

# Academic Learning Skills

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Mahsa Tajalli  
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Aalto University  
School of Arts, Design  
and Architecture

# Today's program

- Who are we?
- Introduction to this course
- Studying in Finland and at Aalto
- Independent assignment

**Who are we?**

**Teachers:**

**Kuura Koivu**

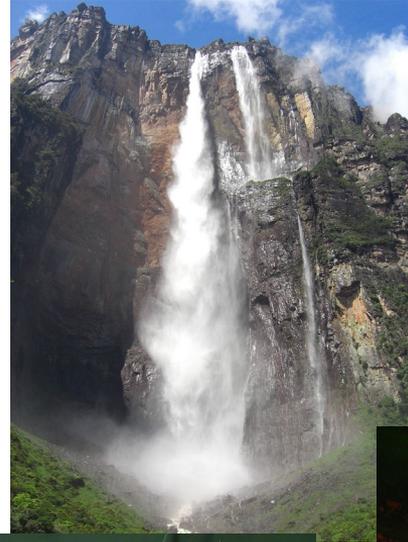
**Mari Partanen**

**Course assistant:**

**Mahsa Tajalli**



# Choose a picture that best describes your feelings towards your studies at Aalto



# Discussion

- **Tell your partner which picture you selected and why?**
- **Discuss your feelings towards your studies at Aalto with a partner (positive and negative)**
- **What kind of expectations do you have for this course and your studies in general?**

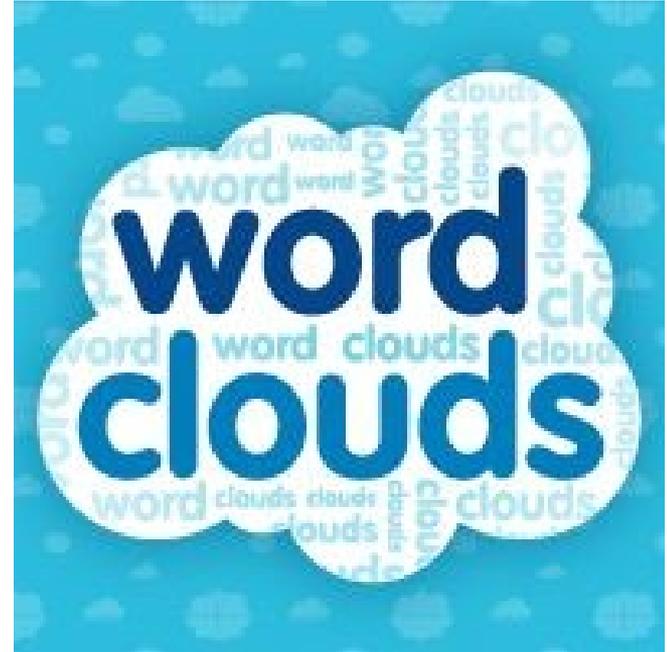
**2-3 minutes**

# Word cloud

Let's create a word cloud

Go to: <https://answer garden.ch/2675888>

- Use forms like exited, confused, joyful....





# How does this course work?

Contact teaching (7x2h) – Independent assignments in groups and individually - Feedback

Themes:

1. Studying in Finland
2. Learning from others / feedback
3. Time management
4. Planning your studies
5. Study ability and wellbeing
6. Learning in groups
7. Skill set

Teachers:

Mari Partanen

Kuura Koivu

Course assistant: Mahsa Tajalli

**Emails: [firstname.lastname@aalto.fi](mailto:firstname.lastname@aalto.fi)**

**General questions mainly to MyCourses  
General discussion forum. In personal  
matters use email or MyCourses private  
message.**

# Workload

Teaching sessions on  
Wednesdays:

13 Sep 1:15 PM

20 Sep 1:15 PM

27 Sep 1:15 PM

25 Oct 3:15 PM

8 Nov 3:15 PM

22 Nov 10:15 AM

29 Nov 10:15 AM

80% attendance required  
in contact teaching

100% completion of  
assignments required

Work	Hours	DL
Contact teaching	$7 \times (2+1) = 21h$	
Assignments		
1. Home group agreement (group)	2	19 Sep
2. Feedback assignment	3	4 Oct
3. Time management (group)	10	25 Oct
4. Personal study plan (group)	6	
5. Well being	5	22 Nov
6. Group evaluation report	3	29 Nov
7. Final assignment: Learning reflection	5	11 Dec
TOTAL	54h	

**Course grading scale: pass / fail**

## Completion Progress

▀ NOW



Mouse over or touch bar for info.

