



1

Welcome to the course!
Today's agenda:

1. Course **practical details** (ca 15 mins)
2. Course expectations (ca 15-20 mins)
3. The **first peer group** meeting! (ca 15 mins)
4. Questions?

2

The course

- This course is **made for you**. Aim at taking full benefit from it!
- The course applies the research-based process and practices. They are worth listening to!
- The course consists of **six themes**. Each theme takes one calendar / course week.
- Each course week consists of **self-study material, individual** and **group assignments**
- Note that you cannot pass the course alone! You will **meet with your peer group each course week** and will submit a joint assignment.
- Submit all the weekly **assignments until Sunday 8p.m.**
 - Because of Easter, course weeks 4-6 have +7 days in deadlines
 - *Please note the weekly reflection, as well!* The questions support your regular self-evaluation and have hard deadlines Mon 8a.m.
- You pass the course when **all the assignments have been submitted**

3

Practices for this course implementation

- So far, we have had 2(+) course implementation. Based on the collected experiences and student feedback, **in this Period 4** implementation, we have:
 - A bilingual course
 - course material in Finnish and English
 - Course-wide announcements in English
 - Submissions, course grading and peer group language according to your group choice; either Finnish or English
 - Weekly summaries based on group assignment submissions
 - Course available for Bachelor's, Master's and Doctoral students
 - Course weeks visible all the time, **submitting from Monday to Sunday**
 - **Peer group** allocation with **same level of studies and multiple schools**
 - Because of the **privacy in submissions** → no file submissions, only online texts

4

Greetings from previous students

- **Recommendations for peer groups**, from the course feedback, with peer advices on:
 - Responsibilities:
 - **Be flexible, respect** the time and effort of others, **have courage** to discuss the topics
 - Each group member: **decide** beforehand, **what to bring** to and discuss in the meeting
 - **One person responsible per week**: agree on the persons beforehand and circulate the role
 - Tasks for the person responsible for the week:
 - invite others (e.g. create the Zoom), start the discussion, "lead" the discussion and ask additional questions, make notes, write and submit the memo
 - Meetings:
 - **Agree** on a recurring weekly time, so you don't have to doodle separately every week
 - Face-to-face meetings: may give added values compared to online meetings --> recommended!
 - Online meetings: Keep cameras on and screen share on the memo, so that all can see and add to it
 - Discussion: keep it **free-form and relaxed**; the point is not what to answer in the memo but instead that you discuss the topic and you have peers to discuss with; have fun with the group!

5

Wishes for the course:

- Tools for scheduling and planning of studies:
- Better balance between free time and studies, work or other responsibilities.
- New study techniques that support learning.
- Better understanding of oneself, resilience, patience.
- Tools how to manage studies better and have less chaotic feeling in studies.
- Less worrying and stress about studies and more optimistic attitude towards study challenges.
- Tools for stress-management.
- Space for breathing and thinking and be compassionate towards oneself.
- Support for motivation problems and remembering why studying is important.

6

Wishes for the peer group:

- Open and inspiring discussion
- New perspectives on the issues at hand
- Interesting to discuss studying with students who come from completely different fields
- Accepting, warm and confidential atmosphere
- Accepting that the group may include students of many ages and backgrounds (stage of studies, some behind working life, some just started, etc.), but everyone's views are heard
- In everyday life, these issues may not always be discussed in such depth, so it would be nice if this course had the opportunity to do so

