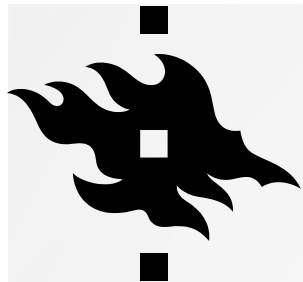




STUDENT SUPPORT & STUDYING AT THE UNIVERSITY

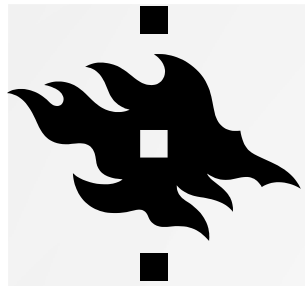


STUDENT SUPPORT AT THE UNIVERSITY



Support is available for a wide range of needs and in different forms:

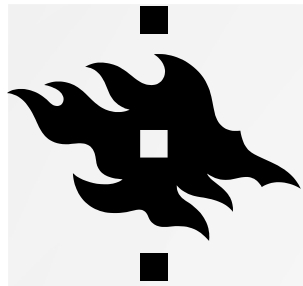
- Instructions and materials
- Service by email, phone and chat
- Events, workshops and info sessions
- Service desk
- Group-based support
- Individual support



COMMUNICATIONS AND DIGITAL TOOLS



- University staff inform students about current issues for example via e-mail
- Information-seeking and keeping up to date with communications are important skills that will make your studies go smoother
- Digital tools such as Sisu and HowULearn also support your studies and study skills
- With the help of the [Studies service](#), you can answer many of the questions you may come across
 - If you don't know where to look for help, start on the [Guidance Compass](#) page!



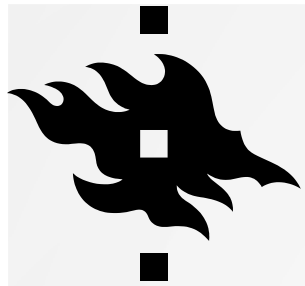
STUDENT ADVICE SERVICES

Faculty-specific advice is provided by these student service points:

- **Kruununuhaka** (Social Sciences, Soc&kom)
- **Kumpula** (Science)
- **Meilahti** (Medicine)
- **Metsätalo** (Arts, Theology)
- **Porthania** (Law)
- **Siltavuori** (Educational Sciences)
- **Viikki** (Biological and Environmental Sciences, Veterinary Medicine, Pharmacy, Agriculture and Forestry)

Other advice services (not faculty-specific):

- **Kaisa House Student Advice**
general advice to all students, also via chat!
- **International Student Advice**
international degree student specific questions
- **International Exchange Services**
exchange and JOO studies
- **Language Centre Student Advice**
language studies
- **IT-Helpdesk**
IT issues
- **Helsinki University Library**
information-seeking



GUIDANCE PROVIDED BY TEACHERS



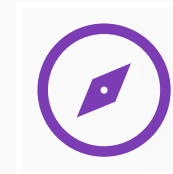
When you begin your studies, you will be assigned a teacher or a group of teachers responsible for guidance related to e.g. your personal study plan (PSP).



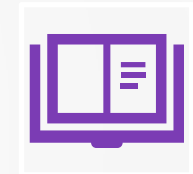
The goal of PSP guidance is to support your progress and the development of your expertise.



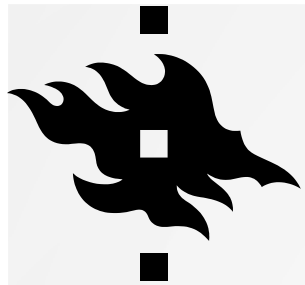
Guidance can be provided in a group or one-on-one meetings, or it can be incorporated into certain courses.



For further information on practices in your degree programme, check the Studies service page: [Study planning and guidance](#)



Later in your studies, you will also receive guidance from, for example, your thesis supervisor.



