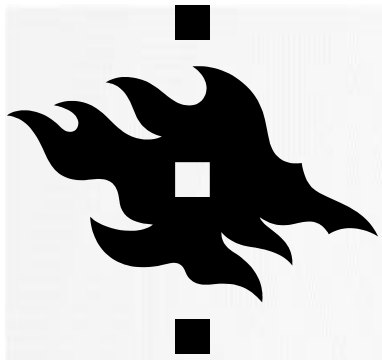




GUIDANCE AND SUPERVISION SUPPORT CARDS

University of Helsinki



QUESTIONS TO SUPPORT THE GROWTH OF EXPERTISE

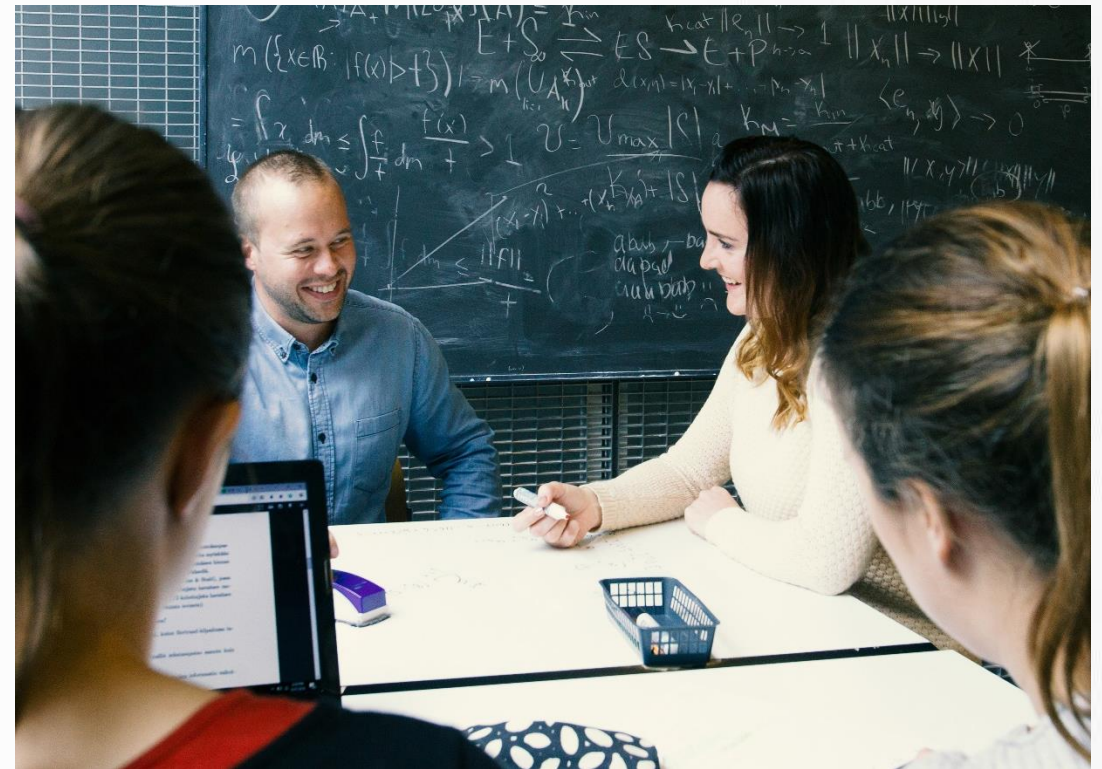
Teaching and research staff can use various tools, such as these support cards, to provide guidance and supervision so as to support students in drawing up their personal study plans (PSP).

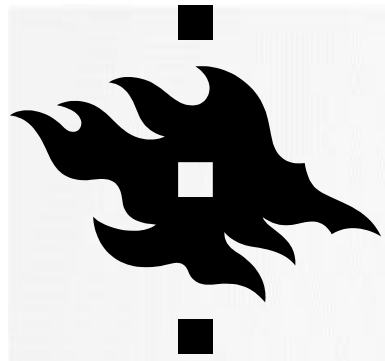
The cards include questions that address the academic growth of university students as their studies progress.

Supervisors can select suitable questions for PSP meetings from one or more cards, as they see fit for each situation.

Alternatively, they can send an appropriate set of questions to students to consider before a meeting.

These guidance and supervision cards were created by the participants of guidance seminars organised in 2018 by the Strategic Services for Teaching unit.





