

Welcome to Åbo Akademi University!

Study psychologists

Åbo:

Klara Schauman-Ahlberg, Rebecca Karlsson & Therese Kullberg

Vasa:

Jennifer Söderlund

The study psychologists



Klara

Therese



Rebecca

- **Åbo campus**
Klara Schauman-Ahlberg, Therese Kullberg & Rebecca Karlsson

studiepsykolog@abo.fi



Jennifer

- **Vasa campus**
Jennifer Söderlund
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To start academic studies...in a different country...

"Now I finally get to study what I want".

"Maybe I was accepted by mistake?"

"Am I as smart as my fellow students?"

"Will I be accepted into the group?"

"Have I made the right choice?"

"Can I ask this or should I already know?"



Get a good start with your studies

- Participate
- Share
- Ask
- Plan
- Take care
- Enjoy!

Many different questions and concerns in the beginning – Help is available

During our studies, we are often faced with new situations, where we need to talk to someone. Here are some suggestions on who you can turn to for help and support

- Friends
 - Tutors
 - Teacher tutor
 - Staff at the faculty office (e.g. study advisors)
 - Study psychologist
 - Student priest
 - Student Health Service
 - Library staff
 - Career services (Arbetsforum)
 - The Student Union
-
- [Whom should I contact?](#)



If you get stuck in your studies

- Our study psychologists are available to all bachelor and master degree students
- You are welcome to make an appointment when you need support regarding:
 - Study skills and learning
 - Procrastination
 - Motivation and setting goals
 - Time management
 - Stress
 - Loneliness
 - Nervousness
 - ...



Appointments in Åbo

- Make an appointment by e-mailing Klara, Therese and Rebecca at:
studiepsykolog@abo.fi
- The conversations are free of charge and confidential
- 1-5 sessions / academic year
- The sessions will take place at Tryckerihuset, located on Biskopsgatan 19, or online



Study psychologist

↪ 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




Therese Kullberg
Studiepsykolog / Study Psychologist

 [Wellbeing](#)

 [Stress](#)


 [Loneliness](#)

 [Study technique](#)


 [Motivation](#)


 [Procrastination](#)

 [Learning difficulties](#)

 [Nervousness](#)

 [Teamwork](#)

 [Who can I talk to?](#)

 [Discrimination and bullying](#)

 [Dissertations](#)

 [Study psychologists' thesis guide](#)



THE STUDY PSYCHOLOGISTS' THESIS GUIDE

For Bachelor's and Master's students at ÅAU

Please check out our self-help material on moodle!

The study psychologists' thesis guide: [link here](#)

The Finnish Student Health Service (FSHS)

In case of mental health issues

Depression

Anxiety

Panic attacks

Eating disorders

Crisis

Concentration; ADHD

....

