



WELCOME TO STUDY AT HU!

Study Psychologists
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WHEN TO CONTACT A STUDY PSYCHOLOGIST?

The aim is to support student's learning and well-being

- Do you have problems with time management?
- Do you suffer from a lack of motivation?
- Are you stressed and close to exhaustion?
- Is anxiety affecting your studies?
- Are you unsure about resuming your studies after a break?
- Do you have a learning disability?
- Are you struggling with your master's or bachelor's thesis?
- Are you being discriminated against or bullied?



STUDY PSYCHOLOGIST SERVICES FOR STUDENTS

INDIVIDUAL COUNCELLING

- 1-5 appointments
- Meetings are confidential

COUNCELLING GROUPS

- Small group workshops and interventions
- Guidance and peer support
- Themes such as thesis writing, focus and motivation

BOOKING AND MORE INFORMATION:

[Study psychologist services for students](#)

[Support for studies - hints from study psychologists that may help you solve your study related problems](#)



INDIVIDUAL ARRANGEMENTS

- Individual arrangements are individual support measures intended to support learning and to promote equality and accessibility in studies.
- You can apply for individual arrangements on the basis of a physical handicap, sensory disability, physical or mental illness, a problem related to reading or writing or another cognitive impairment.
- The arrangements do not compromise the objectives of a degree or the learning outcomes of individual courses. The examinations and studies of all students are assessed with the same assessment criteria, and any individual arrangements employed have no bearing on the assessment.



WHAT KINDS OF INDIVIDUAL ARRANGEMENTS ARE AVAILABLE?

Individual arrangements may include

- Additional time to complete an examination
- Use of a computer in examinations
- A calmer or separate examination room
- Additional time to submit assignments



WHAT KIND OF CERTIFICATE DO I NEED?

- Individual arrangements must be based on an identified need
- Most often, you need a statement by a health care professional

More information:

[Individual arrangements support studies | Instructions for students \(helsinki.fi\)](#)



HOW DO I GET INDIVIDUAL ARRANGEMENTS?

- Make the arrangements in good time!
- [Book an appointment with an accessibility liaison](#), or if that is not available at your department, contact specialneeds@helsinki.fi
- Contact the teachers of the individual courses in good time to negotiate any necessary individual arrangements for teaching and examination situations



HAVE A LOOK AT THE FOLLOWING INSTRUCTIONS:

[Individual arrangements support studies | Instructions for students \(helsinki.fi\)](#)

[Book an appointment for faculty-specific advising](#) (in many faculties it is also possible to book an appointment with accessibility liaisons):

More information about [individual arrangements for examinations](#)

[Accessibility in library services](#)



TAKE-HOME MESSAGE

Participate and get to know your study community

Help and support is available if needed

There are no bad questions – ask away! 😊





**GOOD LUCK WITH
YOUR STUDIES!**