




# Student's voice Ida-Maria Sola





Trötta studenter och  
oklara verktyg

Tired students and  
unclear tools

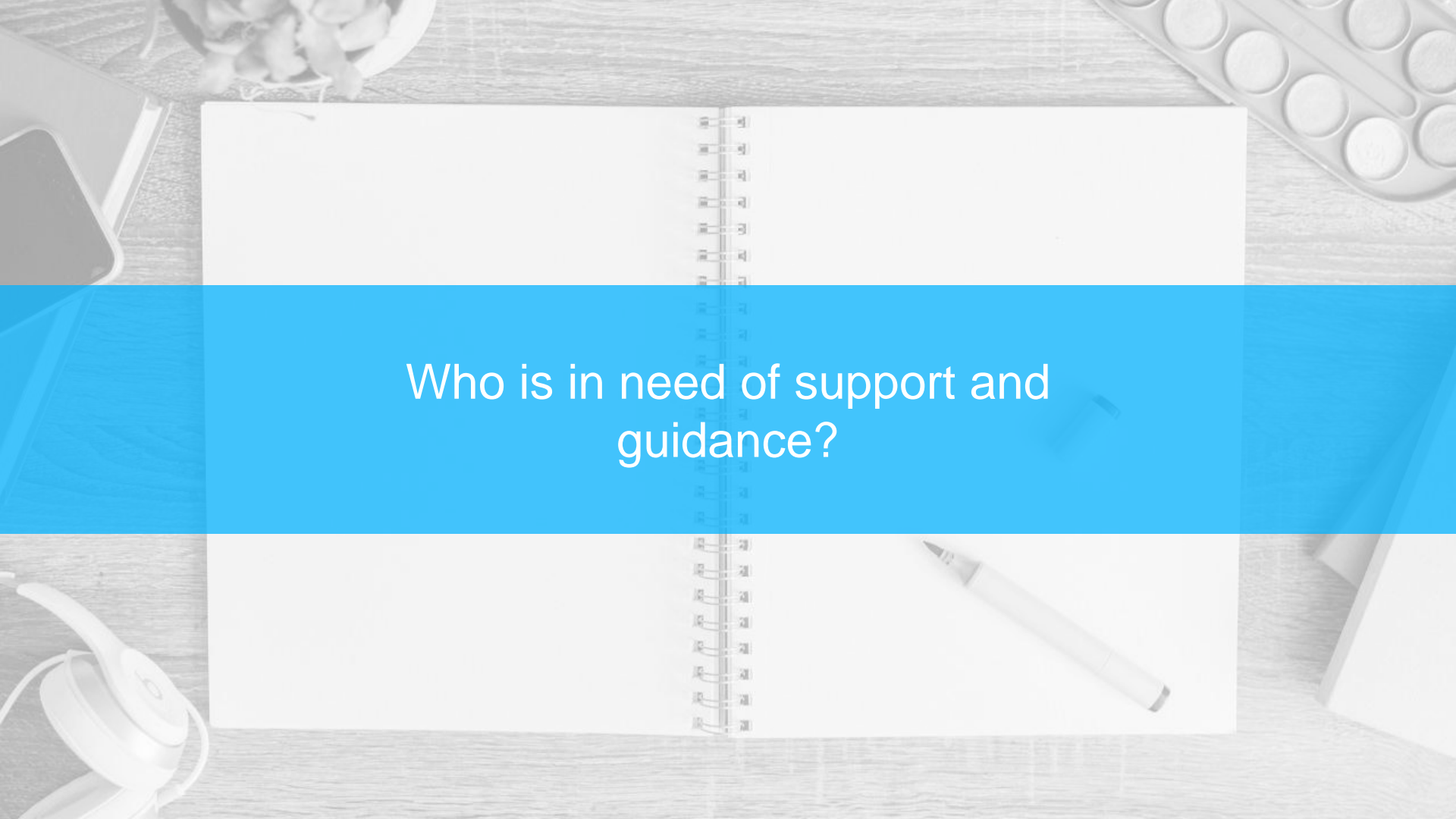


The background of the slide is a blurred photograph of a desk. On the left, a pair of black over-ear headphones with a microphone is resting on a white surface. To the right of the headphones is a white mug. In the background, a window with a grid pattern is visible, letting in natural light. The right half of the slide is covered by a solid blue overlay where the text is located.

# My background

- ◆ Matriculation examination 2013
- ◆ University of Helsinki 2013-2014
  - ◆ Nordic literature
- ◆ Åbo Akademi University 2014-
  - ◆ Comparative literature 2014-2015
  - ◆ Psychology 2015-



A top-down view of a desk with a spiral notebook, a pen, a paint palette, a bowl of fruit, and a headset.

Who is in need of support and guidance?





