

# A!

Aalto-yliopisto

# Study Well(being) – Tips from Study Psychologists

*Materials by Aalto study psychologists, 2024.*

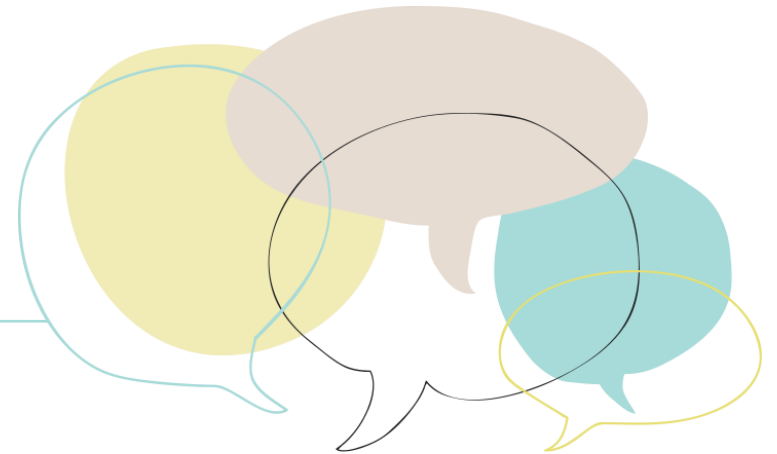
*Study psychologist Sanni Saarimäki*

[sanni.saarimaki@aalto.fi](mailto:sanni.saarimaki@aalto.fi)



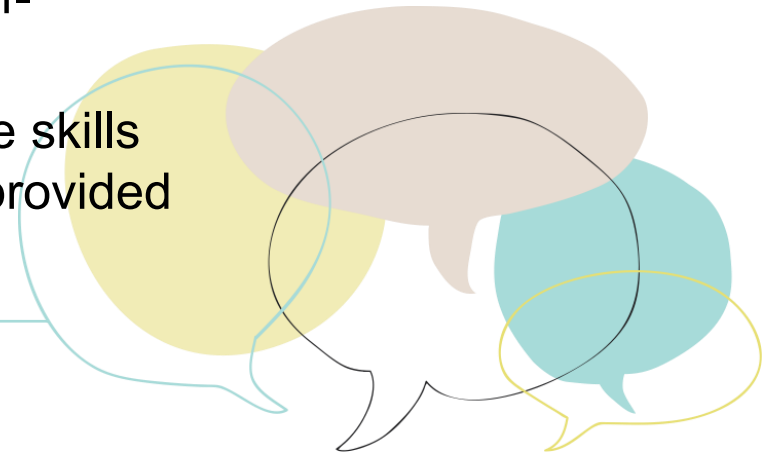
# A few thoughts:

- How have these past 2-3 days been for you?
- What you have you done to keeping your own focusing and energy levels okay?

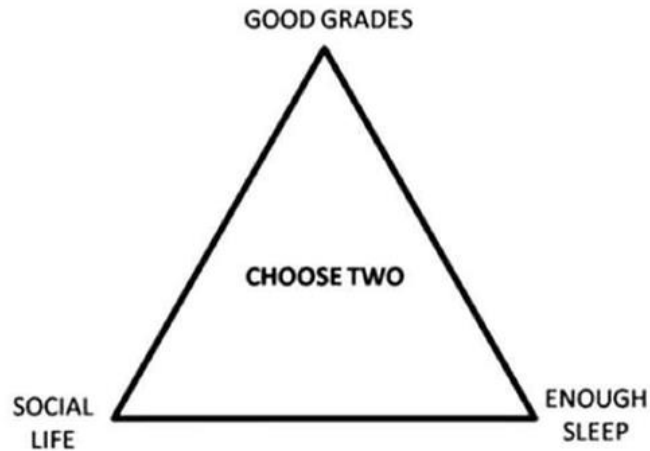


# Agenda for this morning:

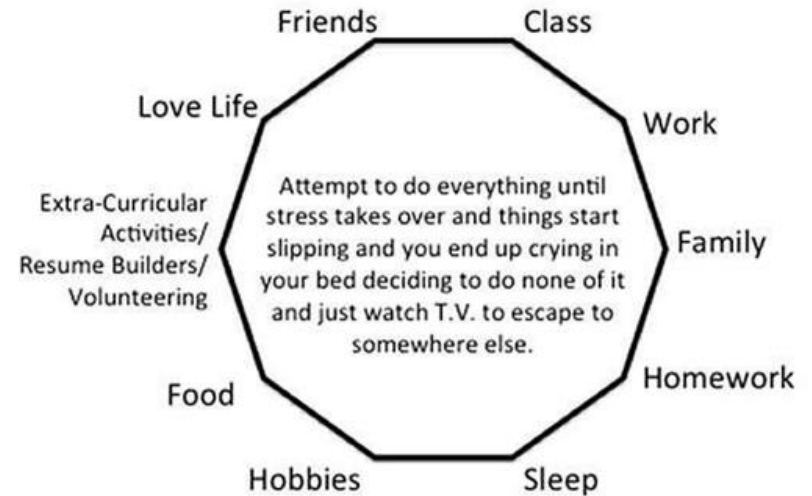
- Let's talk about stress!
- Introduction to psychological flexibility and why it matters
- Tips:
  - Study skills and time/energy management
  - Some soft (and heavy) words about self-compassion
  - How to get more info and practice these skills on your own – links and extra reading provided



