

A!

Aalto-yliopisto

Functioning group



Tutor training 2021
Study psychologists

Topics in this training material

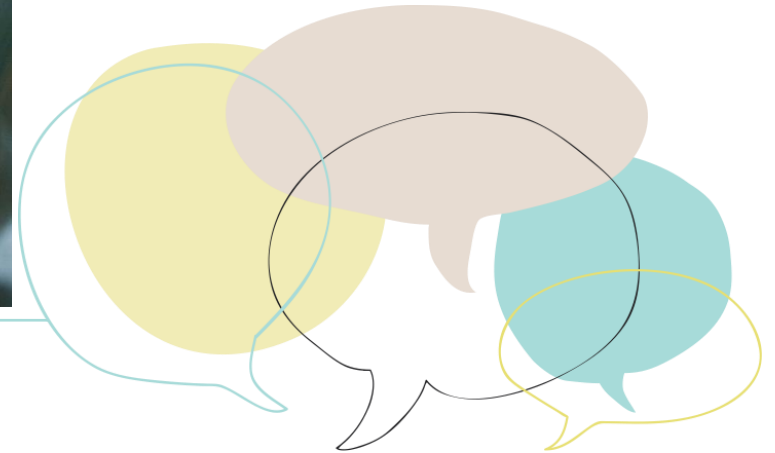
- **Grouping of students**
 - **Group characteristics** – which factors affect how the group functions as a team
 - **Group development stages** – why the initial stage of the group is particularly important
 - **Group-related challenges**



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

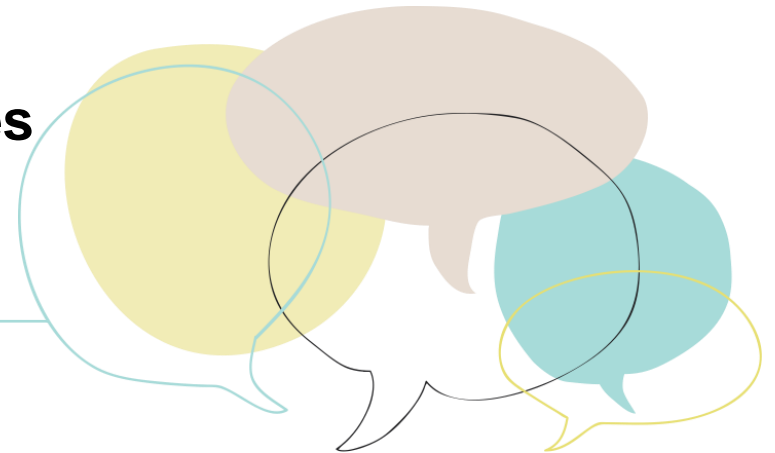


According to the FSHS 2016 health survey, 70% feel they belong to a study-related group, 22% do not feel they belong to any group and 8% do not have an opinion.



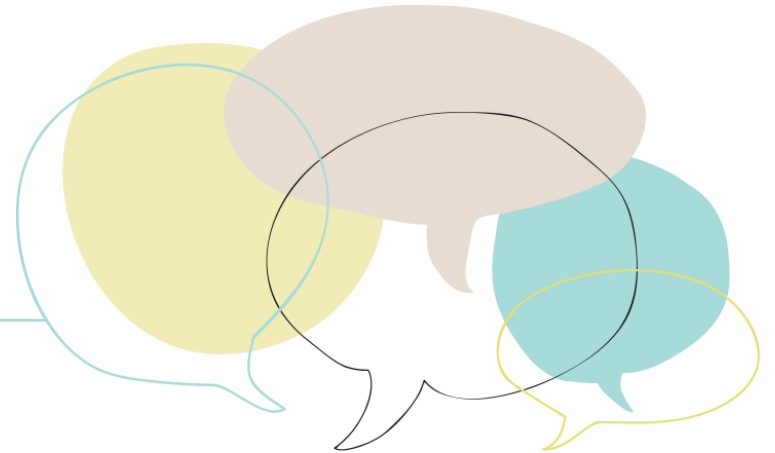
About the importance of the group

- **According to the FSHS 2016 health survey, approx. 1 / 3 of students do not feel that they belong to any study-related group**
 - this is a significant number of students
- **Studying with fellow students is usually beneficial, promotes studies and is pleasant at its best**



