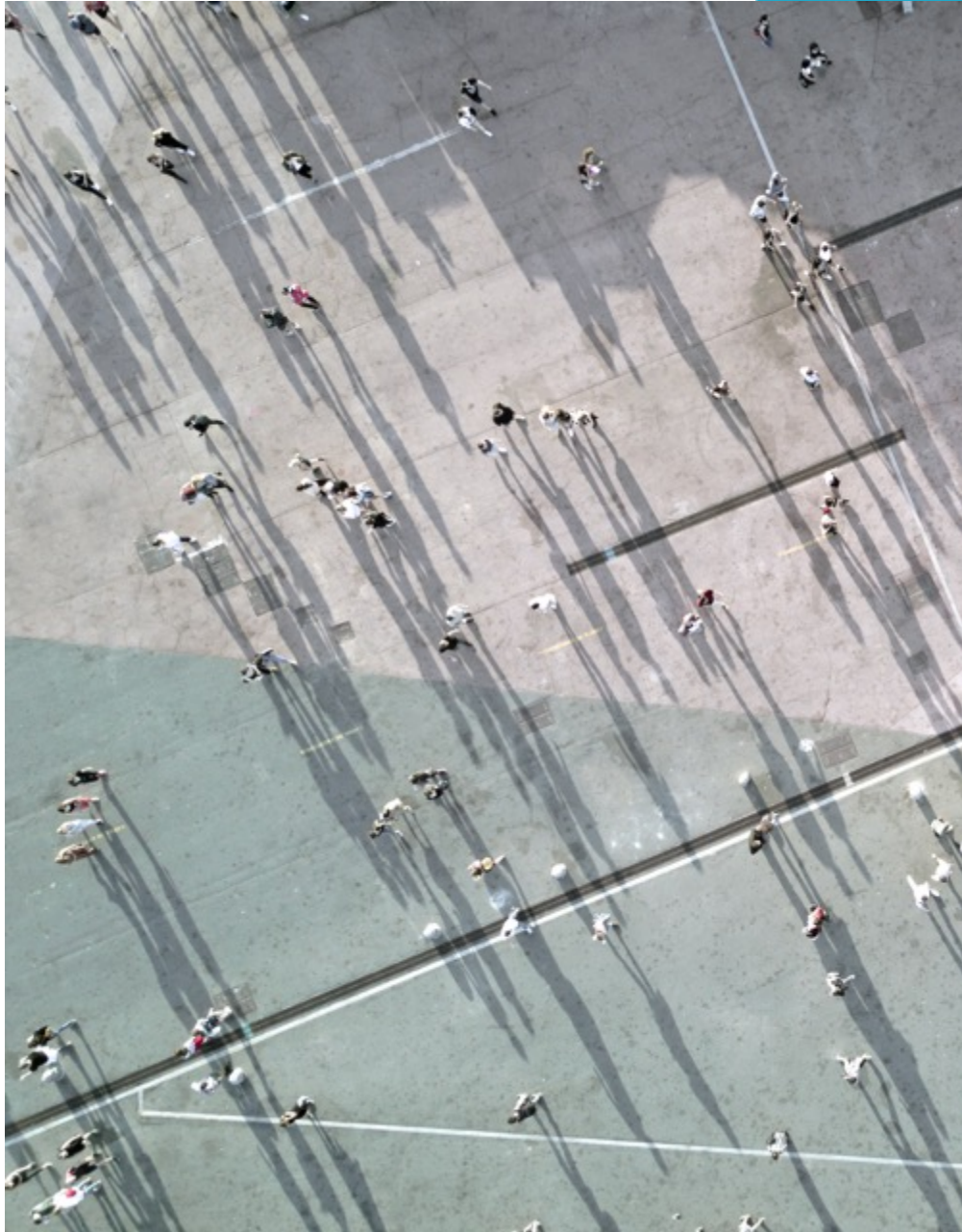


A photograph of four students walking up a wide set of wooden stairs outdoors. In the foreground, a young woman with long dark hair, wearing a light blue blazer and a black backpack, is seen from the back, looking over her shoulder with a smile. To her right, a young man with short brown hair, wearing a grey shirt and a black backpack, is also seen from the back. Further to the right, a young woman with long blonde hair, wearing a black jacket, is seen from the side, looking back and smiling. In the background, another student in a plaid shirt and backpack is walking away. The sky is blue with some clouds, and the overall atmosphere is bright and positive.

