

A stylized graphic featuring a grey brain shape in the center. A large black speech bubble outline is positioned above the brain, and a yellow speech bubble outline is to its left. A yellow speech bubble is located in the upper right, containing text. A yellow circle highlights a portion of the brain. The text 'All well?' is written at the bottom in a large, bold, sans-serif font, with 'All' in black and 'well?' in grey.

**12.11.2019**

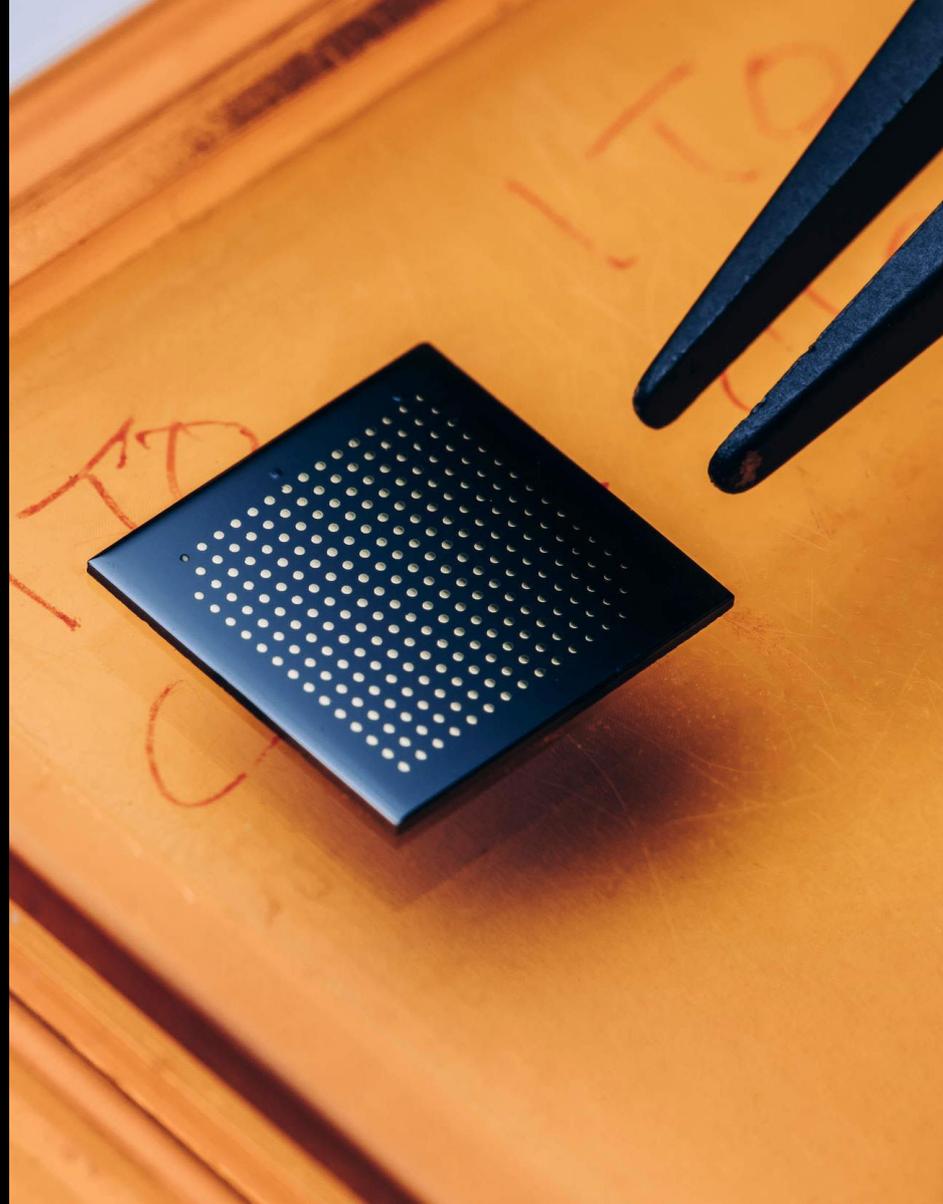
**ENG course assistants**

Sara Rönkkönen,  
Project Designer, Success of  