MY ROLE AS A STUDENT

1ST AUTUMN TERM OR 1ST MEETING

Introduction/latest news:

- How are things?
- Have your studies got off to a good start?
- Where are you right now in your studies?

Learning:

- How have you felt about your studies?
- What inspired you to select your degree programme?
- What are you interested in?
- How do you think the beginning of your studies has gone?
- Has studying been what you expected?

Community:

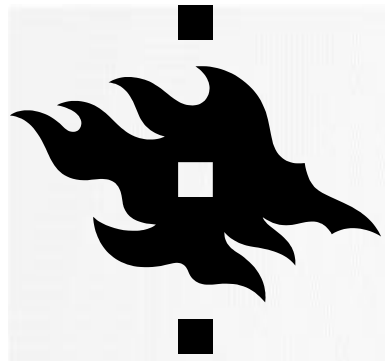
- How are you finding this phase of your life?
- How do your studies fit into it?
- What is your impression of the academic community?

Objectives:

- What plans do you have for your first year of study?
- What would you like to learn in your first year?

Summary and next steps:

- What are your key takeaways from this meeting?
- What will you do next?



MY ROLE AS A STUDENT

1ST SPRING TERM OR 2ND MEETING

Introduction/latest news:

- How are you?
- What has happened with regard to the plans made at the last meeting?
- How did your last term go?
- Where are you right now in your studies?
- Have you had sufficient time to spend on things you consider important?

Learning:

- How have you felt about your studies?
- Have you found ways of studying that suit you? What ways of studying help you learn best?

- What learning experiences have you gained?
- What short-term plans do you have (e.g., progress in studies, international exchange, study track)?

Community:

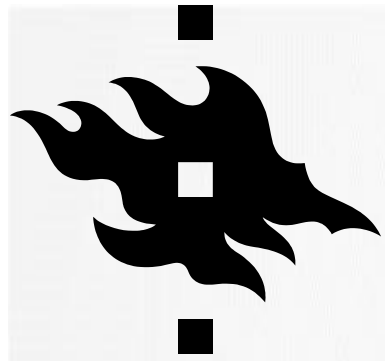
- What is your impression of the University as a place of study?
- Have you participated in community activities?

Objectives:

- What plans do you have for the next few years?

Summary and next steps:

- What are your key takeaways from this meeting?
- What will you do next?



MY ROLE AS A STUDENT

2ND AUTUMN TERM OR 3RD MEETING

Introduction/latest news:

- How are you?
- What has happened with regard to the plans made at the last meeting?
- Where are you right now in your studies?
- What things are you wondering about?

Learning:

- How have you felt about your studies?
- What are you like as a learner, and what has been the best way of learning for you?
- What courses have you selected? Why?
- What other plans do you have (e.g., progress in studies, international exchange, study track)?

Community:

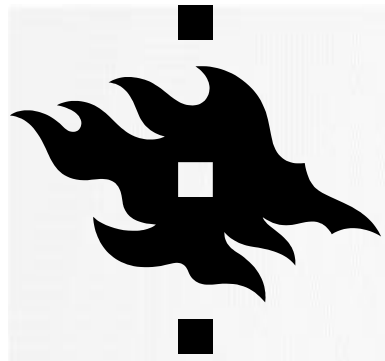
- What role does the academic community (teachers, other staff, other students) play in your daily life as a student?
- What action can you take?

Objectives:

- What plans do you still have for your bachelor's studies?

Summary and next steps:

- What are your key takeaways from this meeting?
- What will you do next?



MY ROLE AS A STUDENT

2ND SPRING TERM OR 4TH MEETING

Introduction/latest news:

- How are you?
- What has happened with regard to the plans made at the last meeting?
- How are your studies going?
- Where are you right now in your studies?

Learning:

- How have you felt about your studies?
- What learning experiences have you gained?
- What optional studies are you planning to include in your degree?
- What other plans do you have (e.g., progress in studies, international exchange, study track)?

Community:

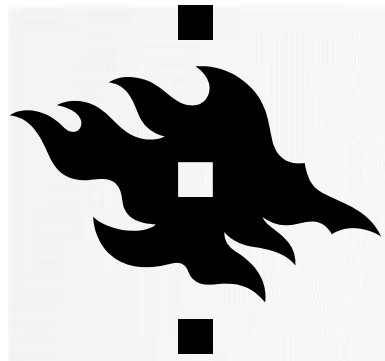
- What contacts do you have in the academic community?
- How does this support your learning?
- What action can you take?