Coping and Wellbeing of Technology Students – Results from TEK Student Survey

CONTENTS





Network of 72 000 professionals

- Academic Engineers
- Architects
- Mathematicians and physicists
- IT-specialists

Why is TEK here for you ?

- TEK gives you access to the largest network of professional engineers and architects in Finland
- TEK helps you create a successful career and supports you in developing your expertise and taking care of your well-being.



Accessing our expert services for members

- TEK Työkirja: job-seeking guide
- Salary recommendations for students
- Salary Surveyor tool
- CV clinics





Support for Student Culture

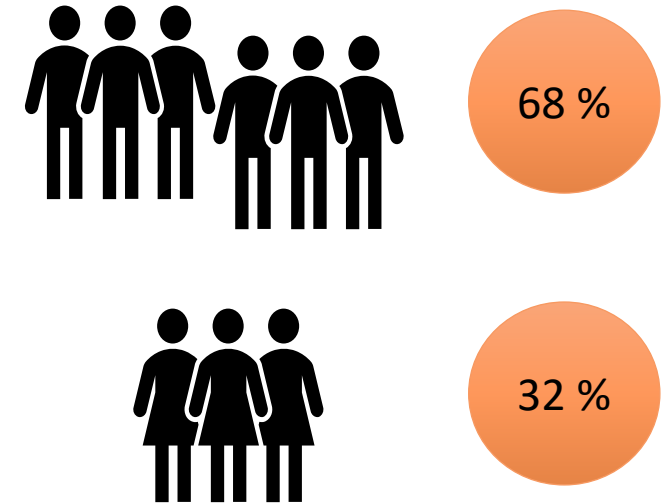
- Events
- Tutor trainings
- Sauna evenings

What Student Survey?



What is TEK Student Survey?

- Student Survey helps us to gather information on how our student members work during the summer and during study periods
- In 2019 survey, we also asked about wellbeing
- Data was collected via a web-based survey during September 13 – 27, 2019
- Target group: all TEK's student members (not first-year students), n=17 316
- Altogether 3 393 persons responded
- Response rate was 20 %.



Respondents: University, Age, Field of Study

University	Respondents (n)	Share (%)
Aalto	1111	33 %
Lappeenranta	383	11 %
Tampere	972	29 %
Turku	133	4 %
Oulu	448	13 %
Vaasa	89	3 %
Åbo	94	3 %
Other	153	5 %
(missing)	10	0,3 %
Total	3393	100 %

AGE
Median: 23 years

Field of Study (largest groups):

IT & ICT:
733 persons
(23 % females)

Electric & Automation:
557 persons
(12 % females)

Machine Technology:
383 persons
(15 % females)