## How People Think It Is:



## How It Really Is:

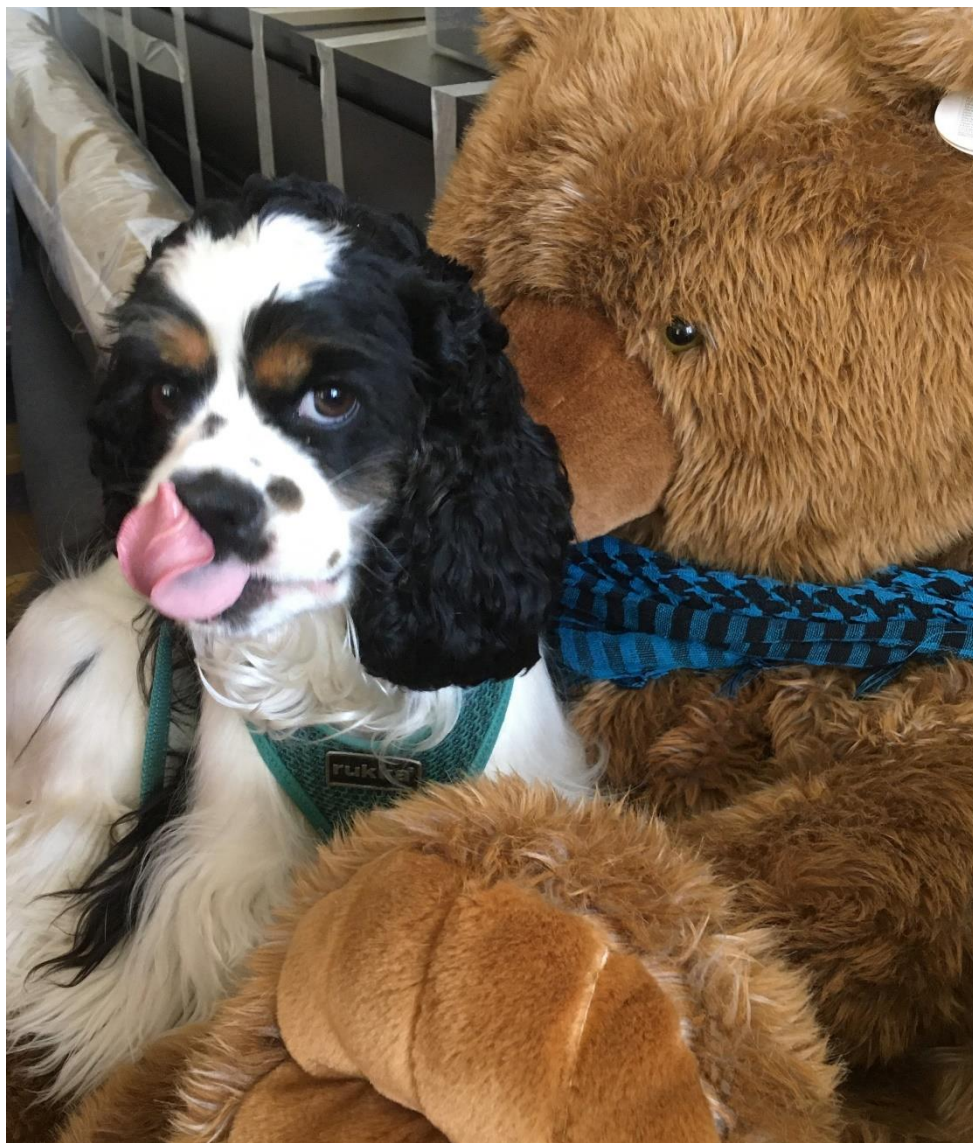


# Stress

- An experience in which requirements (studying, working, relationships, etc.) are /seem higher than your own resources for coping
- Short-term and not-too-strong stress is important and beneficial - and can help you do better.
- Stress is not only on your mind; physiological changes are a also part of stress-reaction.
- Strong or long-term stress might have negative impact on your health and/ or performance.



