

# HowULearn1 survey's results Spring 2023: Freshmen of Bachelor in Physical sciences programme

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Centre for University Teaching and Learning (HYPE)



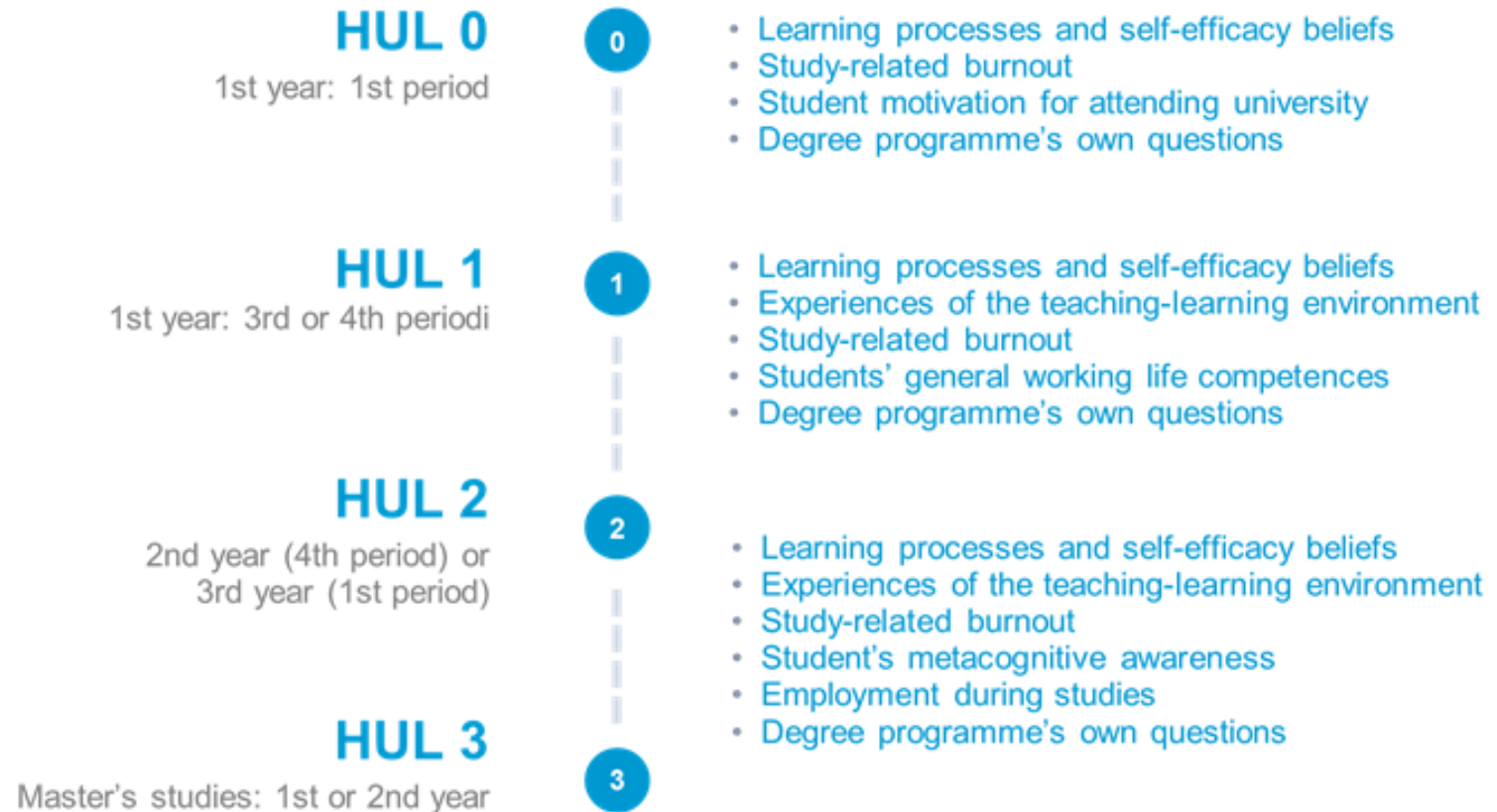
# Responding during the studies

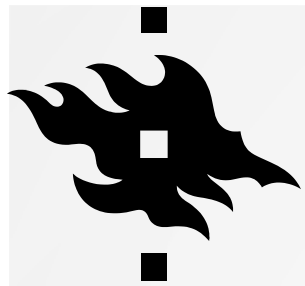


- Each student answers multiple times during their studies and can observe their development