Objectives:

- What plans do you have for the final stage of your bachelor's studies?

Summary and next steps:

- What are your key takeaways from this meeting?
- What will you do next?



MY ROLE AS AN EXPERT

3RD AUTUMN TERM OR 5TH MEETING

Introduction/latest news:

- How are you?
- What has happened with regard to the plans made at the last meeting?
- Where are you right now in your studies?

Learning:

- How have you felt about your studies?
- What parts of your bachelor's degree are you currently completing?
- What are your expectations for your master's studies?
- What would you like to study in more depth?
- What would you like to learn more about?

Community:

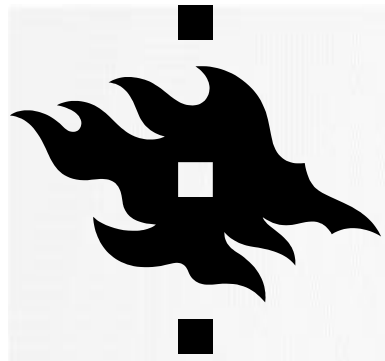
- How can the academic community support your future study-related choices?
- What action can you take?

Objectives:

- What short- and long-term plans do you have?

Summary and next steps:

- What are your key takeaways from this meeting?
- What will you do next?



MY ROLE AS AN EXPERT

3RD SPRING TERM OR 6TH MEETING

Introduction/latest news:

- How are you?
- What has happened with regard to the plans made at the last meeting?
- Where are you right now in your studies?

Learning:

- How have you felt about your studies?
- What parts of your bachelor's degree are you currently completing?
- What master's courses do you intend to select/have you selected? Why?
- What skills would you still like to develop?

Community:

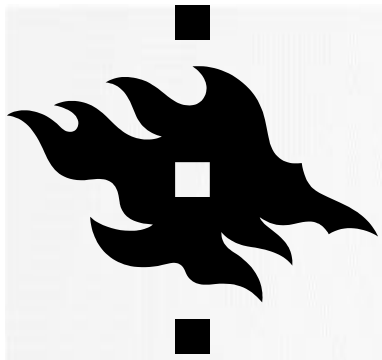
- How do you see yourself as a member of the academic community?
- What could you do to strengthen your position as a member of this community?

Objectives:

- What short- and long-term plans do you have?
- What are your professional prospects?

Summary and next steps:

- What are your key takeaways from this meeting?
- What will you do next?



MY ROLE AS AN EXPERT

MASTER'S STUDIES OR 7TH & 8TH MEETINGS

Introduction/latest news:

- How are you?
- What has happened with regard to the plans made at the last meeting?
- Where are you right now in your studies?

Learning:

- How have you felt about your master's studies?
- What courses are you currently completing (thesis)?
- What have the courses taught you?
- What would you still like to study in more depth?

Community:

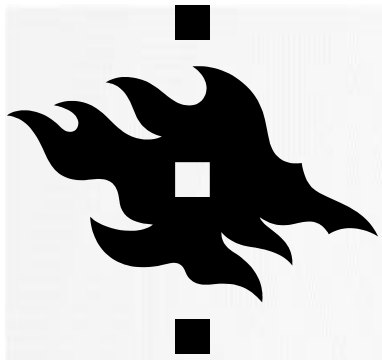
- How can the academic community support your career plans?
- What action can you take?

Objectives:

- What short- and long-term plans do you have?
- What are your professional prospects?

Summary and next steps:

- What are your key takeaways from this meeting?
- What will you do next?



MY ROLE AS AN EXPERT

MASTER'S STUDIES OR 9TH & 10TH MEETINGS

Introduction/latest news:

- How are you?
- What has happened with regard to the plans made at the last meeting?
- Where are you right now in your studies?

Learning:

- How have you felt about your studies?
- What courses are you currently completing (thesis)?
- What would you still like to study in more depth?
- How would you assess your degree path as a whole: what skills have you developed and are there any skills gaps that should still be addressed?

Community:

- How can the academic community support your employment or career plans?
- What action can you take?

Objectives:

- What short- and long-term plans do you have?
- What are your professional prospects?

Summary and next steps:

- What are your key takeaways from this meeting?
- What will you do next?