

# STUDY SUPPORTING COURSES AND GROUPS 2020–2021



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## Study Supporting Courses and Groups

### SWZZ1801S Nature and Wellbeing (5 op)

Content: Theories linking nature and well-being, evidence-based research results between nature and wellbeing benefits, practical tools for preventive and treatment-based rehabilitation, health care and social work – indoors, in green spaces and wood lands.

Contact person: Maija Jylhä

### BITSupport

Support for learning assignments for BIT students

Tuesdays at 9-12, G205

Contact: Teemu Pölkki

### Pop-up guidance for IB students

You can come to discuss about your studies or career plans with you career tutor or Study Counsellor

Rajakatu 35, D-lounge on Tuesdays at 10.00-11.30.

Contact: Piia Hynynen and Tiina Siitonen

### Pop-up guidance for tourism students

You can come to discuss about your studies or career plans with you career tutor or Study Counsellor Rajakatu 35, D-lounge, On Wednesdays at 11.00-12.00

Contact: Susanna Nuijanmaa, Henna Siltanen and Tiina Siitonen

## **Pop-up guidance for BIT students**

You can come to discuss about your studies or career plans with you career tutor.

Rajakatu 35, AP03, Tuesdays at 10.00–11.30.

Contact: Niko Kiviaho, Ilari Miikkulainen and Jarkko Immonen

## **Practical training pop-up for tourism and hospitality students**

Support for practical training process

Implementation: every other Wednesday online (ask zoom link from the contact person)

21.10.2020

4.11.2020

18.11.2020

2.12.2020

16.12.2020

Tourism Management: at 11:00-12:00

Contact persons: Ani Lietonen and Karoliina Väisänen

## **HyPe coffee time - Come and meet the student wellbeing staff**

JAMKOn discord-cannel, on Tuesdays from 1.9. at 15.00–15.30.

## **Thesis workshop for business administration (Bachelor's and Master's students)**

Guidance and support for writing your thesis.

Implementation: on Thursdays at 10:00–13:00, in Rajakatu BP05.1 and BP07.1, as well as online in the Zoom room.

Contact person: Tarja Niemelä

## **Thesis workshop for hospitality management (Bachelor's and Master's students)**

Guidance and support for writing your thesis.

Implementation: on Thursdays at 9:30–11:30 in the Zoom. Ask the Zoom link and password from the contact person Elina Vaara.

Made by JAMK HyPe-team

Pidetään huolta  
Dare to care

