



HYPE AND UNIHOW SUPPORTING YOUR STUDIES

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WHO AM I?

Nina Katajavuori

Seniour lecturer in university pedagogy, HYPE

What do I do?

Pedagogic research,
Teaching pedagogical courses
for researchers and teachers,
Pedagogical support for programmes





WHAT IS HYPE?

Center for university teaching and learning (HYPE)

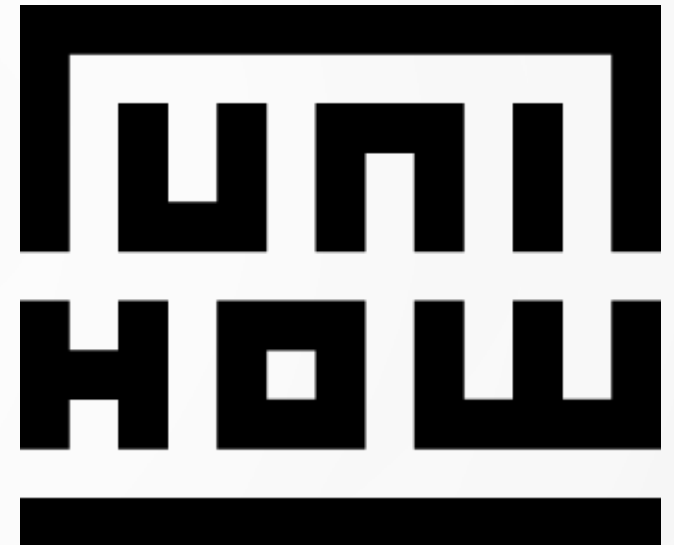
- Studies learning and teaching in every faculty at the University of Helsinki
- HYPE supports the development of teaching and learning in programmes in different ways and offers research-based pedagogical training to university staff to support their development in pedagogy
- National and international cooperation in research and pedagogical development





WHAT IS THE HOWULEARN TOOL?

- A research-based tool developed at the Centre for University Teaching and Learning (HYPE) to support learning
- When using the tool, students respond to statements and questions, after which the tool provides individual feedback and tips based on research in university teaching and learning.
 - E.g., study methods, goals, trust in the smooth progress of studies, health and wellbeing, perception of workload, attraction of studies
- The survey is taken in the UniHow system three times during bachelor's studies and once during master's studies.
- HowULearn is a compulsory part of studies by decision of the rector.





HOW DOES THE TOOL BENEFIT STUDENTS?

- You will gain information on the strengths and weaknesses of your study methods as well as your wellbeing (e.g., study-related burnout).
- You will receive individual feedback in support of your studies, as well as tips for developing your study methods.
- You can monitor your development during your studies.
- You can compare your results with the mean for the students of your degree programme who responded to the survey.
- You will contribute to the development of teaching by responding to statements and questions also on the constructive alignment of teaching, the attractiveness and relevance of studies, and receiving feedback on studies.





SCOPE IN ALL SURVEYS

Approaches to learning

1. **A deep approach to learning:** Aiming at understanding and managing entire topics, remembering by understanding
2. **An unreflective approach to learning:** Fragmentation of knowledge, difficulty of seeing entire topics, lack of reflection and analysis
3. **Organised studying:** Time management, resource management

Self-efficacy: Belief in succeeding in studies

Study-related fatigue: Emotional exhaustion, cynicism and feelings of inadequacy



RESEARCH HAS SHOWN

- A **deep approach to learning** and **organisation** are important to successful university studies.
- A deep approach to learning is not always enough.
-> Organised studying is important to student progress and success in studies.
- An **unreflective approach to learning** is linked to difficulties in studies and poorer wellbeing.
- Previous findings indicate that the **risk of study-related burnout** can increase during studies

