

How are our students doing?

Well-being survey 2022 / LUT & LAB



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Why are we here -
why does this matter?



The results:

1. Respondents
2. Studies
3. Mental health & well-being
4. Loneliness
5. Student's ideas
6. What now?



Respondents

358 LUT students

590 LAB students*

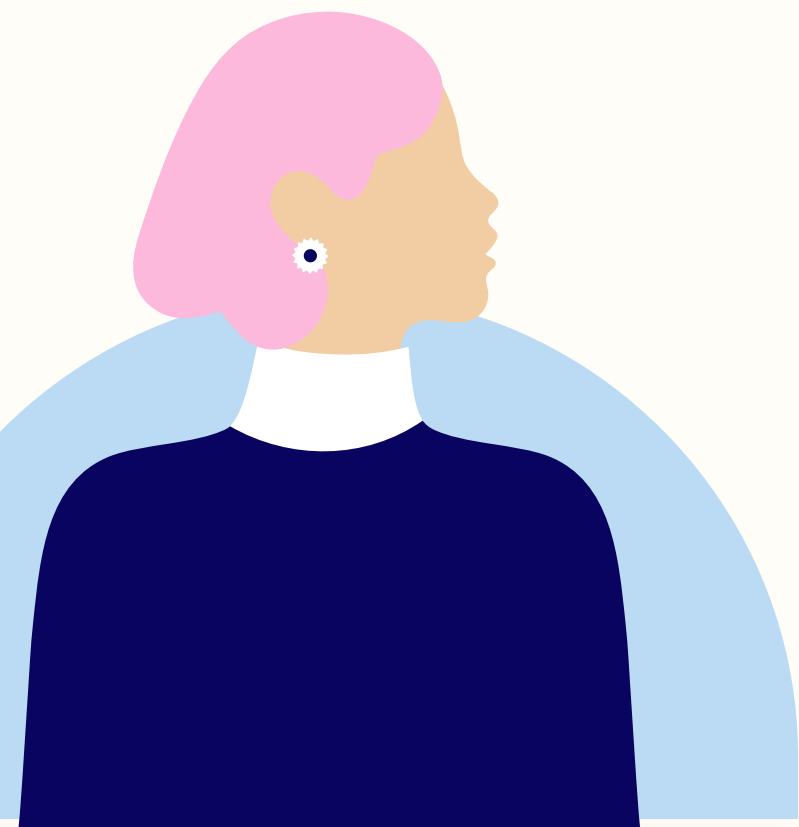
97% Degree students

83% Started studies Fall 2019 or later

53% 20-24-years old

51% Women

*Only LUT respondents' answer are analysed in this presentation. The number of LAB respondents just as background info.



Most important

- 1 Studying goes pretty smoothly for the most, but well-being is at risk
- 2 Most of our students have been worried about their mental health during the last year
- 3 Many of the students feel lonely and many don't feel like they belong to a study related group



