



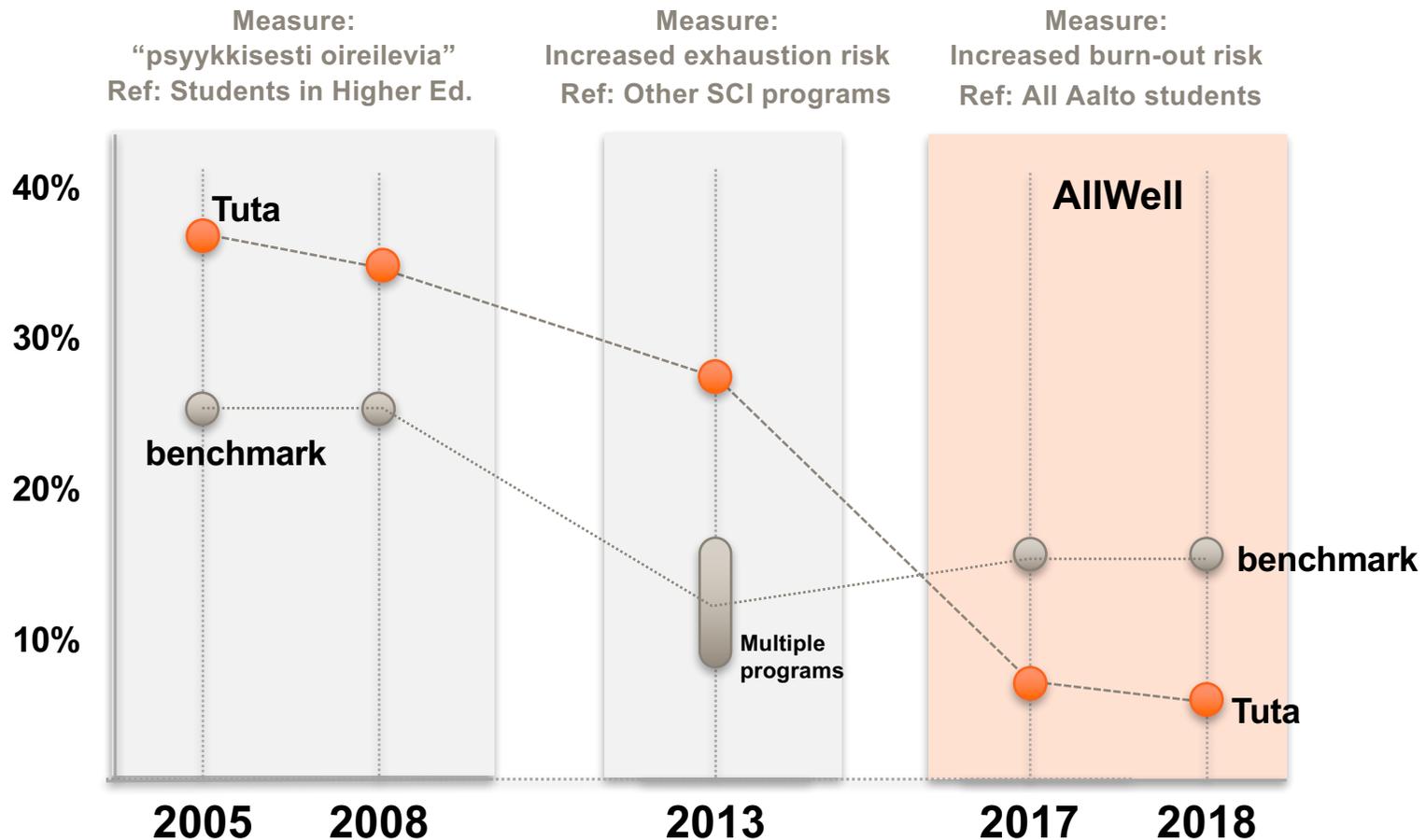
Aalto University
School of Science

Peda Intro

Wellbeing efforts at Industrial Engineering and Management

Mikko Jääskeläinen
Assistant professor, High Growth Entrepreneurship
Vice head of teaching, Dept of Industrial Engineering and Management
23.10.2018

