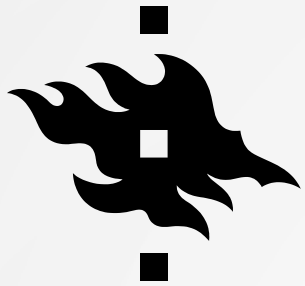




STUDIES SERVICE & OTHER COMMS CHANNELS

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Planning Officer in Student Communications



WHY SHOULD YOU FOLLOW COMMUNICATIONS?

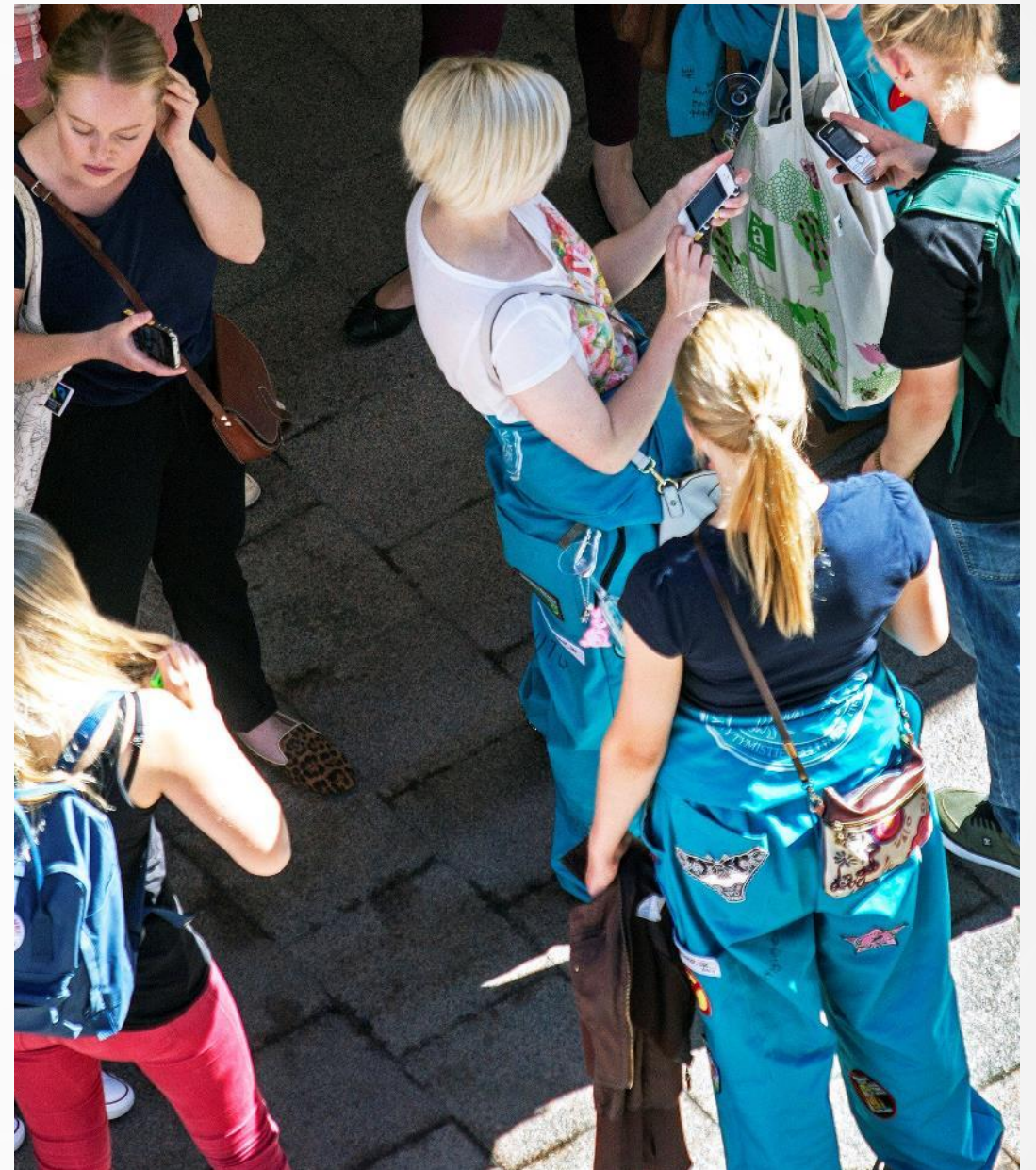
- **Sense of control & reduced sense of uncertainty:** when you follow comms regularly, you don't have to worry about missing out on something important.
- **A sense of community:** you're always on track on what's happening at the uni.
- **Chance to participate & impact:** as a student, you're an important part of the University community and warmly welcome to take part in University activities.
- **Part of study skills and responsibilities:** independent information gathering is an important study & worklife skills. Take responsibility and make sure important information reaches you.

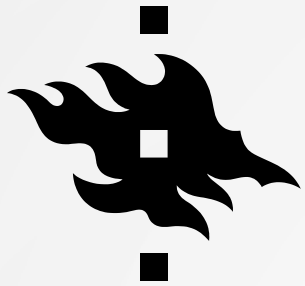
Here's how to do it: When it comes to following communications, routine is your best friend. Make a habit of checking new bulletins and messages at least once during every study day.



MOST IMPORTANT COMMS CHANNELS

- **Studies Service** (studies.helsinki.fi):
 - Bulletins for all students.
 - Bulletins from your own degree programme.
- **Your UH email address** (@helsinki.fi)
 - Messages aimed specifically at you.
 - Messages & bulletins through mailing lists.
- **Sisu notifications**
 - Notifications concerning your study plan and Sisu applications.
- **Moodle areas of courses you're taking**
 - Messages from the teacher of the course.





