



**WELCOME TO STUDY AT HU!**

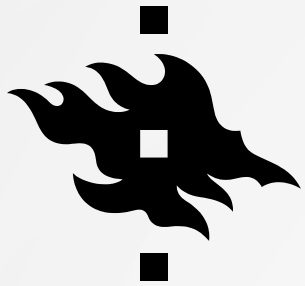
Study Psychologists  
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# WHEN TO CONTACT A STUDY PSYCHOLOGIST?

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](#)

[Counselling psychologists' frequently asked questions](#)



# INDIVIDUAL ARRANGEMENTS

- Individual arrangements are individual support measures intended to support learning and to promote equality and accessibility in studies
- You can get individual arrangements if you have, for example, a physical or sensory disability, a physical or mental illness, a problem related to reading or writing, or another cognitive difficulty
- The arrangements do not compromise the objectives of a degree or the learning outcomes of individual courses
  - 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 certificate from a health care professional

More information:

[Individual arrangements support studies | Instructions for students](#)



# HOW DO I GET INDIVIDUAL ARRANGEMENTS?

- If you need a recommendation, start by [contacting the accessibility liaison](mailto:specialneeds@helsinki.fi.s) of your local service by email ([specialneeds@helsinki.fi.s](mailto:specialneeds@helsinki.fi.s))
  - The accessibility liaison supports you in getting individual arrangements
- Make the arrangements in good time!
  - 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](#)





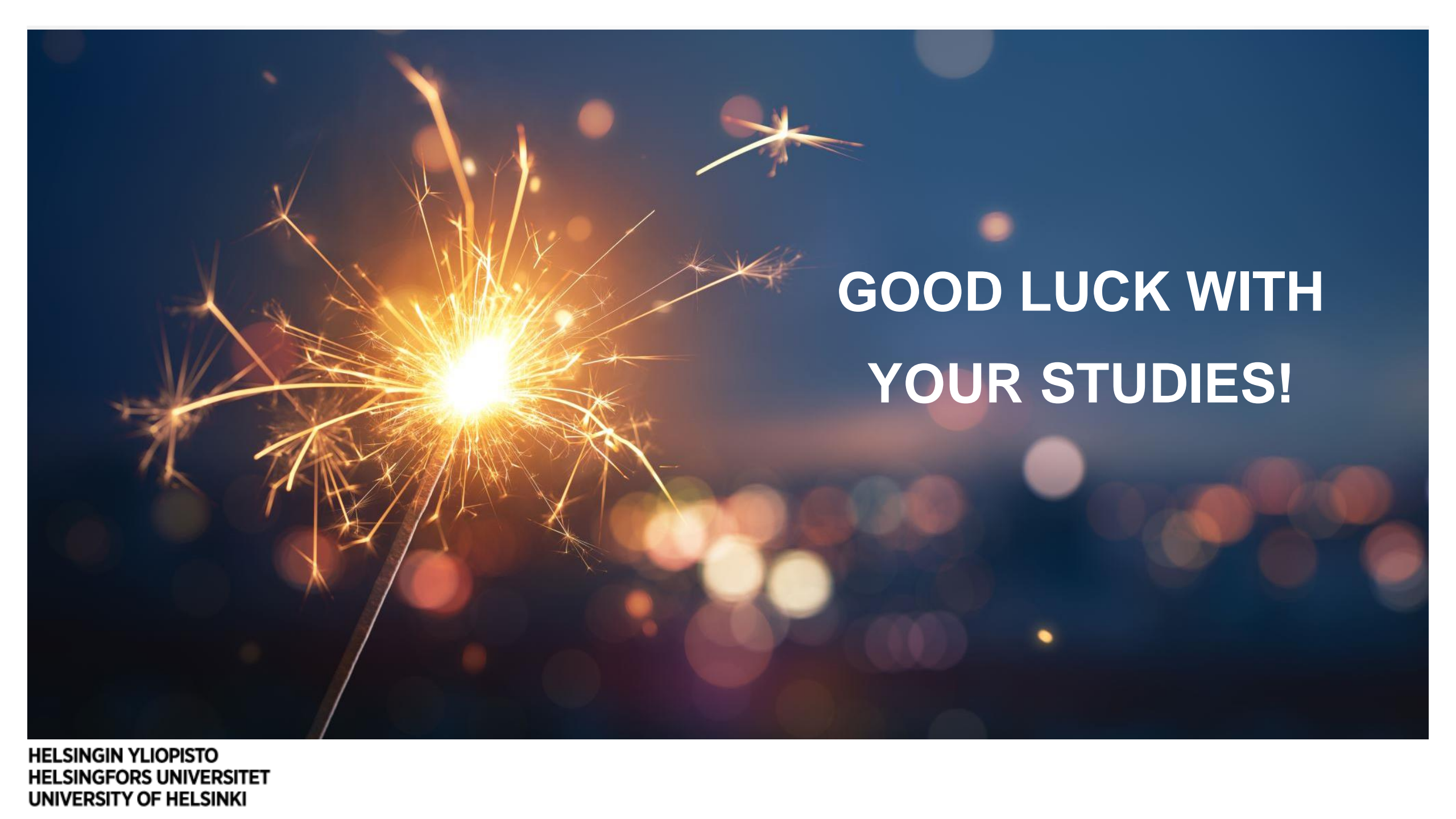
## TAKE-HOME MESSAGE

*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!**