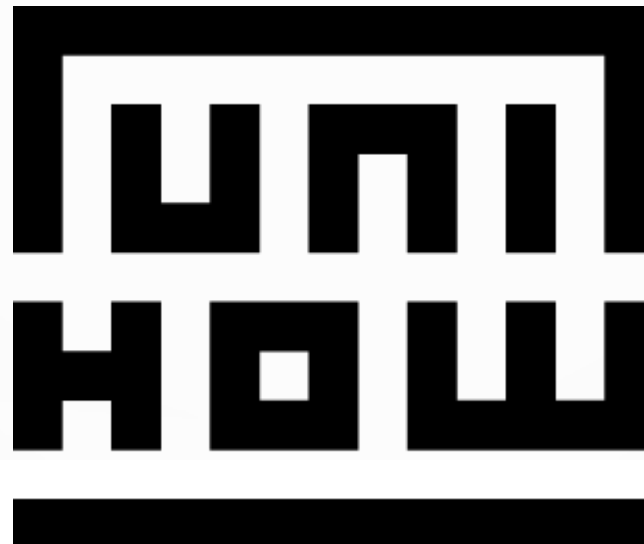


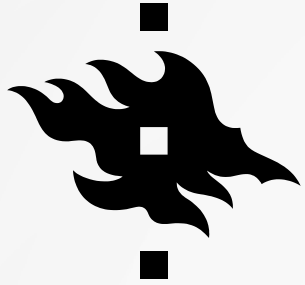
HOWULEARN

HowULearn gives you
written and numeric feedback on all the elements in the questionnaire

3 times during Bachelor studies

→ you can follow your development during studies

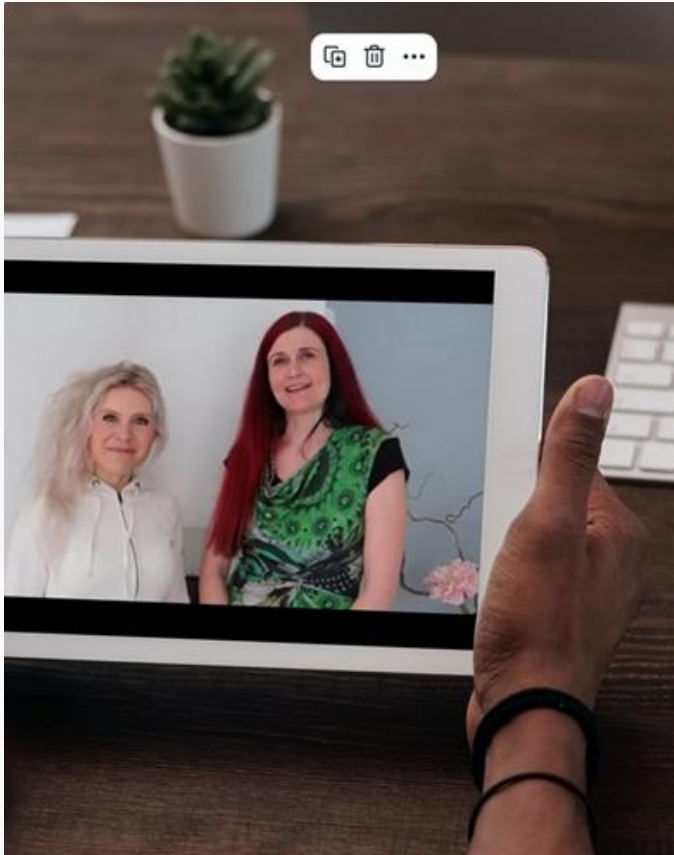




**IF YOU RECOGNISE SIGNS OF EXHAUSTION
OR YOU JUST WANT TO DEVELOP YOUR
WELLBEING OR STUDY SKILLS**



PED590 TOWARDS BETTER WELLBEING AND STUDYING -COURSE



- Open to all students studying at the university of Helsinki (3 credits)
- Aims to develop students wellbeing, stress management and different study skills.
- Course has been developed based on research and results have shown that the course has a positive impact on wellbeing and study skills
- Course will be offered in 2nd period in English
- You are most welcome!



THANK YOU!