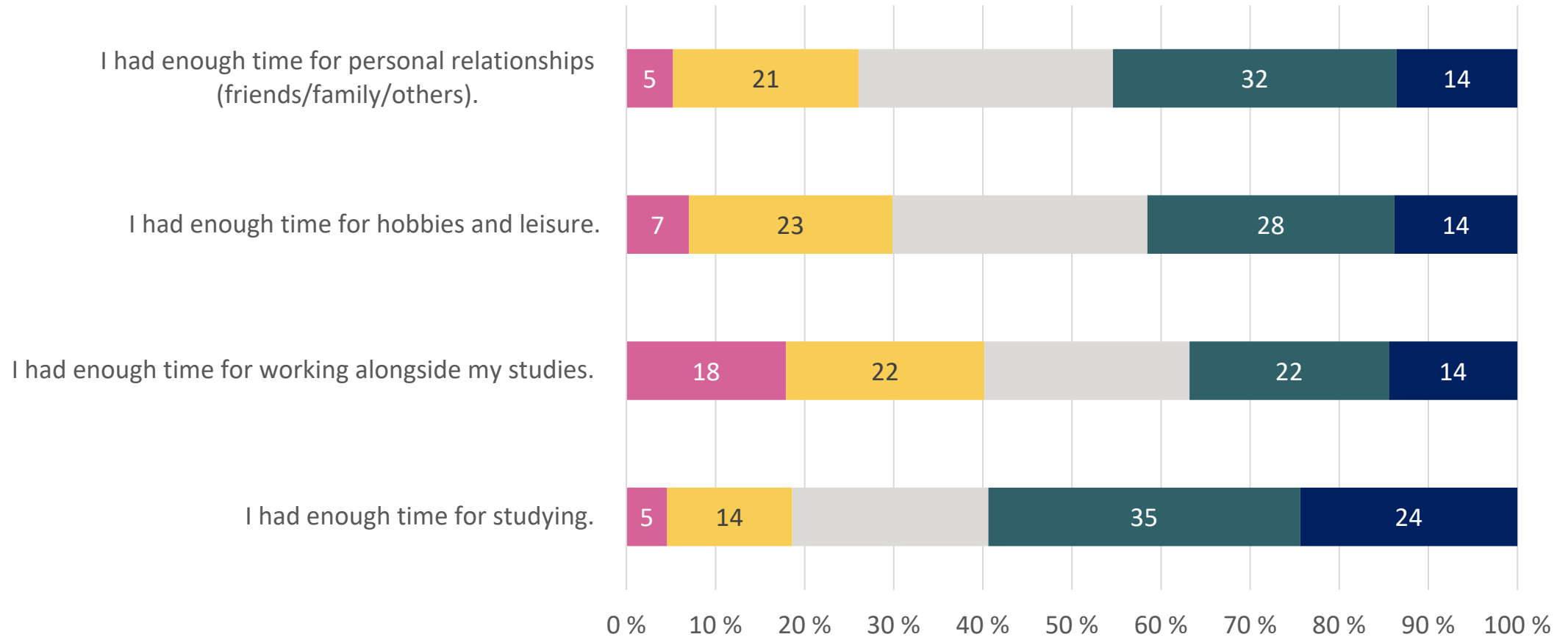
Coping and Wellbeing



Enough time?

Estimate time spent during the last academic year.