**For more information, check out
their webpage here:**

<https://www.yths.fi/en/health-information/mental-health/>

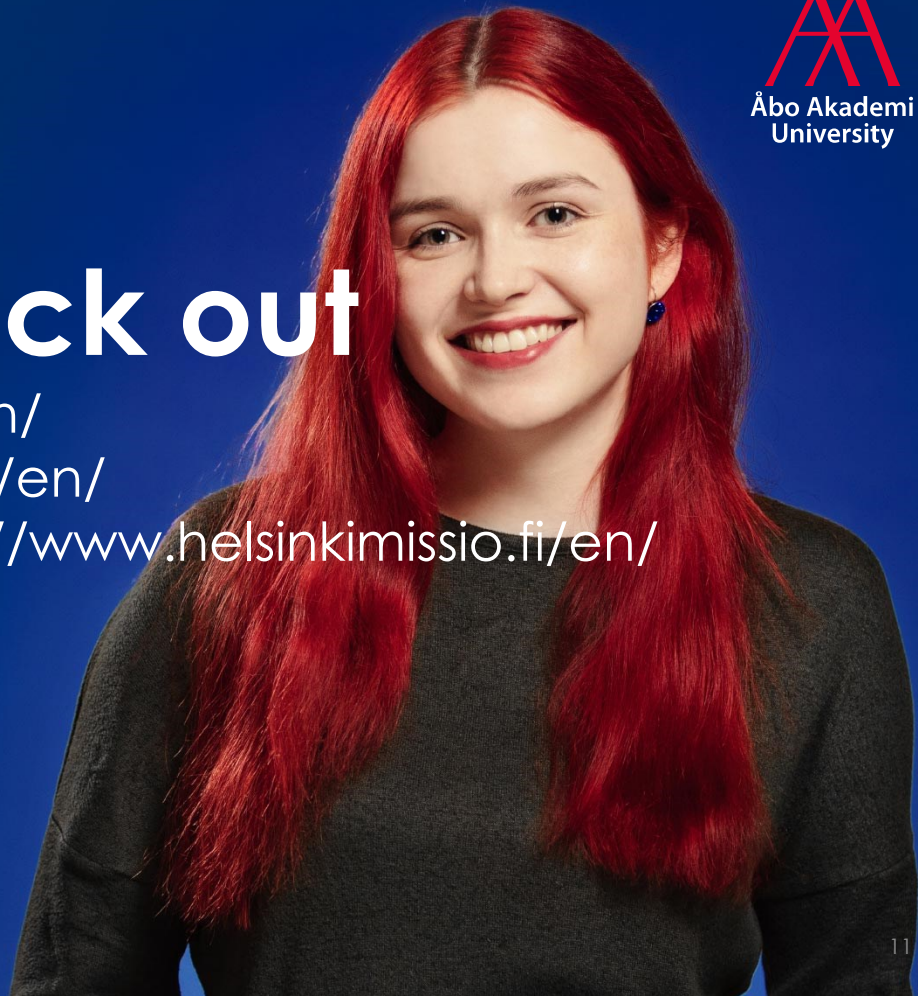


Please also check out

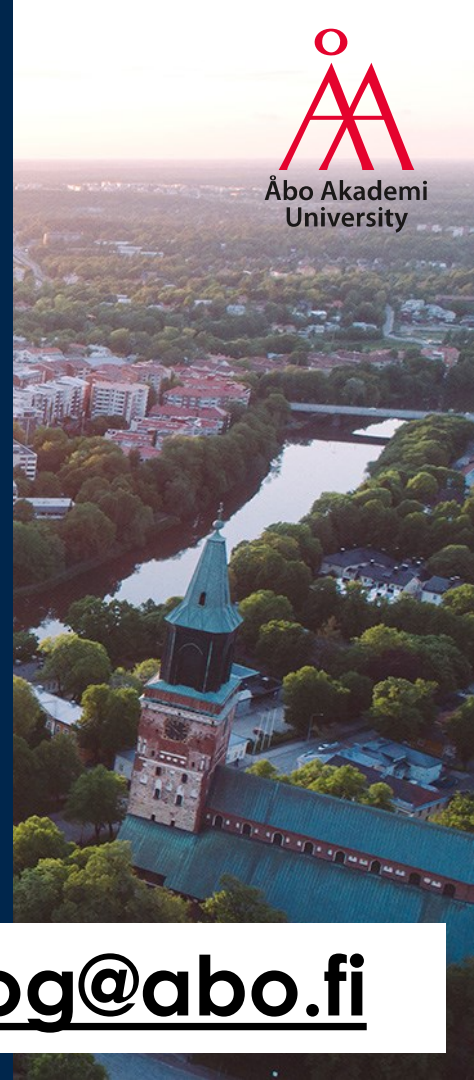
Nyyti (tools) <https://www.nyyti.fi/en/>

Mieli (crisis helpline) <https://mieli.fi/en/>

Helsinki Missio (counselling) <https://www.helsinkimissio.fi/en/>



**Pure
Love.
Pure
Science.**



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