



Study Psychologist

Study Orientation Week 2026

28 augusti 2026



Welcome to Åbo
Akademi University!



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To start new academic studies...

"Finally ready to start my master studies!"

"Will I like my studies?"

"Will I be able to achieve my study goals?"

"Will I be accepted into the group?"

"Have I made the right choice?"

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

Many different questions and concerns in the beginning – There is always help available!

Here are some suggestions on who you can turn to for help and support

- Friends, fellow-students
- 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? ([link here](#))



If you feel 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
- Motivation issues
- Time management
- Procrastination
- Stress
- Study-related self-confidence
- Loneliness
- Nervousness
- Problems in getting your thesis done!
- ...

Appointments in Åbo

Email studiepsykolog@abo.fi

- 1-5 sessions / academic year
- Meetings are confidential and free of charge
- We meet at Tryckerihuset, located on Biskopsgatan 19, or online





Appointments in Vasa

- Email studiepsykologvasa@abo.fi
- 1-5 session per academic year
- Meetings are confidential and free of charge
- We meet in room F405 in Academill or online

Check out our materials on the intranet

Study >

Support for your studies >

Study psychologist

Study psychologist

🕒 Den här sidan på svenska

Feeling stuck or stressed about your studies?

Here, we have gathered information about common study-related challenges that many students encounter at some point during their academic journey. You will also find tips on what you can try on your own to make the situation better. Click the links below to read more!

You can also explore the study psychologists' Moodle courses Thesis Guide and Study Support.

Contact: studiepsykolog@abo.fi and studiepsykologvasa@abo.fi

✓ Wellbeing in your studies

✓ Succeed in your studies

✓ Learn through your studies

Study psychologists



Klara Schauman-Ahlberg
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Sabina Lehtinen
Studiepsykolog / Study Psychologist

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Do you know what is expected of you?

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Do you know what is expected of you?



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Starting university often means adapting to new subjects, new ways of learning, and new expectations. To plan your studies effectively, it is important to understand both what is expected of you and what you can expect from the course and your teacher.

When a Course Has a Clear Structure

Good courses are designed so that the learning outcomes, teaching, activities, and assessment all support one another:

- **Learning outcomes** describe what you are expected to learn.
- **Teaching and course activities** help you develop those skills and knowledge.
- **Assessment** evaluates what you have had the opportunity to learn during the course.

When this alignment is clear, it becomes easier to understand what to focus on, how to use your time effectively, and why different tasks are included in the course. This supports both effective studying and independent learning.

When Expectations Feel Unclear

Feeling uncertain about expectations is common, especially at the beginning of a course or when working on larger assignments. Unclear expectations can sometimes lead to stress, overworking, or procrastination.

To gain clarity:

- **Review the course and learning outcomes carefully** and connect them to assignments and assessments.
- **Ask questions early**, whether to teachers, supervisors, or fellow students.
- **Avoid unnecessary comparisons** with other students, as their study habits do not necessarily reflect what is expected of you.
- **Focus on the learning outcomes rather than perfection**, and ask yourself: "Is this sufficient to meet the goals?"

Clarifying expectations is not a sign of uncertainty or lack of independence. It is an important part of effective self-leadership and success.

... And much more!



Self-criticism and self-compassion



Emotions and Studying



Your approach to studying



Teamwork



Motivation



Sleep

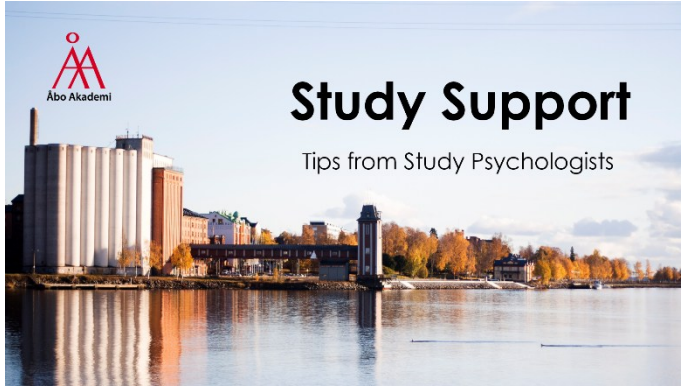


Study technique



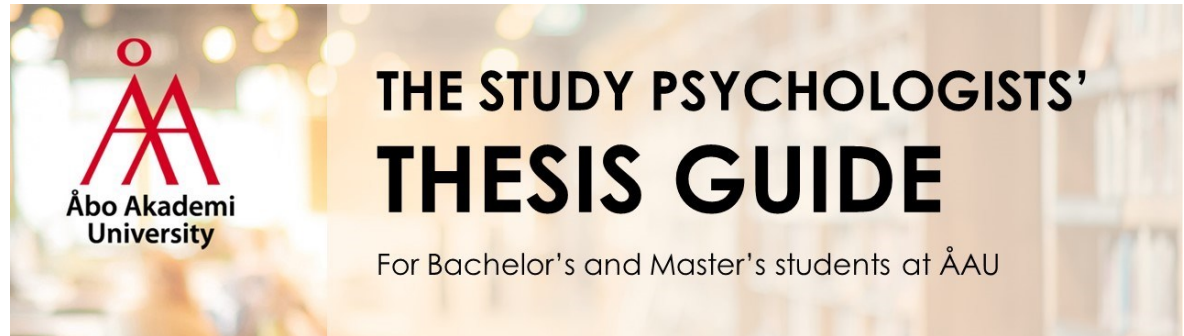
Nervousness

We also have two moodle courses



Link: [Study support](#)