Students

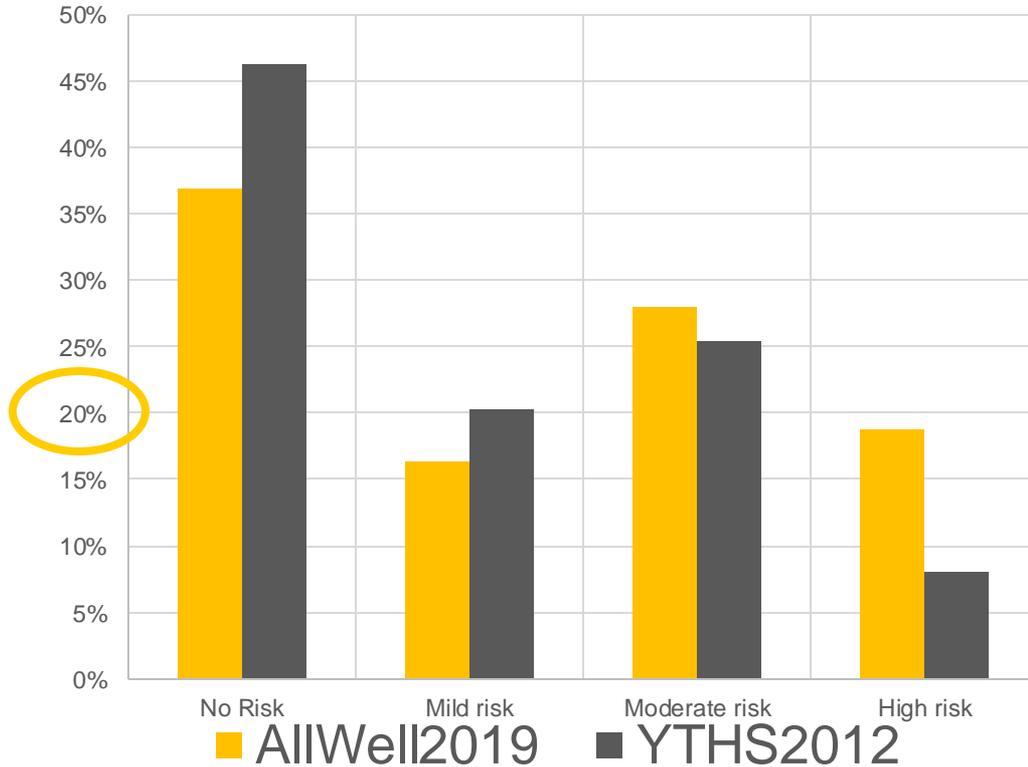
**All well?**

**Why does  
study well-  
being matter?**

***Let's take a look  
at the data.***



# Burnout Risk rate indicator: Aalto vs. Finland



Compare:

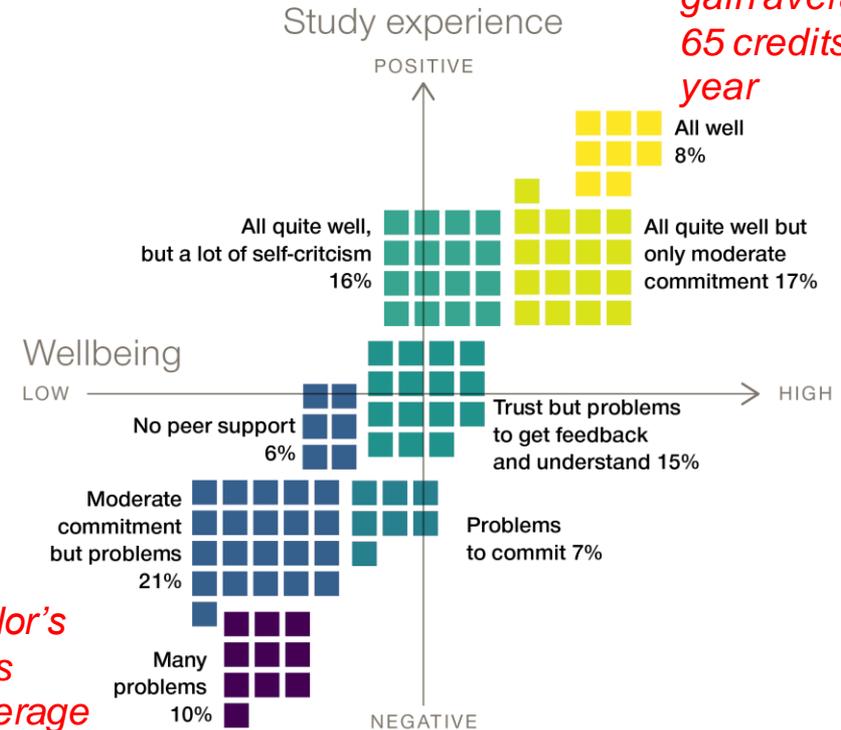
*Kuittinen and Meriläinen (2011) The effect of study-related burnout on student perceptions*

*Hernesniemi et al (2017) Burnout among Finnish and Chinese university students*

One of the duties of higher education should be to support **students' well-being and student success** (Salmela-Aro & Read, 2017, 27).

