

# Group counselling 2024–25 in English, Joint Guidance and Counselling services

## Well-being and study skills

### Period 1

**Orientation: Service Fair**

Tue-Wed 20.–21.8. at 10–15, Hervanta and City Centre campuses

**Student's Compass: Student's Well-being and Life Skills (1 ECTS), lecture: Introduction to Student's Compass**

Duration of the course 26.8.–13.10.  
Lecture on Thu 29.8. at 14.15–15.00, online

**Info session about individual study arrangements**

Fri 30.8. at 11.00–11.30, online

**Tools for better concentration**

Tue 17.9. at 14.15–15.45, City Centre

**Joint lectures: Study skills and self-management**

Mon 23.9. at 10–12, online

**Study & stay III: make the most of your second year**

Tue 24.9. at 14.30–16.00, City Centre

**101 Ways to Study**

Mon 7.10. at 12–14, City Centre

**Calendar Care – Manage your time, workshop**

Thu 10.10. at 14–16, online

**Get Stuff Done study sessions**

Starting in week 36, weekly online

**Puhutaan suomea! conversation club**

Starting on week 38 on the City Centre Campus. Alternating every other week on the City Centre campus and every other week on the Hervanta Campus.

### Period 2

**Student's Compass: Student's Well-being and Life Skills (1 ECTS), lecture: Introduction to Student's Compass**

Duration of the course 21.10.–8.12.  
Lecture on Tue 22.10. at 14.15–15.00, online

**Learning Academic Text and Preparing for Exams**

Mon 2.12. at 12–14, Hervanta

**What motivates me?, workshop**

Tue 3.12. at 14–16, City Centre

**Get Stuff Done study sessions**

Weekly, online

**Puhutaan suomea! conversation club**

Alternating every other week on the City Centre Campus and every other week on the Hervanta Campus.

### Period 3

**Student's Compass: Student's Well-being and Life Skills (1 ECTS), lecture: Introduction to Student's Compass**

Duration of the course 7.1.–23.2.  
Lecture on Thu 9.1. at 14.15–15.00, online

**Joint lectures: Study & stay II: internship and summer jobs**

Mon 13.1. at 10–12, online

**101 Ways to Study**

Tue 11.2. at 14–16, Hervanta

**Get Stuff Done study sessions**

Starting in week 2, weekly online

**Puhutaan suomea! conversation club**

Starting on week 4 on the City Centre Campus. Alternating every other week on the City Centre Campus and every other week on the Hervanta Campus.

### Period 4

**Student's Compass: Student's Well-being and Life Skills (1 ECTS), lecture: Introduction to Student's Compass**

Duration of the course 3.3.–27.4.  
Lecture on Mon 3.3. at 14.15–15.00, online

**Tools for better concentration**

Week 12, online

**Study & stay IV: graduating international student**

End of March, online

**Study Expo**

Tue 25.3. *time to be specified*, City Centre  
Wed 26.3. *time to be specified*, Hervanta

**Learning Academic Text and Preparing for Exams**

Tue 8.4. at 14–16, City Centre

**Get Stuff Done study sessions**

Weekly, online

**Puhutaan suomea! conversation club**

Alternating every other week on the City Centre Campus and every other week on the Hervanta Campus.



Please note that changes are possible. For more detailed information on times and locations, see the Well-being Calendar page on the University's website.