**Just in case,  
you feel too  
stressed  
now...**

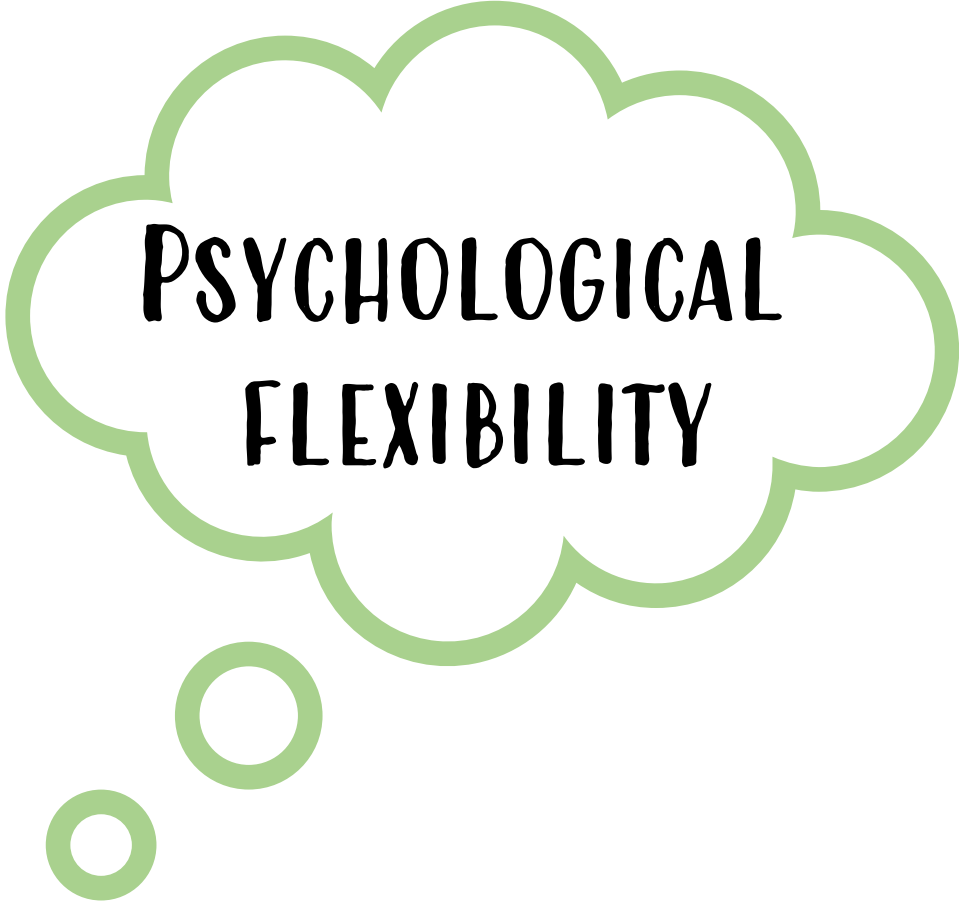


**A!**

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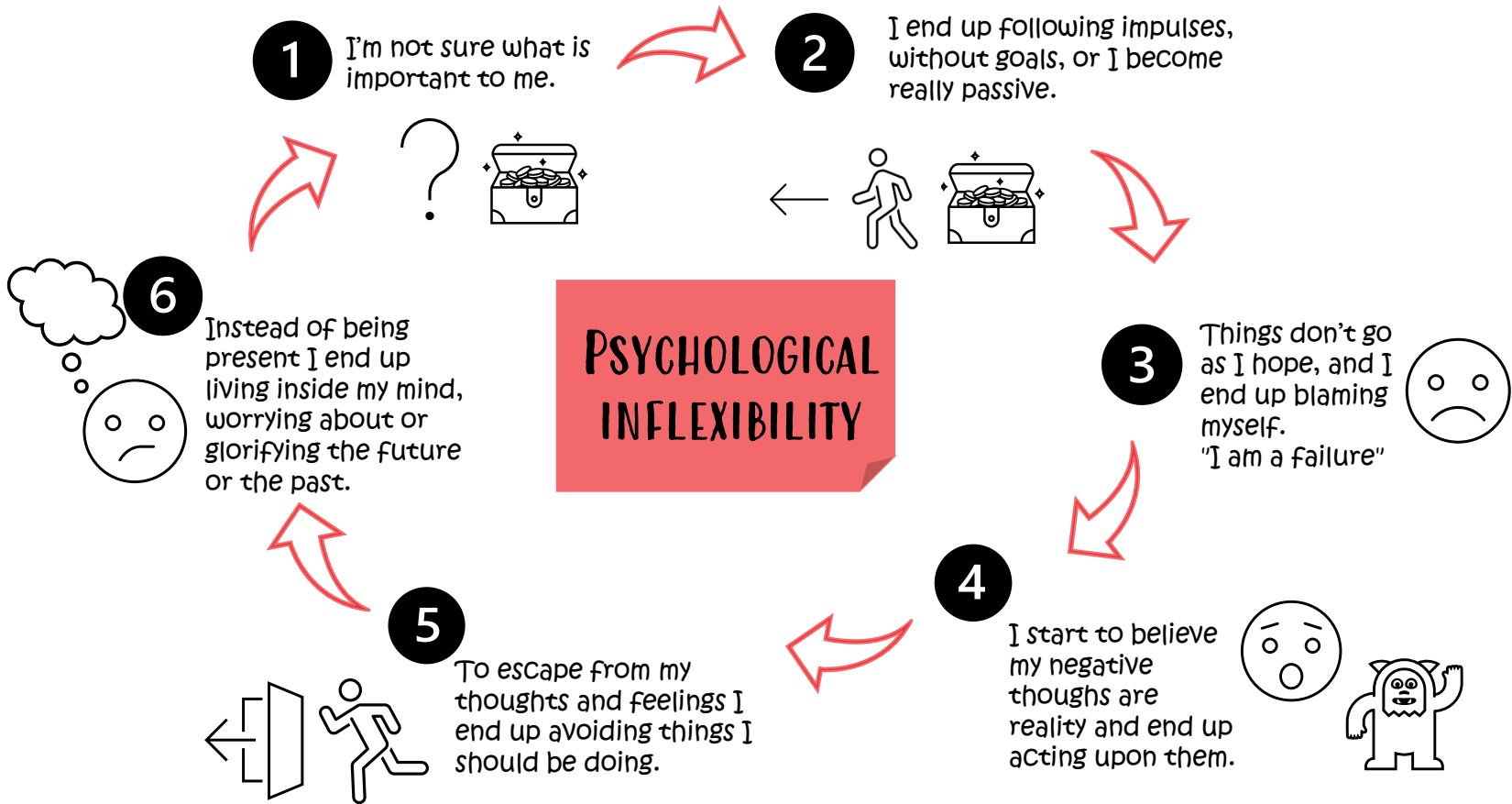