## Aalto Bachelor's students

*Bachelor's students in this group gain average 65 credits per year*



*NOTE: Bachelor's students in this group gain average 30 credits per year*

# Study well-being at Aalto University

- Strategic initiative in the field of Education at Aalto University (2016-2020)
  - *project manager study psychologist Merita Petäjä, academic lead professor Keijo Nikoskinen*
  - *core team*
- Well-being of the students systematically measured since 2017
- The goal: to gain research-based knowledge for planning actions for pedagogical development; enhance the student success by advancing study support, teaching and learning services
- Instrument: annual study well-being questionnaire (AllWell?)

# Measuring study ability: conceptual framework & theoretical background

- Many of the sections of the questionnaire are covered by **HowULearn** research instrument (Parpala & Lindblom-Ylänne, 2012). To cover also students' personal resources, a set of scales was added to cover the areas of handling stress and student's personal resources
- **Study Ability Model** (Kunttu, 2009), summarizing factors related to students as well as teaching, is a conceptual framework of the study well-being inventory used in this study

## **Student's resources and well-being**

- Study burn out (*Salmela-Aro et al. 2009b*)
- Avoidance (*Nurmi et al 1995*)
- Self compassion & self criticism (*Raes et al. 2011*)

## **Study skills and motivation (*see more in Parpala & Lindblom-Ylänne, 2012*)**

- Deep approach to learning
- Commitment to studying
- Organized studying
- Trust oneself as learner
- Surface approach to learning

## **STUDY ABILITY**

## **Teaching (*see more in Parpala & Lindblom-Ylänne, 2012*)**

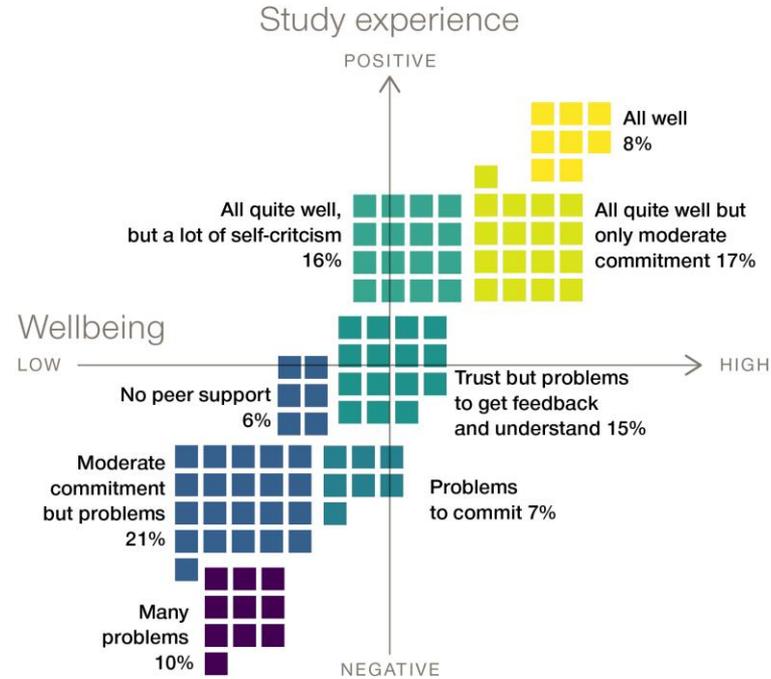
- Interest in teaching
- Feedback from teachers to students
- Alignment of teaching

