is always voluntary, so you are very welcome join us, also, even if you do not want to share your own goal with others.

When: Every Thursday from 9:00 to 11:00.

Where: In Zoom

In what situations could SPW going Co-Studying be the right place? If any of these apply to you, don’t hesitate to join us!

- You should work independently on a thesis or a larger project (eg write, review sources, etc.)
- You should do course assignments independently (eg essay, exercises, part of group work, etc.)
- You have study-tasks that you constantly postpone because there is no “compulsion” to start right now
- You need a little peer pressure to get started and you feel that there have been too few opportunities to study together with others these days
- It is difficult for you to decide where to start and what would be a suitably sized piece of study for certain amount of time
- You are curious to know what kind of tips and thoughts you could get out from this that might benefit your own studying

Schedule:

9.00 (Thursday) Welcome - study psychologist's instructions to Pomodoro and goal setting; the opportunity to share your own study goal with others
9.15-9.55 First Pomodoro 40 min, independent study
9.55-10.05 Break, opportunity to share thoughts and ask for tips
10.05-10.45 Another Pomodoro 40 min, independent study
10.45-11.00 Summary: opportunity to share if your own goal was successful, and ask for tips from a study psychologist.

Theses & Tomatoes

Theses & Tomatoes

What: co-writing event

When: Mondays at 10-11:30 until 30.5.2022

Where: Zoom

https://aalto.zoom.us/j/62842756249?pwd=TzZzNWNiTQITMDdOQU1WcjR2WIVudz09 (Meeting ID: 628 4275 6249, Passcode: 820375)

For whom: students completing their theses at Aalto University (Bachelor, Master, doctoral)

Are you feeling stuck with your thesis? Or are you just finding it hard to get into a routine with working on your thesis? Maybe you are unsure of what the next step should be or how to get started on a new chapter? Do you feel lonely in your thesis work? Would you like to work in a shared space with others in the same situation?

If you answer yes to any of these questions, you have come to the right place! Join a co-writing space, which will be organized every Monday at 10-11:30 in Zoom.

The aim of this co-writing space is to provide opportunities for you to work independently on your thesis and on self-specified goals alongside others in the same situation, creating a shared experience.

There is no enrolment needed, just join us and get your thesis moving. The seminar is intended for students at Aalto University completing their thesis work.

We will start each Monday at 10 with a short 15-minute introduction to different topics (e.g., goal-setting, time-management, academic writing). Introductions are held by the host and invited guests who are specialized in the topics. You will get to set your own goal and share it with others, if you want. After that there will be two 30-minute Pomodoros, with a 10-minute break in between. During the break, you can ask questions or we can all do some break exercises together.

The co-writing event is led by Aalto psychologist Henna Niiva (henna.niiva@aalto.fi). The language of instruction is English but you are welcomed to ask questions also in Finnish. It’s totally voluntary to join in the discussion and share one’s goals – if you just want to come and work, that’s fine.

Thursday Mindfulness (on summer break)

Mindfulness is about being consciously and non-judgementally in the present moment. A goal is to keep your attention on the present moment and only observe, without assessing or criticising it. Without taking 'time outs', we never get a hold of ourselves or our feelings.
In mindfulness exercises, one tries to focus on specific point (for example, one's own breathing). You are likely to notice that when you do exercises your mind tends to wander to other things. Whenever you notice your concentration going elsewhere, gently lead it back to the exercise. Being consciously present is just that: being aware that your awareness wanders!

These mindfulness-sessions consist of a few exercises guided by Aalto's study psychologist Sanni Saarimäki. The session is aimed at bachelor, master and PhD-students, and to support study-wellbeing, but Aalto-staff members are also allowed to participate.

All you have to do is to arrive at Zoom just before the start of the session (make sure your mic is off and you are in a quiet place). You are not required to have any prior knowledge of mindfulness. At the end of the session, it is possible to chat with the instructor if you wish.

Time: Mindfulness is on summer break!

Open Doors at Starting Point of Wellbeing (on summer break)

Starting Point of Wellbeing is having Open Doors on every Tuesday at 12.00 - 13.00 at Otakaari 1, room Y199c until 24.5. Come and join us for a coffee and learn what SPW is all about!

Fridays with Starting Point of Wellbeing

Fridays with Starting Point of Wellbeing are starting! Join us on various events on campus (Undergraduate centre, Otakaari 1, room Y199c) on Fridays 4.3. - 29.4. at 13 - 15!

Are you considering which major to choose, whether to change fields or to apply for a student exchange, or any other decision that is important to you? Would you like to learn concrete tools for making choices that feel right for you, both in your studies and in other areas of your life? Come to our drop-in workshop on Friday the 4th of March to have a cup of coffee/tea and reflect on making good choices through easy individual exercises. You can just drop by to pick up the exercise booklet, stay for a while to work on them or to have a chat with us. If you register in advance, we'll print you a copy of the exercise booklet in Finnish/English, or you can drop by unannounced, and get an electric copy of the booklet

WHERE? Starting Point of Wellbeing Room Y199c (Otakaari 1, Y-Wing)

WHEN? Friday, 4th of March, 2022 from 13:00 to 15:00 p.m.