Studies



57% Find their studies inspiring*

62% Believes they will graduate on normative duration*

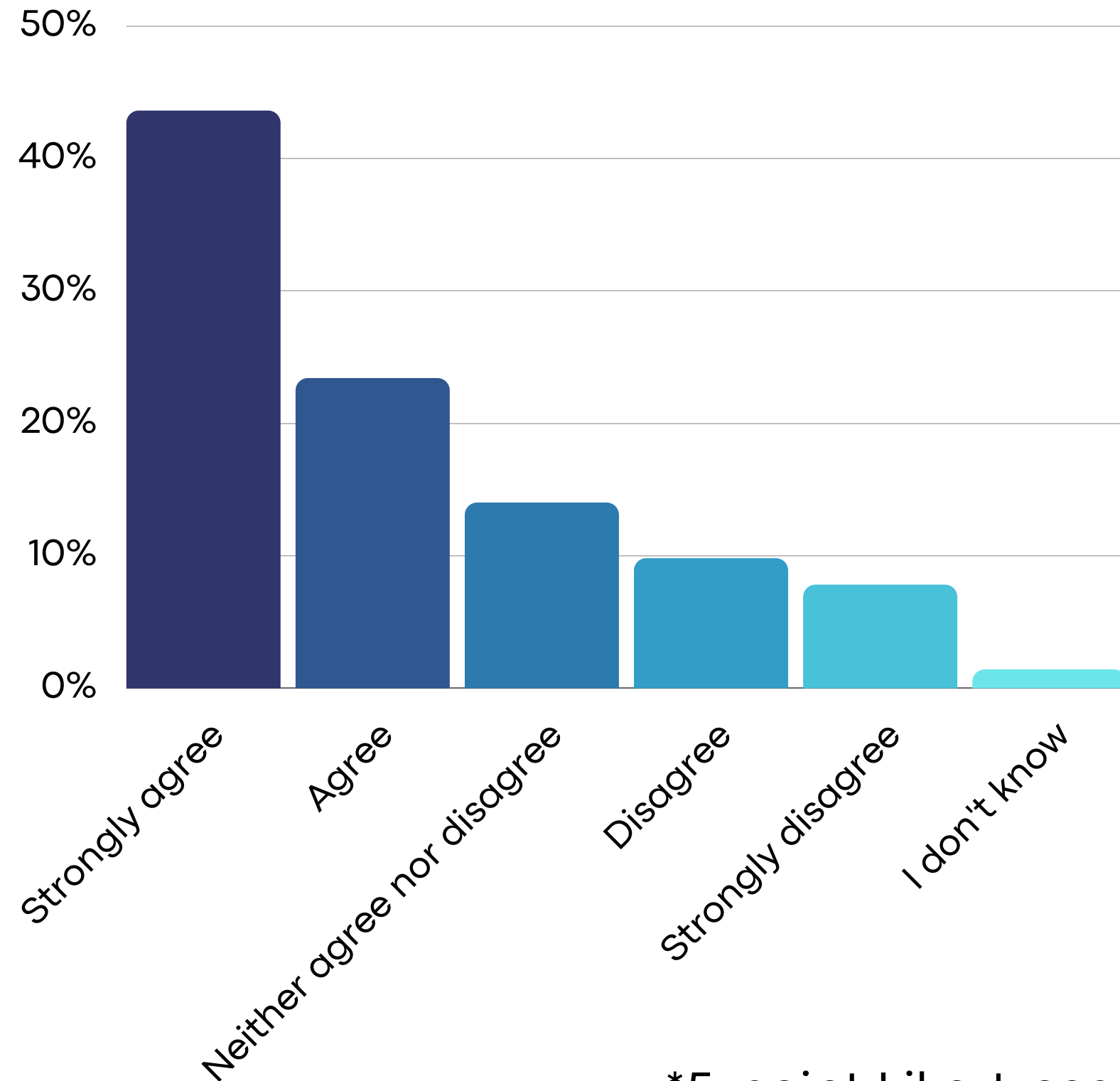
24% Has considered dropping out or changing majors*

48% Study pressure causes problems in other areas of life*



*5-point Likert-scale, answers 4 (agree) and 5 (strongly agree) combined

"Remote studying suits me well"



