

# **Study psychologist's greetings for new students**

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**Uniarts Helsinki / Theatre Academy**



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# Study psychologist at Uniarts Helsinki

- × Supports and promotes students' learning, studying and studies-related wellbeing
- × Works both at the individual and the university community levels:
  - × For students offers individual and group counselling
  - × Supports the staff with their student guidance task by offering trainings and consultations
  - × Participates to the multi-professional, study well-being -related development work together with the university's staff and other quarters outside the university



# **Individual counselling for students**

- ✘ happens at the interface of studying -related counselling and mental health work**
  - ✘ does not replace mental health care services or university's regular study guidance**
  - ✘ is rather a service between those two offered by a licensed psychologist aiming to support students with challenges related to learning, studying and study welfare**
- ✘ the service is confidential, voluntary and free of charge**
- ✘ the total number of the sessions varies from 1 to 5 per student during an academic year**
- ✘ the student is referred to other or further support, if needed**



# **When to book an appointment?**

- × In all kinds of studies –related challenges, including**
  - × difficulties in progressing studies**
  - × difficulties to cope with studies**
  - × performance anxiety**
  - × low / lack of study motivation**
  - × learning disabilities**
  - × questions concerning inappropriate treatment**
  - × questions about being an artist**
  - × questions concerning graduations and working life**
  - × studies-related psychic coaching**
  - × support concerning individual study arrangements**

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# Instructions for booking an appointment

**Artsi → For students → Everyday life and wellbeing → Study psychologist**

**INDIVIDUAL COUNSELLING WITH THE STUDY PSYCHOLOGIST**  
(in Finnish, in English)

**Appointments: N-building at Sibelius Academy / 5.th floor / room 530**  
Also available remotely

**STUDIEPSYKOLOGENS INDIVIDUELLA VÄGLEDNING**  
(Distansvägledning på svenska)

A person wearing a blue patterned shirt and blue shorts is bowing deeply towards a seated audience. The audience, consisting of men and women of various ages, is clapping. The setting is a room with a white backdrop on the left, a chandelier hanging from the ceiling, and a painting on the wall. The floor is covered with a white carpet, and there are some items scattered on it, including a blue bag and some papers. The overall atmosphere is one of a performance or a presentation.

**Good luck  
with your studies!**

