

THE BEST OF BOTH WORLDS

Welcome to study

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Agenda

- eLAB & Starting Studies
- Student services
 - Support services

Break

- Studies at LAB
 - The Do's and Don'ts
 - Ethical guidelines
- Everything in this presentation can be found on eLAB!





We will help you succeed

At our Student Services...

- We provide friendly and professional service on campuses and online
- We care about you and help you find solutions
- We develop our services in cooperation with you

Please do this to help us succeed:

- Follow our updates, news and instructions
- Get to know the services
- Take enough time for organizing things
- Give us feedback



University level communication for students:

- General information
- Always up to date!
- For all students
- Does not require logging in

elab.fi

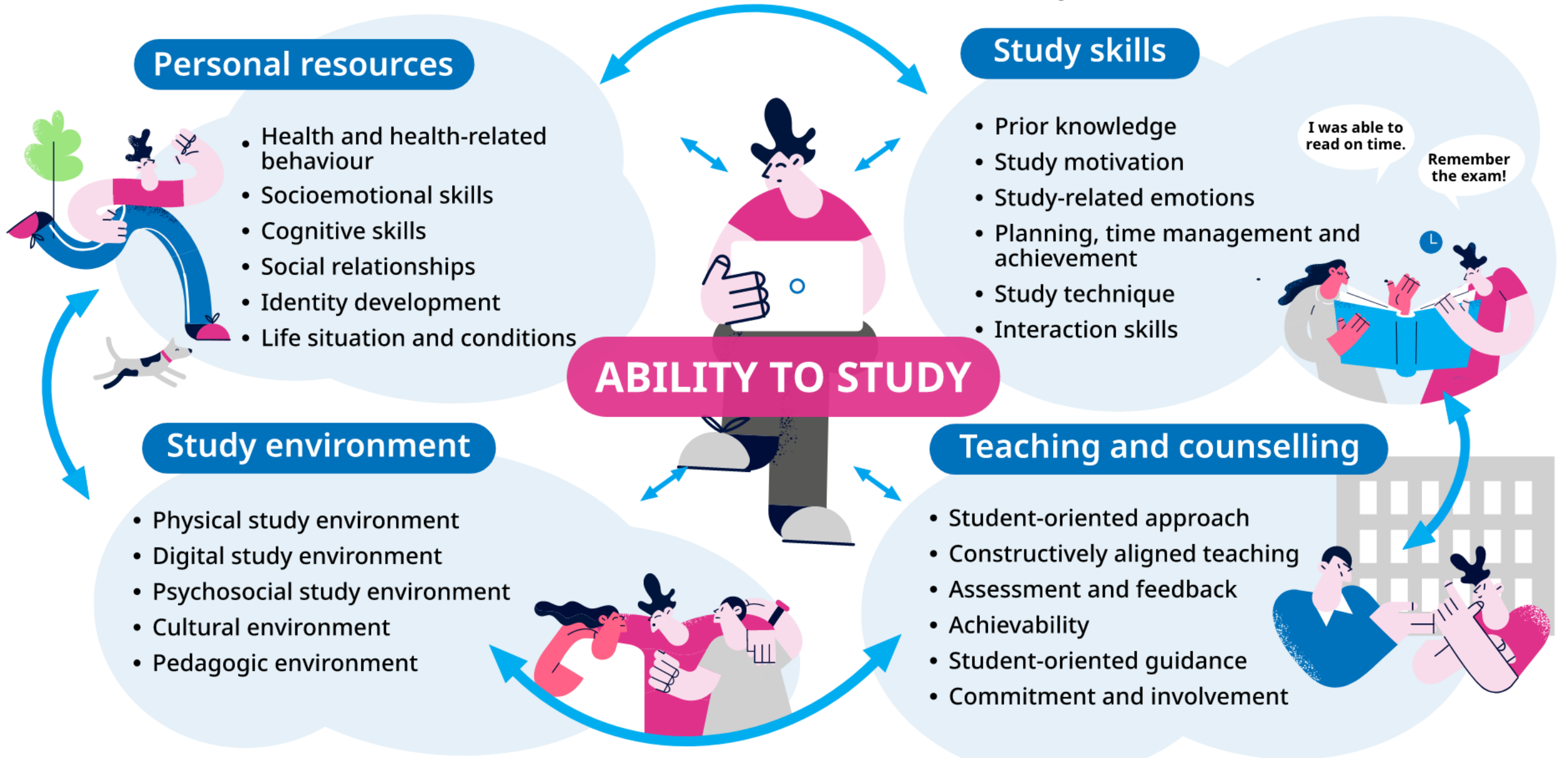
Personal level communication for students

- Mobile app - makes student life so much easier!
 - Schedule
 - Study records
 - News feeds and event from eLAB
 - Campus maps
 - Restaurant menus
 - Emergency messages!

Services for students

CUSTOMER SERVICE	GUIDANCE AND SUPPORT	WELLBEING
<ul style="list-style-type: none"> • Study related practical matters: study rights, registrations, changes of personal information • Study certificates, Transcripts, documents entitling to student discounts • ATOMI - E-service – official study certificates and transcripts • Accident reports • Misconduct in studies • Graduation • studentservices@lab.fi 	<ul style="list-style-type: none"> • Tutor Teachers <ul style="list-style-type: none"> • Personal study plan (PSP) • Recognition of prior studies and learning (RPL) • career counselling • Peer tutors & Class Reps • Guidance Counselors (overtimes) • Language Centre • LUT Academic Library • Career Services • International Services • IT-help: student.ithelpdesk@lut.fi • LAB Student Union KOE • Student Associations • Student Calender on eLAB 	<ul style="list-style-type: none"> • Study psychologist • Senior Pedagogical Specialist and special arrangements • Campus chaplains • MOVEO Health and Wellbeing Services • Student healthcare services <ul style="list-style-type: none"> • The Finnish Student Health Service (FSHS) for degree students • Private & Public sector for exchange students • Student livelihood, Financial aid: KELA

The ability to study forms and evolves in a dynamic interaction between the student and the study environment.



How can I help myself to reach my goals?

1. What do I want from my studies?

- Why am I here?
- What are my goals?

2. Realistic use of time

- List all your everyday tasks
- $\text{Tasks} + \text{available time} = \text{target level/goal}$

3. Take of yourself

- What helps you relax? Drawing, walking, reading, hanging out with others
- Who can you talk to about hard things?

Remember: a well-rested, happy person studies better



The Do's and Don'ts of Campus Life

THE DO'S

- ❖ Use a planner, realistic use of time
- ❖ Seek and ask for help
- ❖ Respect others
- ❖ Follow the campus rules
- ❖ Intervene if you see harassment

THE DON'TS

- ❖ Don't overestimate your resources
- ❖ Don't neglect your mental or physical health
- ❖ No discrimination
- ❖ No harassment
- ❖ No misconduct

"It's easy to get overwhelmed as a new student, but these do's and don'ts will help make your study life easier"

Ethical guidelines

Use information correctly

- searching for reliable reference material
- using the information appropriately
- taking copyright matters into account

Follow the rules

- e.g. examination instructions (check eLAB!)
- course instructions of teacher
- degree Regulations
- ask if you don't know!

Be honest and fair

- avoid misconduct and wrongdoing
- treat people fairly
- be a good group member





Good luck for studies 🙏

1. Try your best: the more you give – the more you'll get out your studies
2. Connect with other students – make friends
3. Enjoy your time here & have fun!