



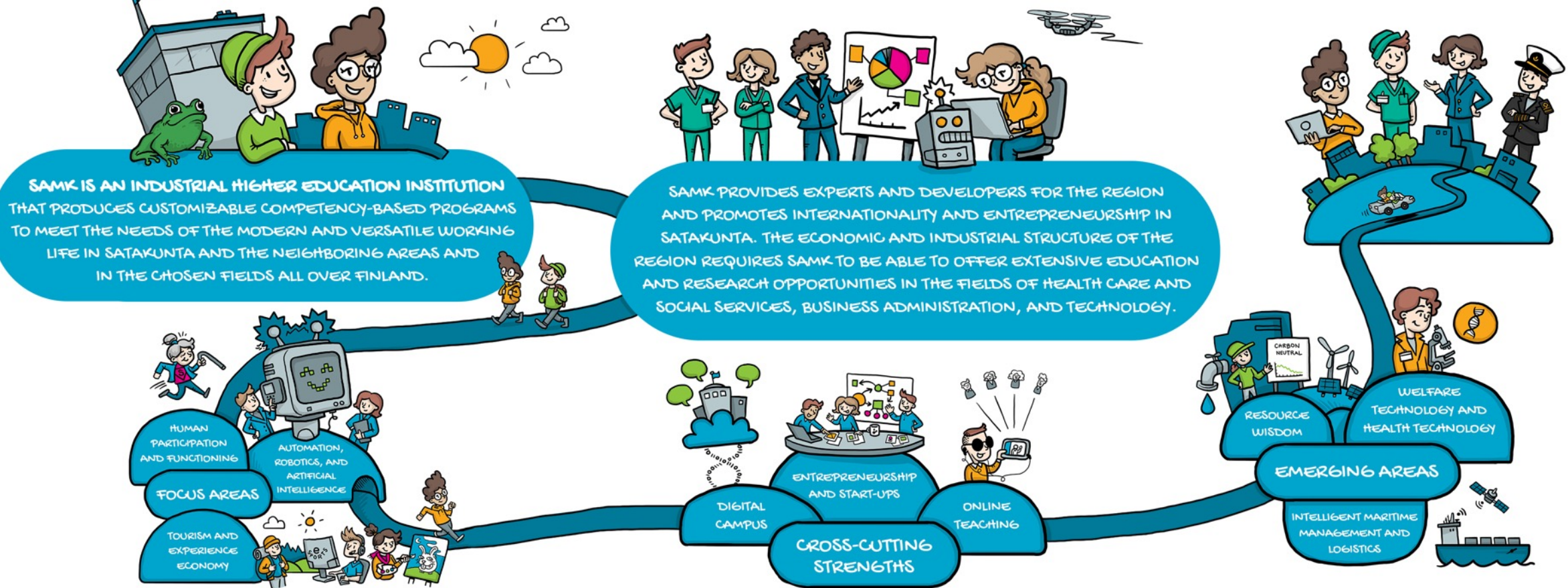
Students' Well-being and Support in a Finnish University of Applied Sciences

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KATSE TULEVAISUUTEEN.

THINK FUTURE.

#SAMK2030 – ALL OF OUR STUDENTS WILL BE EMPLOYED



STRATEGIC GOALS

SAMK HAS A COMPREHENSIVE SELECTION OF WORK-BASED AND MULTIFORM DEGREE AND CONTINUING EDUCATION ENTITIES

SAMK IS A COMPETENT AND PROSPEROUS HIGHER EDUCATION COMMUNITY

SAMK IS A UNITING FORCE FOR THE WORKING LIFE, EDUCATION, AND RESEARCH COOPERATION IN THE REGION

RESULTS-BASED OPERATIONS ENSURE FLEXIBILITY AND ADAPTABILITY

SAMK PROMOTES THE INTEGRATION OF INTERNATIONAL STUDENTS, TEACHERS, RESEARCHERS, AND OTHER EXPERTS BY DEVELOPING POSSIBILITIES FOR STUDYING AND WORKING



Tasks of the Students' Well-being Development Group in SAMK

- Developing and supporting well-being in studies
- Supporting study guidance as part of study well-being
- Raising awareness of well-being in studies

Representatives of the Students' Well-being Development Group in SAMK

- Student Health Care (FSHS)
- Congregations
- The Student Union SAMMAKKO
- Student Counselling and tutoring, SAMK
- CampusMoWe, SAMK
- StudyWell –project, SAMK
- International Affairs, SAMK
- Lecturer, CEO and Dean, SAMK



Inquiry on student well-being

2021 Answers 375



STUDYWELL
-WELL-BEING FOR STUDENTS
AND
STUDENT COMMUNITY AT
SAMK

Guidance and support is needed!

Students need more guidance and support during distance learning

→ The need for peer and group support has increased

The current services of study counselors are perceived as particularly good

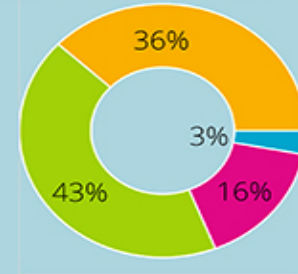
Several respondents feel they need more support for their well-being

The most common source of support is teacher tutors and fellow students



It is easy for me to get answers and guidance to questions about my studies

- Strongly agree
- Somewhat agree
- Somewhat disagree
- Strongly disagree



Students wish information about student guidance and well-being could be found in one place



Student wishes

Regular info packages sent throughout the year

A low-threshold chat service that would also help with possible mental health challenges

- Several different exercise opportunities:
- exercise included in the studies
 - remote and break exercises
 - exercise challenges

93% feel that they have been treated equally at SAMK





Key principles of students' well-being and support

KATSE TULEVAISUUTEEN.
THINK FUTURE.