COUNSELLING SERVICES

During your studies, there may be times when you need extra support to reflect on your current situation or your future, for example:

Making decisions about the future worries me.
I need support in identifying my expertise.
I'm not sure if I made the right choice about my studies.



Career counsellor

Studying and planning my studies feels difficult, and everything is left to the last minute.



Guidance counsellor

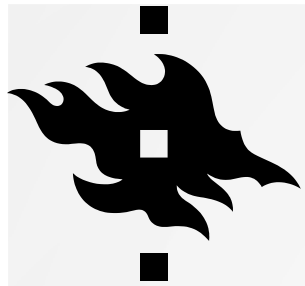
I'm worried about my well-being.
My studies are stuck, how can I move forward?



Study psychologist

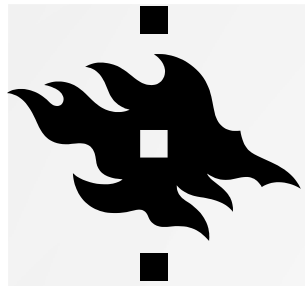


ABOUT THE UNIVERSITY STUDIES



WHAT ARE THE UNIVERSITY STUDIES LIKE?

- Take a moment to think about what university studies are like or what expectations you have for the first year.

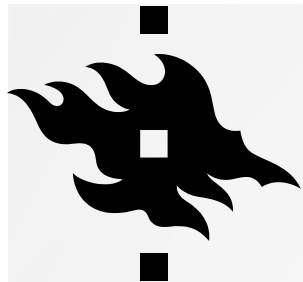


ACADEMIC FREEDOM

- Freedom and responsibility to study at one's own pace without anyone following the progress of the studies.
- The student is responsible for the progress of their own studies – support is still available.
- The freedom to choose and influence the content of the degree.
- Freedom and responsibility require the ability to lead one's own actions.



Image: Unsplash.com



SELF-MANAGEMENT SKILLS

- At the university, studies are not as scheduled as in the upper secondary studies, so it is important to plan when to study.
 - When will I be at the lectures?
 - When will I familiarise myself with the course materials?
 - When do I complete essays or exercises or other independent tasks?
 - When do I take the time to prepare for group assignments and exams?
- It is important to take care of your own well-being.
 - What gives you energy and helps you recover?
- When we are leading our own actions, we are often very hard on ourselves.
 - Remember to be gentle with yourself.
 - Understand that situations in life vary and unexpected things can happen.
 - Talk to yourself like a friend.

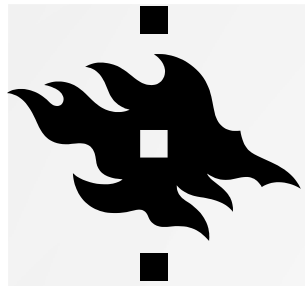


Image: Unsplash.com



YOU DON'T HAVE TO KNOW EVERYTHING RIGHT AWAY

- You will receive a lot of new information at the beginning of your studies, and you may feel overwhelmed.
- Remember that you are enough with your own skills! During university studies, the aim is to learn new things, not to know everything in advance.
- You may also feel confused about the vocabulary and scientific language at the beginning of the studies.
 - Check out the vocabulary for new students: <https://studies.helsinki.fi/instructions/article/vocabulary-new-students>.
- As the studies begin and progress, it is important to accept that not everything can be remembered.
 - It is more important to learn how to search for information.
 - Over time, you will also learn to combine information and perceive the most relevant information from broader entities.



REMEMBER, YOU'RE NOT ALONE

- Even though studying at the university is independent, you don't have to do it alone.
- Get to know your fellow students. Try to be there for each other.
- Help for different situations is always available, and the university's employees are here for the students.
- Feel free to ask for advice or guidance.