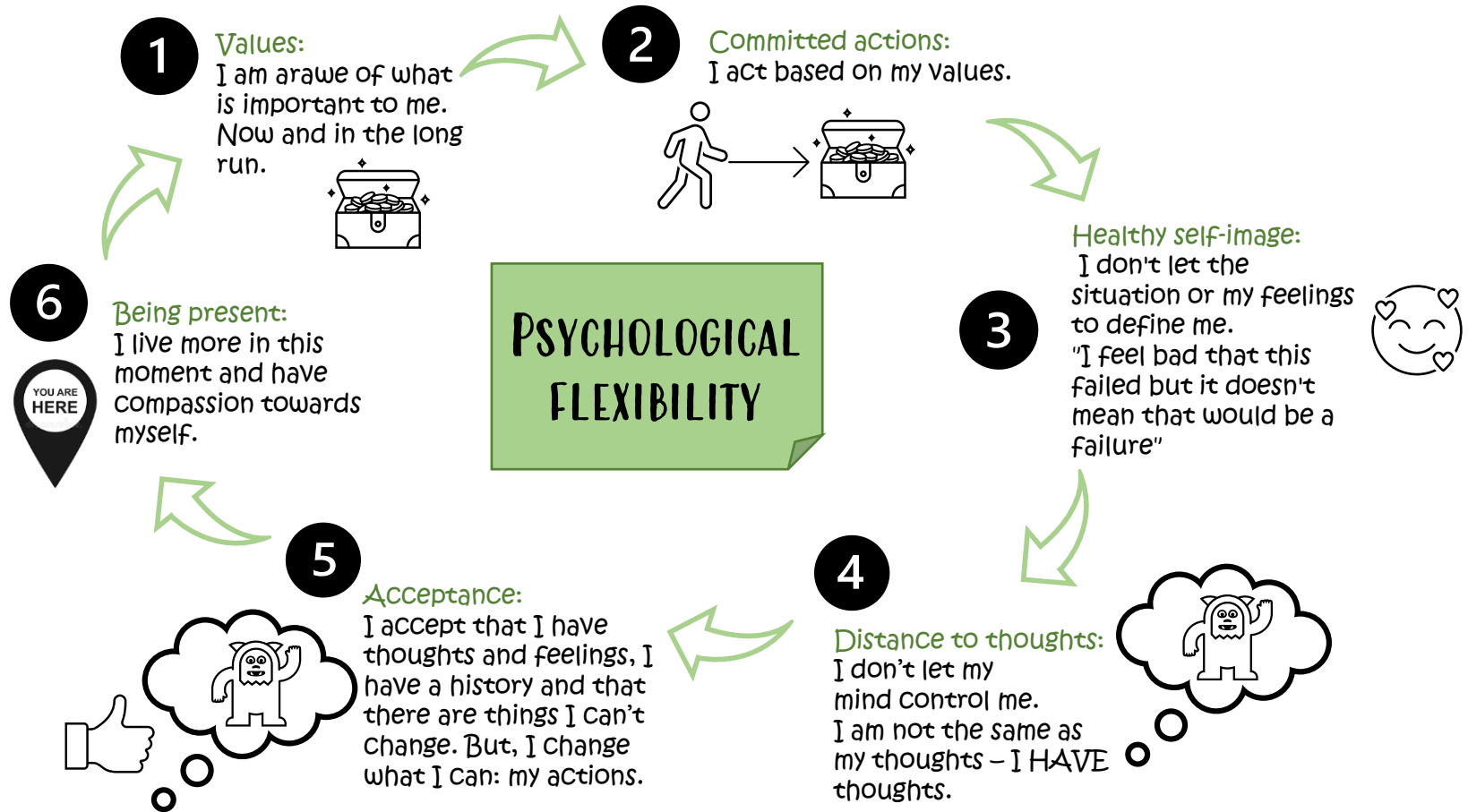
# Short introduction to psychological flexibility and why it matters...

