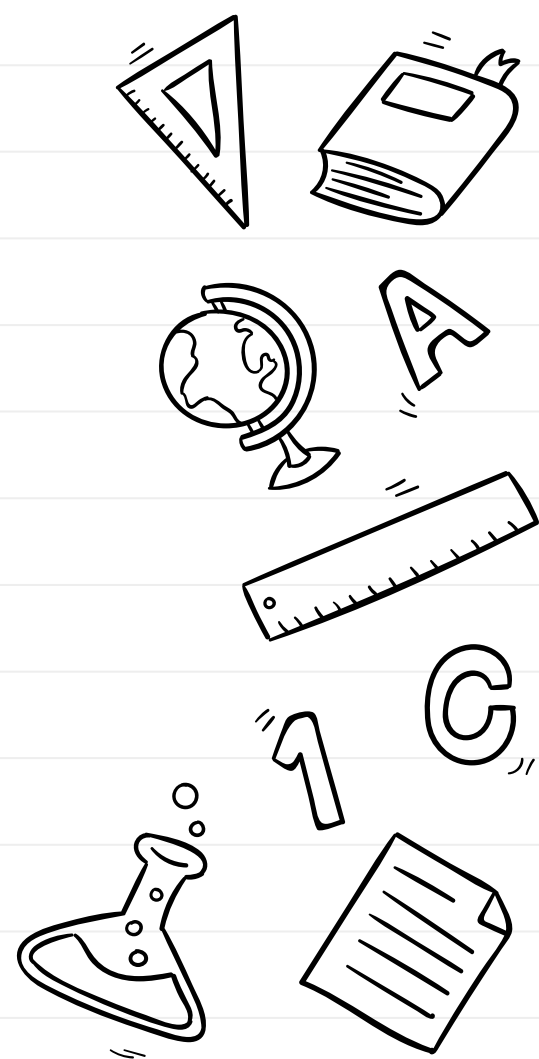


**STUDY ABILITY
AND
WELLBEING**



CONTENT

STUDY ABILITY

- What is study ability?
- Factors affecting study ability
- Strategies to improve your study ability.

WELLBEING

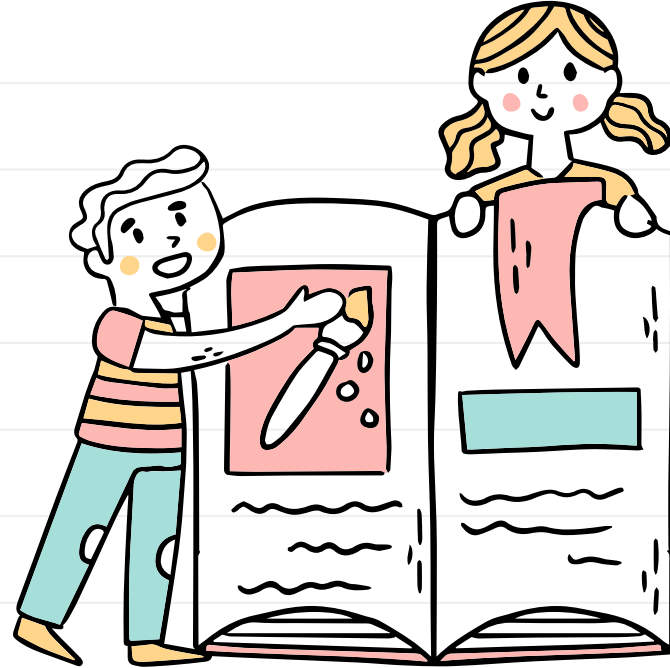
- What is wellbeing?
- How to avoid burnout
- Strategies to improve your wellbeing.