Wellbeing of IEM students has changed from worse to better than average



The change is a result of direct and indirect efforts: psychological & social

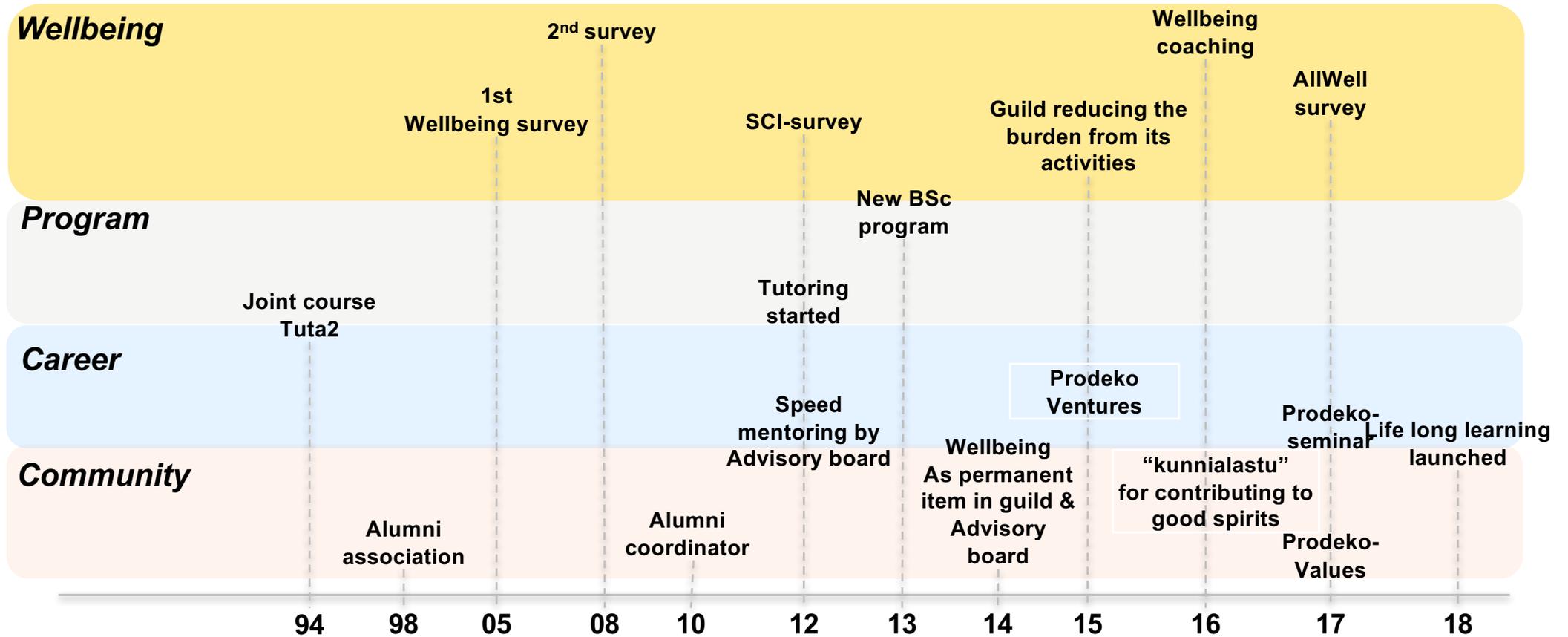
Changes in culture & community



Supportive environment

Changes in context

Activities and initiatives have cumulated over a long time



Plausible drivers of well-being

Wellbeing

Direct Wellbeing interventions

