

# Welcome to Åbo Akademi University!

## Study psychologists

### Åbo:

Klara Schauman-Ahlberg & Therese Kullberg

### Vasa:

Jennifer Söderlund

# Who are we?



**Study psychologists  
Åbo campus**

Klara Schauman-Ahlberg &  
Therese Kullberg

# Who are we?

**Study psychologist**  
**Vasa campus**  
Jennifer Söderlund





# Many different questions and concerns in the beginning – There is always help available! 😊

During our studies, we are often faced with new situations, where we need to talk to someone.

Here are some suggestions on who you can turn to for help and support

- Friends
- Tutors
- Teacher tutor
- Staff at the faculty office (e.g. study advisors)
- Study psychologist
- Student priest
- Student Health Service
- Library staff
- Career services (Arbetsforum)
- The Student Union
  
- Whom should I contact? ([link here](#))



# If you feel stuck in your studies

- Our study psychologists are available to all bachelor and master degree students
- You are welcome to make an appointment when you need support regarding:
  - Study skills
  - Motivation issues
  - Time management
  - Procrastination
  - Stress
  - Study-related self-confidence
  - Loneliness
  - Nervousness
  - Problems in getting your thesis done!

# Appointments in Åbo

- Make an appointment by e-mailing Klara and Therese at:  
[studiepsykolog@abo.fi](mailto:studiepsykolog@abo.fi)
- 1-5 sessions / academic year
- The conversations are free of charge and confidential
- Appointments are in Tryckerihuset, Biskopsgatan 19 or online



# Appointments in Vasa

- Make an appointment by e-mailing at:  
[studiepsykologvasa@abo.fi](mailto:studiepsykologvasa@abo.fi)
- 1-5 sessions / academic year
- The conversations are free of charge and confidential
- Appointments are online or in room F417 in Academill

# Study psychologist

↩ Den här sidan på svenska

Do you feel stuck or stressed regarding your studies? On this intra, we have gathered information about common, study-related problems most students encounter at some point during their studies. We have also collected some tips on what you can try to do to improve your situation. Click on the links below to read more!

## Study psychologists




**Klara Schauman-Ahlberg**  
Studiepsykolog / Study Psychologist




**Jennifer Söderlund**  
Studiepsykolog/Study Psychologist





**Therese Kullberg**  
Studiepsykolog/Study Psychologist


 Wellbeing


 Stress


 Loneliness


 Study technique


 Motivation


 Procrastination


 Learning difficulties


 Nervousness

 Teamwork

 Who can I talk to?

 Discrimination and bullying

 Dissertations

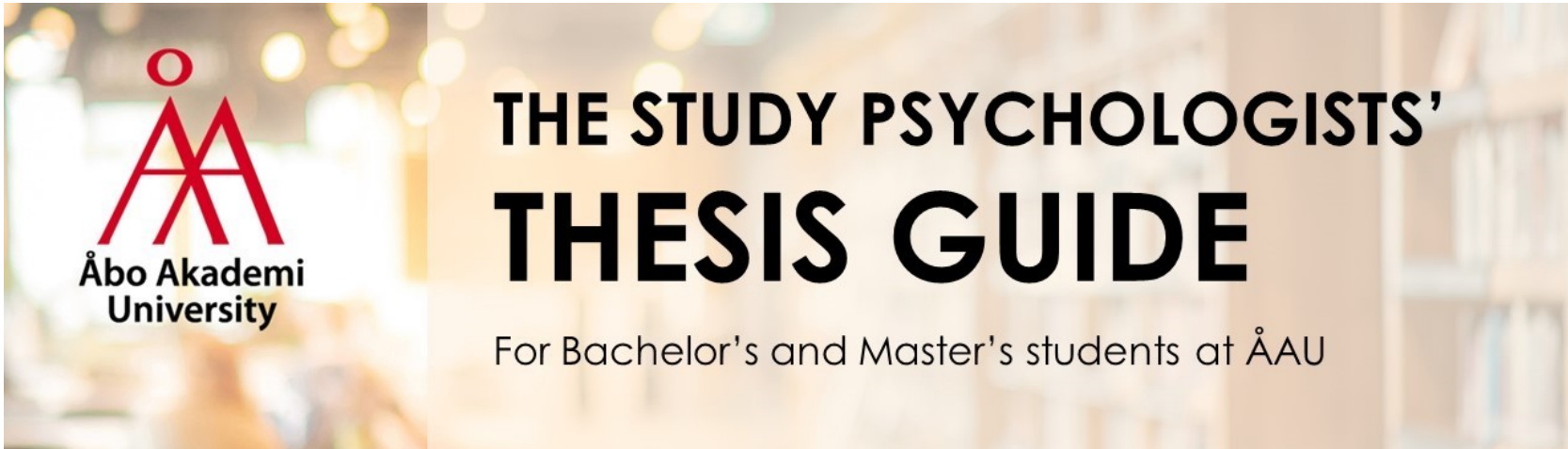
 Study psychologists' thesis guide


Source:[Intranet](#)



Please check out our self-help material on moodle!

