

Academic Learning Skills

Study Ability

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Programme of the day

1. **Dream! Assignment**
2. **Study Ability**
3. **How to promote study ability discussion**
4. **Aalto Wellbeing services**

5. **Assignment**
6. **Feedback**

Dream!

Goals, interests?

Motivation – What motivates you?

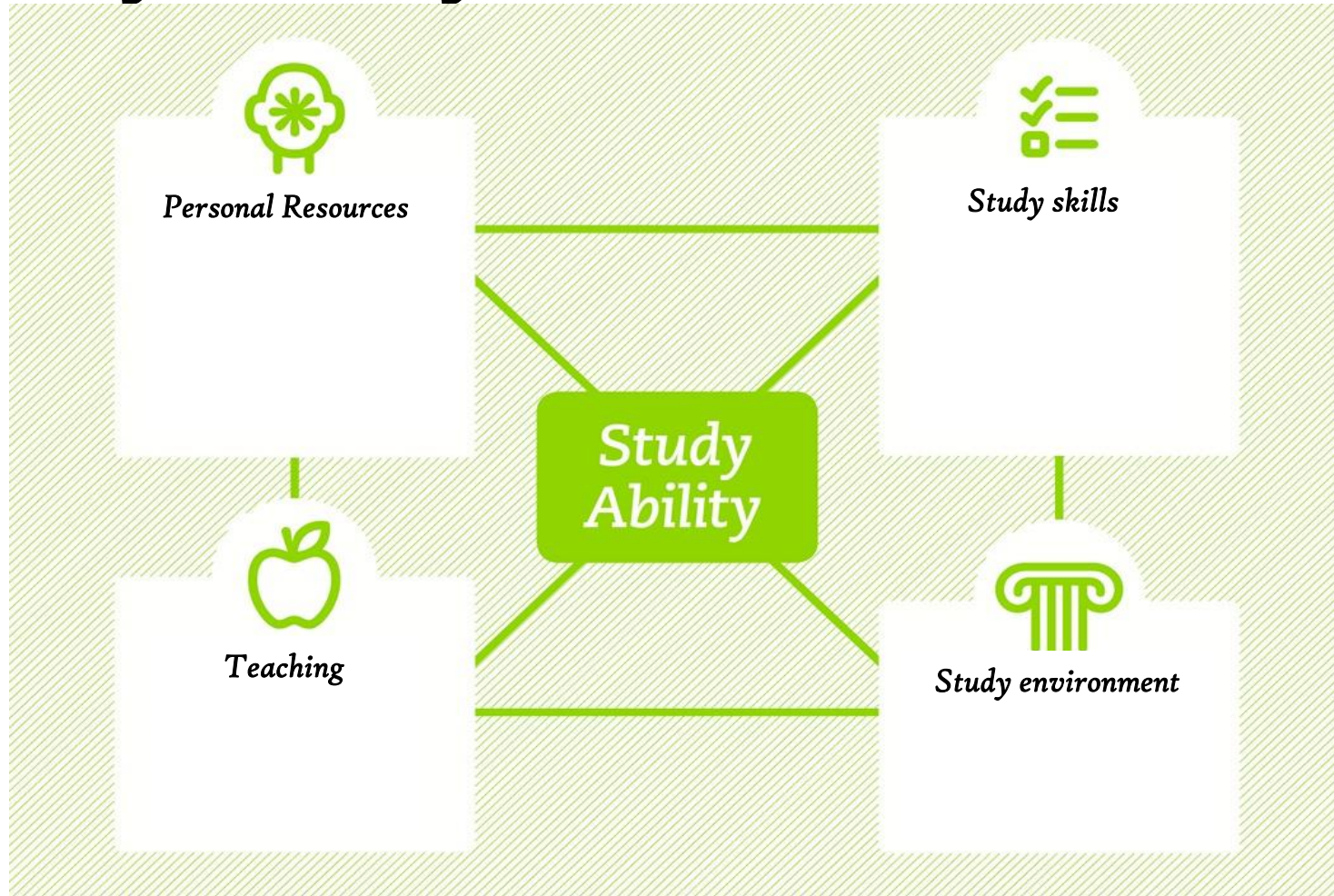
Strengths / weaknesses?

Skills – Important study-related skills?

Working life objectives



Study Ability



A?

Assignment

1. Write on a post'it one motivational factor, one skill and one strength.
2. Stick your notes on the wall into the section you think it fits best

Personal Resources
Study Skills
Teaching
Study Environment





Personal resources

- × personality
- × identity
- × life management
- × life situation and conditions
- × social relations
- × physical and mental health
- × behaviour



Study skills

- × study orientation
- × study techniques
- × study styles and habits
- × critical thinking
- × problem-solving skills
- × social skills
- × study plan formulation
- × time planning



Teaching

- × teaching
- × guidance
- × pedagogical competence
- × tutoring



Study environment

- × physical, psychological and social environment
- × study communities within educational institutions
- × students' own communities

Study Ability

How to promote Study Ability

How can you affect the factors of study ability?

What can the community do to promote study ability?

What can you do to make the community better?



Exercise

Active listening

1. Choose who will start telling about their morning routines this morning **1 minute**
2. Change roles and now the other one is sharing their morning **1 minute**

INSTRUCTIONS FOR THE ONE LISTENING:

- Try to ignore your partner's story by any means

Exercise – Active listening

What can you do to make your partner feel like their story is interesting and meaningful and show them that you are listening?