Image: Unsplash.com



CAREER SERVICES



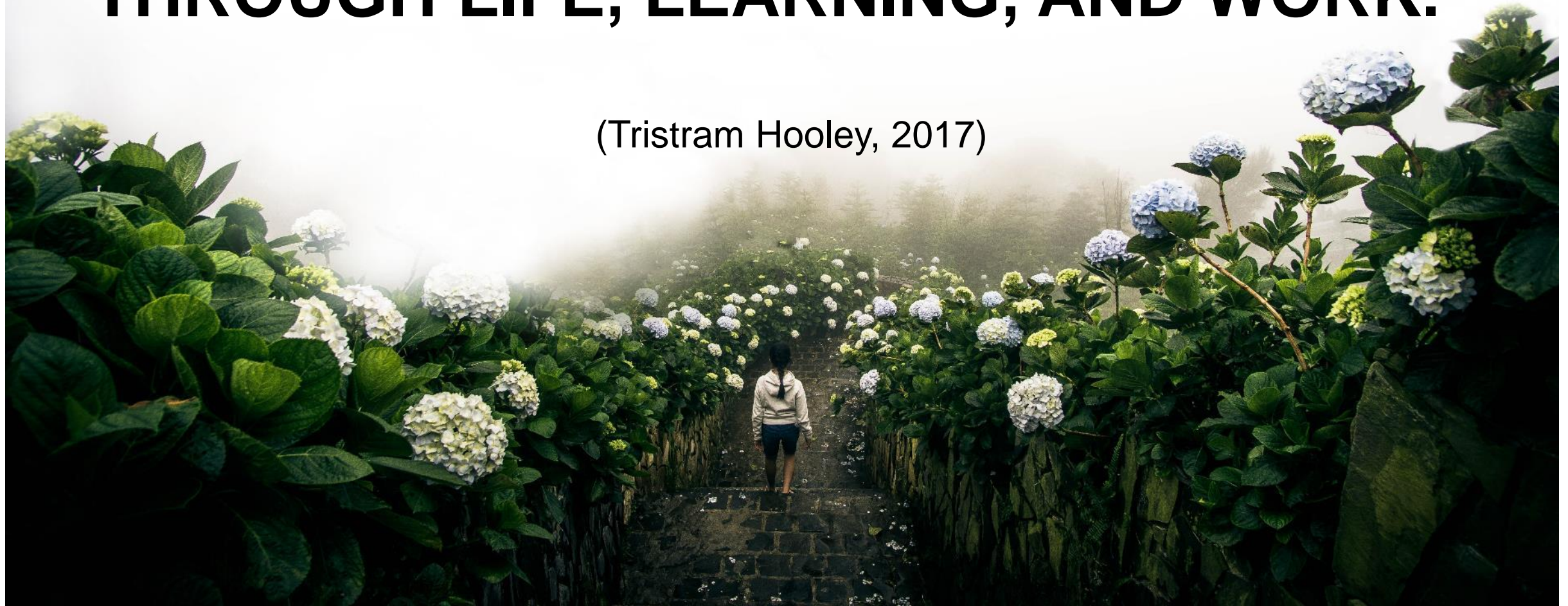


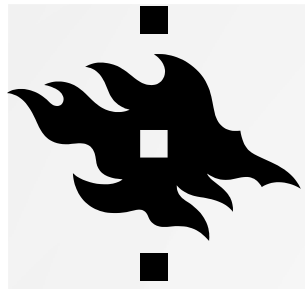
WHAT WILL YOU BE WHEN YOU GROW UP?

Is today the day you finally know the answer?

**”CAREER IS THE INDIVIDUAL’S JOURNEY
THROUGH LIFE, LEARNING, AND WORK.”**

(Tristram Hooley, 2017)

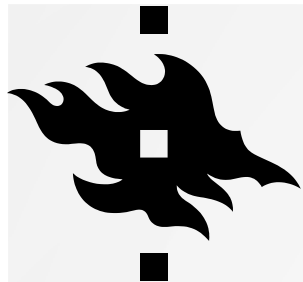




IF CAREER IS A JOURNEY THROUGH LIFE, LEARNING AND WORK...