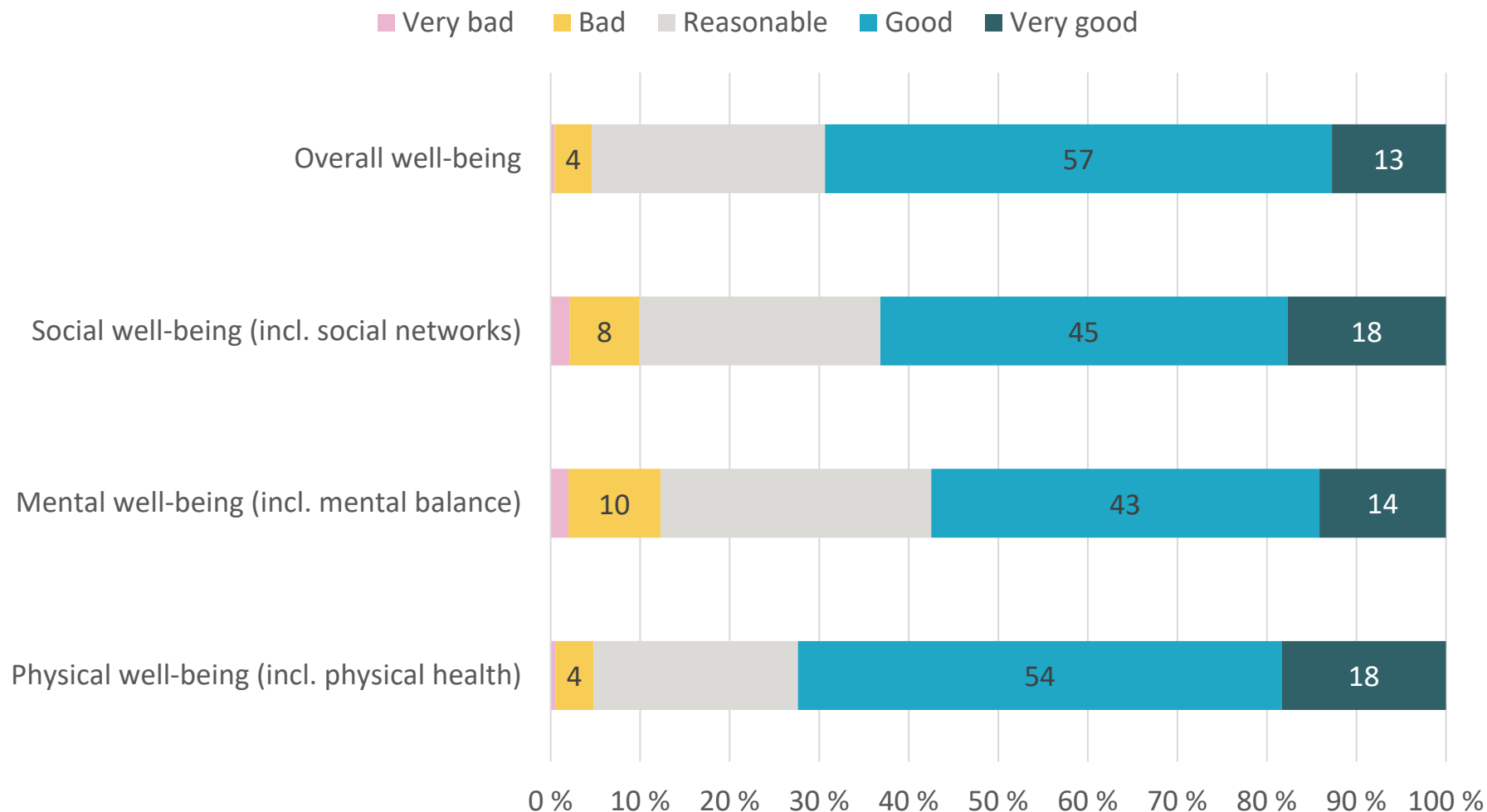
■ 1= Fully disagree ■ 2 ■ 3 ■ 4 ■ 5=Fully agree