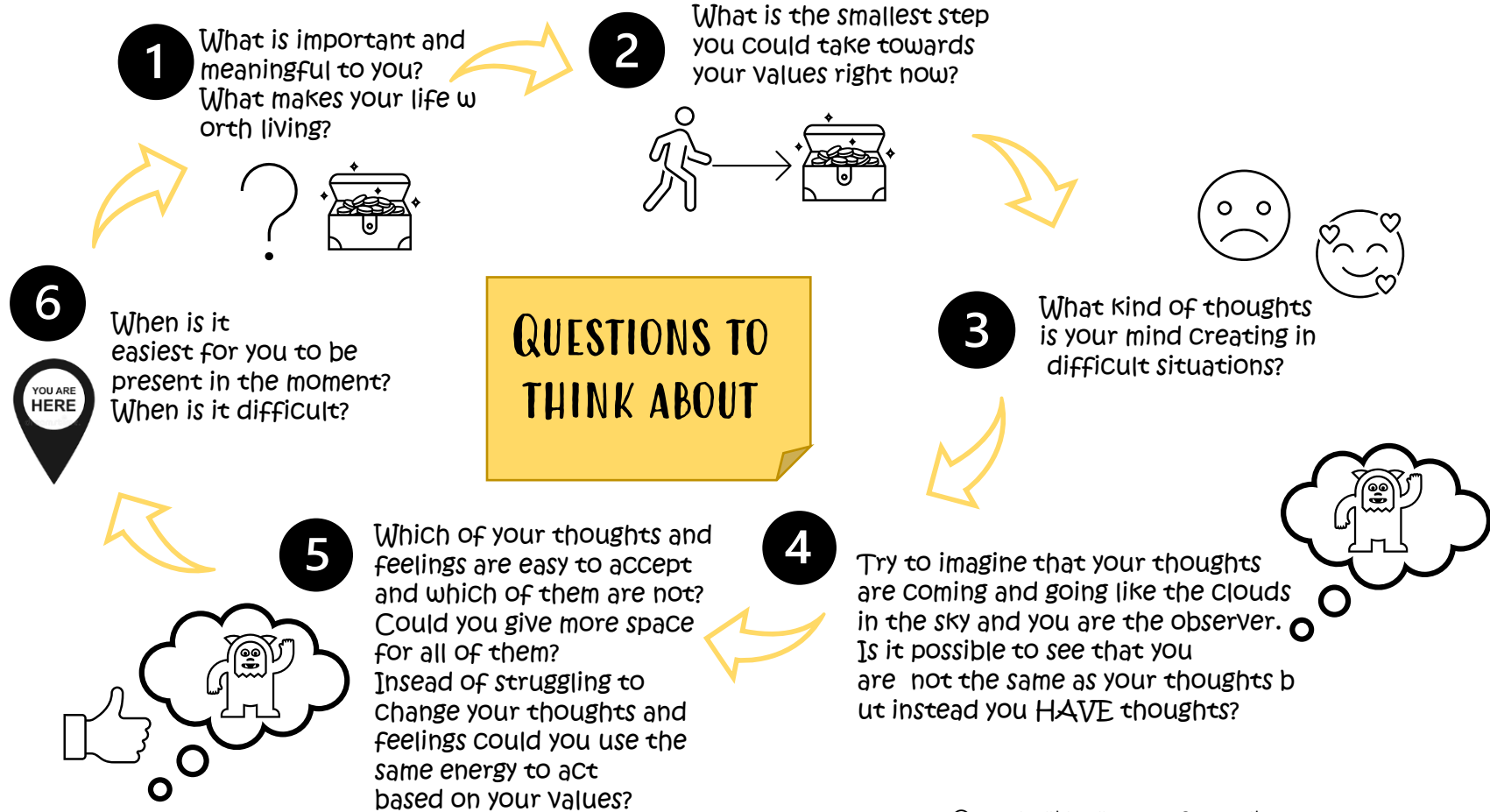


**PSYCHOLOGICAL  
FLEXIBILITY**









# Discuss together:

What does a balanced (study or/and work) life mean for you?

