

# A!

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# Building the role of a tutor: Your wellbeing & characteristics of remote grouping

*Tutor training 2021*  
*Study psychologists*

# Programme

- **Introductions and why did you decide to become a tutor?**
- **Information about the group**
- **A tutor's own capacity**
- **Characteristics of remote grouping**
- **A playful remote grouping game**

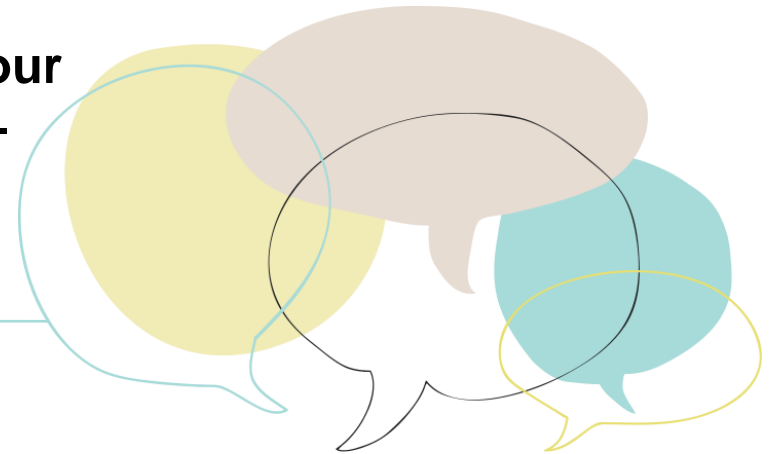




# Do you know how many students feel like they do not belong to any study-related group?

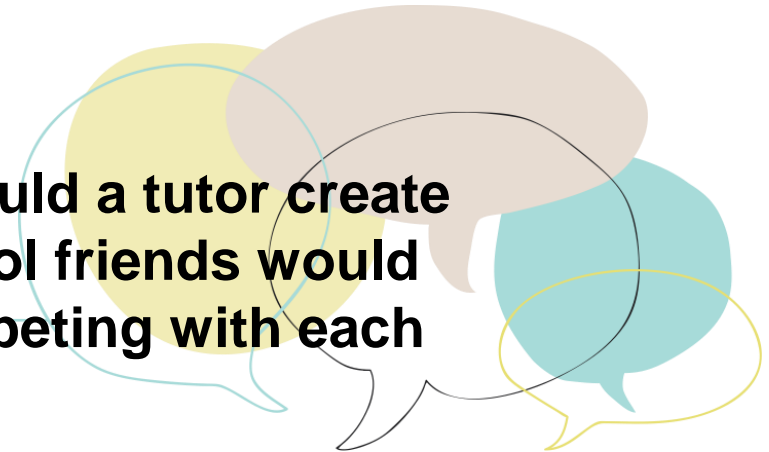


- **According to the FSHS 2016 health survey, about 1/3 of students do not feel like they belong or are not sure if they belong to any study-related group**
  - this is a large number of students
- **Studying together with your school friends is often beneficial, advances your studies and, at best, is just plain nice – also remotely**



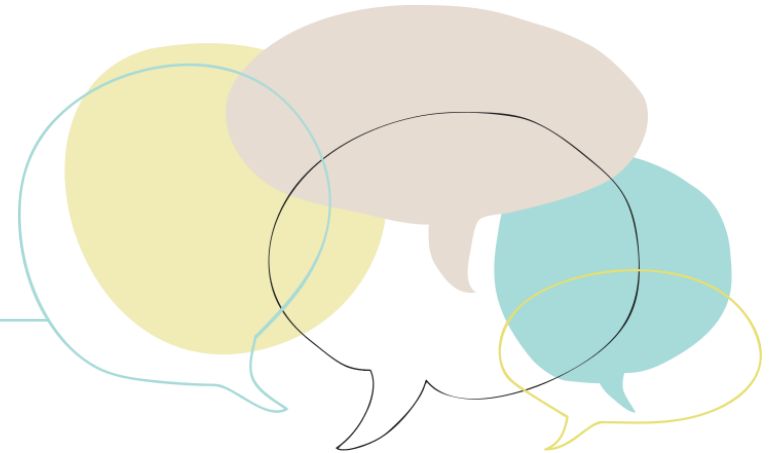
# Phenomena heighten in a group

- Sometimes certain phenomena or issues may be emphasised in a group
- For example, there might be competitiveness among university students, and the students might compare themselves with others
- Sometimes comparing yourself with others can be consuming
- Through their own actions, how could a tutor create an atmosphere in which their school friends would support each other instead of competing with each



# Discussions in small groups for 10 minutes

- What is a tutor's responsibility and what is not?
- As a tutor, how can you take care of your own wellbeing?
- Share your thoughts in Flinga:  
[Flinga - Tutor training 2021](#)



