

A!

Aalto-yliopisto

How to support distant grouping?

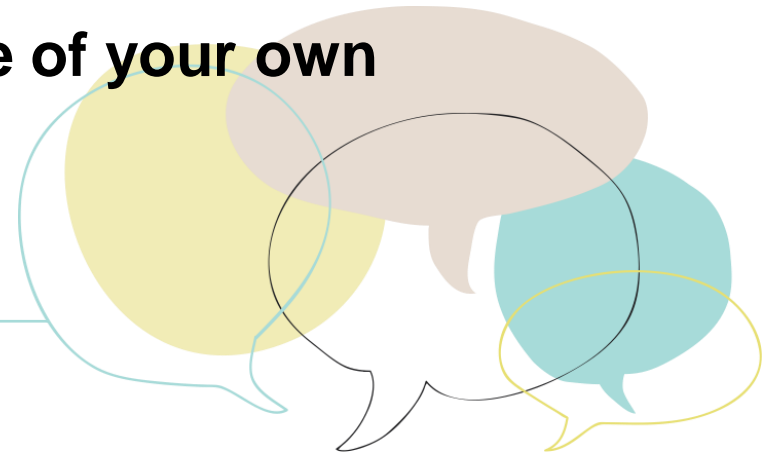
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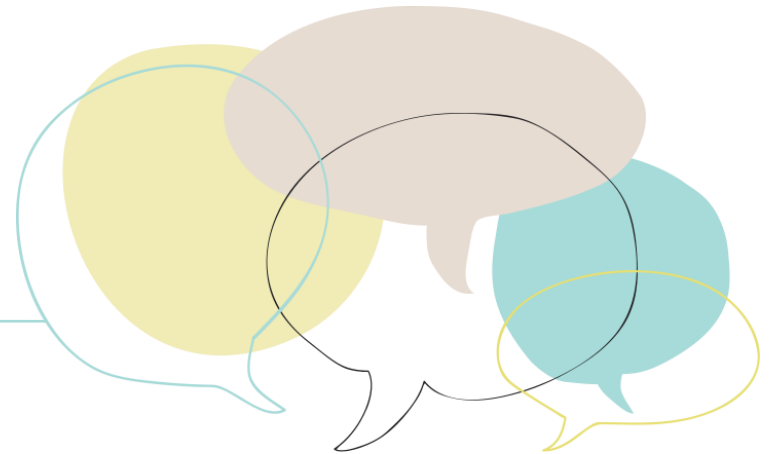
Agenda

- **Information and what is special in distant interaction**
- **Best practices to support distant grouping**
- **Ideas on how to support tutors in their difficult task**
- **Some thoughts on to take care of your own wellbeing during fall**



Questions:

- **What kind of experience was last spring for you as distant communication increased suddenly?**
- **How is interaction different while it happens remotely?**



Interaction is also the key to distant grouping!

- **Decide the channels for communication**
- **Have distant meetings regularly**
- **How to make time for informal ‘coffee room’ communication?**
- **Keep in touch with fellow tutors actively and share experiences**
- **Hybrid model (some students distant and others face-to-face) a risk for grouping?**
- **Is there a chance for some face-to-face meetings?**



Notice your attitude to distant grouping

- **Most of the new students don't have the experience of any other kind of fuksi/mursu year**
- **Most of the new students want to get to know each other, so they have internal motivation for grouping**
- **Try not to compare too much with previous years and remember that we are now creating something totally new**
- **Keep your attitude positive**



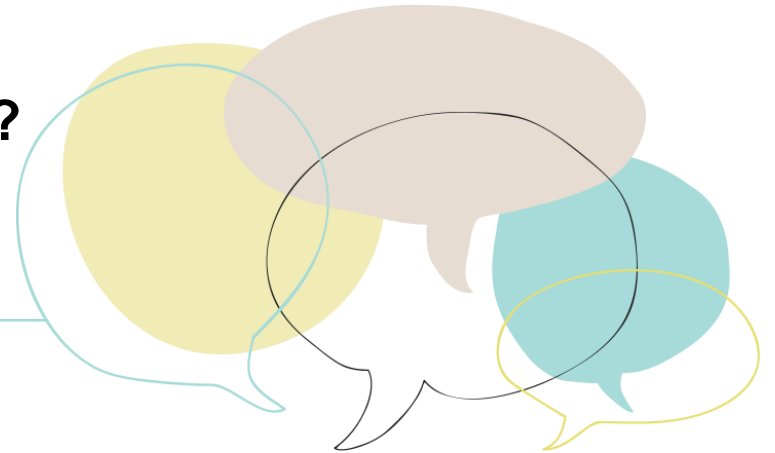
Worries about distant grouping?