# Learning outcomes & content

## Learning Outcomes

After completing the course, the students are able to:

- Observe, evaluate and develop their own learning and ability to study
- Navigate in Aalto Learning Services
- Plan and schedule their studies
- Set feasible goals for studying
- Design and develop a personal study plan (PSP)
- Operate in the Finnish academic learning culture

## Content

Content topics covered during the course:

- Learning ability and various challenges in learning and studying
- Effective learning and academic study skills
- Identifying your own strengths and challenges in learning and reflecting on them
- Designing your own studies and developing a Personal Study Plan

# MyCourses

A?

[Home](#) [Dashboard](#) [My own courses](#) [Schools](#) [Service Links](#) [Intelliboard](#)



MF

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- > Welcome to Academic lear...
- > Home group forum
- > 1. Studying in Finland
- > 2. Study Ability and Wellb...
- > 3. Time Management
- > 4. Planning Your Studies a...
- > 5. Learning in Groups
- > 6. Learning from Others
- > 7. Future Goals and Skill Set

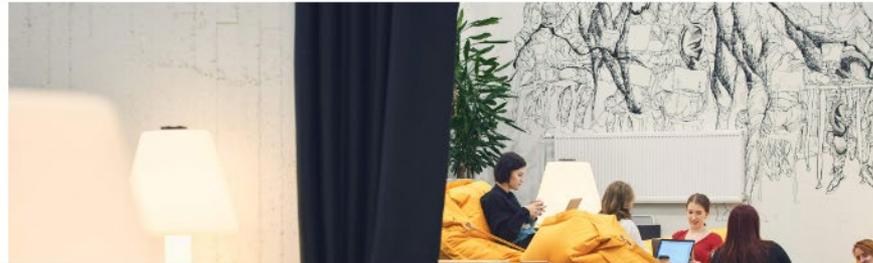
## ARTS-A0113 - Academic Learning Skills, Lecture, 6.9.2023 29.11.2023

? [Assignments](#) [Attendance](#)

[Syllabus](#) [Edit](#)

[Course](#) [Settings](#) [Participants](#) [Grades](#) [Reports](#) [More](#)

### Welcome to Academic learning skills course (2 cr)



# Final assignment

**Consist of all the course assignments, self evaluation and personal reflection (1-3 pages) on learning and studying during this course**

**What is assessed:**

- **Effort put in the assignments**
- **Level of reflection**
- **Topics covered in the reflection**

# What is reflection?

- Through reflection, learners develop their ability to integrate the insights they gain into their learning/life experience so that they can make better choices and improve their learning (Rogers, 2001)
- Reflecting helps you to develop your skills and review their effectiveness, rather than just continue doing things as you have always done them.

## EXAMPLE QUESTIONS:

- Strengths** – What are my strengths? For example, am I well organised? Do I remember things?
- Weaknesses** – What are my weaknesses? For example, am I easily distracted? Do I need more practise with a particular skill?
- Skills** – What skills do I have and what am I good at?
- Problems** – What problems are there at work/home that may affect me? For example, responsibilities or distractions that may impact on study or work.
- Achievements** – What have I achieved?

# Home groups

1. Find your home group
2. Introduce yourself to your group
3. Write your names on a post it and bring them to the teachers

# Studying in Finland and at Aalto

**A?**





**A?**

**A?**







**A?**



A?





# Let's talk about study cultures!

- **Discuss in your home group**
  - 10 minutes

Describe the study culture you're accustomed to

What kind of differences/similarities have you noticed/can you find?

Do they make studying easier/more difficult?

How could you adapt to Finnish study culture?