Enhances students' capabilities to handle stress and balance studies

Makes the pro-wellbeing values visible

Program

Renewed Bachelor-program

Pace of studies has slowed down, balancing the workload

Structure and purpose of studies is clearer

Career

Entrepreneurial emphasis

Highlights self-made opportunities

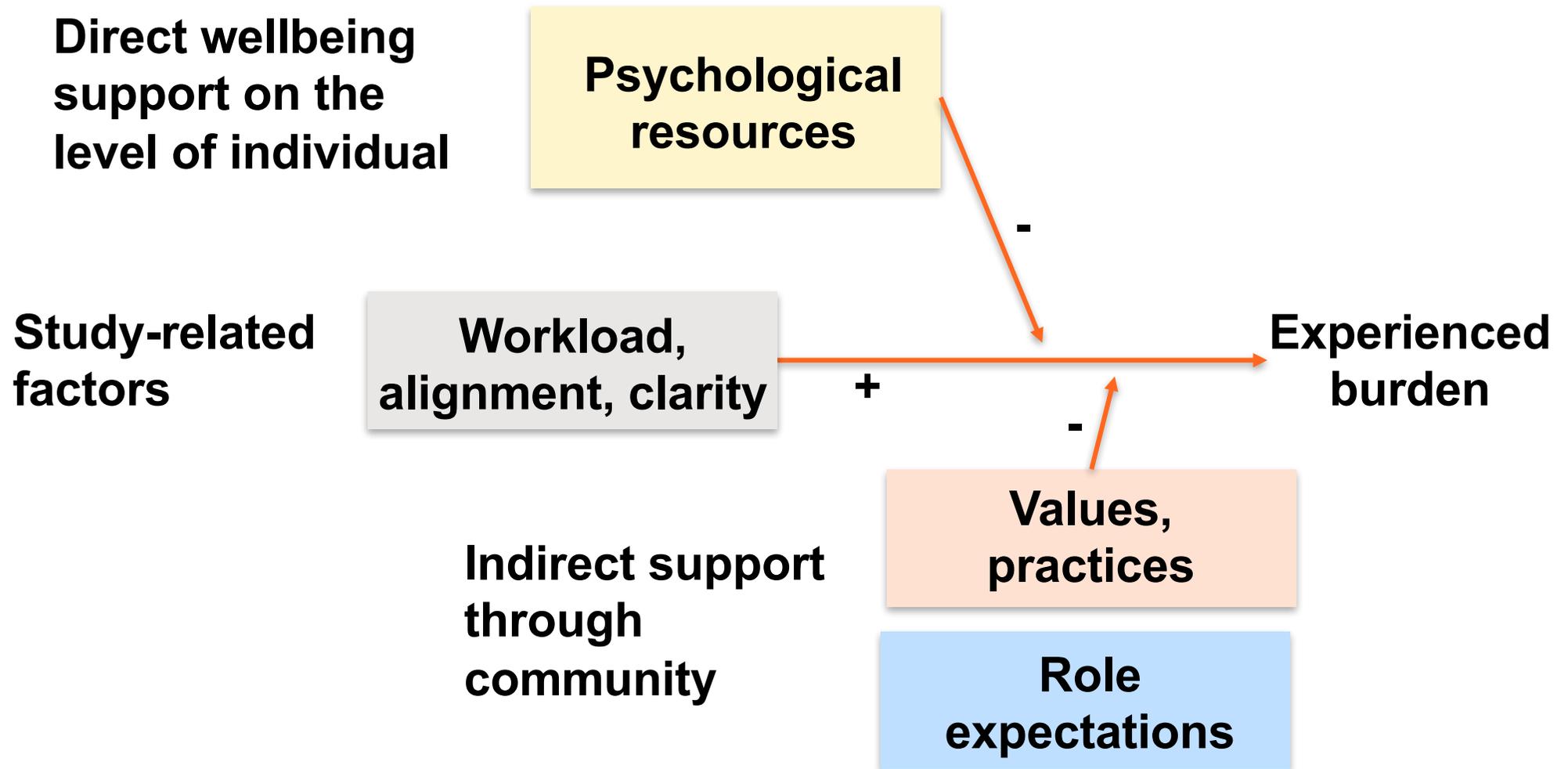
Reduces "Consulting-competition"