# How to take care of yourself this autumn?

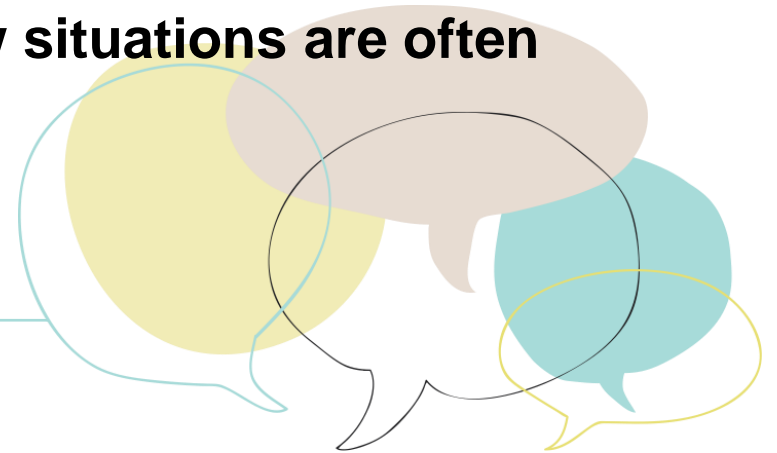
- **Stopping and listening to ourselves is necessary from time to time**  
“How am I, how am I feeling today?”
- **We have all learned about ourselves during the pandemic – what are the things that restore our strength?**
- **Take concrete steps for your wellbeing – already this week!**
- **What are the things that you can and cannot influence?**





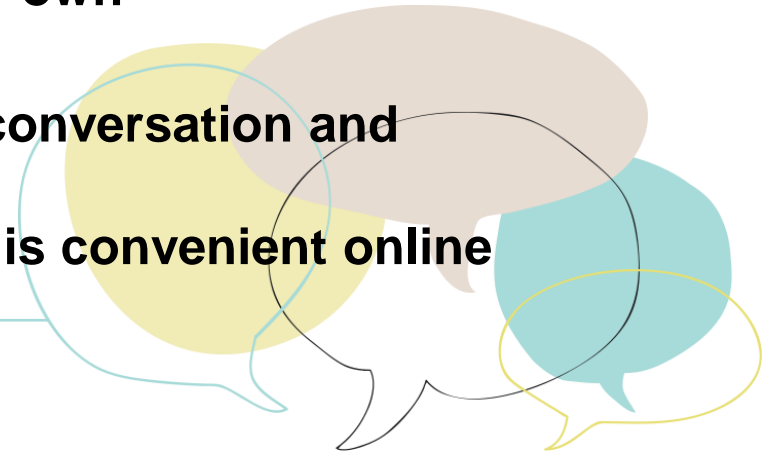
# How to take care of yourself this autumn?

- Remember to be sympathetic to yourself. Ask yourself: how would you react if one of your friends told you how dissatisfied they are with something they have said or done?
- Talk to others. We often feel the same way as everyone else
- We should also remember that new situations are often easier for some than for others.
- Try to live in the present.



# Characteristics of online interaction

- Is it easier or harder to meet people remotely?
- Nonverbality is missing or changing
- Misunderstandings are common
- Asynchronicity is emphasised, technical difficulties
- How to make large groups work
- “Wildfire phenomenon” (the fast pace of communication), things start to spread or take on a life of their own
- Bullying, pressure?
- The internet enables making friends, conversation and communication for everyone
- Communicating, sharing and meeting is convenient online



# Positive group activation online

- **Everyone has the possibility to briefly introduce themselves at the beginning, preferably with their cameras on**
  - **voluntary – however, this is encouraged**
- **Openness and sharing – building a safe atmosphere, openness of the tutor: could I share more about myself than I would in other circumstances?**
- **Give attention equally**
- **Avoid assumptions related to the members of the group**
- **Encourage and show approval. Everyone has the right to participate in a way that suits them.**
- **Possibilities to influence improve engagement**



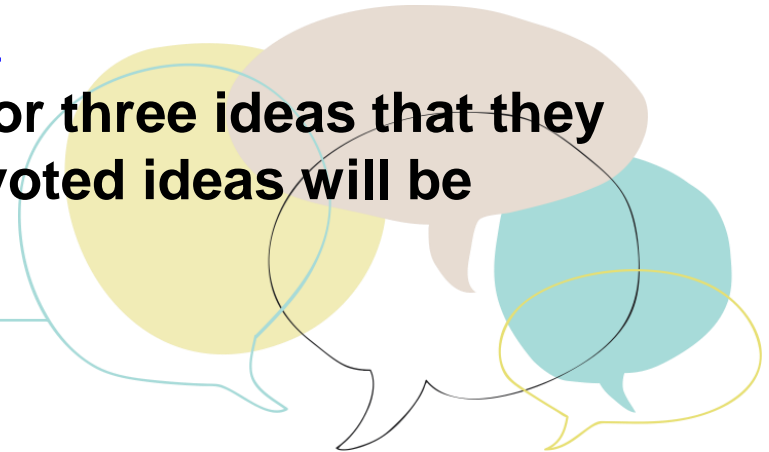
# How to support your tutees?

- **Be present – as much as you have time or energy**
- **Ask: How are you/How can I help? Open communication**
- **Listen and give time for getting acquainted & grouping**
- **The freshman year is always one-of-a-kind**
- **Compassion**



# Game: design a nice remote grouping activity! (15 minutes)

- **Generate an idea of grouping game/question, etc. in a small group, which would help the members of the tutoring group to get to know each other and weld into a team and that would function in a remote setting.**
- **Write down your best proposal in Padlet: [Design a nice remote grouping activity! \(padlet.com\)](https://padlet.com)**
- **Every member of the group votes for three ideas that they think are the best. The three most voted ideas will be declared the winners!**



# Study psychologist's greetings for the tutors

- You are an important person in the new students' lives in how a new student feels integrated as a part of the student community and Aalto University.
- I hope you get a chance to enjoy the role of a tutor. At best, it's very rewarding.
- If you face challenging situations with your group, do not dwell on it alone. Ask another tutor, the people at AYY or us study psychologists for help 😊
- You can contact us at [opintopsykologi@aalto.fi](mailto:opintopsykologi@aalto.fi)