28%

Wishes that most lectures will be held live on campus in the future*



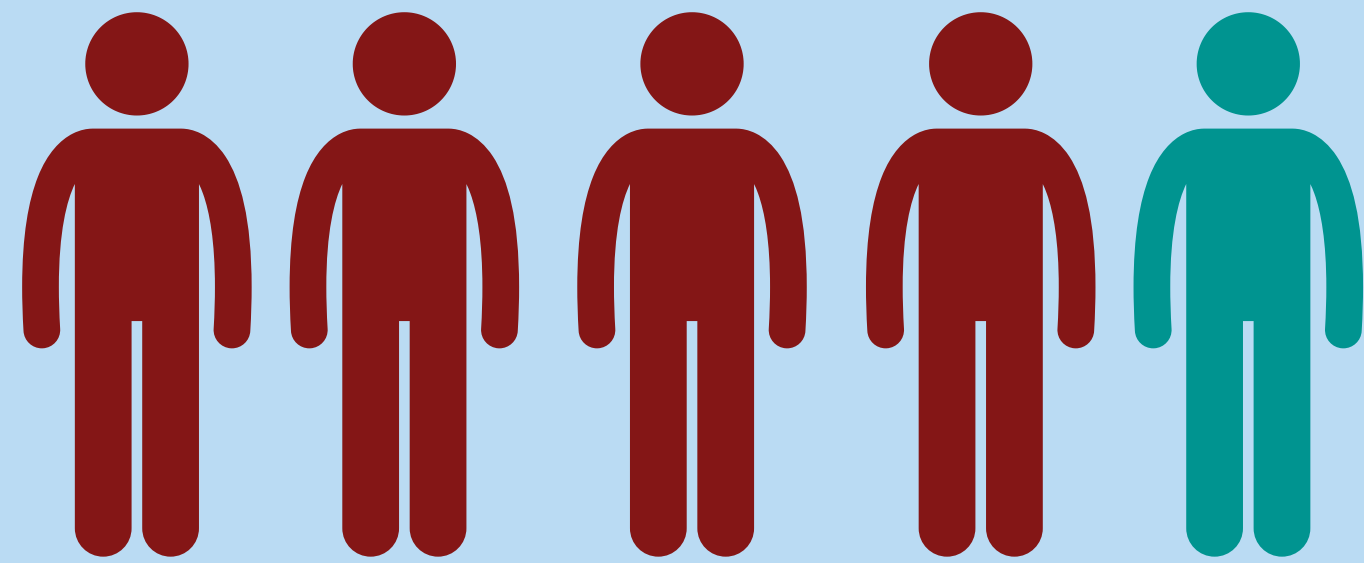
*5-point Likert-scale, answers 4 (agree) and 5 (strongly agree) combined

"We should have the possibility for remote learning in the future. For me it has made it possible to study at this stage of my life."

"I wish we had compulsory classes on campus in bachelor studies. New students won't integrate as 'luttilaiset' and friends groups don't form if everything is online"

Mental health and well-being





Over 4 in 5 students

were worried about their mental health during the last academic year.

41 % were worried about their mental health often or all the time.

"Have you been worried about your mental health (mood, anxiety, stress) during the last academic year? Not at all / sometimes / often / all the time