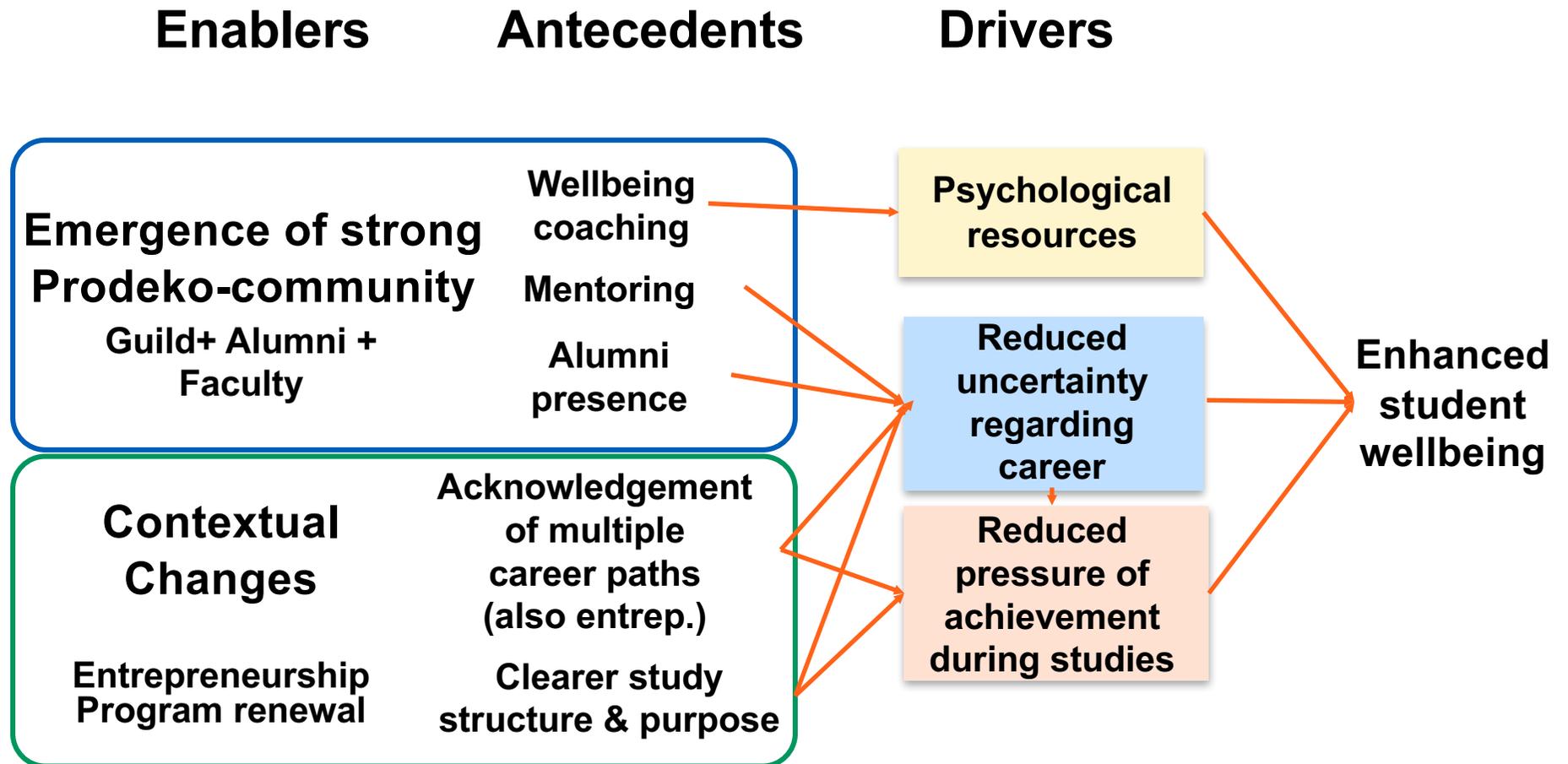
Community

Extent and quality of Alumni involvement

Increased clarity regarding career-options

Increasingly sound values





What can I do?

On your course

- Appreciate the complexity of study schedule and value of clarity in all course-admin related aspects
- Support the sense of profession when possible. This will provide a role-specific link between the studies and future of the student

Support the community

- All tutoring, advising, and joint events build sense of community
- This pays off with long time lag, but will be worth it

Further information:

Mikko Jääskeläinen

mikko.jaaskelainen@aalto.fi

050 592 3470