WHO? Instructors are Aalto study psychology interns Meeri Anttila & Mona Ahponen

REGISTER by Wednesday, 2nd of March, 2022 via webropol sign-up sheet: https://link.webropolsurveys.com/S/AA07B643C2BF6B75

Come and have a cup of coffee and meet other students and Aalto Wellbeing Services staff! During the afternoon, you'll have a chance to chat with others, take a break from studying and get to know more about the wellbeing services at Aalto. You can stay for the whole time or just pop in for a moment! Coffee, tea, and small snacks are available. There is also a possibility to participate in a guided mindfulness session at 14.30-15.00.

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Are you hoping to meet new people, deepen your connections with your peers or learn networking in real life? Come to our drop-in workshop to have a cup of coffee/tea and share thoughts on face-to-face connecting and networking after a long period of remote studies. Let's brainstorm ideas on connecting and community building and come up with creative solutions to these themes while also getting to know new people and taking our ideas to practice in interaction during the workshop. Register in advance through the sign-up sheet below and show up some time between 13:00-15:00 to join the discussion! The workshop is held in English.

WHERE? Starting Point of Wellness Room Y199c (Otakaari 1, Y-Wing)

WHEN? Friday, 25th of March, 2022 from 13:00 to 15:00 p.m.

REGISTER NOW to secure your spot via webropol sign-up sheet: https://link.webropol.com/s/ConnectingIRL

ADDITIONAL INFO via email from the study psychology intern meeri.anttila@aalto.fi

Come and have a cup of coffee and meet other students and Aalto Wellbeing Services staff! During the afternoon, you’ll have a chance to talk with others, take a break from studying and get to know more about the wellbeing services at Aalto. You stay for the whole time or just pop in for a moment! Coffee, tea, and small snacks are available. There is also a possibility to participate in a guided mindfulness session at 14.30-15.00.

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IN FINNISH

Liikettä ja pysähtymistä – rento workshop opiskelijoille

Työpajan vetävät Aallon psykologit Sanni Saarimäki ja Paula Sjöblom. Kielenä suomi. Ennakkoilmoittautuminen viim. 20.4 seuraavan lomakkeen kautta:
https://link.webropol.com/s/liike2022

Lisätietoja Sannilta sanni.saarimaki@aalto.fi

CANCELLED.

Come and join the Starting Point of Wellbeing & Mental Health Advocacy Association for a relaxing Friday stroll around Otaniemi. There will be coffee and sima (mead) available at the Starting Point of Wellbeing room (Y199c, Otakaari 1) at 13.00 and we'll leave for the walk at 13.30. You are warmly welcome!

Contact information

Contact persons for Starting Point of Wellbeing are study psychologist Sanni Saarimäki (sanni.saarimaki[a]aalto.fi) and guidance counsellor Marja Lehto (marja.lehto[a]aalto.fi).

Office on campus: Undergraduate Centre, Otakaari 1, room Y199c. The Starting Point of Wellbeing is open according to schedule.

Telegram: t.me/aaltospw

www.instagram.com/aaltowellbeing

Study and career counselling psychologists

Starting Point of Wellbeing (SPW) drop in counselling by Aalto psychologists is closed for the summer, but you can book an appointment for individual counselling, please see: Study- and career planning psychologists

Are you looking for help with time management, do you find yourself procrastinating or lacking motivation, are you looking for better study methods, or are you experiencing study related stress, anxiety or burnout? If these issues sound familiar, come and meet the Aalto psychologist to get some support and advising. You can also come and chat if you are returning to your studies after a longer break, if your life situation or health condition is affecting your studies, or if you would like to talk about your concerns related to the future and working life. Aalto's psychologists at SPW can help, for example, if you are considering when and where to get support for well-being and / or study challenges, or if you would like to book an appointment with an Aalto's psychologist.

https://www.aalto.fi/en/palvelut/psychologists-service

The Best Thing Today is a podcast series hosted by the psychologists at Aalto University Learning Services. In the podcast, the psychologists casually talk about wellbeing topics – ranging from student wellbeing to the wellbeing of employees.

The podcast discussions revolve around issues that are familiar in an academic environment, such as how to find motivation, how to manage time and stress, and how to recover. You'll also get to hear how the psychologists take care of their own wellbeing.

Aalto University's psychology podcast in Finnish is called Paras hetki päivässä.