Link: [Thesis guide](#)



In case of mental health issues

- Depression
- Anxiety
- Panic attacks
- Eating disorders
- Crisis
- Concentration; ADHD
-

The Finnish Student Health Service (FSHS)



For more information, check out their webpage here: ([link here](#))

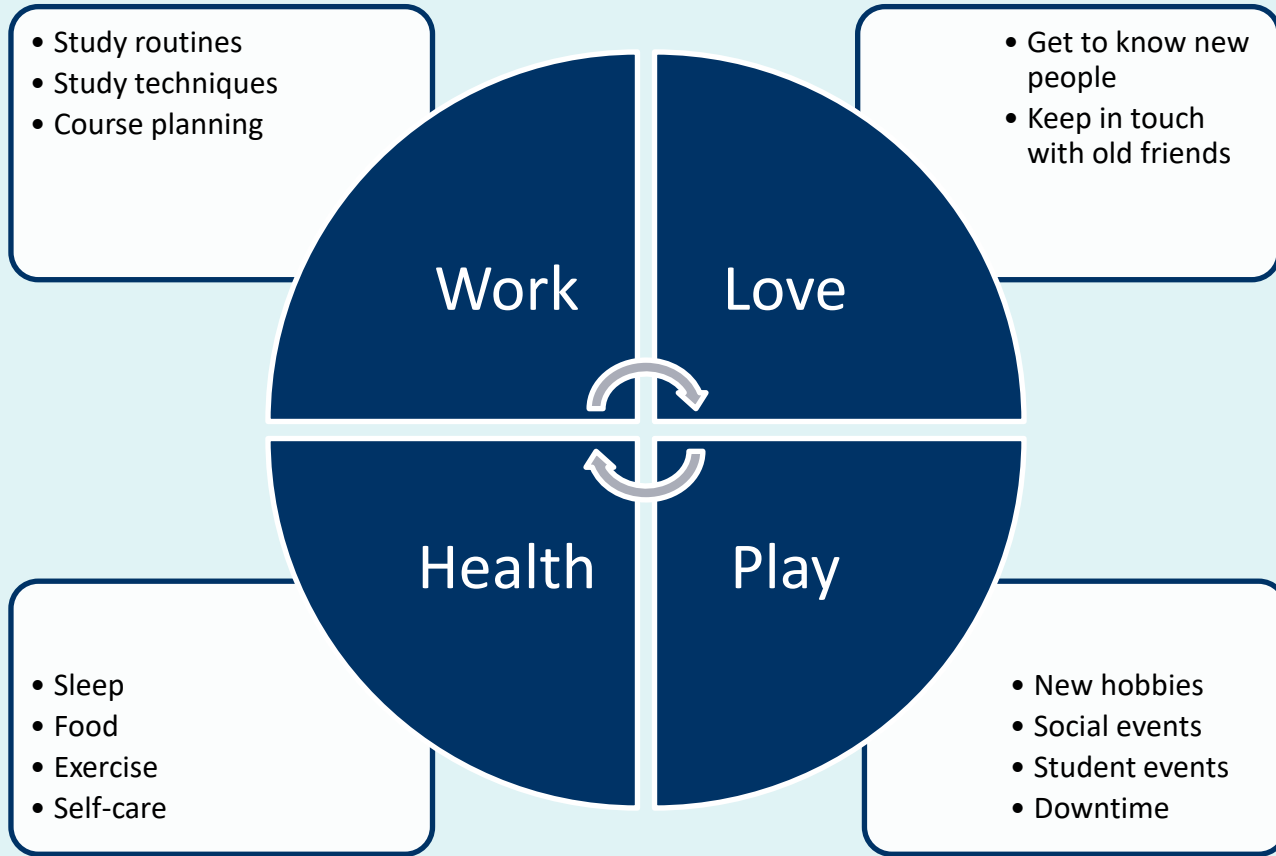
Please also check out

Nyyti ([link here](#))

Mieli mental health ([link here](#))

Helsinkimissio ([link here](#))





Self-Compassion

It's important to take care of yourself!

How do you do it?

