

Welcome to Åbo Akademi University!

Study psychologists

Turku:

Elin Sjöström and
Klara Schauman-Ahlberg

Vaasa:

Jennifer Söderlund

Our team



Turku campus:

- Klara Schauman-Ahlberg
- Elin Sjöström

Vaasa campus:

- Jennifer Söderlund

When should you contact a study psychologist?



The study psychologists are available to all degree students at Åbo Akademi University

Sessions are completely free and confidential



You are welcome to make an appointment when you feel stuck or stressed regarding your studies

Study related anxiety

Time management

Motivation and goal setting

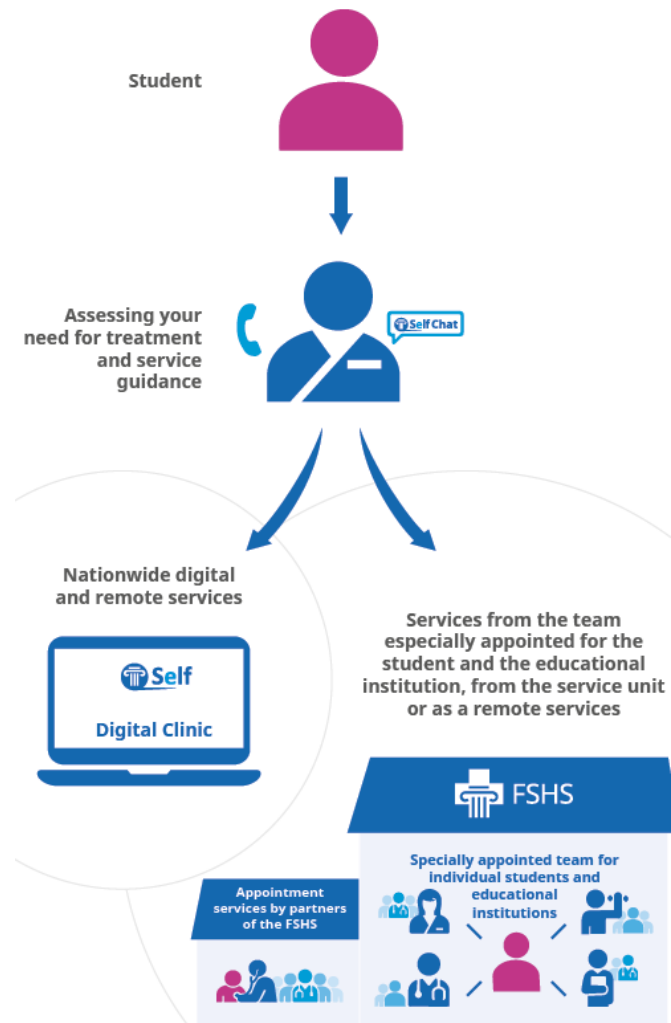
Stress management, burnout prevention

Difficulties with the thesis writing process

When should you contact Finnish Student Health Services?

If you are experiencing other difficulties in life

- Depression
- Anxiety
- Crisis
- Panic attacks
- Eating disorders
- Relationship problems
- Assessments
- Link: [Student health services](#)




Book an appointment

- Book an appointment by emailing Elin and Klara at studiepsykolog@abo.fi
- 1-5 individual session(s)/academic year
- The sessions are free and confidential
- You can decide whether to meet online or at Tryckerihuset, Biskopsgatan 19



The study psychologist's intra page

 Den här sidan på svenska

Do you feel stuck or stressed regarding your studies? On this intra, we have gathered information about common, study-related problems most students encounter at some point during their studies. We have also collected some tips on what you can try to do to improve your situation. Click on the links below to read more!

Study psychologists



Klara Schauman-Ahlberg
Studiepsykolog / Study Psychologist



Jennifer Söderlund
Studiepsykolog/Study Psychologist




Elin Sjöström
Studiepsykolog/Study Psychologist


 Wellbeing

 Stress

 Procrastination

 Motivation

 Study technique


 Dissertations

 Learning difficulties

 Nervousness

 Teamwork

 Discrimination and bullying

 Who can I talk to?

 Study psychologists' thesis guide

[Intra](#)



THE STUDY PSYCHOLOGISTS' THESIS GUIDE

For Bachelor's and Master's students at ÅAU



Check out our self-help material on moodle!

The study psychologists' thesis guide: [link here](#)
How to deal with study challenges (coming soon)

**Pure
Love.
Pure
Science.**

