



South-Eastern Finland
University of Applied Sciences

COURSE DESCRIPTION
Academic year 2024-2025

Using wellbeing skills to promote studying ability

VV00EJ27-3019

Level of studies: Bachelor

Course extent: 2 ECTS

Seats for INGENIUM students: 20

Course duration: 2 September 2024 - 30 May 2025

Enrolment deadline for INGENIUM students: 15 August 2024

Target group: any student interested in the topic

[Link to enrolment form](#), Learning Agreement to be attached to the online form

Further information:

The course is completed at the student's own pace, and it takes a minimum of 2 months' time to complete it.

Enrolment confirmation and signed Learning Agreement are sent to the student when enrolment has been confirmed (within two weeks after the enrolment deadline). The student receives Xamk user credentials before the course begins. A certificate of a completed course (transcript of records) is sent to the student in the beginning of January (if the course is completed by 31 December 2024), or in the beginning of June (if completed by 30 May 2025). A certificate can also be issued upon separate request.

Course objectives

The aim of this course is to promote students' study ability and wellbeing. The course offers tools to support learning, coping and wellbeing.

After the course

- you have learned studying techniques that suit you
- you can make choices that support wellbeing and resilience in your daily life
- you have learned different ways to relax, and various skills to deal with thoughts, emotions, stress and stage fright

Content

The course is divided into different themes, which are study skills, wellbeing in everyday life, thoughts and working with them, emotions and self-knowledge, stress, stage fright, and social skills.

In each section, you will explore the topic with the help of scientific materials. Up-to-date and supportive learning material can be for example video and audio recordings, lectures, research and exercises. The course focuses on independent reflection.

Evaluation

Pass / Fail

The course is evaluated on scale pass – fail. A pass requires all compulsory tasks to be completed.

Learning material

All the study material related to the course is provided online on the Learn learning platform. The material includes e.g. introductions, videos, podcasts, and exercises on course topics.

Teachers

Karoliina Peltola (study psychologist)