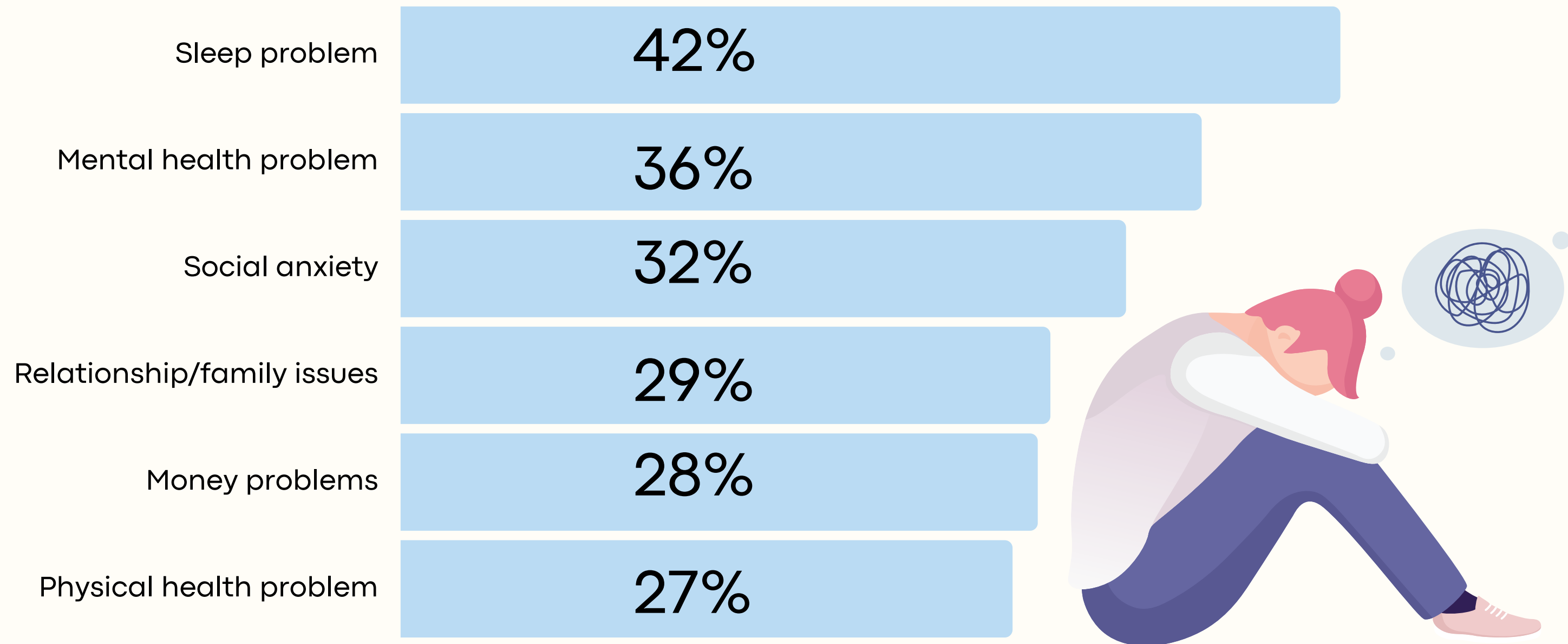


83 %
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