CONCLUSION

- What is your identity in study ability and wellbeing?
- Useful resources
- Assignment
- Q & A

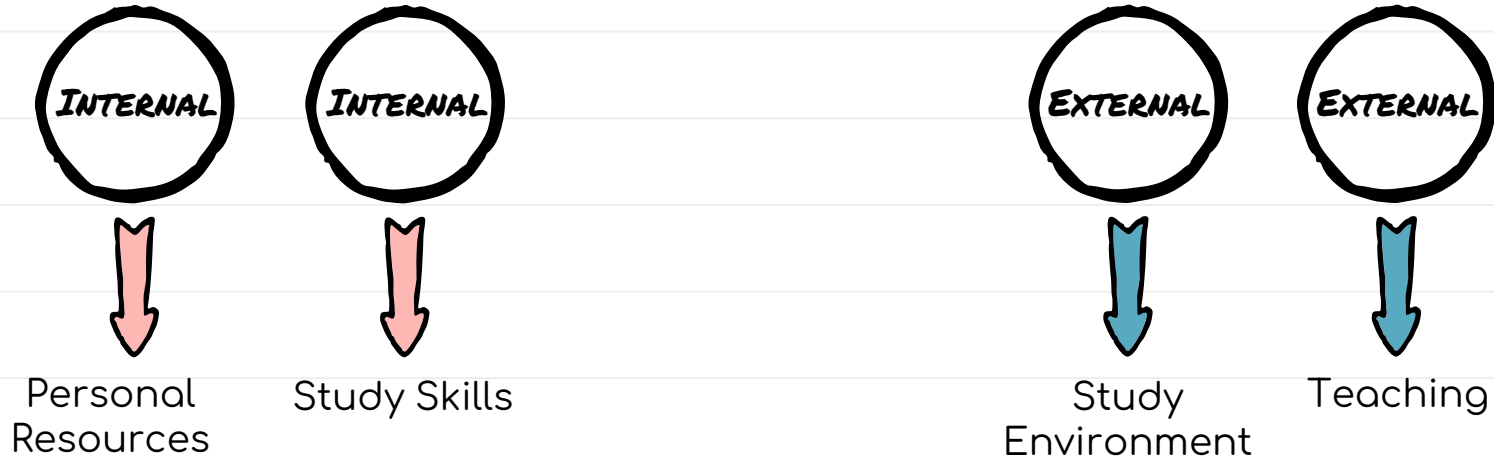
INTRODUCTION

- Who am I?
- What I wish you to learn by end of this session?



STUDY ABILITY

“Study Ability” describes a person's potential or capacity to participate in the learning process successfully. There are several factors forming the “study ability”



PERSONAL RESOURCES

- Identity
- Life situation and condition
- Social relations
- Physical and mental health
- Cognitive skills

STUDY SKILLS

- Prior Knowledge
- Study techniques
- Motivations
- Interaction skills
- Study plan and time management

INTERNAL

STUDY ABILITY

TEACHING

- Student oriented
- Guidance: assessment and feedback
- Pedagogical competence
- Commitment and involvement

STUDY ENVIRONMENT

- Physical, psychological and social environment
- Communities within educational institutions.
- Student's own communities

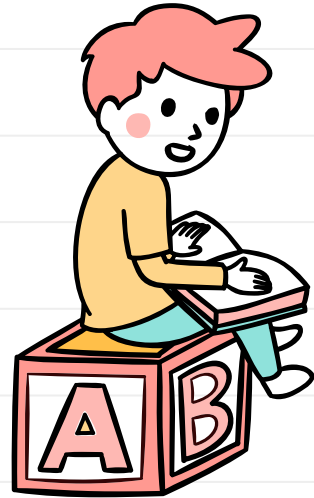
EXTERNAL

"EDUCATION IS NOT THE LEARNING OF
FACTS, BUT THE TRAINING OF THE
MIND TO THINK."

Albert Einstein

DISCUSS IN GROUPS

1. How can you get more out of teaching? What is your strategy?
2. How do you affect your environment for the most effective study ability?

