

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



tuni.fi/guidance-and-counselling

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, TAU.PSY.000 (1–2 cr)
- [Support materials for study skills, and Moodle platforms](#), TAU.M.117 (1 cr)
- [Moodle platform for Career planning & Job-Teaser](#) (jobs and internships)
- [Elective studies' offerings](#)

Low-threshold support service, Navigaattori

Without booking, tuni.fi/navigaattori/en

- Online
Jodel
- On Campus
International students' helpdesk
Different support services pop up
Student counsellors' drop-in sessions

Groups

- [Study support workshops and groups](#)
- [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 are available!*

3 Other support services Tampere University and various stakeholders provide:

Please note that other support services provided by Tampere University community and various stakeholders are 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](#).