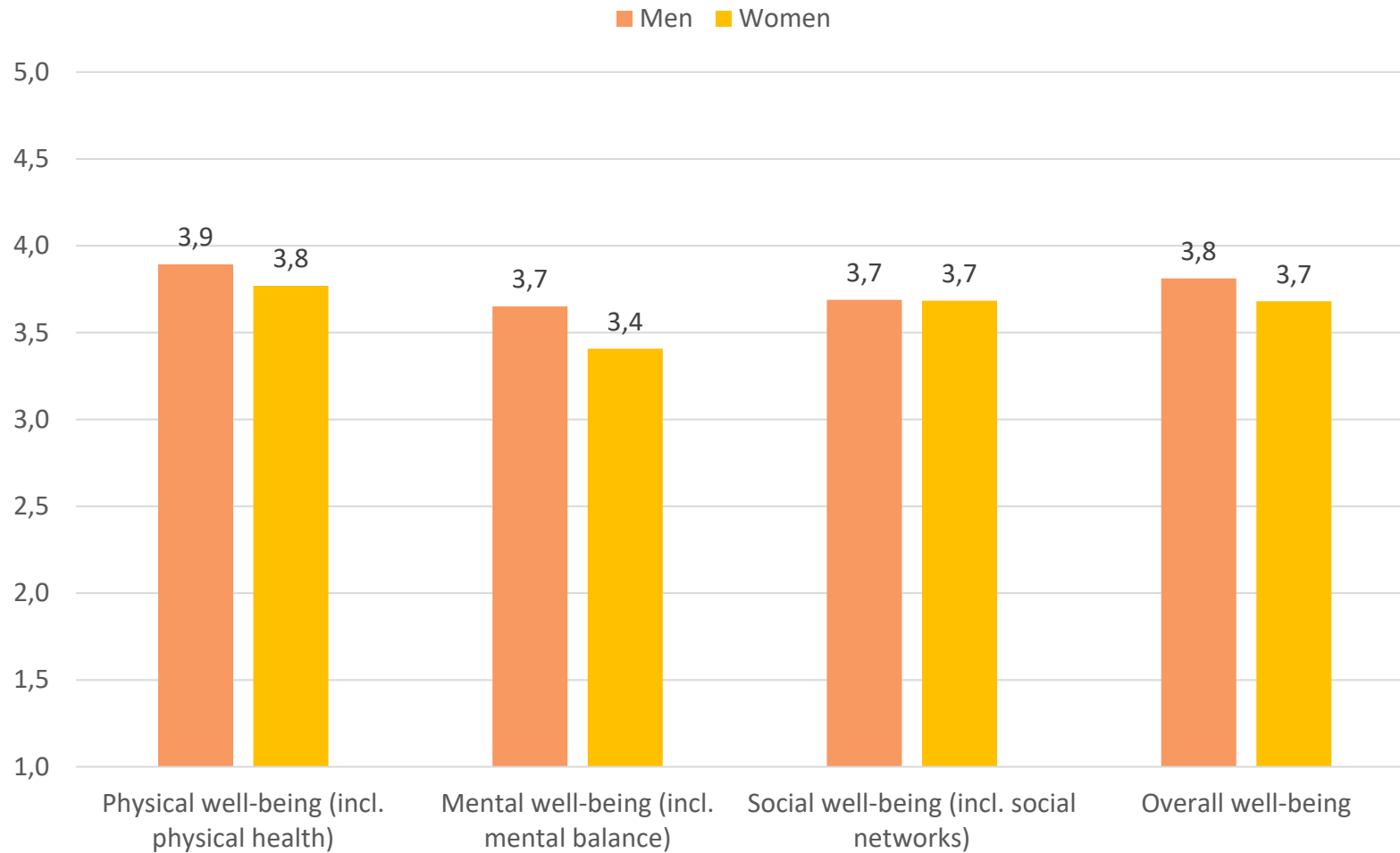
Enough time? Means by Gender



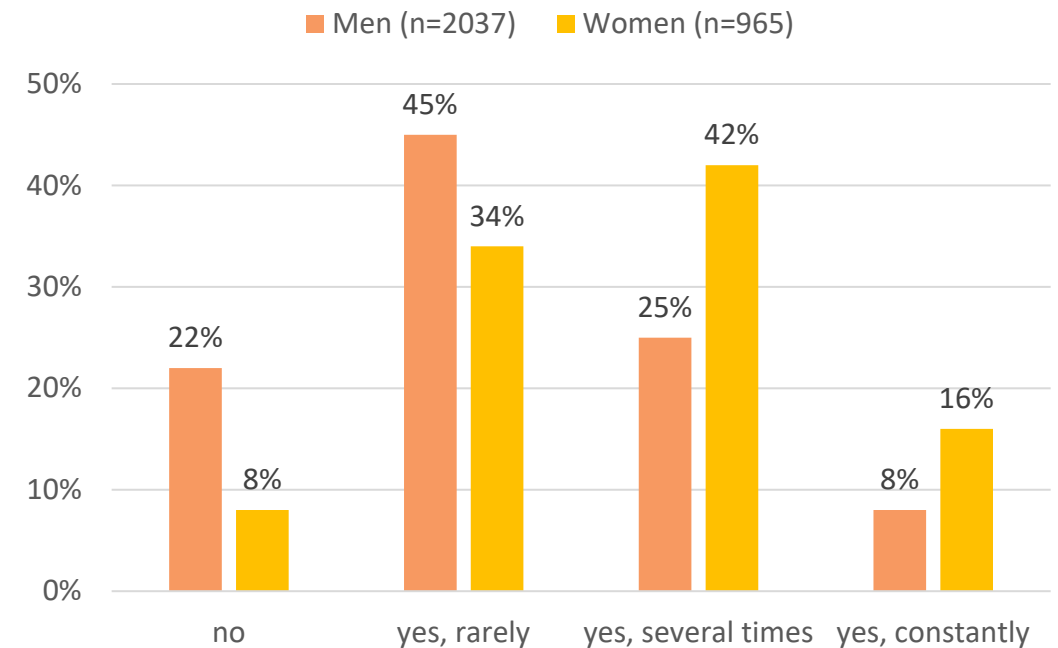
