Tampere University

Study counselling at Tampere University: support for studying and well-being

1 FACULTIES: Studying & studies

During your studies, you may come across a wide range of questions related to study practices, planning, studying, and well-being. The focus of guidance is on individual and group guidance at degree programmes and faculties. At the faculties, support and guidance is provided by, among others, the following:

Support materials:
Curriculum & PSP, Sisu instructions, Contact details

Student tutors:
orientation
Study advisors:
e.g. questions regarding Sisu

Education specialists:
one's own studies, study planning and timing, PSP, SISU, the degree structure, recognition of prior learning, internship, and graduation issues etc.

Academic tutors:
one's own field, reflections on careers and studies, study guidance and becoming an expert etc.

Teachers:
guidance of learning, course unit outcomes, study practices, assessment, and supervision of theses etc.

Mobility specialists:
Internationalisation during studies.

You can also get help from other staff at the faculty.

2 JOINT COUNSELLING SERVICES : Complementary support for wellbeing, career planning and study skills & individual study arrangements

In addition to faculty-specific guidance, you can turn to joint counselling services regardless of the degree programme you are studying at. The joint counselling services provide, in addition to counselling given at the faculties, support and guidance, for example, when you need support in structuring your situation, or addressing a specific topic/problem.

Self-study and support materials

- Student's Compass, virtual well-being and life skills programme
- Support materials for study skills, and Moodle platforms
- Moodle platform for Career planning & Job-Teaser (jobs and internships)
- Elective studies' offerings

Low-threshold support service, Navigaattori

Without booking, **tuni.fi/navigaattori/en**
Instagram: @navigaattori_tampereuni
- Online
  Chat, Jodel
- On Campus
  International students' helpdesk
  Different support services pop up
  Student counsellors` drop-in sessions

Groups

- Well-being Calendar:
  a summary of well-being events and group activities
- Peer support:
  well-being, study, and leisure themes

Individual guidance

Book an appointment,
tuni.fi/guidance-and-counselling
- Student counsellors / Well-being
- Career counsellors / Career planning
- Study psychologists / Study skills
- Specialists handling individual arrangements / Individual arrangements

You are not alone, help and support is available!

3 Other support services Tampere University and various stakeholders provide:

- Please note that other support services provided by Tampere University and various stakeholders is also available: The Student Affairs Office, It-Helpdesk, University chaplain, Language Centre, International Mobility Services, University Library, SportUni, TREY, FSHS, HUBS, SIMHE, International House Tampere & Tree.
- Read more on the FAQ about guidance and well-being web page and in the Student's Handbook!