

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

Well-being

Period 1

Orientation: Service Fair

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

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

Student’s well-being and study skills (1-2 cr), Student’s Compass, lecture

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

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

Student’s well-being and study skills (1-2 cr), Student’s Compass, lecture

Online

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

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

Student’s well-being and study skills (1-2 cr), Student’s Compass, lecture

Online

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

Tools for better concentration

Week 12, online

Study & stay IV: graduating international student

End of March, online

Study Expo

Tue 25.3., Hervanta
Wed 26.3., City Centre

Learning Academic Text and Preparing for Exams

Tue 8.4. at 14-16, City Centre

Student’s well-being and study skills (1-2 cr), Student’s Compass, lecture

Online

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.

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Career planning

Period 1

CV and Cover letter

Thu 3.10. at 14–16, City Centre

CV support at Navigaattori

Wed 9.10. at 13.30–15.30, Hervanta

Period 2

Introduction to career planning

Mon 28.10. at 10–12, online

Working in Finland and alumni stories

Mon 4.11. at 16–18, online

Working in Finland and alumni stories

Mon 11.11. at 16–18, online

Recognize your skills

Tue 12.11. at 14–16, City Centre

CV & Cover letter

Wed 13.11. at 14–15, online

Job hunting in Finland, lecture

Mon 18.11. at 12.15–13.30, Hervanta

CV support at Navigaattori

Wed 4.12. at 13.30–15.30, City Centre

Period 3

CV and Cover letter

Thu 30.1. at 14–16, online

CV support at Navigaattori

Wed 12.2. at 13.30–15.30, Hervanta

The Job Interview, workshop

Tue 18.2. at 14–16, Hervanta

Period 4

CV and Cover Letter

Mon 10.3. at 15–16, online

CV support at Navigaattori

Wed 26.3. at 13.30–15.30, City Centre

Study Expo

Tue 25.3. *time to be specified*, City Centre

Wed 26.3. *time to be specified*, Hervanta

Recognize your skills

Thu 10.4. at 14–16, Hervanta



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