You can find the podcasts here.
In English: https://www.aalto.fi/en/podcasts/the-best-things-today-podcast-series
In Finnish: https://www.aalto.fi/fi/podcastit/paras-hetki-pavassapaodcastit

Individual appointment and other Aalto psychologist services: Study and career guidance psychologists help and support in all challenges related to studying and career planning, and also provide support for distance learning and the feelings that the current global pandemic may evoke. Appointment has to be booked in advance.

The study and career counselling psychology service is available to all Aalto University undergraduate and postgraduate degree students.

Psychological support for Aalto students during corona virus outbreak (MyCourses)

Courses and workshops

Guidance counsellors

Starting Point of Wellbeing drop-in counselling is closed for the summer, but you can book an individual appointment with a guidance counsellor if you need help, e.g. in the following questions:
• evaluate your current study situation and explore alternatives (e.g. you feel like your current programme might not be the most suitable for you)
• discuss your future options, what you would like to do and what interests you
• clarify your goals for studies and working life

You can talk with the guidance counsellor about all matters related to your studies and future possibilities, get help with structuring your thoughts and support for goal setting and study planning. The guidance counsellor can also help when you would like to talk with someone about your studies but are not sure whom to contact.

Contact information:
Marja Lehto, 050 352 1441 / email: marja.lehto@aalto.fi / TG @marjalehto
Pia Rydestedt, 050 560 8378 / email pia.rydestedt@aalto.fi / TG @piarydestedt

School of Arts, Design and Architecture students can also contact Tuuli Asunmaa. Individual appointments can be booked in Vihta.

Aalto chaplains

Studies are demanding and there is also much more to life than studies! Aalto chaplains provide a place for discussion to all Aalto students, regardless of belief or background. Their work is grounded in presence, listening, and absolute confidentiality. We want to support the overall wellbeing of our students.

Come to talk!
Aalto Chaplains at the Starting Point of Wellbeing: Thursdays at 13 - 15 on Zoom (on summer break), but you may contact
anu.morikawa@evl.fi, 050 4644375

Social work done by the church in case of financial difficulties: Please contact Espoo lutheran church Tapiola. Mon-Thu 9-15. Phone: +358 9 8050 4400.

FSHS

FSHS Starting Point of Wellbeing counseling on Tuesdays at 13 - 15 in Zoom and on campus (Otakaari 1, room Y199c) with the following schedule:

*FSHS nurse offers counseling on campus on 5.4., 19.4. and 10.5. and on Zoom on 29.3., 12.4., 26.4., 3.5 and 24.5.

Come and meet the FSHS nurse! We offer low-threshold health counselling and service guidance. You can come and talk to your nurse about issues related to your health or student health care services. For example, a nurse can give you general health advice or tell you about health and well-being services provided by FSHS or other local actors. Please note, however, that we do not conduct medical examinations, book appointments or, for example, fill patient recordings at Starting Point of Wellbeing. If you have any questions about your appointments, you can contact FSHS by phone (general and mental health tel. 046 7101073 and oral health tel. 046 7101085).

Student Healthcare instructions during the coronavirus pandemic

Take a Break with UniSport

Online on Wednesday mornings at 9.15 until May 4. Join the session on Zoom.

Come and start your Wednesdays with UniSport; there’s also a chance to win UniSport Training Card!

Take a Break with UniSport -session starts with a 15-minute break exercise. During the session you’ll also get tips for study breaks and have a chance to talk with the UniSport-specialist about how to maintain your wellbeing during studies, e.g:

• what kind of sports would be suitable for you
• how to get started with training at UniSport, and
• how to pause your work and take active breaks

The event is in Finnish but you can also participate in English.

A free 1-month UniSport Training Card is drawn for one lucky winner each month! You’ll enter this giveaway by just participating in the event so the more often you participate in, the better are your chances to win the Training Card!

Access to UniSport online classes with a training card
Instructions for training at UniSport

Nyyti ry Chat

Nyyti's Chats for Students
MielenTEkoja - chat offers peer support to university students. Nothing is too small or unimportant – all things are worth addressing! You can talk about anything from mental wellbeing to coping with everyday student life. With you in the chat are peer counsellors who are also students themselves. Using the chat is free, and the conversations are confidential and anonymous. The chat welcomes students from all fields and programmes, incl. international students. Chat in English on Thursdays at 17 - 19 starting from 13.1. onwards.

Where to find help outside Aalto?
Sources of information and support in different kinds of situations in life in Finland.

Where to get support in crises or other acute events
You can turn to the Aalto chaplains in time of grief, whether related to a personal loss or an event affecting the whole community. The Aalto chaplains are available to all members of the Aalto community regardless of religion or worldview.

- **HelsinkiMissio Youth Crisis Point** offers short term counselling also in English

On this page you can find sources of information and support in different kinds of situations in life: Where to find help?

You can always come to Starting Point drop-in to ask where to get the help you need, if you are not sure what is the right place to go!