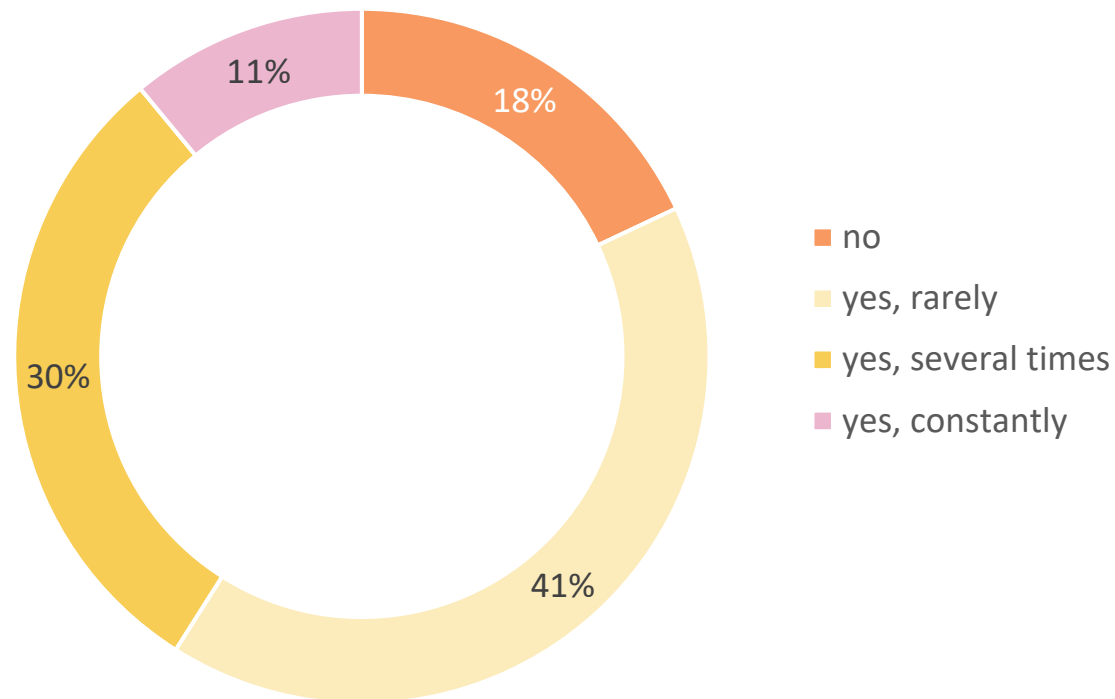
How would you describe your current well-being?



