



# HYPE AND UNIHOW SUPPORTING YOUR STUDIES

Henna Asikainen, Senior lecturer in university pedagogy



# WHO AM I?

Henna Asikainen

Senior lecturer in university pedagogy,  
HYPE

## What do I do?

Pedagogic research,

Teaching pedagogical courses for  
researchers and teachers,

Pedagogical support for programmes





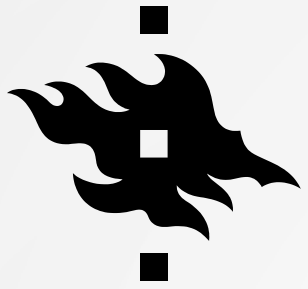
# WHAT IS HYPE?

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

**HYPE**  
YLIOPISTOPEDAGOGIIKAN KESKUS





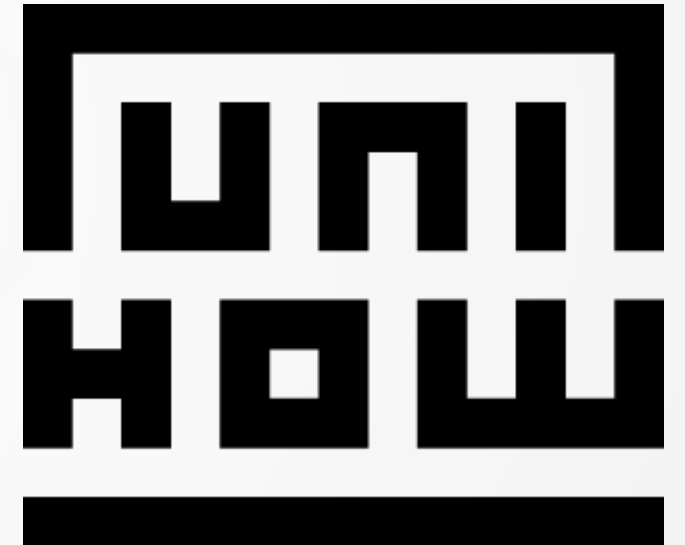
# WHAT IS UNIHOW? OR HOWULEARN?

Unihow is a feedback system which have been developed based on pedagogical research (HYPE)

In **Unihow** system, students respond to **HowULearn** questionnaires during their studies. The questionnaires are developed based on pedagogical research.

First questionnaire is in the beginning of studies

Rectors decision: compulsory part of studies





# WHAT IS THE BENEFIT FOR THE STUDENT?

- Written and numeric feedback compared to other same level students in your programme
  - Individual guidance for your studies
- Knowledge about your learning strategies: strengths and weaknesses
- Knowledge about your wellbeing
- Tips on how to develop your studying based on your answers
- How you study? What are your aims in learning? Do you trust that you will proceed in studies? How do you experience the workload?

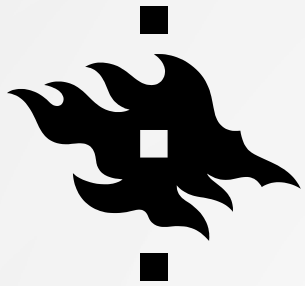




# DIFFERENT ASPECTS IN ALL THE QUESTIONNAIRES

## Approaches to learning

1. **Deep approach:** aiming to understand, relating ideas, seeking to understand the meaning
  2. **Surface approach:** aiming to pass courses, memorising and repetition of what is necessary, fragmented knowledge base, lack of reflection
  3. **Organised studying:** time and effort management in studying
- Self-efficacy:** own belief in how you will manage studying
- Study-related burnout:** Emotional exhaustion, cynicism, inadequacy



# RESEARCH SHOWS US THAT

**Deep approach to learning and organised studying** are related to successful learning and studying at the university

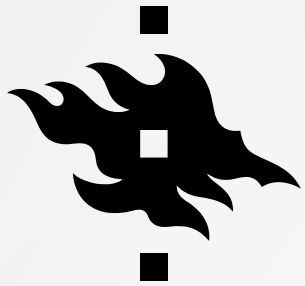
Deep approach itself is not enough → organised studying is very important for study success and progression

**Surface approach to learning** is related to problems in learning and studying and also to higher risk of **study-related burnout**

**Risk of study-related burnout can increase during studies**



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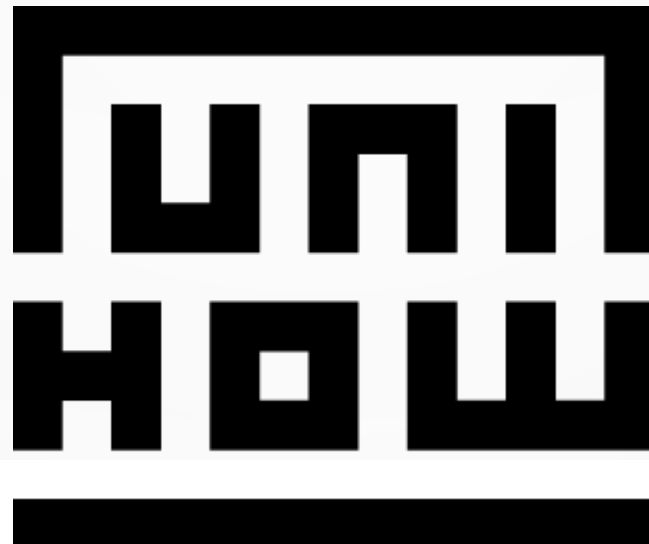
# HOWULEARN

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

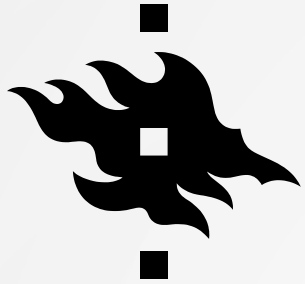
Bachelor studies: 4 times during studies, Master studies: 2 times

**HowULearn: acts as a digital tutor**

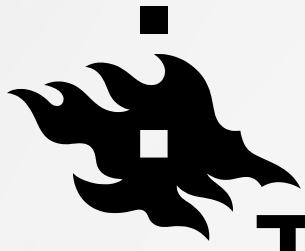
you can develop yourself as a student and follow your development during studies







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



**PED590**

# TOWARDS BETTER WELLBEING AND STUDYING -COURSE

Course developed in HYPE

Open to all students studying at the university of Helsinki  
(3credits)

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 and 4th period in English

You are most welcome!



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**THANK YOU!**



AKATEEMINEN LAULU

**\*AVOIMET HARJOITUKSET\***

**Sing-along rehearsal**



7

**TORSTAINA 7. SYYSKUUTA 2023 KLO 18.00 – 20.00**

**Avoimet harjoitukset - Sing-along rehearsal**

Meritullintori 3, Helsinki