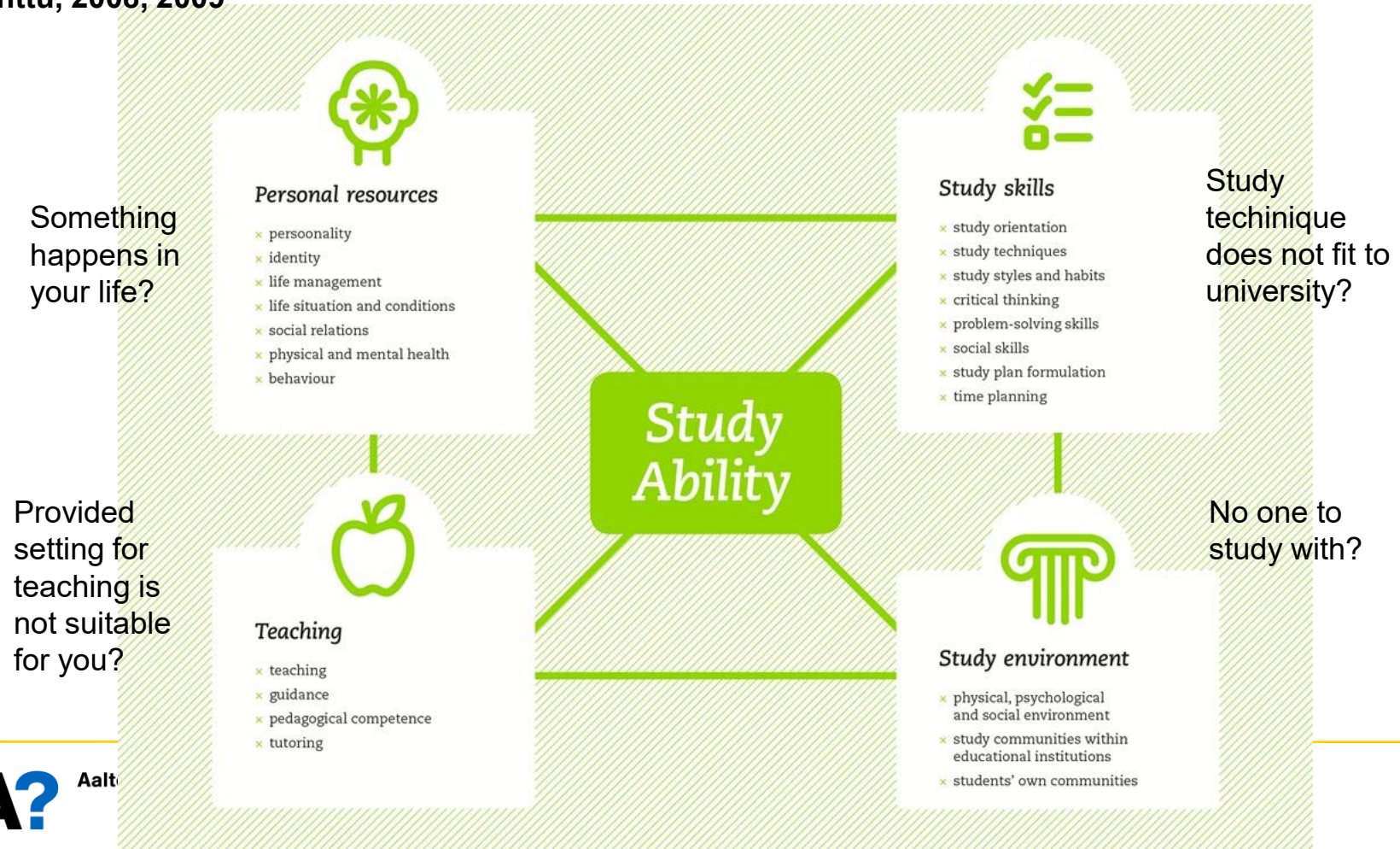
- How could you make your life balanced? Or is it even possible? If not, why?
- How do you notice if your life is in balance or not?

What helps you when you encounter problems? What can you do in advance to make it easier for you to overcome problems?