7

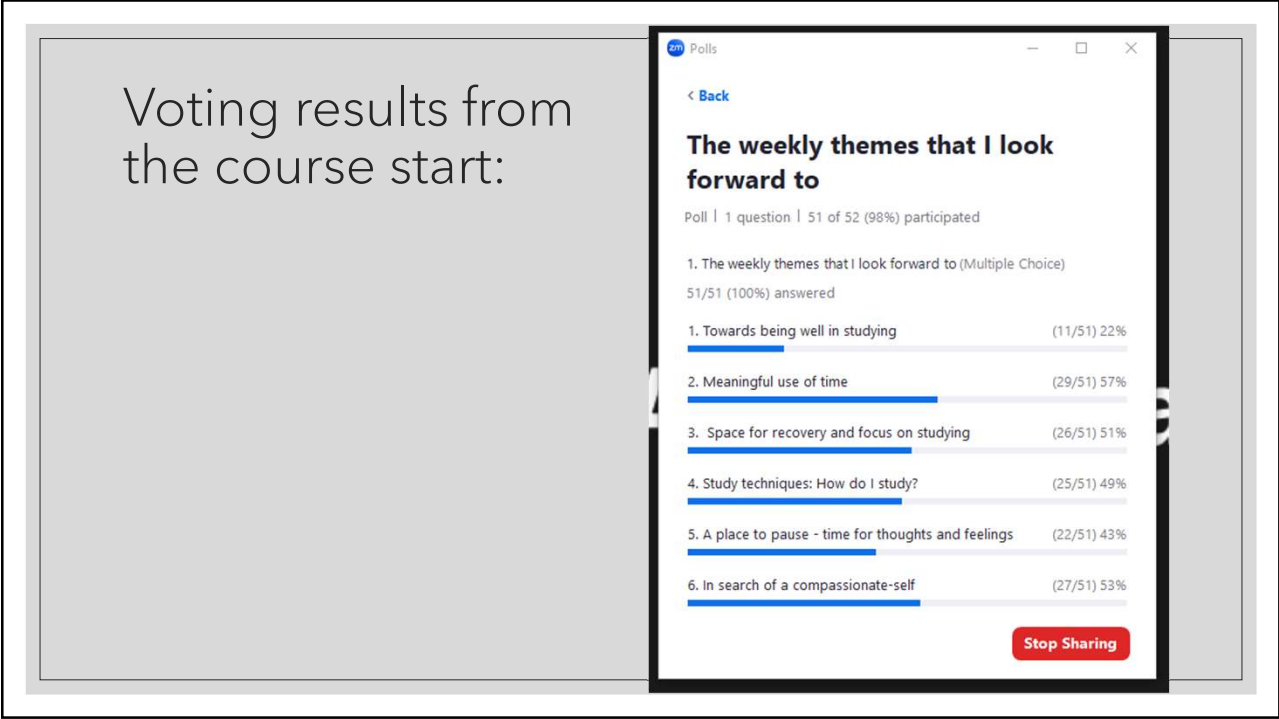
How will I act in the course:

- Actively participate in discussions.
- Be open and enthusiastic about new insights.
- When course assignments require preparation, I will do them conscientiously, carefully and on time.
- Genuinely listen and be interested in others.
- Ask questions and share tips.