- Eye contact**
- Friendly face, smile, nod**
- Gestures, leaning forward**
- Repeat what they have said, ask questions, comment**

Discussion

**Discuss in your group about a given factor effecting study ability.
How can these factors be promoted to support study ability?**

What can you do?

You may use the given questions to support your discussion.

15 minutes group discussion, report your ideas in presemo:

<https://presemo.aalto.fi/studyability2021>

Group 1 - Personal resources

How does motivation show? What can be done to support motivation?

How can I help myself and others to maintain study engagement?

How to prevent burnout?

How to endure the challenges of academic studies? (Independent nature of studies, study skills, believing in one's own skills, competence and future possibilities)



Group 2 - Study Skills

How to learn self-leadership and to guide one's own work?

How to recognize and utilize one's own interests and competences in studies?

How to make learning a joint effort instead of seeing it as an individual achievement?

Where and how do you learn the required study skills?

How can we train our ability to fail?

How should we welcome new students to the community?

How can we make sure that everyone finds a group and a place in that group?



Group 3 - Teaching

How do you find the right study path?

How can you know if you have chosen the right field of studies?

What can you do to get more out of teaching?

What can the teachers do to promote your learning?

How can the students teach one another?



Group 4 - Study Environment

Are we part of an inspired and positive working atmosphere?

How can you affect the physical environment of your studies?

Who is responsible for building and developing the academic community?

What kind of smaller communities are there in the university?

Where can students and staff meet and interact?

Do we notice if someone falls outside of the community?



Study ability – related topics

Engagement – More engaged university students:

- Have a better credit accumulation, work less for the same amount of credits
- Experience less stress

Persistence – More persistent university students

- Get more credits completed, use more time for their studies
- Apply multiple times if they get rejected

Competency – More competent students

- Are more satisfied with their learning

Student wellbeing

- Reduces dropout rates, peer support is crucial

Aalto Wellbeing Services

Healthcare

- In urgent matters contact your municipal health center or emergency service
- Finnish Student Health Service: <https://www.yths.fi/en>
- Student's mental health tips and tools online: <https://www.nyyti.fi/en/>
- In Aalto Starting Point of Wellbeing is open on weekdays: <https://into.aalto.fi/display/enopisk/Starting+Point+of+Wellbeing>

Harassment contact person in ARTS: Iiris Kauppila,
iiris.kauppila@aalto.fi

Aalto Wellbeing Services

University Chaplains

<https://into.aalto.fi/display/enopisk/University+chaplains>

Study- and career planning psychologists

<https://into.aalto.fi/display/enopisk/Study-+and+career+planning+psychologists>

Aalto Wellbeing services in Into:

<https://into.aalto.fi/display/enopisk/Health+and+well-being>

Individual study arrangements

Individual study arrangement contact person in ARTS: Pulmu Föhr-Siltavuori pulmu.fohr-siltavuori@aalto.fi

Information in Into:

<https://into.aalto.fi/display/enopisk/Individual+study+arrangement>
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Information in Aalto.fi: <https://www.aalto.fi/en/services/individual-study-arrangements>

Assignment

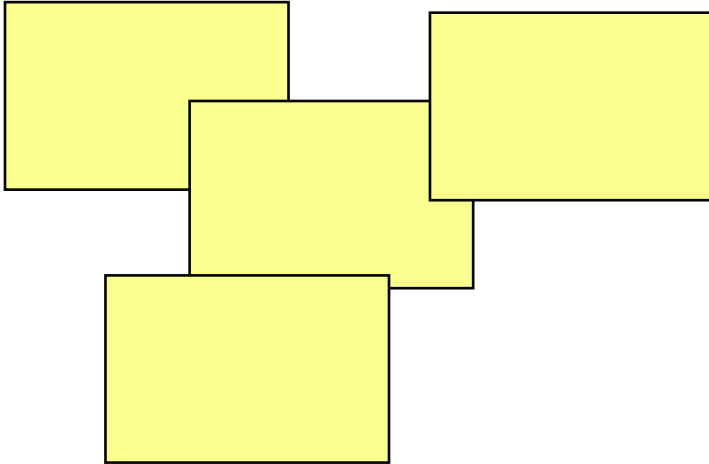
Evaluate the factors in your everyday life that are supporting or promoting your study progress and the factors that are delaying or blocking your studies.

**How is Aalto University or ARTS promoting your study ability?
What kind of support is available in Aalto? What actions can you take to promote your own and your peers' study ability?**

Write an essay of max. 1 page. Optionally you may also formulate a mind map or some kind of visualization of the topic.

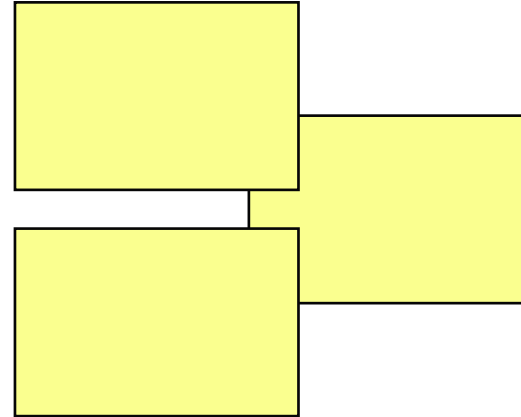
I like – I wish...

- I like about this course...



Four yellow sticky notes with black outlines, arranged in a staggered pattern. The top row has two notes, the middle row has one centered note, and the bottom row has one centered note.

- I wish for this course...



Three yellow sticky notes with black outlines, arranged in a staggered pattern. The top row has one note, the middle row has one note to the right, and the bottom row has one note to the left.

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