# 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 12.10.2022. Follow us on Telegram: [t.me/aaltospw](https://t.me/aaltospw)

### Starting Point of Wellbeing drop-in advising

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### Starting Point of Wellbeing drop-in advising

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.

### ONLINE

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

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

### Co-Studying @campus! 10-13.10.2022, at 15-19

Join us ([Starting Point of Wellbeing](#) and [Wellbeing Ambassadors](#)) to study together (with pomodoro-method) a week before exams. We are organizing Co-studying @campus, Mon 10.10, Tue 11.10, Wed 12.10 and Thu 13.10 at 15-19, at Otakaari 1, U119 DELLOITTE. We are using pomodoro-technique (25 minutes studying in silence + 5 minute-break & repeat). Read more:

### SPW and Wellbeing Ambassadors present: Co-Studying @campus! 10-13.10.

Exam-week is coming and most of us are studying as much as we could – or at least trying to study... When you are studying alone, it’s so easy to procrastinate and do anything else than what you should be doing. Sounds familiar?

If so, come and join us ([Starting Point of Wellbeing](#) and [Wellbeing Ambassadors](#)) to study together (with pomodoro-method) a week before exams. We are organizing Co-studying @campus, Mon 10.10, Tue 11.10, Wed 12.10 and Thu 13.10 at 15-19, at Otakaari 1, U119 DELLOITTE. We are using pomodoro-technique (25 minutes studying in silence + 5 minute-break & repeat). Tea (and snacks) provided!

Come as you are – you can join us for the whole time or choose the study-pomodoros that fit for your own calendar (see the schedule below). Language is in English but you can also participate in Finnish.

### Schedule (for Mon-Thu 10-13.10):

15.00: Welcome – introduction for pomodoro-method, chance to chat with others, tea provided!
15.15: 1. pomodoro (25 min) – it’s ok to arrive to the room during the study-pomodoro, but be mindful that others are studying!
15.40: Break (5 min)
15.45: 2. pomodoro (25 min)
16.10: Break (5 min)
16.15: 3. pomodoro (25 min)
16.40: Longer break (30 min), chance to chat with others, tea provided!
17.10: 4. pomodoro (25 min)
17.35: Break (5 min)
17.40: 5. pomodoro (25 min)
18.05: Break (5 min)
18.10: 6. pomodoro (25 min)
18.35: Cool-down (+ tea), chance to chat with others until 19.00.

Towards better wellbeing and studying -course
towards better wellbeing and studying -course during Autumn 2022
Would you like to improve your student well-being in a meaningful way by utilizing peer support? The purpose of the course Towards better studying (3 credits) is to learn to identify factors related to well-being and studying, and to develop your ability to use various tools to support your wellbeing and enhance your studying. It is open to all Aalto bachelor, master and doctoral students. Read more: Towards better wellbeing and studying -course during Autumn 2022 | Aalto University

Theses & Tomatoes
Theses & Tomatoes

What: co-writing event
When: Mondays at 10-11:30 from 5.9. onwards
Where: Zoom, link: https://aalto.zoom.us/j/65199051815
( Meeting ID: 651 9905 1815)
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 Zoom 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 15-30 minute introduction to different topics (e.g., goal-setting, time-management, academic writing). Introductions are held by the host and specialist guests. You will get to set your own goal and share it with others, if you want. After that there will be two 25-30-minute Pomodoros, with a 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.

UniSport
UniSport is organizing free live stream break exercise moments on Mondays at 12.30 and on Wednesdays at 13.30.

Carefree shoulders is a refreshing 15-minute guided workout that relieves tension and focuses specifically on the back and shoulder area. The exercise is suitable for everyone and you can participate wherever you want! You do not need to reserve a place for this session and you also don’t need exercise equipment or clothing.

Link to session and more information can be found at: https://www.unisport.fi/en/sports/body-control-and-mobility/carefree-shoulders

Open Doors at Starting Point of Wellbeing

Starting Point of Wellbeing is having Open Doors on every Tuesday at 12.00 - 13.00 at Otakaari 1, room Y199c. 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 at 13 - 15!

Start of the new academic year! What are your hopes and wishes for the autumn? Come and have a cup of coffee or tea, chat and visualize your goals with a treasure map. No registration required; come as you are! Study psychologist Sanni and guidance counsellor Marja will be there, too.

Come and have a cup of coffee or tea, chat and chill. No registration required; come as you are! Study psychologist Sanni will be there, too.

Mitä minulle kuuluu? -workshop


Työpaja pidetään perjantaina 16.9.2022 klo 13:00-15:00 Kandikeskuksen SPW-huoneessa (Otakaari 1, huone Y199c) ja sen vetävät Aalto-yliopiston opintopsykologi Alli Mattila ja opiskelutilaohjaus Laura Miettinen. Työpaja pidetään suomeksi. Ilmoittautumista ei tarvita, tervetuloa mukaan!

Näin kehität urasunnittelu- ja työllisyysvalmiuksia ja resilienssiä. Tule kuulemaan ja keskustelemaan siitä, miten onnistut urasunnitteluun. Vetäjänä uraohjauspsykologi Seija. Ei ennakkoilmoittautumista!