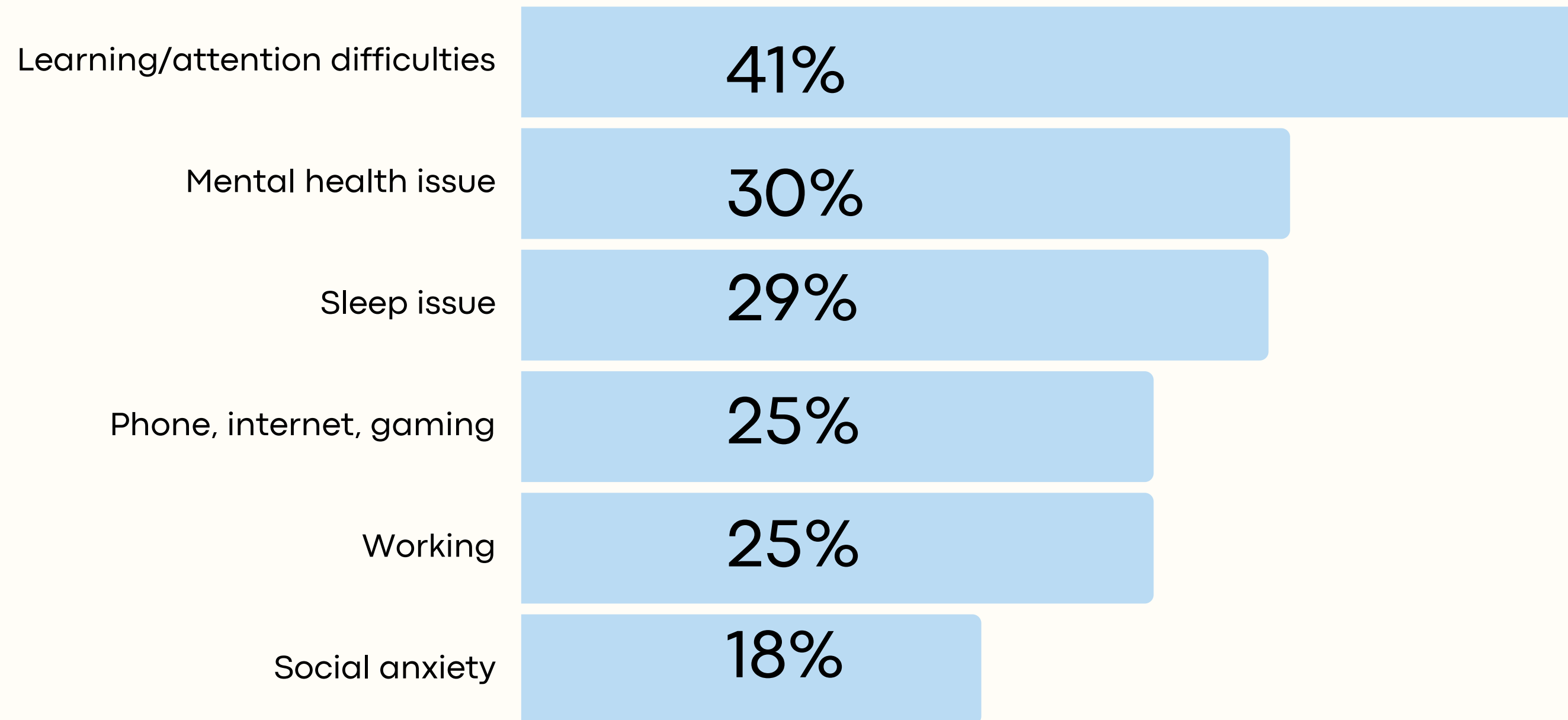
76%
has talked to
someone about
their mental health
worries