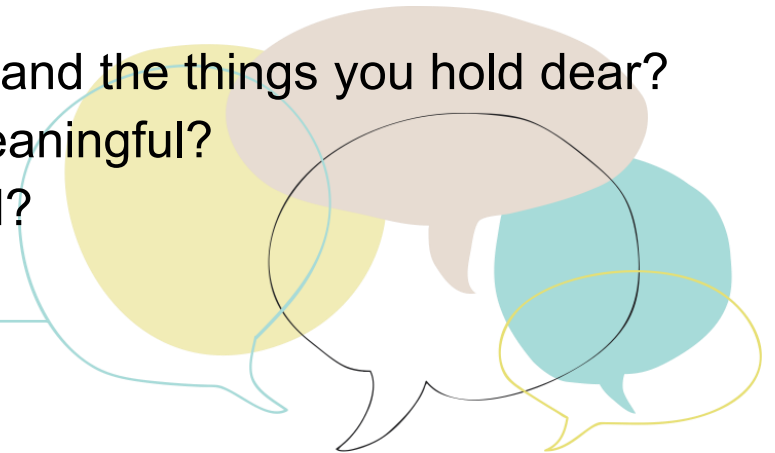
# Many things can cause stress

Kunttu, 2008, 2009

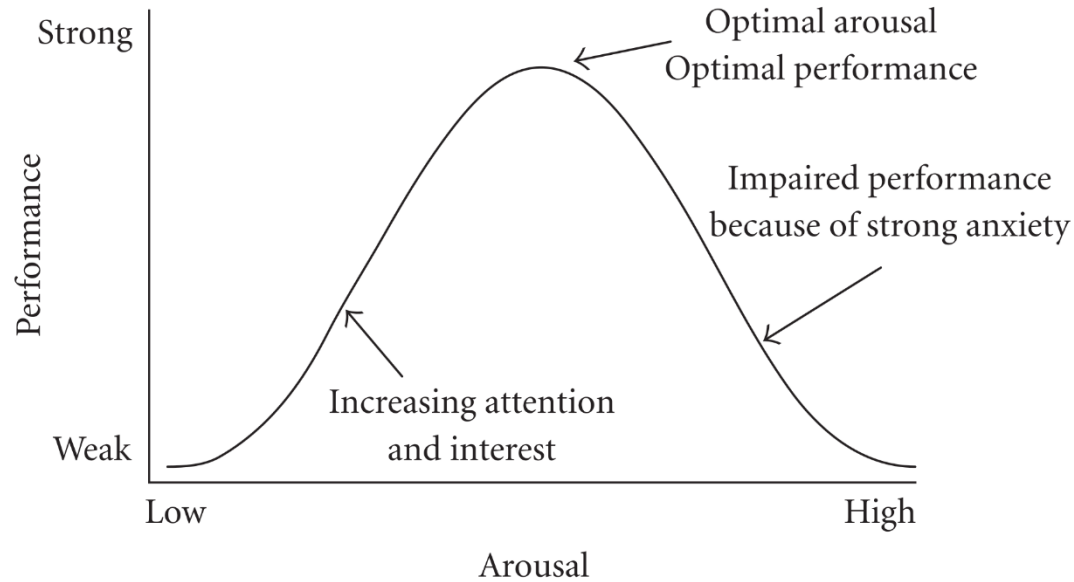


# Time- and energy management – why it matters?

- *‘I know how to plan, but the problem is putting the plans into action!’ ‘I do make plans, but I just don’t have enough time to do all I should!’*
- Time management is not just about taking care of responsibilities. It helps you see what you really spend your time on and why. The underlying question is a fundamental one: **how do you spend your limited time on this Earth?**
- Your calendar says a great deal about what you actually spend your time on.
  - Does your calendar reflect your values and the things you hold dear?
  - Does it take you towards something meaningful?
  - If not, what should change/ be changed?



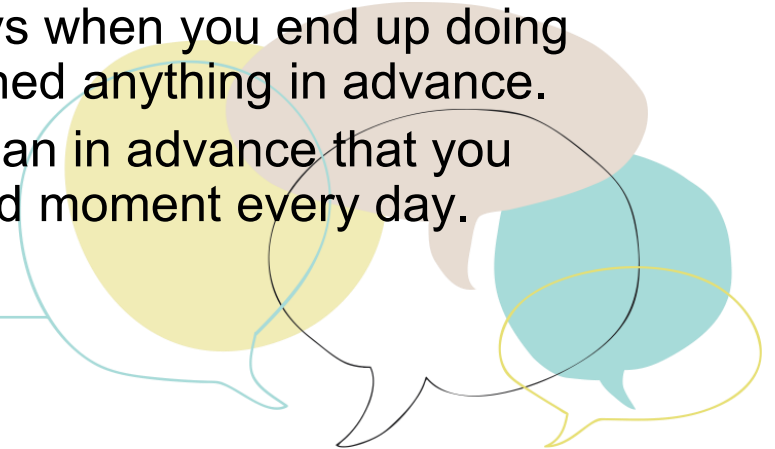
# Yerkes–Dodson law





# Points to consider

- **Monitor** your use of time
- **Write down** everything! You need to get your brain capacity for working on your tasks. So, use calenders, notes, to-do-lists... And keep them in one place!
- Consider **where you work and when you work** - what's your prime time and the best place?
- Ask yourself, what is **the best study method for this project**?
- **Be constant** - try to avoid work/study days when you end up doing nothing simply because you haven't planned anything in advance.
- Remember to **rest and have freetime!** Plan in advance that you have time for that! Allow yourself a relaxed moment every day.



