

# STUDENT GUIDANCE PATH

This document compiles typical examples of student concerns that may arise during guidance at various stages of studies. Teachers providing guidance do not need to know the answers to all the questions, as students receive guidance and supervision from several other sources at the University as well. The Guidance Compass page on the Instructions for Teaching website provides information on where to refer students when needed.

<https://teaching.helsinki.fi/instructions/article/guidance-compass-teachers>

## STUDY ABILITY



What if I don't succeed or can't cope in my studies or don't feel I belong?  
 Whom should I contact if time management, concentration or learning feel difficult?  
 How can I develop my study skills?  
 Where do I get support at the University if I have a challenging life situation/illness/disability?  
 How do I combine studies and other aspects of my life?  
 How can I personally enhance my ability to study?

### BACHELOR'S DEGREE

| STAGE OF STUDIES | ORIENTATION  | DRAWING UP A STUDY PLAN   | INTEGRATION INTO A DEGREE PROGRAMME AND DISCIPLINE   | SELECTING THE STUDY TRACK  | EXCHANGE STUDIES AND THE FLEXIBLE STUDY RIGHT SCHEME (JOO)   | SELECTION OF OPTIONAL STUDIES  | LANGUAGE AND COMMUNICATION STUDIES  | RECOGNITION OF PRIOR LEARNING  | CAREER PLANNING AND PROFESSIONAL GROWTH  |
|------------------|--|---|--|--|--|--|---|--|--|
| STUDENT CONCERNS | <ul style="list-style-type: none"> <li>What are university studies like compared with upper secondary studies?</li> <li>Whom can I turn to when I have questions?</li> <li>What if I am unable to participate in orientation or tutoring?</li> </ul> | <ul style="list-style-type: none"> <li>What courses should I take?</li> <li>How is Sisu used?</li> <li>What is an appropriate amount of studies to ensure I cope without overburdening myself?</li> </ul> | <ul style="list-style-type: none"> <li>How can I delve deeper into my field of study?</li> <li>How can I join the community?</li> <li>How are students from various backgrounds and with diverse skills taken into account?</li> </ul> | <ul style="list-style-type: none"> <li>How will study track selection affect my opportunities, for example, in master's studies or professionally?</li> <li>What if I dislike or are not admitted to my chosen study track?</li> </ul> | <ul style="list-style-type: none"> <li>At what stage should I embark on exchange or Flexible Study Right Scheme studies and what studies should I choose?</li> </ul> | <ul style="list-style-type: none"> <li>What optional studies are normally taken in my degree programme?</li> <li>What if I choose "wrong"?</li> <li>What studies should I choose if I want to get into master's programme or field x?</li> <li>Are there criteria for optional studies and, if so, where can I find them?</li> </ul> | <ul style="list-style-type: none"> <li>How does the language of my secondary education affect my studies?</li> <li>Where do I get support if I am worried about my language skills or suffer from performance anxiety?</li> </ul> | <ul style="list-style-type: none"> <li>How will my previous studies or work experience be taken into account in my new degree; can I, for example, substitute or include prior studies in the degree?</li> </ul> | <ul style="list-style-type: none"> <li>How can I accrue work experience and contacts in my own field during my studies?</li> <li>If the field does not feel right for me, should I change it or complete my degree nonetheless?</li> </ul> |

### MASTER'S DEGREE

| STAGE OF STUDIES | BACHELOR'S THESIS  | SELECTING A MASTER'S PROGRAMME   | ORIENTATION  | ADVANCED STUDIES AND DISCIPLINE SPECIALISATION  | TRAINEESHIP   | MASTER'S THESIS   | CAREER PLANNING AND JOB SEEKING  | GRADUATION  |
|------------------|--|--|--|---|---|---|--|---|
| STUDENT CONCERNS | <ul style="list-style-type: none"> <li>Where do I get support for information retrieval, academic writing and time management?</li> <li>What do I do if my thesis is left unfinished and I have fallen behind my peers?</li> </ul> | <ul style="list-style-type: none"> <li>What master's programme can I continue from this bachelor's programme and whom do I talk to about alternatives?</li> <li>When should I transfer to master's studies?</li> </ul> | <ul style="list-style-type: none"> <li>Where do I get support if I am just beginning my studies at the University of Helsinki or returning from a long break?</li> <li>If I commence master's studies in the middle of the academic year, how should I plan them?</li> </ul> | <ul style="list-style-type: none"> <li>What will I become if I choose x or y?</li> <li>What advanced or specialisation studies should I take if I want to specialise in field x?</li> </ul> | <ul style="list-style-type: none"> <li>What are good traineeship placements in this field?</li> <li>What kinds of support or grants are available for traineeships in Finland or abroad?</li> </ul> | <ul style="list-style-type: none"> <li>How will the choice of thesis topic affect my future?</li> <li>If my thesis has been left hanging and I feel anxious about it, where can I find support for finishing it?</li> </ul> | <ul style="list-style-type: none"> <li>What can I do with my degree professionally?</li> <li>What if I don't have work experience in my own field?</li> <li>What professional alternatives do I have and whom can I talk with about them?</li> </ul> | <ul style="list-style-type: none"> <li>Are all my completed studies in order?</li> <li>I am anxious about moving on to professional life and giving up my student identity - am I ready to graduate?</li> </ul> |