- **What kind of worries do you have about coming fall?**
- **Active beginning, what next?**
- **Can a group take a wrong direction?**
- **How to check whether grouping is successful?**
- **Are all of the new students active? Is someone left out or being very passive?**
- **Does technique work?**



How distant interaction differs from face-to-face interaction? I

- **Asynchrony is more visible**
- **Nonverbal interaction is missing or different**
- **No natural chances for interacting in sub groups**
- **How does just hanging out work remotely?**
 - **e.g. board games**
- **Bigger risk to be misunderstood**
- **How does the tutor find their place?**



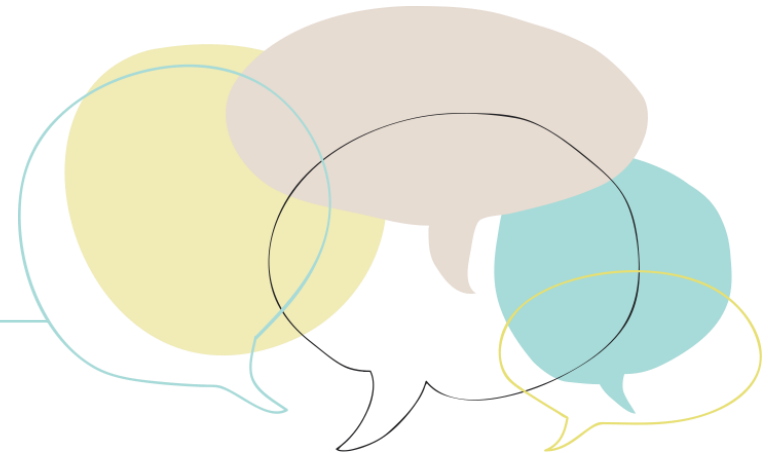
How distant interaction differs from face-to-face interaction? II

- **Cooperation skills needed may be a bit different**
- **Openness and sharing - we are aiming to build trust**
- **Students have different kind of writing skills and digital skills**
- **How to make big groups work?**
- **Easy to reach people who are physically far away**



Best practices to support distant grouping?

- The tutor plays a role in the grouping, acts as a “middleman”
- The important role of listening
- And giving support
- Give everyone a chance to introduce themselves at the beginning of the virtual meeting (voluntary)
- Be open and share something about yourself
- Be accepting and open-minded
- Thank others and give good feedback
- Don't compare
- Accept different ways to participate
- Ask for the new students' own ideas



Tutor responsibilities: How can you best support tutors in their role?

- **Sharing information about distant grouping**
- **Checking actively how they are doing!**
- **Being available**
- **Asking how you could help them**
- **Listening and giving *time & opportunity* for different reactions**
- **Encouraging them to share good ideas and positive experiences**
- **Reminding that we are in a new situation and there is more than one right way to do it, try to be compassionate**



How to take care of yourself during this fall?

Sometimes we need to stop and listen to ourselves

Faint signals of our own well-being

You can ask yourself what you do like about this situation and what you do not

- How can you work towards being happier about your life circumstances

- It's about accepting what we can change and what we cannot

Well-being often starts with learning to ask ourselves “the right questions”



How to take care of yourself during this fall?

If you feel like there's some ongoing negative thoughts circulating in your mind

- Try some exercises: "Clouds in the sky" & "Products in the grocery store"

- Ask yourself: How would you react if a friend told me about how very unhappy they may be about smth they've done or said*

Chat with others. Many times, what we feel is in common with others as well

We should also bear in mind that novel situations are easier for some than for others. It's also down to different personality traits.

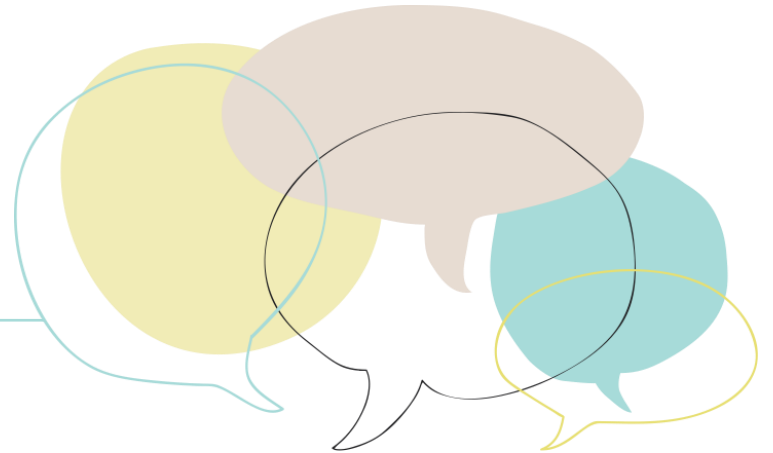
Being in the present

Remember that this situation is not going to last forever and that we can all just try our best



References:

**Based on materials by Kati
Mäenpää**
teacher, study counsellor OAMK



Aalto psychologist service:

Individual appointment (face-to-face or remotely) with Aalto psychologist, opintopsykologi@aalto.fi

Courses and self-study materials (e.g. time management, stress management)

<https://into.aalto.fi/pages/viewpage.action?pageId=328008>

Starting Point of Wellbeing is replaced by remotely organized support:

<https://into.aalto.fi/display/enopisk/Starting+Point+of+Wellbeing>

Advice line for psychologists: **+358 29 44 20080** (weekdays 9-15)

MyCourses site: **Psychological support for Aalto students during corona-outbreak (Aalto psychologists services):**

<https://mycourses.aalto.fi/course/view.php?id=26856>