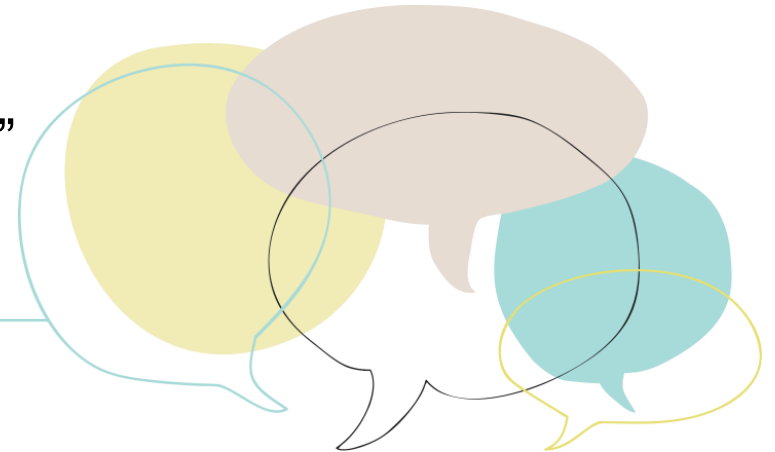


# Points to consider

## Making a realistic plan:

- Start with writing down "big" dates
- Long-term / short-term goals
- Devide goals on tasks and devide tasks on smaller tasks – the smaller the better!
- Be realistic when you set goals
- Don't leave tasks too close to the "big" dates

How do you eat an elephant?



# Self-compassion – why does that matter?

## Self-compassion means:

- kindness and a warm regard towards oneself when experiencing difficult emotions and suffering
- an experience that difficulties and suffering are a part of humanity and that others experience the same emotions
- accepting, conscious presence and making observations on one's personal experiences as they are



# How to develop self-compassion 1/3

- **Observe your inner talk:**
  - Try to notice your own critical voice
  - Could you talk to yourself in a more compassionate and encouraging way? Could you talk to yourself like you would talk to a friend?
  - *Lear more & exercises:* <http://self-compassion.org/category/exercises/#exercises>



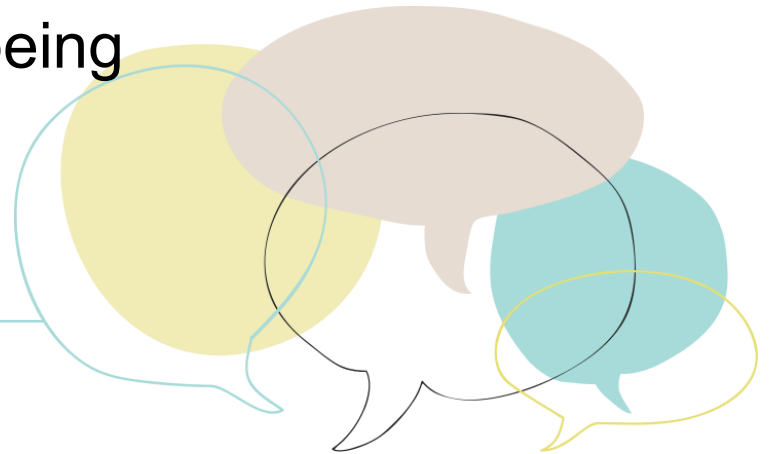
# How to develop self-compassion 2/3

- **Take care of yourself**
  - Taking care of your physical well-being is a way to show compassion to yourself and enhance your mental wellbeing
- **Allow your feelings**
  - Letting your feelings come and go instead of resisting them
  - Learn more: <https://into.aalto.fi/display/enopisk/Condition+to+study>



# How to develop self-compassion 3/3

- **Nurture your values**
  - Engaging in meaningful things
- **Connect authentically with others**
  - Sharing experiences and emotions with others -> receiving social support
  - Helping others increases well-being



# References (self-compassion)

- Dutton J., Workman K & Hardin A.(2014): Compassion at Work. *Annual Review of Organizational Psychology and Organizational Behavior* , Vol. 1:277-304  
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<http://dx.doi.org/10.1080/13576500444000317>
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<http://www.k12.wa.us/compassionateschools/pubdocs/TheHeartofLearningandTeaching.pdf>



# Support for learning, wellbeing and study-skills

[Where to get guidance and support? | Aalto University](#)

[Starting Point of Wellbeing | Aalto University](#)

[Individual study arrangements | Aalto University](#)



# Thank you 😊

Contact:

[sanni.saarimaki@aalto.fi](mailto:sanni.saarimaki@aalto.fi)