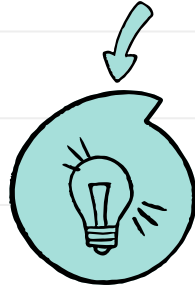


STRATEGIES AND TIPS ON STUDY ABILITY



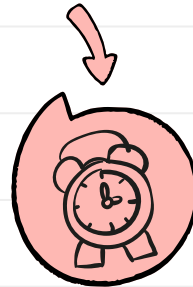
EFFECTIVE TECHNIQUES

- Pomodoro
- Spaced-repetition



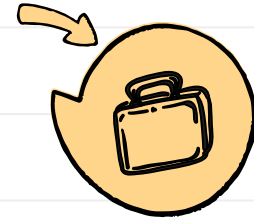
ACTIVE LEARNING

- Summarizing
- Questioning
- Teaching others
- Self-motivation is hard, do the 10 minutes trick.



ORGANIZE AND PLAN

- Make To-do lists
- Plan...and STICK TO IT!
- Prioritize
- Break tasks to manageable chunks



ENVIRONMENT

- Designate a specific study area
- Tidy place
- Minimize distractions

You tried so hard on a course, and yet you get a 2 out of 5.

WELLBEING

PHYSICAL

Importance of:

- Sleep
- Nutrition
- Exercise

EMOTIONAL

Managing:

- Stress
- Anxiety
- Negative feelings

SOCIAL

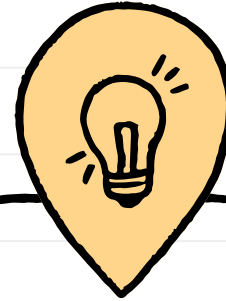
Building:

- Supportive relationships
- Effective communication
- Study communities



Moving abroad and study is challenging.

- Homesickness.
- Cultural shock.
- Confusion
- Making new friends.
- Adjusting Finnish weather (especially long winters)



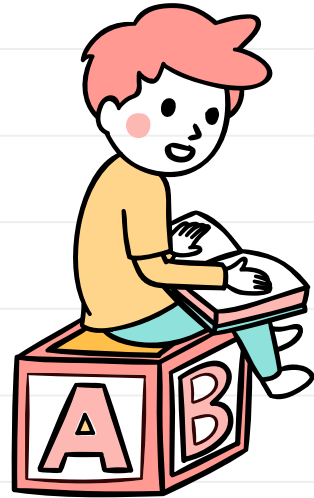
Try:

- Create familiar comfort.
- Do not hesitate to ask questions.
- Join Clubs (e.g. AYY, Tokyo)
- Spend more time outside.
- Hang little LED lights

ASK AND DISCUSS

1- Which category of wellbeing (physical, emotional and social) is working the best for you?

2- Which one is not in your Favor? Which one make things harder for you? What do you do to make it better?



Take *Breaks!*

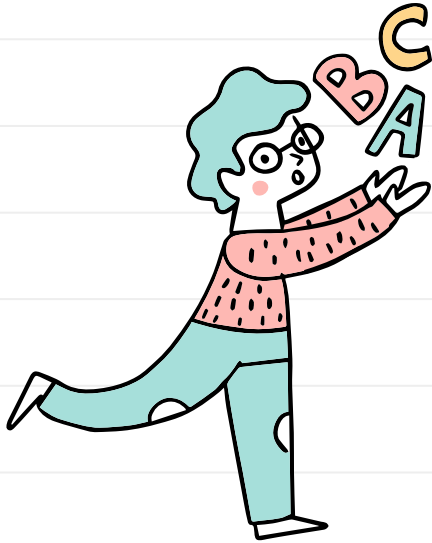
HOW TO
AVOID
BURNOUT
?

