



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!

Course registration, period 1 and 2

Registration for implementations (=courses) in period 1 and 2 Autumn 2024 opens 12.8.2024. Remember to register for implementations before deadline!



- Sisu - student information system
- The Arcada App - Tuudo
- Your Arcada e-mail
- Arcadas online study environment Itslearning
- LinkedIn Learning - Competence development
- File management - Office365
- Hub team work - Teams
- Information retrieval and references
- Writing Guide and Templates
- Security reports
- Vocabulary (English-Swedish)

Welcome to Arcada's study guide Start!

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



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: karriarcentret.fi

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](#)
- [Tuudo](#)

- [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



arcada.fi

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/study-support/for-international-students>



arcada.fi

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!**



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