

# Group counselling 2023-24 in English, Joint Guidance and Counselling services

## Well-being and study skills

### Period 1

**Tools for better concentration.**  
26 Sept at 14.15-16.00, online

**Study & stay III:** make the most of your second year. 26 Sept at 14-16, live on campus

**Calendar Care – Manage your time** workshop. 10 Oct at 14-16 online / on campus

**Puhutaan suomea! discussion club.**  
Every 2 weeks, starts 31 Aug  
Alternates in City centre and Hervanta

**Get Stuff Done** study sessions.  
Starting in week 36, weekly, online

**International Students' support group**

### Period 2

**Student's Compass lecture + workshops**  
On Mondays 23 Oct to 27 Nov at 14-16, online

**Feeling overwhelmed?** Manage your workload and recover. 9 Nov at 14-16 Hervanta, 16 Nov at 14-16 city centre

**Study skills lecture:** learning strategies and study Skills. 14 Nov at 14-16 Hervanta

**Puhutaan suomea!** Every 2 weeks, starts 26 Oct, alternating in city centre and Hervanta

**Get Stuff Done.** Weekly, online

**International Students' support group**

### Period 3

**Study & stay session II:** internships and summer jobs. 15 Jan at 10-12, online

**Find your motivation** workshop.  
5 Feb, city centre

**Study skills lecture: learning academic text and preparing for exams.**  
13 Feb at 14-16, city centre

**Puhutaan suomea!** Every 2 weeks, starts 11 Jan, alternating in city centre and Hervanta

**Get Stuff Done.** Weekly, online

### Period 4

**Student's Compass** lecture + workshops.  
On Tuesdays 12 March to 16 Apr at 14-16, online

**Tools for better concentration.** 19 March at 14.15-16.00 at online

**Study skills lecture: learning strategies and study skills.** 9 April at 14-16, city centre

**Study & Stay session for graduating students.** Week 16/17 online

**Puhutaan suomea!** Every 2 weeks, starts on 7 March, alternating in City centre and Hervanta

**Get Stuff Done.** Weekly, online

## Career planning

### Period 1

**Introduction to career planning.**  
2 Oct at 10-12, online

**CV and cover letter.**  
4 Oct at 14-16, city centre

### Period 2

**Recognize your skills.**  
13 Nov at 14-16, city centre

**Job hunting in Finland**  
20 Nov at 12-14, Hervanta

**CV and cover letter.** 27 Nov at 14-16, online

**LinkedIn workshop,** online

### Period 3

**CV and cover letter.** 31 Jan at 14-16, online

**The job interview.** 13 Feb at 14-16, city centre

**Personal branding workshop.** January, online

### Period 4

**CV and cover letter.** 11 March at 15-17, Hervanta

**Recognize your skills.** 11 April at 15-17, Hervanta

**Study Expo,** city centre & Hervanta

Changes may occur. Check [Well-being Calendar](#) in Intranet for more detailed dates, registration and additional information!