The study psychologists' thesis guide: [link here](#)



  
Åbo Akademi  
University

# THE STUDY PSYCHOLOGISTS' THESIS GUIDE

For Bachelor's and Master's students at ÅAU

# University Chaplain Mia in Åbo

- If there is something going on in your life with regards to your studies, work, relationships or any other matters, you don't have to deal with any of those things alone.
- The University Chaplain of Åbo Akademi for all internationals – students, personnel, doctoral candidates etc. – is pastor Mia.
- There is no requirement for you to be Christian nor to be religious at all. What will be discussed is what you need to talk about. Spirituality and religion will only be discussed if that is what you would like.
- The University Chaplaincy bases all its work on the principles of safer space.
- Counselling is available **free of charge and bound by professional confidentiality** .
- A place for counselling can be for example the Campus Chapel our Counselling Room at Student House B (both Rehtorinpellonkatu 4) or some other place that works for you. Another possibility is a counselling walk. Other options are counselling by telephone or via Teams or Zoom.
  
- Mia Pusa, [mia.pusa@evl.fi](mailto:mia.pusa@evl.fi), +358-40-3417296 (English, Finnish, Swedish)
- Office hours at the Student Union's Service Point on Wednesdays from 1 to 2 p.m. (13:00–14:00)



# Please also check out

Nyyti ([link here](#))  
and Finnish Student Health Service  
([link here](#)) for good advice

Other services  
Mieli mental health ([link here](#))  
Helsinkimissio ([link here](#))



# Study ability in a nutshell

- Appropriate study strategies and good study skills
- Study rhythm and study routine: a good day to study – remember to eat, sleep and exercise!
- Time-management
- Motivation has to be maintained – requires actions
- Interaction, social and team work skills
- Practice your emotion regulation and frustration tolerance
- Realistic goals
- Learning strategies, writing skills, problem solving skills
- Learning is a constructive process! 😊



# Study wellbeing



# To start new academic studies...

" Finally ready to start my master studies!"

"Will I like my studies?"

" Will I be able to achieve my study goals?"

"Will I be accepted into the group?"

"Have I made the right choice?"

"Can I ask this or should I already know?"

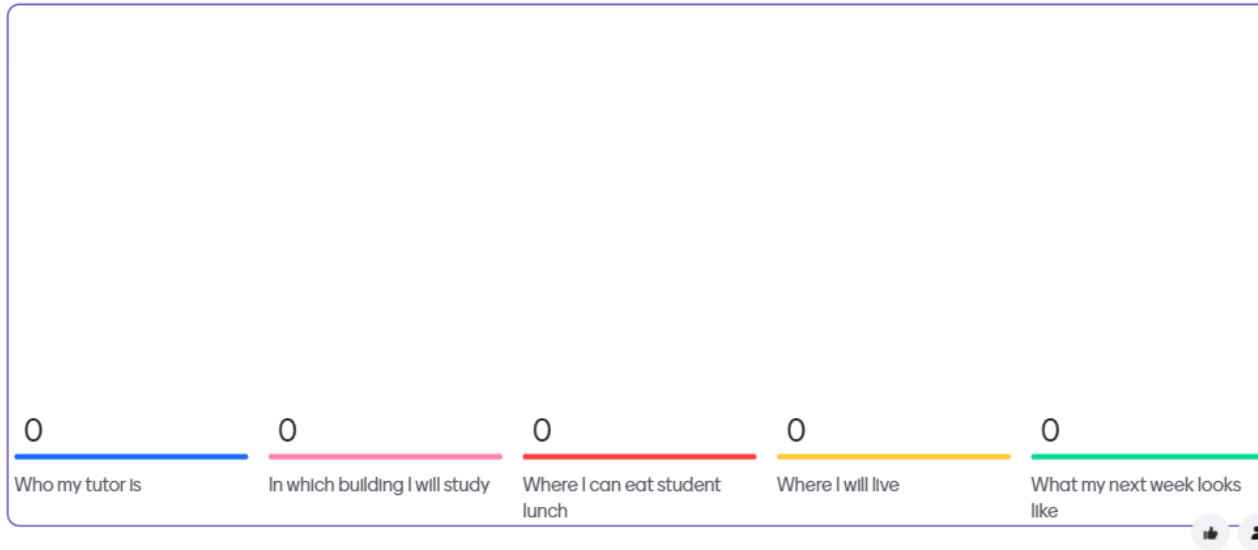


**There is a lot going on now –  
have an understanding of  
yourself and acceptance of what  
you need!**

# How does it feel so far? Mentimeter



I already have knowledge/insights about...