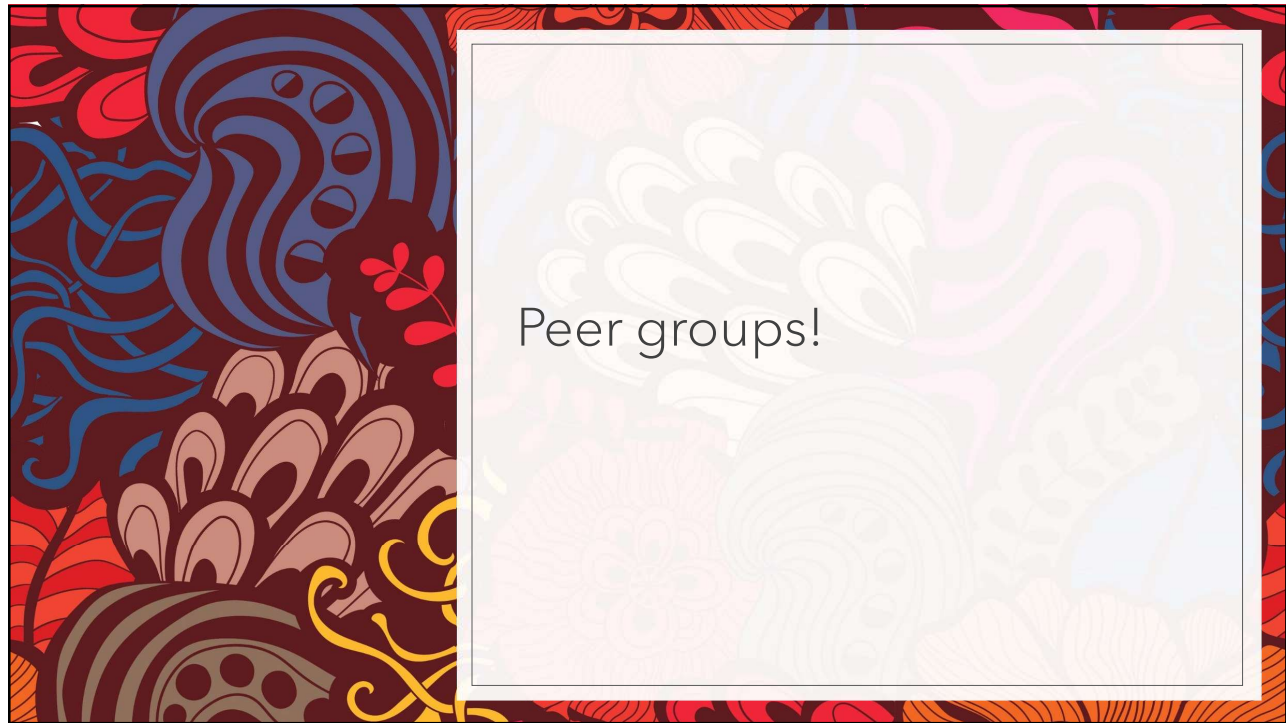
8



9



10



11

You participants!

- In this **Period 4** course, you were altogether 80 registered students, from **all** Aalto schools!
- **65** students (from all Aalto schools) submitted pre-assignments in given schedule
- You were allocated to 15 peer groups according to **your choices in Sisu**, including **language, level of studies** as well as **your degree programmes** in such a way that you would meet peers from other schools and programmes your peer groups.
- Groups: **(3-)-4-5 participants** per group from **1-4 schools**
 - Fi: 5 * 1.-2. year + 2 * late Bachelor's students + 2 * Master's groups: total 9 groups, 45 students
 - En: 2 * Bachelor's + 3 * Master's + 1 * Doctoral groups: total 6 groups, 23 students
- You will find the list of **your peer group members** in the section "Kurssitiedotus - Announcements"

12

The first peer group meeting!

Today you will meet your peer group for the first time. In the meeting:

- Introduce yourselves in short:
 - Name, school, degree programme, study progress
 - What else you want to tell, e.g. what wishes you had in the pre-assignment essay
- **Agree today on**
 - **The time and place for the weekly meeting - in such a schedule, that each of you has had time to focus on the topic of the week**
 - **Who will submit the first group assignment report until Sunday**
- Discuss the rules of the game for the group
- Discuss how to encourage each other to complete the weekly tasks

After your peer group meeting, **come back to the joint space** - then you have the opportunity to ask questions and wishes.

14

Status update – last slide

- **Questions, wishes** on the course?
- **Keep in touch:** though the course is fully online, please contact us when needed, for example
 - When you have questions or even improvement suggestions
 - Technical issues with the MC workspace (e.g. wrong visibility or deadlines, after all)
 - When you want to discuss with a study psychologist in the peer group or individually
 - Someone in the group "disappears" or you have other trouble within the group
 - Anything else related to the course!
- Remember also
 - **Starting point of wellbeing:** <https://www.aalto.fi/en/study-at-aalto/starting-point-of-wellbeing>
 - The study psychologists (*FIN: opintopsykologi*) in the course
- We wish you an inspiring course - see you online!

16