## **Study environment (*see more in Parpala & Lindblom-Ylänne, 2012*)**

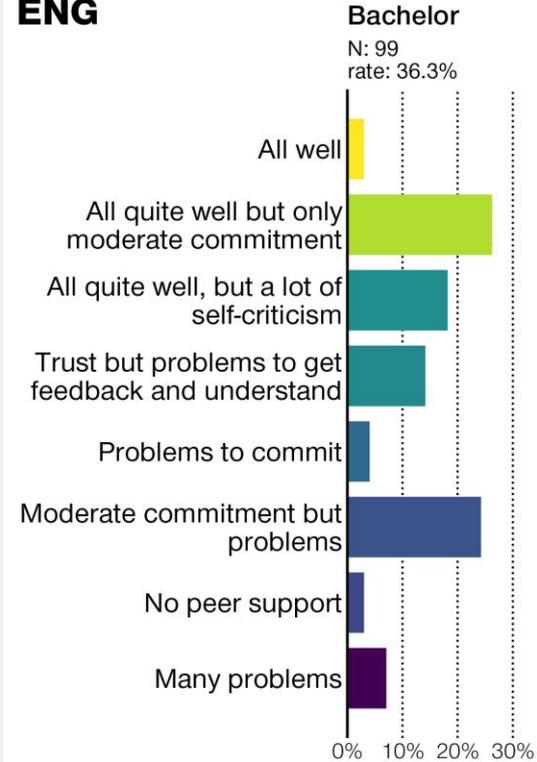
- Support from other students

**OK, I teach. What  
can I do?**

# Aalto Bachelor's students

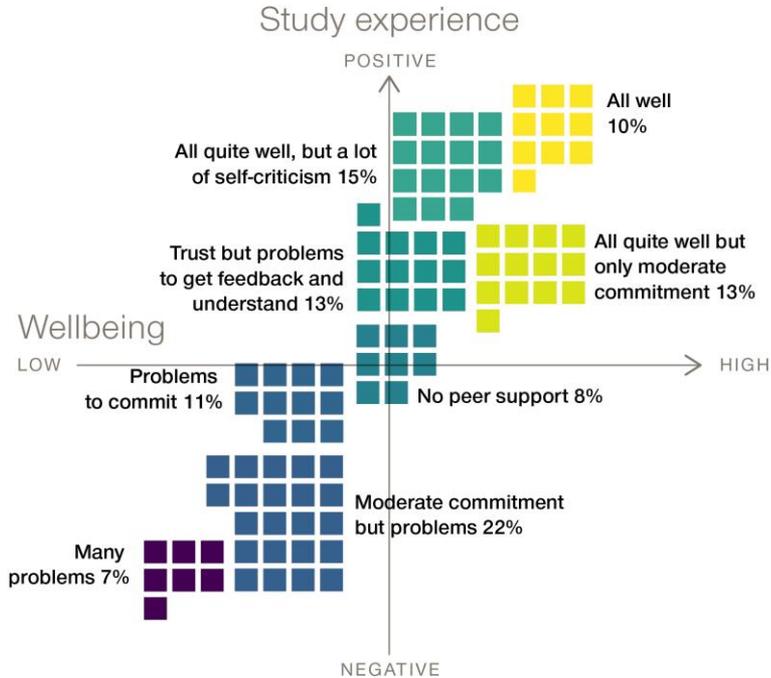


# ENG

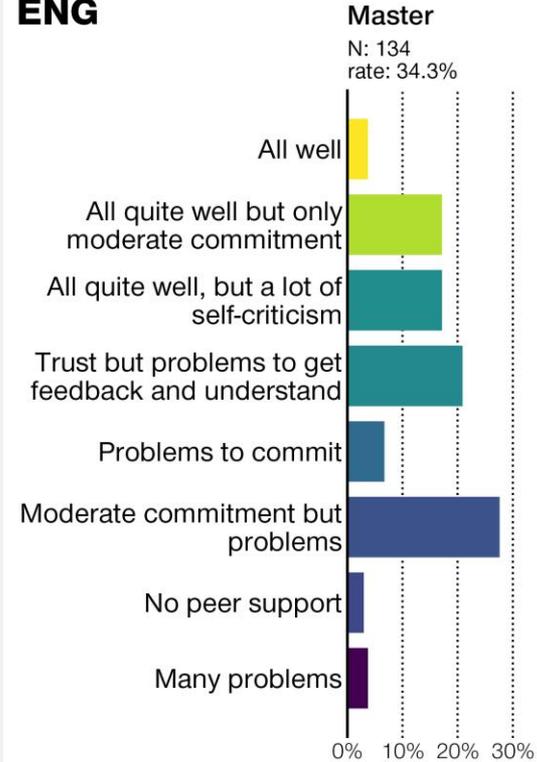


AllWell? 2018

# Aalto Master's students



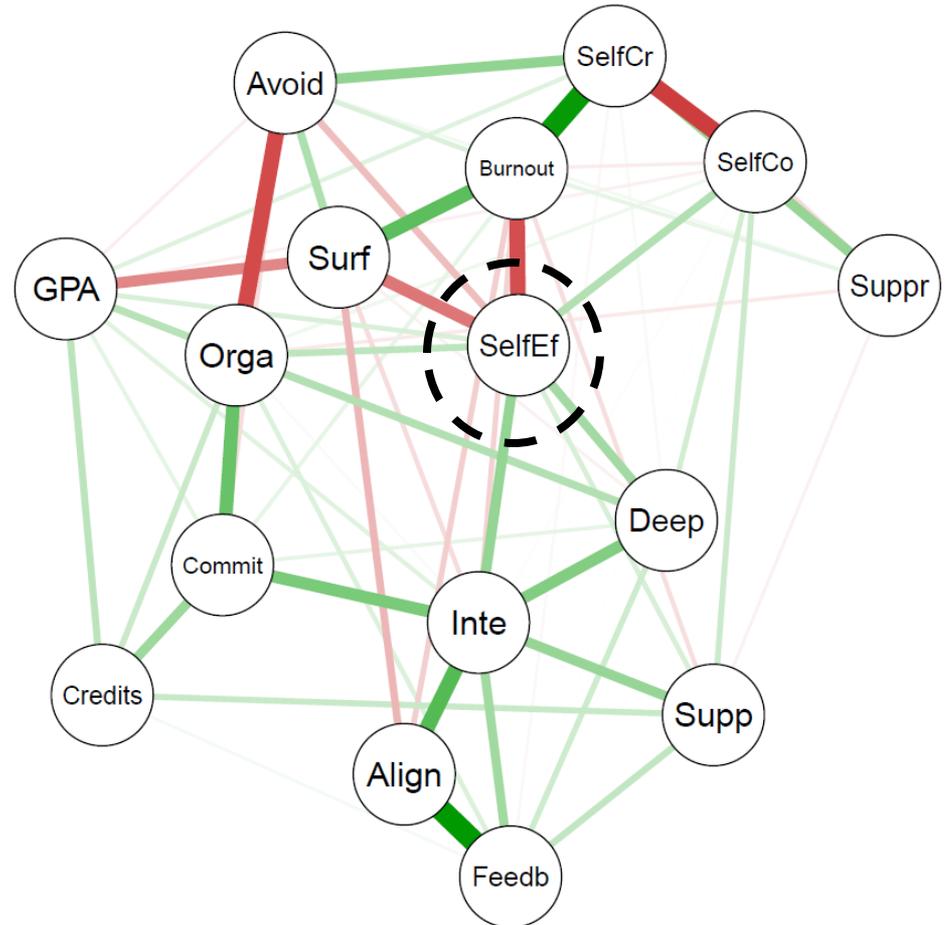
# ENG



AllWell? 2018

# Network analysis (2017 data, Inkinen)

***Self-efficacy*** mediates students' experiences of well-being, learning and teaching

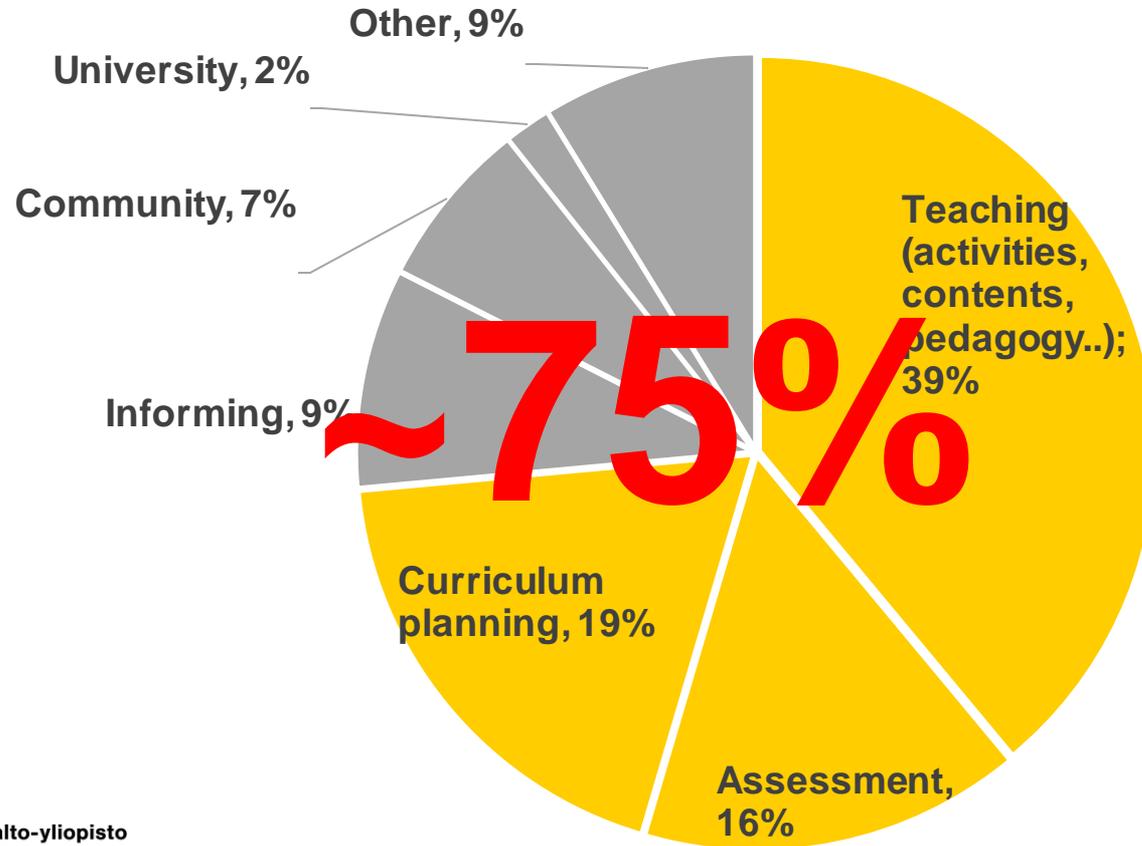




# Qualitative content analysis (2019 data)

*“What kind of changes or actions in teaching, supervision or services in your school, programme, or in university would help you to improve your well-being?”*

# AllWell? 2019 open replies, N=951



# What is it that we can do by teaching?

- 1. Increase cooperation, communication and co-planning between teachers**
- 2. Reduce or rethink course and curriculum level workload**
- 3. Focus on feedback and assessment practices that support learning**