# The competent student







# The tired student







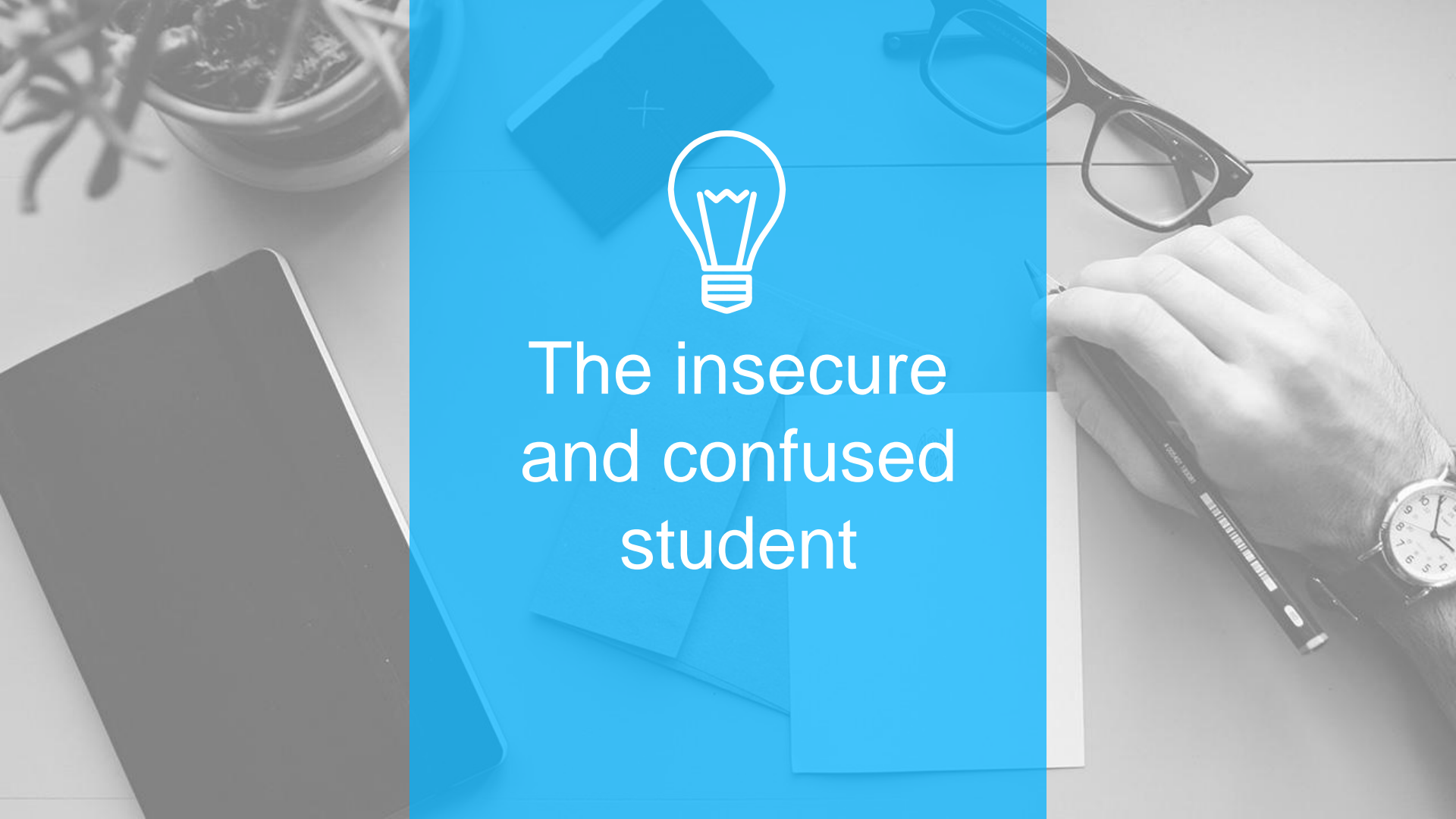
# The happy-go-lucky student







# The insecure and confused student







At some point all types of students need some of the following services


- ◆ Study planning
- ◆ Studying skills
- ◆ Career guidance
- ◆ Mentoring
- ◆ Exchange
- ◆ Psychological wellbeing



A top-down view of a wooden desk. In the center is an open spiral-bound notebook with blank white pages. A silver pen lies on the bottom right page. To the top right is a paint palette with several wells of paint. To the top left is a small bowl containing fruit. In the bottom left corner, a white headset is visible. A semi-transparent blue horizontal band is overlaid across the middle of the notebook, containing white text.

However, in many times most  
services are scattered and provided  
by different people



A person wearing a grey sweater is shown from the chest up, looking down at a smartphone held in their hands. The background is a blurred indoor setting with a desk and some equipment. A large, solid blue diamond is superimposed over the center of the image, containing white text.