- Study decision = career decision
- Your career is happening here and now, not "when and if X, Y & Z happen."
- Career planning skill #1: To seek answers to questions that are meaningful to you.
- If you don't ask these questions of yourself, life will. Often when you least expect it.
- A career is a platform where we balance the different aspects of life.



RATHER THAN THINKING ABOUT WHAT YOU WILL YOU DO WHEN YOU'VE "GROWN UP", THINK OF...

- **Where am I now?
What do I want to do next?**
- **What do I already know and have? What do I want to learn next?**
- **What is meaningful to me?**
- **Where and how do I want to make an impact?**
- **How can I make the world a better place for myself, for others and for the environment – also for future generations?**

Key questions in career planning.

Think of these before the "how to find a job within the existing structures" question

Require active thinking!

Are activated and repeat themselves at different stages in life, so it's good to learn career planning skills already during your studies.

Photo: Unsplash

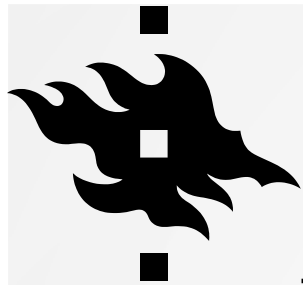


WHAT CAREER PLANNING DURING UNIVERSITY BOILS DOWN TO...

Clarifying my career story and goals -
my skills and competence, my dreams
and ambitions.

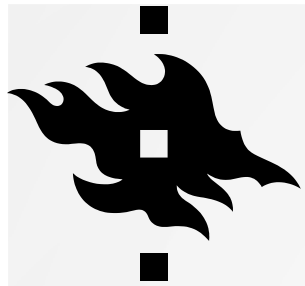
Growing into an expert in my field –
and finding opportunities in society to
make an impact.

**...AND THIS IS WHAT WE AT THE CAREER
SERVICES ARE HERE TO SUPPORT YOU WITH.**



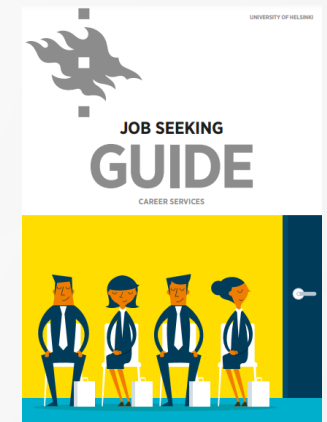
CAREER SERVICES - OUR SERVICES FOR YOU

- Tools for planning your career and future (self-study material)
 - also our podcast *Working Life for everyone?*
- Career counselling
 - by appointment and Open House in Viikki
- Drop-in job search support
- Guidance on traineeships
- Workshops, events and groups
 - e.g. Campus Coffee sessions
 - HelsinkiUNI Career Day
- Group Mentoring Programme and UNITalent
- JobTeaser



CHECK THESE OUT NOW!

- [Tools for planning your career and future](#) (self-study material)
- [JobTeaser](#) – jobs, traineeships, career services events
- [UNITalent](#) – learn about working in Finland directly from local companies and organizations
- [Job Seeking Guide](#)
- [Kudin](#) – career readiness self-assessment
- Other Career Services content in the Instructions for Students
 - [Career Services](#)
 - [Work and Career](#)
 - [Traineeships](#)





THREE PIECES OF ADVICE FOR PLANNING YOUR TRAINEESHIP

You can start planning your traineeship in the beginning of your studies!

Start here:

1. Read through your [degree programme- specific traineeship instructions](#)/ the traineeship course description on Sisu
2. Check the other traineeship instructions on Instructions for students (especially [Frequently asked questions about traineeships](#) + [Traineeship subsidy and funding](#))
3. Do not substitute the traineeship by using the course code for the funded traineeship course until you are certain that you will not need to use the subsidy during your studies!

Questions? You can always contact us at traineeships@helsinki.fi!



LET'S BE IN TOUCH!

UH Career Services