<https://www.aalto.fi/en/services/curriculum-design-course-planning-and-student-well-being-three-things-to-take-into-account>

# EXTRAS

# Student point of view:

- **Starting Point of Wellbeing**
- **Study and career planning psychologists**
- **Individual study arrangements**
- **Personal Impact course set**
- **AllWell? Questionnaire and counter feedback**

# To support your study well-being

Academic year 2019-2020



# Starting Point of Wellbeing

The Starting Point of Wellbeing offers advice and guidance on services related to wellbeing.

Open on weekdays, no appointment needed.

Address: Y199c, Otakaari 1



# Material for personal development

In Aalto, we have a lot of courses and workshops, provided by the study and career planning psychologists, to support and maintain your study ability.

[Online courses and workshops](#)  
(Into link)

[Career planning exercises](#) (Into link)



# Study and career planning psychologists

If you are worried about your studies or future employment, come meet the Aalto psychologists to discuss shortly how our services could be helpful to you.

Appointment booking for study psychologists:

*[opintopsykologi\(at\)aalto.fi](mailto:opintopsykologi(at)aalto.fi)*

Appointment booking for career planning psychologist:

*[seija.leppanen\(at\)aalto.fi](mailto:seija.leppanen(at)aalto.fi)*



# Individual study arrangements

Each Aalto degree student has a right to individual study arrangements due to an impairment restricting his/her ability to study or other health condition.



# Personal Impact

Personal Impact is a mindset and a movement, an entity created for all Aalto students. Personal Impact brings to light already existing courses in Aalto University on values and meaningfulness, self-leadership, societal impact, human potential and well-being.

[personalimpact.aalto.fi](https://personalimpact.aalto.fi)



# AllWell questionnaire

- Annual study well-being questionnaire for 1st year master's and 2nd year bachelor's students (*degree students only*)
- 2019 response rate 46%
- Next questionnaire in February 2020
- Research-based data for the development of teaching, counter feedback for students



**Thank you!**  
**allwell@aalto.fi**



**aalto.fi**



**Aalto-yliopisto**  
**Aalto-universitetet**  
**Aalto University**