Technology should  
not get in the way of  
good study  
counselling





# Some statistics



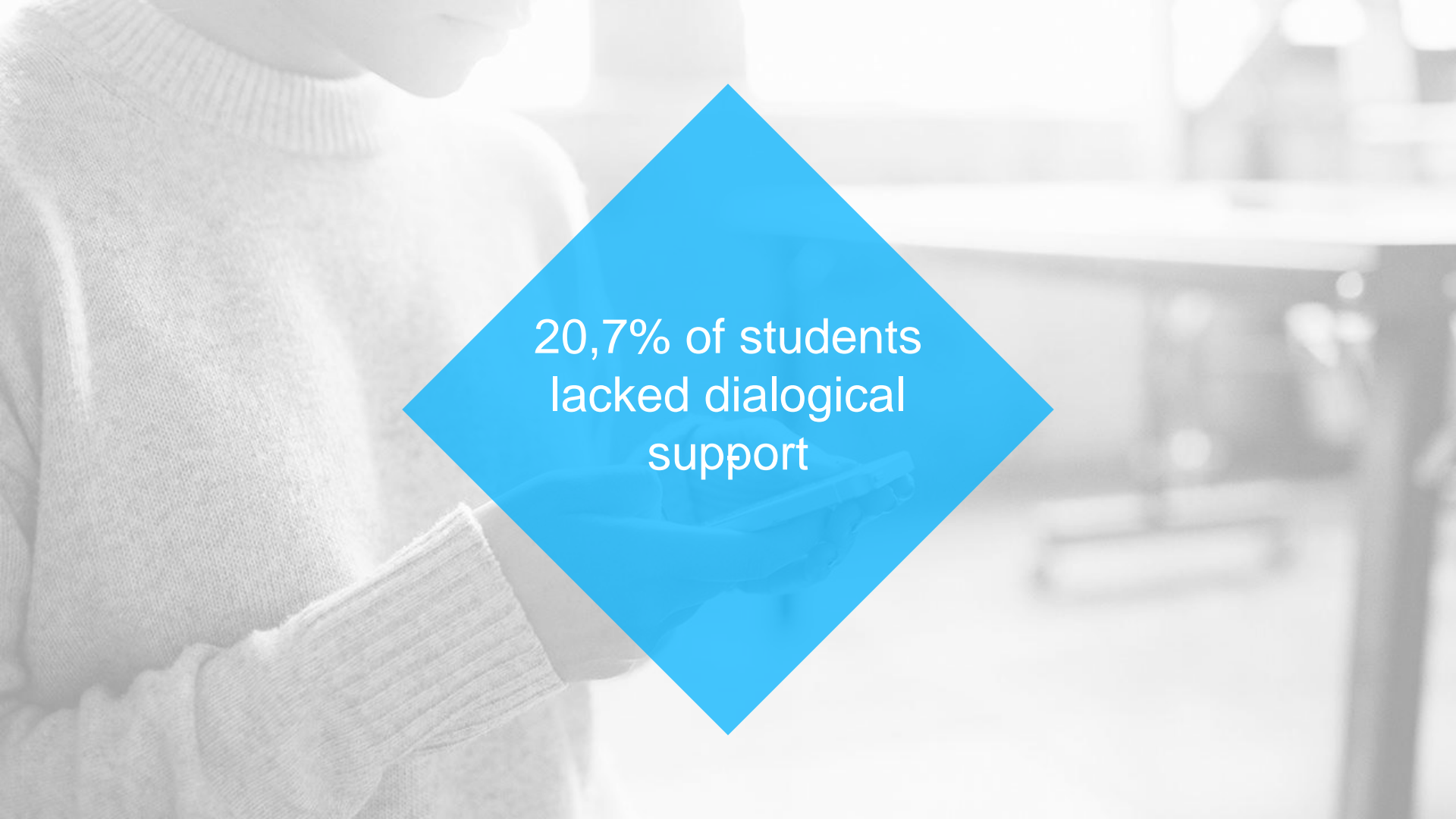
# Finnish Student Health Survey 2016

<http://www.yths.fi/trendit>

6 Komi






A grayscale photograph of a student in a light-colored sweater looking down at a smartphone. A large, solid blue diamond is superimposed over the center of the image, containing white text. The background is a blurred classroom setting with a desk and a chair.

20,7% of students  
lacked dialogical  
support



A person wearing a grey ribbed sweater is shown from the chest up, looking down. A large blue diamond is superimposed over the center of the image, containing white text. The background is a blurred indoor setting with a desk and some equipment.

21,8% felt they did  
not belong to any  
study-related group  
(31,7% 2000)



A person wearing a grey sweater is holding a smartphone. A large blue diamond is overlaid on the image, containing white text. The background is a blurred indoor setting.

32,5% had  
difficulties in getting  
a grip on one's  
studies



A grayscale photograph of a person wearing a grey sweater, looking down at a smartphone held in their hand. A large, solid blue diamond is superimposed over the center of the image, containing white text. The background is blurred, showing what appears to be an indoor setting with a table and chairs.

29,3 %suffered from  
mental problems



## Putting it all together

Students with  
different kinds of  
challenges

Student  
Administration  
and Career  
Counselling and  
Guidance

Technology as  
support



A top-down view of a wooden desk. In the center is an open, spiral-bound notebook with blank white pages. A silver pen lies on the bottom right page. To the top right is a paint palette with several wells of paint. To the top left is a small bowl containing fruit. In the bottom left corner, a white headset is visible. A large, semi-transparent blue rectangle is centered over the notebook, containing the word "Conclusions" in white text.

# Conclusions





Thank you!