Students' well-being

Students' well-being is important for SAMK. Services supporting students' well-being are available during the full course of your studies.

Responsible use of leisure time contributes to more contact teaching in higher education institutions and a swift return to normal conditions.

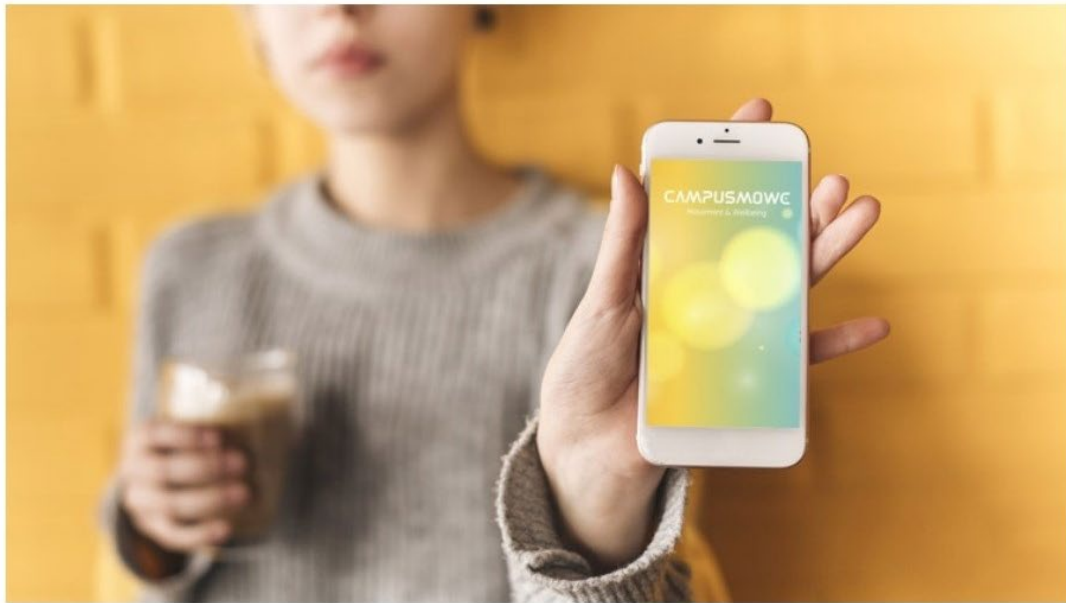
[Read More \(minedu.fi\)](https://www.minedu.fi)

All information can be found on one page...

<https://www.samk.fi/en/education/students-well-being/>

Download CampusMoWe-application

Download free CampusMoWe-app to your mobile phone from AppStore or Play-store.



CampusMoWe spring season

CampusMoWe offers all students an easygoing and accessible set of sport and well-being services!



Congregations

- The Finnish Lutheran Church's counselling services give advice to problems related to students' relationship or family.
- Students may contact pastors and church social workers of different congregations to talk about any issue in life.
- Services are free for students.

Equal student healthcare services



For all students in higher education



F · S · H · S
FINNISH STUDENT HEALTH SERVICE

From 2021 students in programs of Bachelor's or Master's degrees are eligible for the services offered by **FSHS – Finnish Student Health Service**. Service fees are to be paid to **KELA – Social Insurance Institution of Finland**.

Student counselling and peer tutoring

- SAMK students can get counselling and support related to their studies, career perspectives and challenging life situations.
- Tutors are there to help each SAMK student in their everyday student life.
- SAMK has four Student Counsellors and one teacher specialised for challenging students' needs.
- SAMK has also tutoring resources for teachers.



StudyWell–project Well-Being for Students and Student Community at SAMK

— project, focuses especially on helping student well-being with the effects on the Covid-19 pandemic (2021-2022)

Who and what the project consists of:

- **The Student Union SAMMAKKO** – adding to the community spirit, remote events and developing eTutoring
- **SomeBody** – courses and weekly organized group activities for strengthening studying abilities and body awareness, emotional and communication skills
- **CampusMoWe** – courses/services to support well-being as well as weekly exercising at campus and online

HAPPENING NEXT



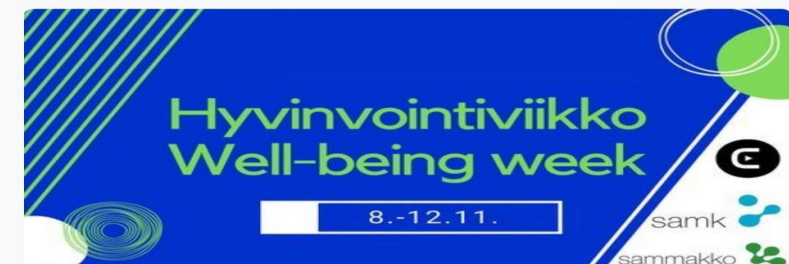
Hyvinvointiviikko

Schedule

Mon Nov 08
2021 at 09:00
am to Fri Nov
12 2021 at
06:00 pm

Location

SAMK -
Satakunta
University of
Applied
Sciences | Pori,
LS



Advertisement

Courses and groups that promote your well-being

- **SomeBody-Groups activities** consist of functional exercises that utilize movement for examination of ones' own emotions and mood in relation to body.
- **Feelix**, a confidential peer group for discussing everyday topics and to define students own strengths
- **Mindfulness**



A competent and prosperous higher education community





Thank you!

Tiina Savola

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