Seek *Help*

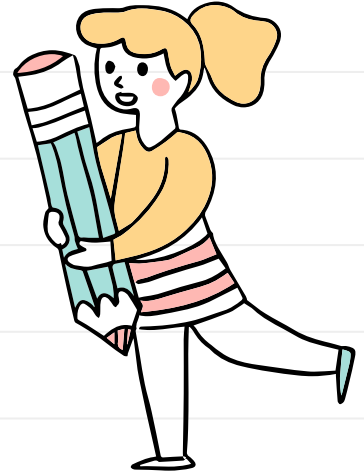
Understand your
limits



STRATEGIES AND TIPS ON MENTAL HEALTH



- Journaling
- Practice mindfulness
- Engage in regular exercise
- Engage in social activities
- Do not neglect your hobbies
- It is ok to say no. make sure you have time for yourself
- Seek help



CLARIFY YOUR IDENTITY

01



Write Two scenarios

02



3 Strength
3 Weaknesses

03



Set goals!

LINKS AND RESOURCES IN FINLAND AND AALTO

- FSHS / YTHS : general student healthcare both physical and mental:
<https://www.yths.fi/en/frontpage/>
- Aalto university Psychology services: opintopsykologi@aalto.fi
- AALTO advice and guidance on services related to wellbeing:
<https://www.aalto.fi/en/oasis-of-radical-wellbeing/wellbeing-for-students>
- Individual counselling by “study and career counselling psychologists”:
<https://www.aalto.fi/en/palvelut/individual-counselling-by-study-and-career-counselling-psychologists>
- Contact Person in Art for individual study arrangement:
pulmu.fohr-siltavuori@aalto.fi
- Aalto Career Counselling is psychological counselling: seija.leppanen@aalto.fi

LINKS AND RESOURCES IN FINLAND AND AALTO

- Student advocacy: Aalto University Student Union (AYY) TOKYO, Aalto Arts, edunvalvonta@tokyo.fi /Nuoret Designerit (NuDe), nicole.kajander@aalto.fi
- In case of Harassment contact: Iiris Kauppila, iiris.kauppila@aalto.fi
- Hus Healthcare: Find your local health center: <https://palvelukartta.hel.fi/en/>
- Urgent situations: Medical helpline 116117, Emergency number: 112
- AALTO: more wellbeing support: <https://www.aalto.fi/en/services/mental-wellbeing-support-at-aalto>
- Aalto Wiki: More study skills and support for studies: <https://wiki.aalto.fi/display/INTO2STUDENTLIFE/Support+for+studying>
- NYTYTI RY: mental health and learning ability tips and useful links: <https://www.nyyti.fi/en/>

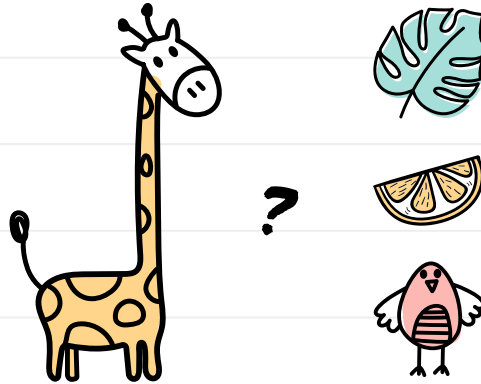
ASSIGNMENT

1- Fill in the lifetime map.