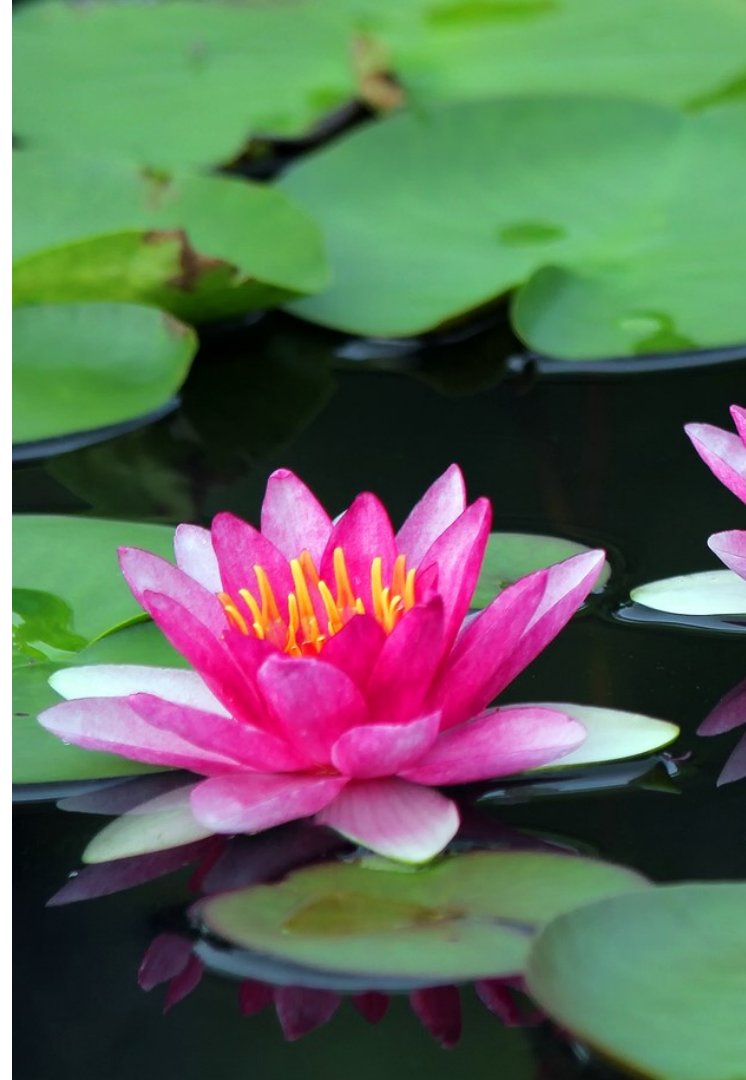
# A new everyday life...

- **"Work"**
  - Study routines
  - New study techniques?
- **"Love"**
  - Get to know new people and keep in touch with old friends
- **"Play"**
  - New leisure activities, social and study events, campus sports...
  - When are you free?
- **"Health"**
  - Self-care
  - Sleep, food, exercise...



# Some self-reflection

- Take a moment to reflect
- Close your eyes and ask yourself
  - How am I feeling right now? How am I doing?
  - What thoughts and feelings come up?
  - How does it feel in my body? Where does it feel?
  - What do I need right now?
- Write down your reflections in a few words



# Self- Compassion

It's important to take care of yourself!  
How do you do it?

- Are you aware of your needs?
- In what kind of ways do you take care of yourself?
- Do you do things that are important to you?
- How do you comfort/help yourself in difficult moments?

1. I have the right to be myself.
2. I have the right to fail.
3. I have the right to make mistakes.
4. I have the right to say no.
5. I have the right to ask for help.
6. I have the right to get help.
7. I have the right to be unsure.
8. I have the right to be incomplete.
9. I have the right to get less done.
10. I have the right to relax.
11. I have the right not to do anything useful.
12. I have the right to treat myself with dignity.

**Your best "take care of yourself"  
tips to your fellow students!**

*Mentimeter*



# Get a good start with your studies

- Participate
- Share
- Ask
- Plan
- Take care
- ENJOY!





Good luck with the start  
of your studies! 😊