# Studying in Finland

- **Based on your discussions, how does the Finnish study culture seem to you?**

# Studying in Finland

**Learning environment**

open

closed

**Responsibility**

student

academics

**Assessment**

grades

feedback

**Learning by**

reading

doing

**In focus**

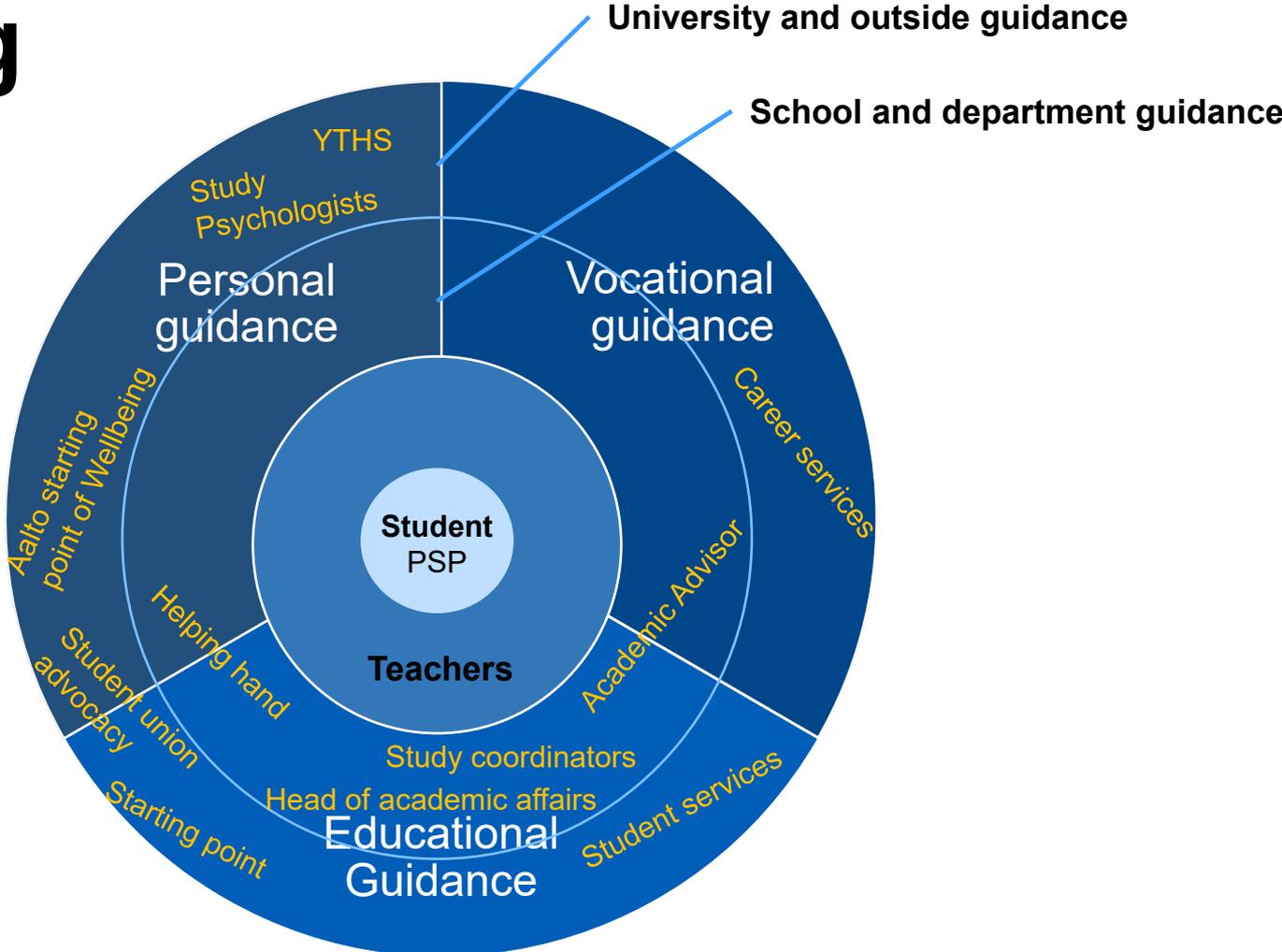
student

teacher



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# Studying at Aalto



# Homework

- Home group agreement
- Workload 2h
- Return your assignment in MyCourses space latest 19 Sep by noon in PDF format
- 1 hand-in from each group



The screenshot shows a MyCourses assignment card. At the top left, there is a yellow pill-shaped label that says "Hidden from students". Below this, on the left, is a yellow circular icon containing a white document symbol with a plus sign. To the right of the icon, the word "ASSIGNMENT" is written in a light grey font. Below "ASSIGNMENT", the main title of the assignment is "Assignment 1 Hand-in: Group agreement", followed by a small pencil icon. On the right side of the card, there are two light blue pill-shaped buttons: "Receive a grade" and "Receive a passing grade". To the right of the "Receive a grade" button is a vertical ellipsis (three dots) menu icon.