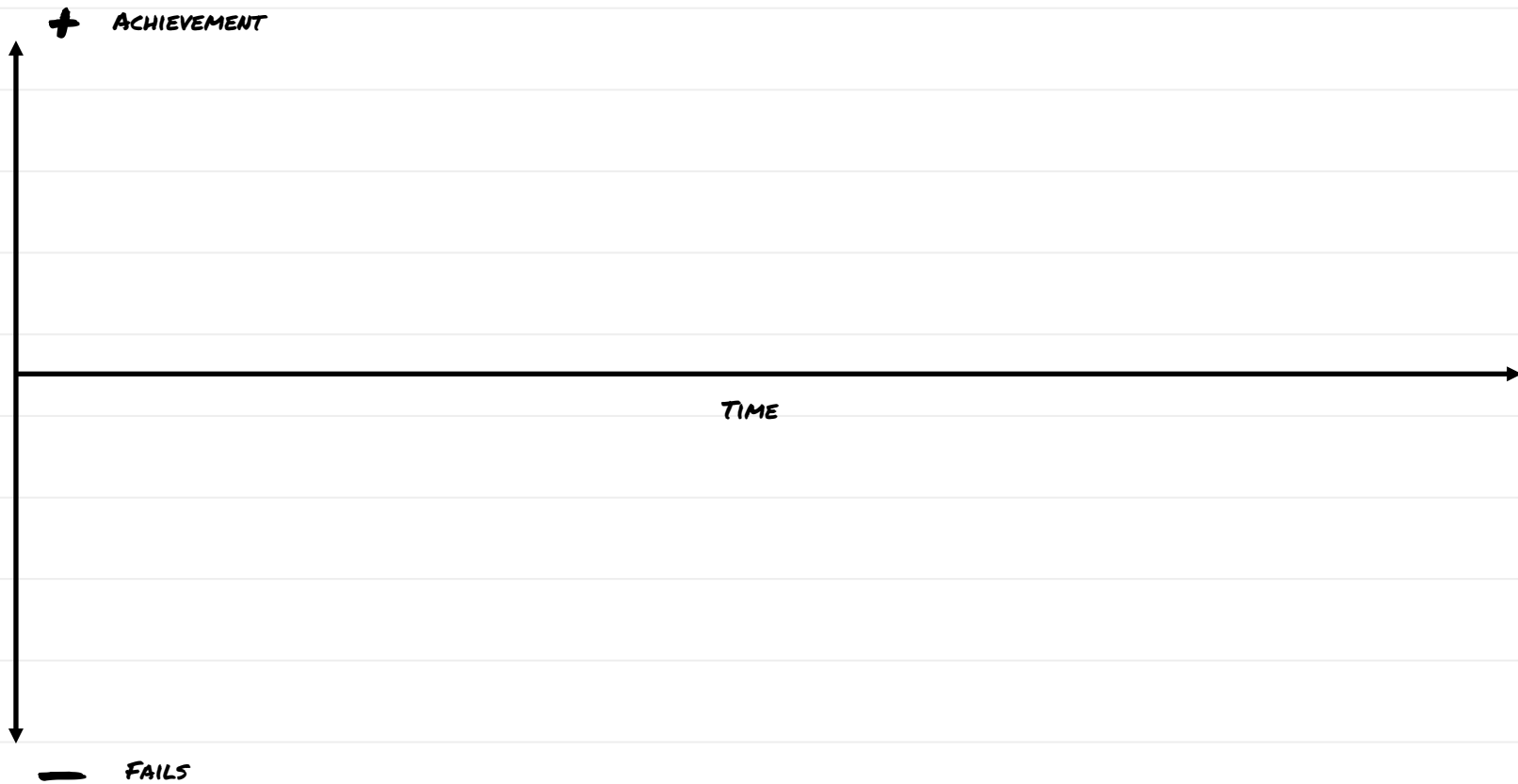
2-Then write 1 to maximum 2 pages of self-reflection:

You can use the following questions as guidelines: What did you learn about yourself? Use both exercises in the class and the lifetime map. What additional points did you learn or were reminded by this lecture? What have been your identity and style in study ability and wellbeing? What are your superpowers and what needs to change?

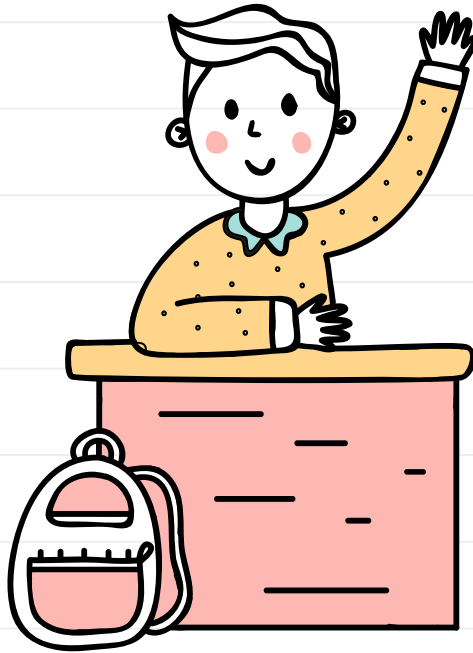
Remember! This assignment is like journaling. There is no right or wrong answers!