52%
Has NOT
reached for help

Weaken well-being



Makes it harder to study



What supports well-being and studies?

- Sports
- Friends
- Family
- Freetime
- Hobbies
- Talking to a professional
- Motivation



Loneliness





28%

feels lonely often or all the time

9% feels lonely all the time

"Have you been feeling lonely during this academic year?"
Never/Rarely/Sometimes/Often/All the time

Belonging to a group

42% Feel like they do NOT belong to any study-related group
(tutor group, class, guild, school, study group)

12% Does not know if they belong to a study-related group



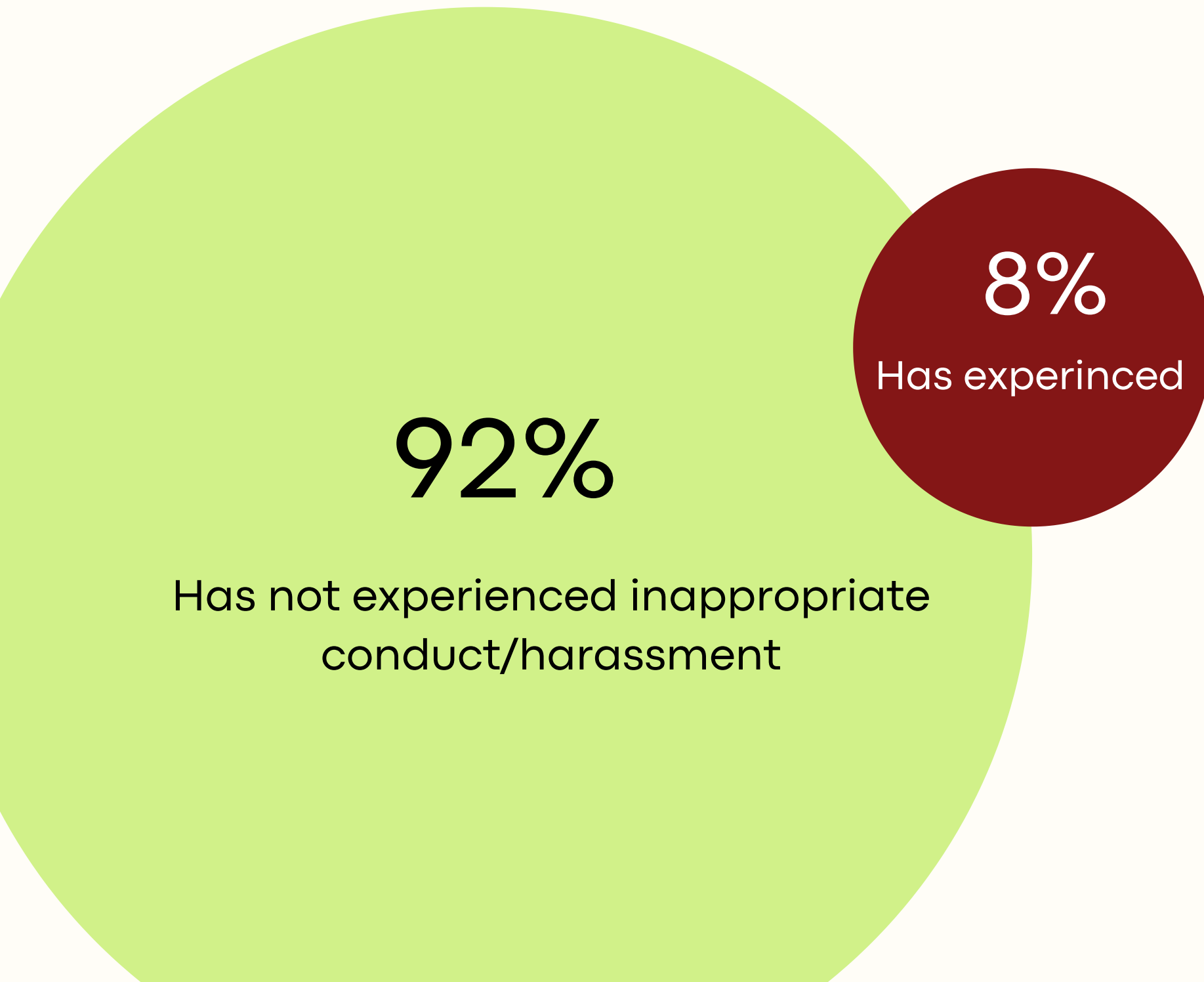
Student's ideas: What could the university do to lessen loneliness



Teaching

- On campus lectures
- Group work, conversations
- Study groups, support groups (e.g. thesis)

Inappropriate conduct



Most common answers:

- Sobriety
- Gender identity
- Other (e.g. sexual harassment)
- Origin/nationality



Events, parties
Lectures
Group work

Student's ideas



Student's ideas: How can we help student to feel better?

Teaching

- Informing the lecturers about learning difficulties
- Quality of teaching
- Better schedule planning
- More support in thesis process
- Break exercises

Interaction

- Enough time for the staff to meet with the students
- Understanding attitude



Support services

- More resources to FSHS
- Advertising well-being and support services
- Directly contacting students
- More education to the harassment contact persons

Communality

- Chances to get to know each other and make friends
- Alcohol free events

"I have enjoyed studying the whole time. LUT has been the best institution during my study years. Thank you!"

"I really hope to meet my fellow students next fall. It would be important to me to get to meet them face to face even once"

What next?



The well-being themes 22-23



Mental health

- More interaction with others, chances to meet new people (Yhes)
- FSHS resources
- Early, preventive, low threshold support and self-help materials



Communality

- Support to getting back to campus
- Events for students
- Peer support groups
- LTKY, Refresh-project
- More interaction on live lectures on campus



Informing about services

- Making sure students know about the existing services
- Low-threshold
- Employees present at student events

Questions?
Ideas?
What can each of
us do?



The well-being survey team

Ask us more!



