

# PAPU Student Wellbeing

Completing a doctoral degree is a big endeavor and there will be many ups and downs along the way. PAPU students tackle some of the most challenging research topics, taking part in demanding international collaborations and today's society also presents its own demands. It is therefore completely natural to feel stress and insecurity at times, particularly because obstacles and dead ends are natural in research work. It is part of the PhD process to adopt suitable working habits for yourself, and to learn how to cope with stress. However, the stress should not be overwhelming and continuous, affecting your everyday life. The work should be enjoyable most of the time, and you should have time for other things in your life as well. Yet, despite best attempts, you may experience problems not only in research but with supervision, other colleagues, mental health, or work wellbeing. In any of these or other difficult situations, you perhaps would like to discuss them with someone.

Below are listed some useful resources and links related to general and work wellbeing relevant for PAPU students, and people who can be contacted:

- **Peer-support:** Talk to other PhD students, and you will find out that many are facing similar difficulties in their research work/studies and feel often insecure/doubt about themselves and their abilities. Remember that you usually only see the parts where others have already done something nice, and the tough path that has produced the results may not be visible.
- **Supervisors:** Talk bravely to your supervisor(s) if you have some problems with your work or wellbeing that your supervisor(s) has/have not realized. Supervisors are there to guide you, but may not always notice the issues. They will be happy to help you, if you approach them and ask for advice.
- **Monitoring groups:** PAPU monitoring groups are designed for identifying issues related to PhD work progress and supervision. You can bring these things up in the monitoring group meetings.
- **PAPU feedback form:** You can give here anonymous feedback or leave your contact details if you want us to respond (note that you can also create an email address from which you are not identified). The feedback goes to the PAPU coordinator (currently Minttu Uunila), who can also

redirect the feedback if requested. Your feedback will be treated confidentially

<https://elomake.helsinki.fi/lomakkeet/101274/lomake.html>

- **Problems in supervision:** A well-functioning supervision relationship is important for your doctoral dissertation and graduation. If you feel that your wishes and goals are different from those of your supervisor(s), or you encounter other issues related to your supervision relationship that significantly impede your doctoral dissertation work, it is highly recommended that you address them as soon as possible.

<https://guide.student.helsinki.fi/en/article/problems-phd-supervision>

- **Harassment:** Students have right to a safe and pleasant study environment. If you are subjected to harassment or inappropriate behavior you can find contact persons using this link below

<https://guide.student.helsinki.fi/en/article/inequality-and-discrimination-university>

- **Work Wellbeing group for Kumpula Physics:** This group acts as a point of contact for *any difficult situations* a student/employee might have, and advises on how to solve problems. Kumpula wellbeing group's webpage lists all wellbeing group members and *you can contact any of them*. The ones working within PAPU fields are

- Oliver Gould (cosmology; [oliver.gould@helsinki.fi](mailto:oliver.gould@helsinki.fi))
- Thomas Hackman (astrophysics; [Thomas.hackman@helsinki.fi](mailto:Thomas.hackman@helsinki.fi))
- Venus Keus (particle physics; [venus.keus@helsinki.fi](mailto:venus.keus@helsinki.fi))
- Eija Tuominen (particle physics; [Eija.Tuominen@helsinki.fi](mailto:Eija.Tuominen@helsinki.fi))
- Lucile Turc (space physics; [Lucile.turc@helsinki.fi](mailto:Lucile.turc@helsinki.fi))
- Aleksi Vuorinen (theoretical particle physics; [Aleksi.Vuorinen@helsinki.fi](mailto:Aleksi.Vuorinen@helsinki.fi))

<https://wiki.helsinki.fi/display/WellBeing/Home+of+WellBeing>

- **Nyyti:** Non-profit organization that focuses on wellbeing of students by providing information and activities about mental wellbeing and coping with everyday life while studying. <https://www.nyyti.fi/en/>
- **Professional health care:** Health stations of City of Helsinki and occupational healthcare of UH provide professional support in matters of healthcare (physical and mental)