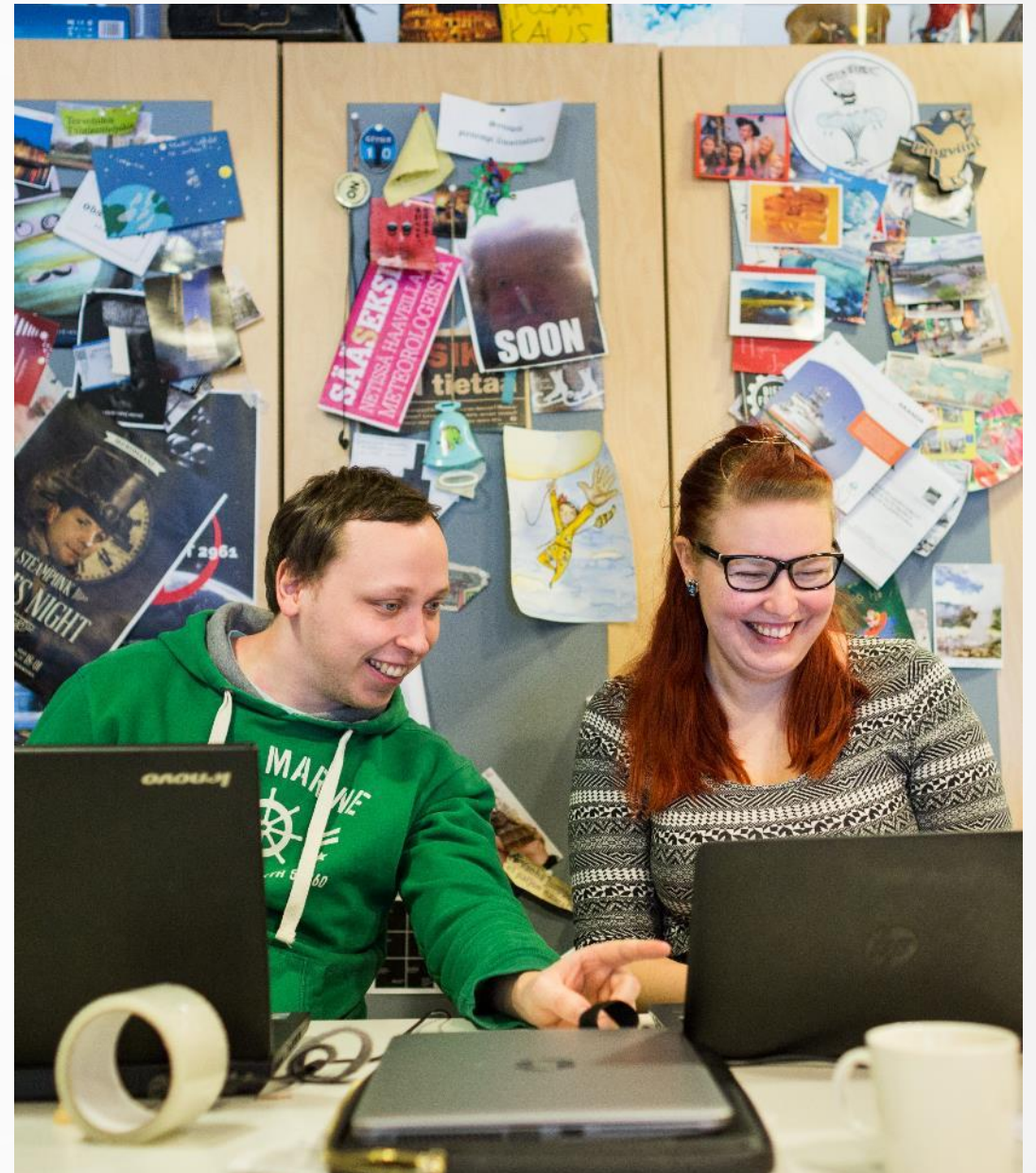
WHAT IS THE STUDIES SERVICE?

- studies.helsinki.fi
- **A student's intranet:** all services, tools and instructions under one address.
- Instructions for studying, degree structures & courses, your own study calendar and Sisu.
- Services and Tools menu: direct links to UH email, Moodle and other useful tools.
- On the front page, news, lunch lists, events, system notifications, your digital Helka library card – note also the quick links to the Guidance Compass & Student Services.
- **Log in:** the service recognizes your degree programme and modifies the shown content accordingly.
- Add to your bookmarks or set as a home page today!



UNIVERSITY EMAIL

- The University username and email are your keys to the University community.
- Activate your user account and start using your UH email right from the start.
- Follow your email actively.
- Use your UH email address for all study-related messages.
- To help you get started: [IT-Helpdesk's instructions for new students](#)





GET INVOLVED & MAKE AN IMPACT

- The Studies Service, email, Sisu and Moodle are the most important channels when it comes to your studies
- However, the University has many other channels you can follow to join in the University community and have an impact on how things are done.
- **Check out at least these:**
 - [Flamma](#): staff intranet & a channel for participation and involvement for the entire community
 - [UH social media channels](#): find the different accounts & join the conversation!
 - [Events calendar](#): there's something happening at the campuses daily – and you're warmly welcome to join in!
- In the Studies Service, you can find [events on wellbeing and other topics](#), aimed specifically at students, as well as more information on [student involvement](#).



BEST OF LUCK TO YOUR STUDIES!