LIFE TIME MAP

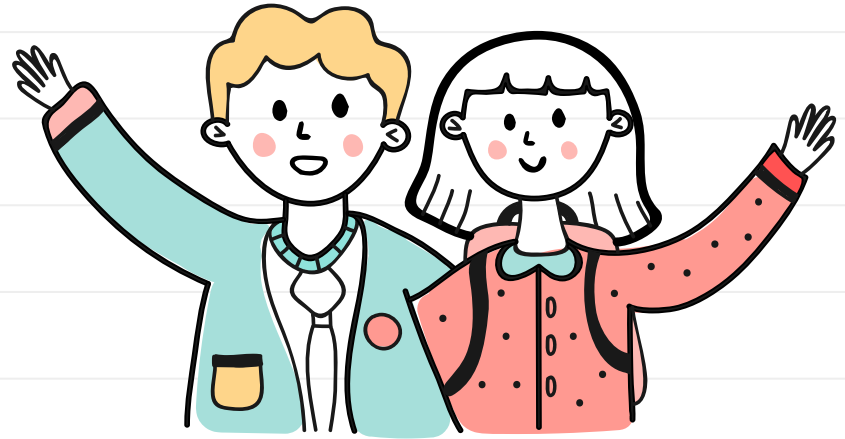


QUESTIONS?



THANKS!

More questions?
Mahsa.Tajalli@aalto.fi



RESOURCES

1. [Ability to study - FSHS \(yths.fi\)](#)
2. [11 Good Study Habits to Develop | Coursera](#)
3. Gilbert, M. M., et al. (2023). A Cohort Study Assessing the Impact of Anki as a Spaced Repetition Tool on Academic Performance in Medical School.
4. Settles, B., & Meeder, B. (2016). A Trainable Spaced Repetition Model for Language Learning.
5. Ismail, N. M., Putri, Z., & Noviyanti, A. (2022). Pomodoro technique analysis in zoom-based classrooms
6. Chalimah, A., Utomo, S., & Nurcahyo, A. D. (2023). Student's perception of Pomodoro study techniques for English learning habits in English course if Ukir Village.
7. Alotaibi, M. S., Fox, M., Coman, R., Ratan, Z. A., & Hosseinzadeh, H. (2022). Smartphone Addiction Prevalence and Its Association on Academic Performance, Physical Health, and Mental Well-Being among University Students in Umm Al-Qura University (UQU), Saudi Arabia. *International Journal of Environmental Research and Public Health*, 19(6).
8. Girmay, M., & Singh, G. K. (2019). Social Isolation, Loneliness, and Mental and Emotional Well-being among International Students in the United States. *International Journal of Translational Medical Research and Public Health*.
9. Budzynski-Seymour, E., Conway, R., Wade, M., Lucas, A., Jones, M., Mann, S., & Steele, J. (2020). Physical Activity, Mental and Personal Well-Being, Social Isolation, and Perceptions of Academic Attainment and Employability in University Students: The Scottish and British Active Students Surveys. *Journal of Physical Activity and Health*.
10. Quarta, S., Levante, A., Garcia-Conesa, M., Lecciso, F., Scoditti, E., Carluccio, M., ... & Massaro, M. (2022). Assessment of Subjective Well-Being in a Cohort of University Students and Staff Members: Association with Physical Activity and Outdoor Leisure Time during the COVID-19 Pandemic. *International Journal of Environmental Research and Public Health*, 19(8).
11. Template, Icons and images by: Slideo, Freepike, Flacation