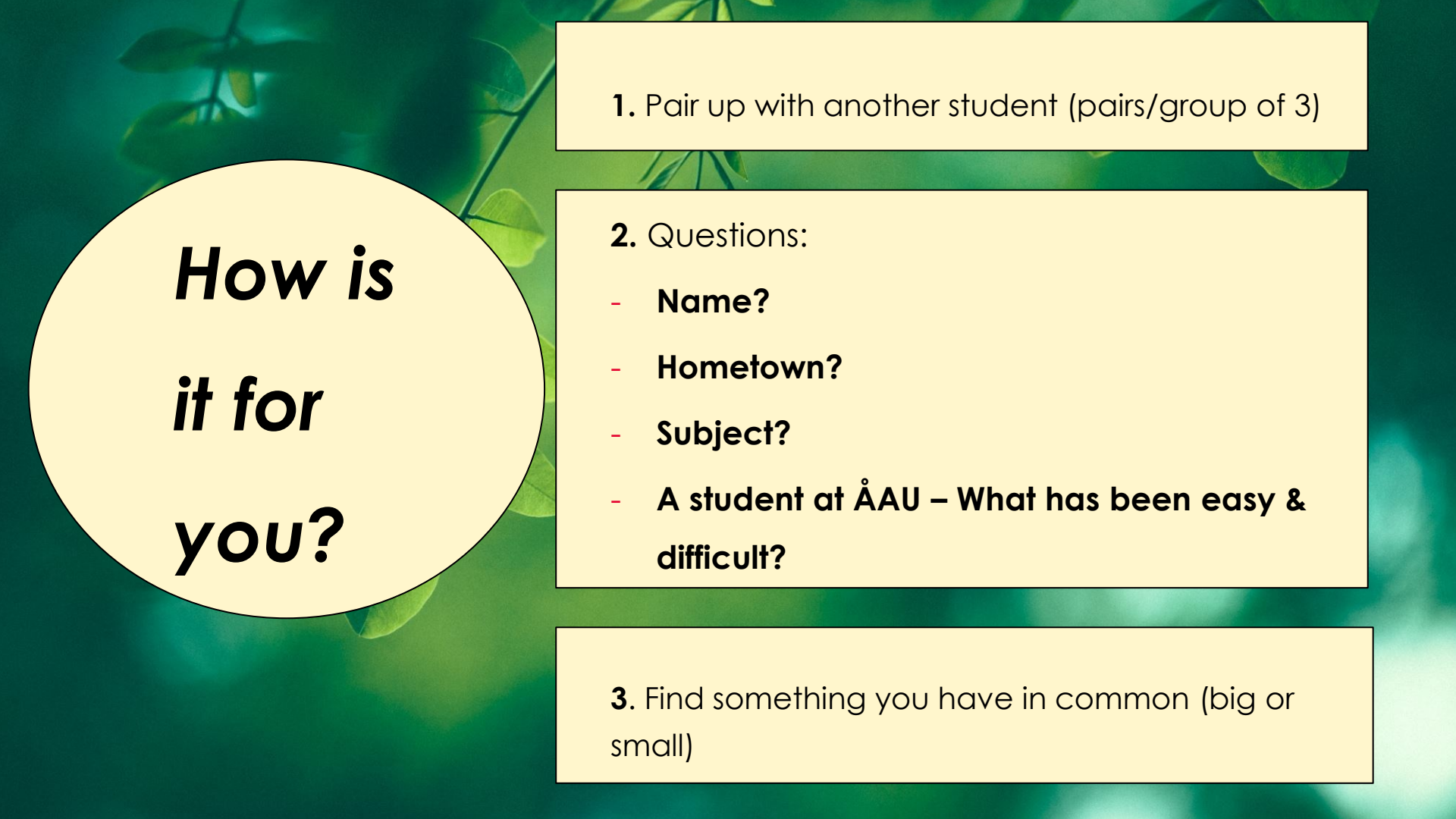
- Are you aware of your needs?
- In what kind of ways do you take care of yourself?
- Do you do things that are important to you?
- How do you comfort/help yourself in difficult moments?

1. I have the right to be myself.
2. I have the right to fail.
3. I have the right to make mistakes.
4. I have the right to say no.
5. I have the right to ask for help.
6. I have the right to get help.
7. I have the right to be unsure.
8. I have the right to be incomplete.
9. I have the right to get less done.
10. I have the right to relax.
11. I have the right not to do anything useful.
12. I have the right to treat myself with dignity.

Get a good start with your studies

- ✓ Reflect & Listen to yourself
- ✓ Participate & Plan
- ✓ Ask & Share
- ✓ Enjoy!





How is it for you?

1. Pair up with another student (pairs/group of 3)

2. Questions:

- **Name?**
- **Hometown?**
- **Subject?**
- **A student at ÅAU – What has been easy & difficult?**

3. Find something you have in common (big or small)

The Study Psychologist is just one email away...

studiepsykolog@abo.fi