













Join at menti.com and use code 3406 5223



#### **Support at Arcada 2024-25**

- Support in studying
- Well-being
- Safety and security
- Career support





## The team (studying and well-being)



Erika Nyström Study Social worker



Maria Höglund
Psychologist



Sofia Hampf
Psychologist trainee



# What kind of support can we offer the students?

#### Counselling for studying

- Motivation
- Help with studying (Assignments, routines, advice)
- Time- and stress management, study techniques
- Special education certificates

#### **Emotional support**

- Talk to someone about anything
- Anxiety or depression
- Relationships and loneliness
- Life...



#### Other support and services:

#### Safety and security

- Falcony tool
  - Harrassments, accidents, equality, accessibility etc.
  - Feedback
  - Link on start
- Student representative

#### Sveps

- Victor Rehn and Ville Peltonen
- everyday-life, challenges or if there is a risk of dropping out.

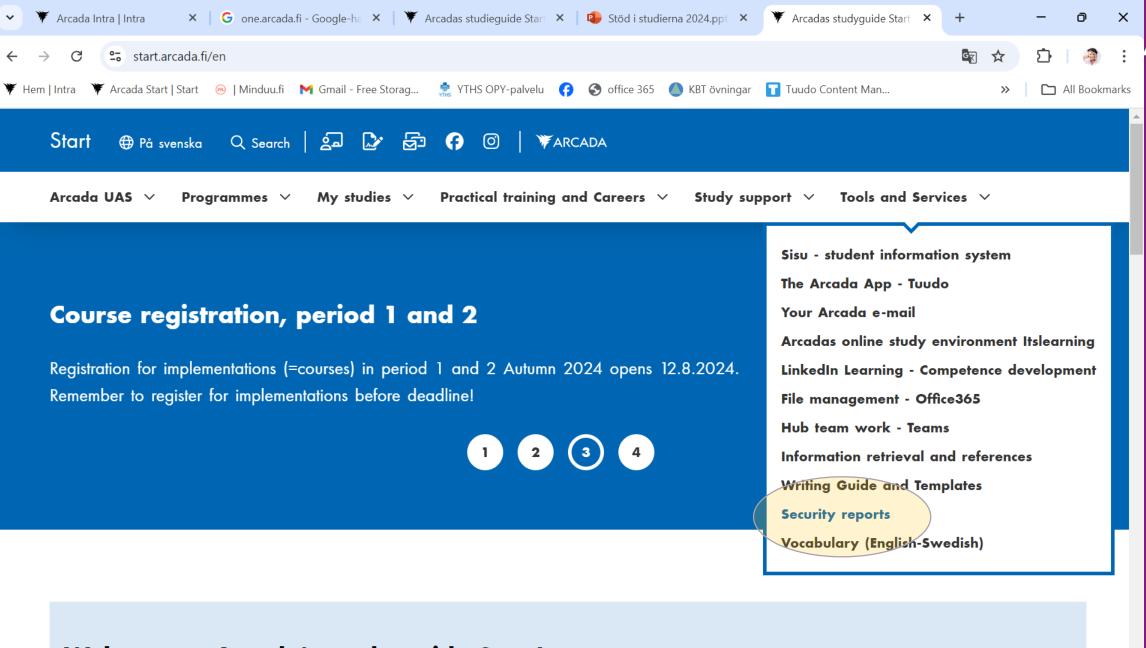
#### Studentchaplain and -help

Sonja Jakobsson

#### Note!

All counselling is confidential and free for all students.

Meet us online or at campus!



https://start.arcada.fi/en/tools-and-services/security-reports



































#### **Special arrangements**

Do you have dyslexia, ADHD/ADD or other challenges with studying?

Do you need special arrangements?

Information about certificates at Arcada:

Mon 16.9 at 3 pm in the Library, C2 Thu 19.9 at 3 pm (SWE/ENG) Online

For more information and a link to the online session, please contact maria.hoglund@arcada.fi







# Karriärcenter Arabia – for study and work-related questions



Contact our career counsellors when you need:

- Help with the choice of current and future studies
- Support with practical job search

**Bookings:** <u>karriarcentret.fi</u>



### **Drop-in and events**

**Drop-in Tuesdays** from noon to 15

#### **Events:**

- Job Sprint
- CV Photography
- CV Check-in





# Company relations at Arcada



Maria Jurvelius

Key Account Manager

Equality Officer

- Job Portal
- My Future Work



#### **Job Portal**

- arcada.jobteaser.com/en
- Log in with your Arcada ID
- 423 registered companies
- ~25 % English speaking jobs
- Full & part time employment, summer jobs, practical training, subject for thesis
- Recruitment events and resources for job seeking





## My Future Work recruitment fair

Save the date:15.1.2025 at the Big Square



# Where do I find more information?

- START
- <u>Tuudo</u>
- Karriärcentret
- Arcada Job portal
- Sveps
- Student healthcare



# 4. How can I be in contact?

- forname.surname@arcada.fi
- counselling@arcada.fi
- Erika's WhatsApp 050 408 1338
- Meeting rooms in the library,
   C2 or online

kontakt@karriarcentret.fi



#### Save the date:

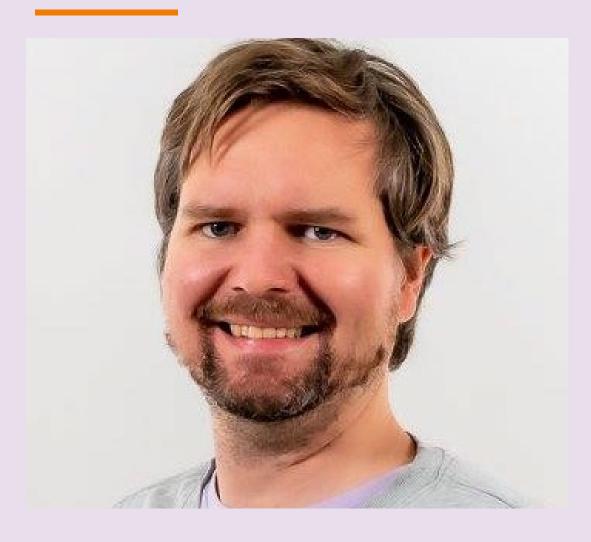
Well-being fair 10.10. 2024

At the big square at Arcada





#### Our international student advisor



#### **Laurits Møller**

Ph: 0294 2282 560

Mail: laurits.moller@arcada.fi,

Room: C244 (in the library)

https://start.arcada.fi/en/studysupport/for-international-students



#### 5. Other information:

- Read your Arcada e-mail every week!
- Visit the Start-pages and Tuudo regularly!
- Join the ASK student union
- Follow Arcada on





 Please be in contact without hesitation – we will help you forward!

# Warmly welcome and good luck with your studies!



arcada.fi



