

**OHJELMA / PROGRAMME**

**12:00-12:10 Welcome/ Tervetulosanat**

Yliopistonlehtori Camilla Granholm, Sosialityön tutkimuksen seura/ The Finnish Society of Social Work Research; Professori Johanna Kallio, University of Turku

**12:10-12:50 How to start teaching from ground zero? Pedagogical resources to PhD students.**

PhD student Jere Riekkinen, University of Turku

**Break / Tauko**

**13:00-13:30 What helped me to cope through PhD studies?**

PhD student Inka Söderström, University of Helsinki

**13:30-14:00 Being well in academia**

Post-doctoral researcher, Anu-Riina Svenlin, Umeå University, Sweden

**14:00-14:20 Discussion in small groups: what are the challenges of working in academia? Your top three tips for coping with work related stress? Share your thoughts on Padlet.**

**Break/ Tauko**

**14:30-15:10 Mental well-being and self-compassion in doctoral studies**

Specialist/asiantuntija Sini Forssell, Nyyti ry

This session includes a presentation of the resources and activities offered by the students' mental health organization Nyyti ry, as well as thoughts on supporting mental well-being during doctoral studies. We will also do a self-compassion exercise together.

**15:10-15:15 Closing words/Loppusanat**