Milja Parviainen

Study psychologist



Aino Elomäki

Study psychologist



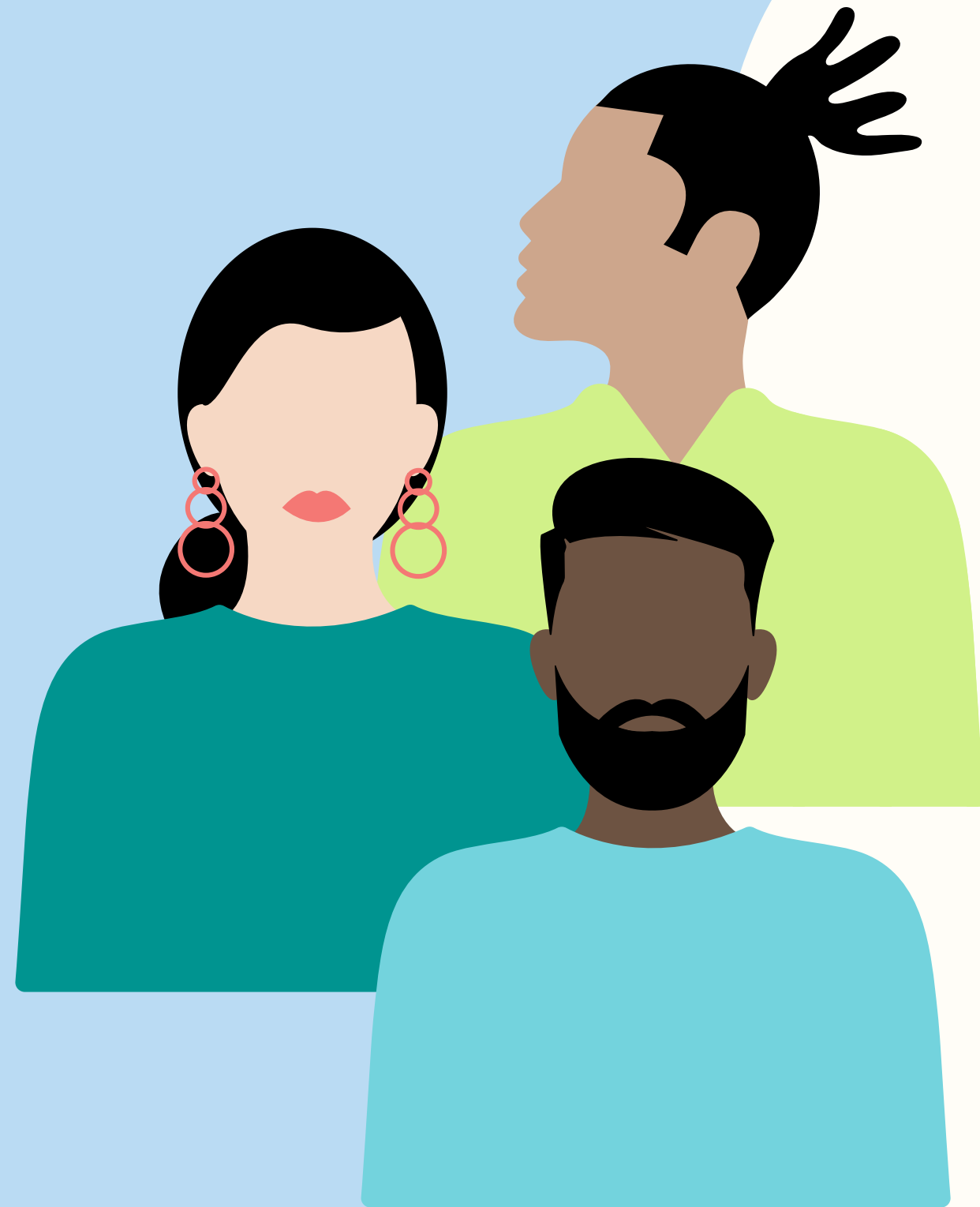
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Thank you!

Questions, comments etc.:
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