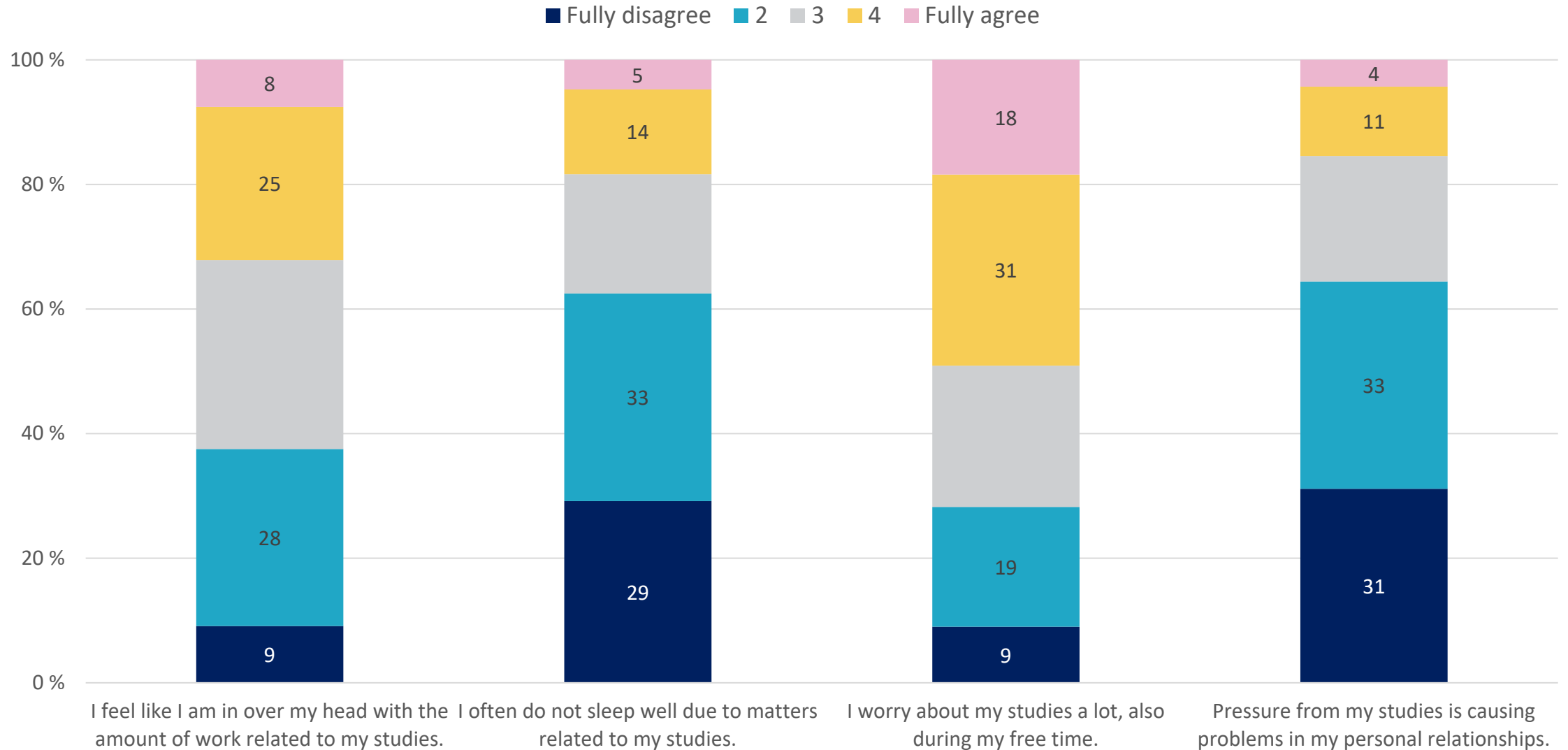
Current wellbeing: Means by Gender



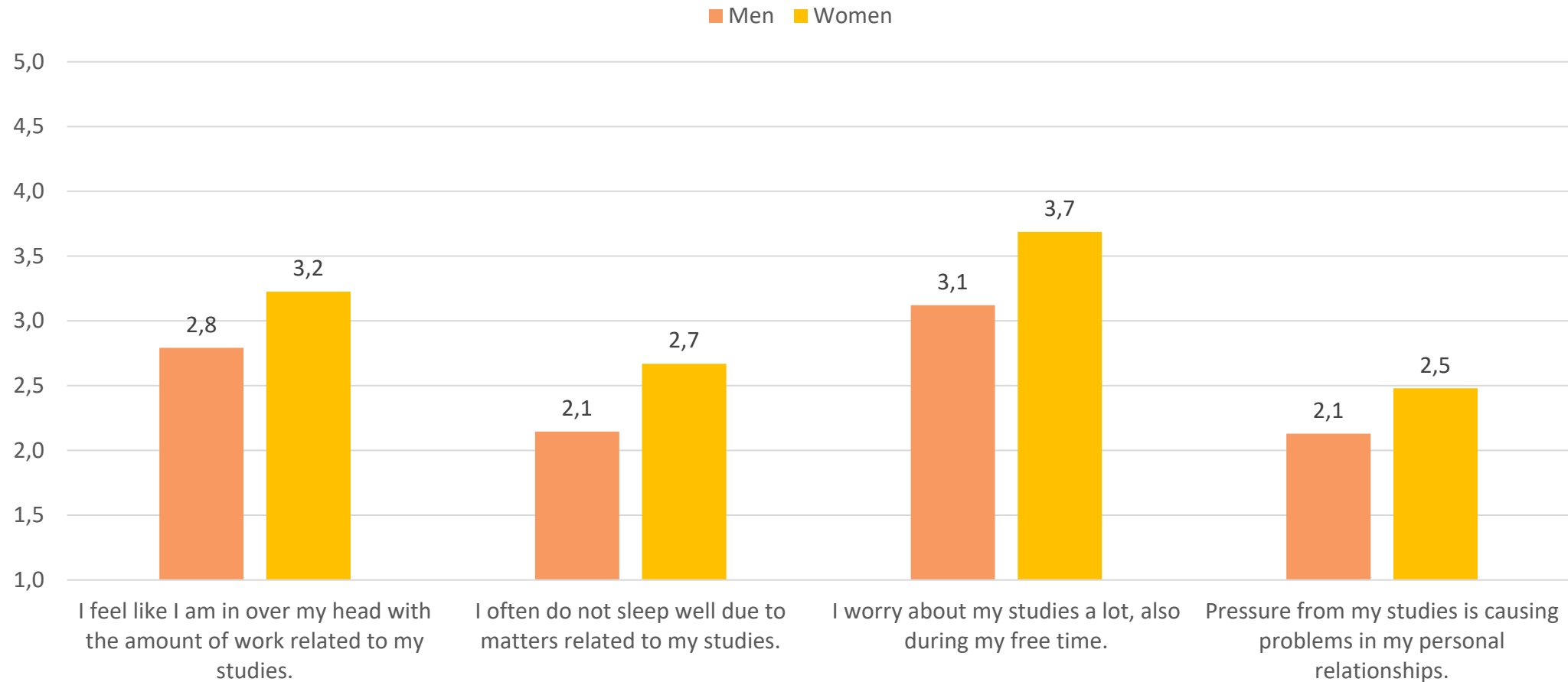
Have you been worried about coping during the last academic year?



Please rate the following statements. Answer the questions based on your experience during the last academic year.



Coping statements: Means by Gender



TEK's Wellbeing Support – Pilot with Tutors

Tutor has a great impact on the well-being of the whole community

- The tutor has a big impact on the new student
- Let's bring everyone to the first steps of the academic path in good condition
- The well-being and resilience of an individual student is improved with small actions

Small deeds, big impact (examples):

- *Have a coffee break and really ask each other, "How are you?"*
- *Low threshold exercise or activity (walking in the city or in the nature)*
- *Discuss ways and methods of studying*
- *Talk about sleeping*
- *Organize a non-alcoholic evening*
- *Arrange a relaxed meeting with a representative of the university staff (eg teacher tutor, study supervisor...)*

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Thank you!

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