Come and have a cup of coffee or tea, chat and chill. No registration required; come as you are! Guidance counsellor Marja will be there, too.

Add movement to your study routine!

Welcome to hear how to refresh your body and mind when studying and learn how even a small increase in physical activity can affect your own study well-being.

The event will be led by Marika Syväöja, Sport and Wellbeing Specialist at UniSport, who will also answer your questions at the event. The material of the event is in Finnish, but the session is held in Finnish and/or in English, depending on the participants.

Welcome!

Workshop with HelsinkiMissio, language is Finnish.

TIME TO CHOOSE?

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 the drop-in workshop on Friday the 21st of October 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 a study psychologist. If you register in advance, you’ll get a copy of the exercise booklet, or you can drop by unannounced, and get an electric copy of the booklet.

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

WHEN? Friday, 21st of October, 2022 from 13:00 to 15:00 p.m.

INSTRUCTOR? Aalto study psychologist Meeri Anttila

LANGUAGE? Finnish and English

REGISTER by Wednesday, 19th of October, 2022 via webropol sign-up sheet: https://link.webropolsurveys.com/S/AA07B643C2BF6B75

ADDITIONAL INFO via email: meeri.anttila@aalto.fi

Moment of Retreat, at 13-14.

Do you find time to pause and reflect in your everyday life? Come recharge your batteries and listen how you’re doing. In this one hour long moment of retreat you can get a short break from everyday life and dive into silence.

The moment is guided with suitable soundscape and incentives. You as a participant don’t have to talk or produce anything.
No signing up needed – just join! Instructor is Aalto Chaplain. Room is Y199c.

Mindfulness-themed relaxed afternoon, led by Study psychologist and mindfulness-coach Sanni. No need to register in advance. We will start at 13.00! The mindfulness-session takes about an hour, and after that there will be coffee and tea served.

Concentration and focusing is a skill that can be trained! Afternoon-coffee with study psychologists Henna and Meeri.

Info coming soon.

Conversations hosted by Aalto-Chaplains. More info coming soon.

Info coming soon.

Info coming soon. This afternoon is hosted by study psychologist Meeri.

Let's have a get-together and celebrate! More info coming soon.

Beat the Blues!

Wellbeing-themed events for all international students at Aalto organized by Starting Point of Wellbeing

Thu 22.9.22 at 16-18: Living in Finland (Register in here)
Thu 27.10.22 at 16-18: Culture shock? (Register in here)
Thu 24.11.22 at 16-18: Beat the Winter-blues! (Register in here)
Thu 15.12.22 at 16-18: Farewell 2022 - Welcome 2023 (Register in here)

Come as you are! We are offering a place to share experiences, make new friends and maybe learn something new about surviving - and thriving - in Finland!

Events will be on campus (Otakaari 1, U523 Top Lounge) and are open to all international students at Aalto.

Read more about these events:

Contact: sanni.saarimaki@aalto.fi

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 available from 29.8. onwards

• online (video or chat): from Monday to Friday at 10 - 11 via Ninchat: https://www.aalto.fi/en/palvelut/psychologists-service
• on campus: on Mondays at 13 - 15 on Y199C (Undergraduate Centre, Otakaari 1)

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.

How are you? – Chat by Aalto study psychologists Wednesdays 13:00-15:00 (12.10.2022-14.12.2022)
Aalto study psychologists will guide you also via chat without a booked appointment! Our chat may be a suitable option for you if you want to have a one-on-one conversation with a study psychologist about some challenge related to your studies or studying wellbeing, such as loneliness, performance anxiety, returning to campus after remote studies, study-related workload or a life situation that makes it difficult for you to study. You don’t need to get through it on your own, come to our chat to have a confidential and individual conversation with a study psychologist! One conversation will take for about 30-45 minutes. You can enter the chat via the link below by entering the link and then pressing the “Info chat” icon in the bottom right corner of the screen. The service is part of the Starting Point of Wellbeing project. [https://www.aalto.fi/en/palvelut/psychologists-service](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 Finnish: [https://www.aalto.fi/fi/podcastit/paras-hetki-paivassa-podcastit](https://www.aalto.fi/fi/podcastit/paras-hetki-paivassa-podcastit)

**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.

**Courses and workshops**

**Guidance counsellors**

Guidance counsellors are available at the Starting Point of Wellbeing

- online on Mondays, Wednesdays and Fridays at 12 - 13 Zoom link: [https://aalto.zoom.us/j/67787552465](https://aalto.zoom.us/j/67787552465) except on 23.9. at 14 - 15.
- on campus on Thursdays at 13 - 15 on Y199C (Undergraduate Centre, Otakaari 1) starting from 8.9.

You can meet with a guidance counsellor for example when you want to:

- 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**

Aalto Chaplains at the Starting Point of Wellbeing: **Wednesdays at 13 - 15 on campus (Y199C, Undergraduate Centre, Otakaari 1) from 30.8. onwards.**

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!

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 on campus at Y199c (Undergraduate Centre, Otakaari 1).**
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

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!