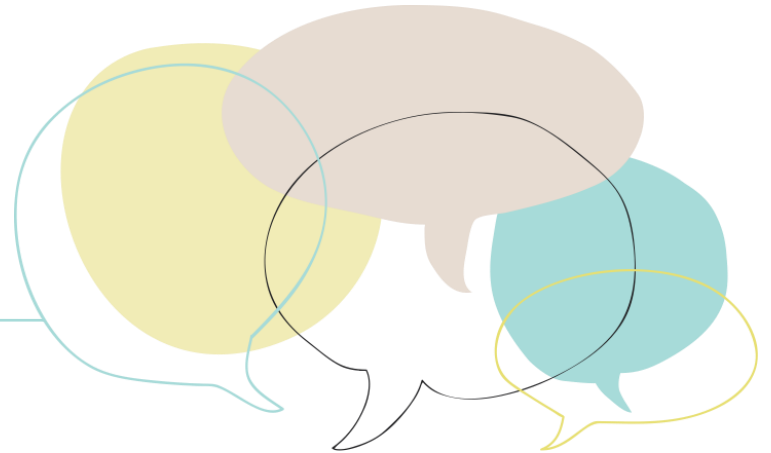
Questions for tutors to consider

- How could a tutor group help students to find and get to know each other?



Group characteristics

- **Group is characterised by...**
 - Common goal, cooperation
 - Group relations (role, norm, power, communication, and emotional relations)
 - Group dynamics (feelings of inclusion and irritation)



1. Forming

Orientation to task, group and roles, creation of operating methods

2. Storming

Opposition to the task and the leader, conflicts between members

3. Norming

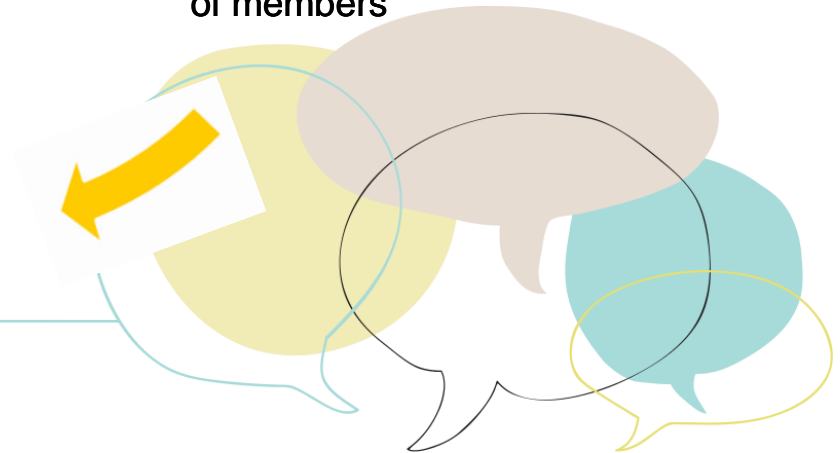
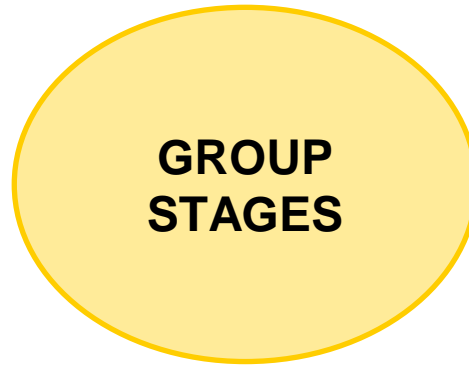
Formation of common norms and cohesion, well-established functional roles of members

4. Performing

Performing the task, working as a group

5. Adjourning

Announcing the termination of the group and helping members to move to other groups



What causes challenges in a group?

- Different goals and aspirations of members
- Unclear roles
- Unclear communications
- Different cultural backgrounds
- Cliques (cliquing)
- Factors outside the group
- Being left out
- Relationship to alcohol



Phenomena are polarised in groups

- **Certain phenomena / issues may sometimes be polarised in groups**
- **For example, university students may have a competitive spirit and compare themselves to others**
- **Sometimes comparison with others can be consuming**
- **How could a tutor, by his or her own actions, create a spirit in which the fellow students are supportive of each other instead of being competitors?**



Study psychologist's greetings to tutors

- You are an important person in the lives of new students
- We hope you also have the time to enjoy the role of a tutor. At its best, it is a very rewarding task.
- If you face challenging situations with your group, please don't hesitate to get in touch. Ask for help from other tutors, AYY staff or us, the study psychologists 😊
- You can contact us by sending e-mail to opintopsykologi@aalto.fi