- Unihow system

<https://unihow.helsinki.fi/>





# RESPONSES IN THE BACHELOR'S PROGRAMME IN PHYSICAL SCIENCES

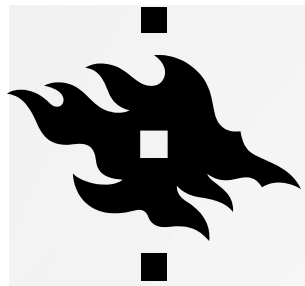
	<b>HUL0 (autumn 2020)</b>	<b>HUL1 (spring 2021)</b>
Responses	55/90 (61 %)	55/90 (61 %)
Feedback viewed by	40/90	32/90

	<b>HUL0 (autumn 2021)</b>	<b>HUL1 (spring 2022)</b>
Responses	74/99 (75 %)	55/99 (56 %)
Feedback viewed by	51/99	20/99

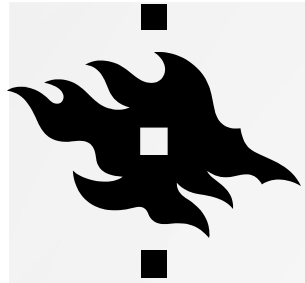
	<b>HUL0 (autumn 2022)</b>	<b>HUL1 (spring 2023)</b>
Responses	68/96 (71%)	42/96 (43 %)
Feedback viewed by	45/96	20/96



# APPROACHES TO LEARNING AND SELF-EFFICACY BELIEFS

- Approaches to learning and self-efficacy beliefs are at the same level as earlier

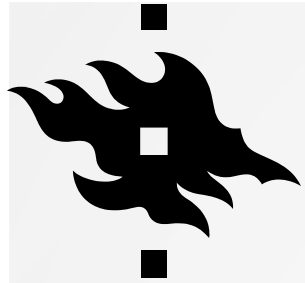
	HUL1 (Spring 2021)	HUL1 (Spring 2022)	HUL1 (Spring 2023)
Deep approach to learning	3,9	3,8	3,6
Organised studying	3,4	3,2	3,2
Surface approach to learning	2,6	2,9	2,7
Self-efficacy beliefs	4,0	3,6	3,9



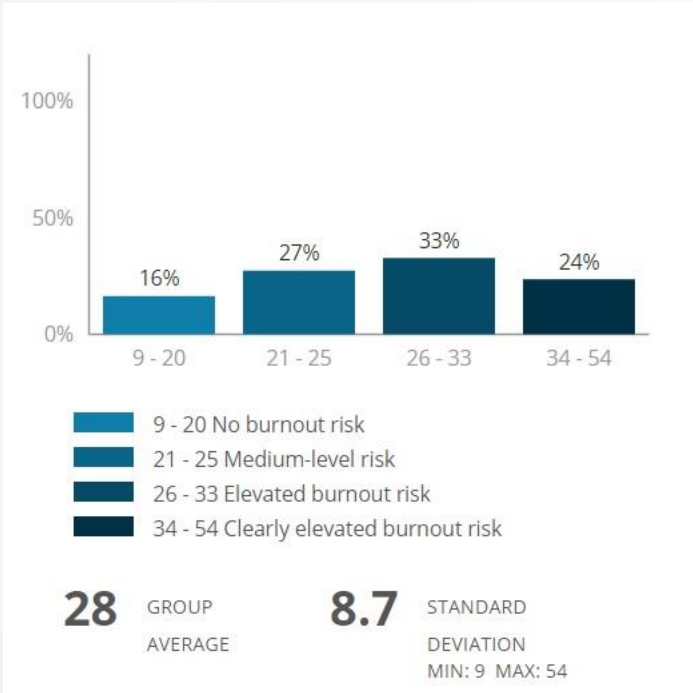
# STUDY BURNOUT

## Study burnout / Opiskelu-uupumus

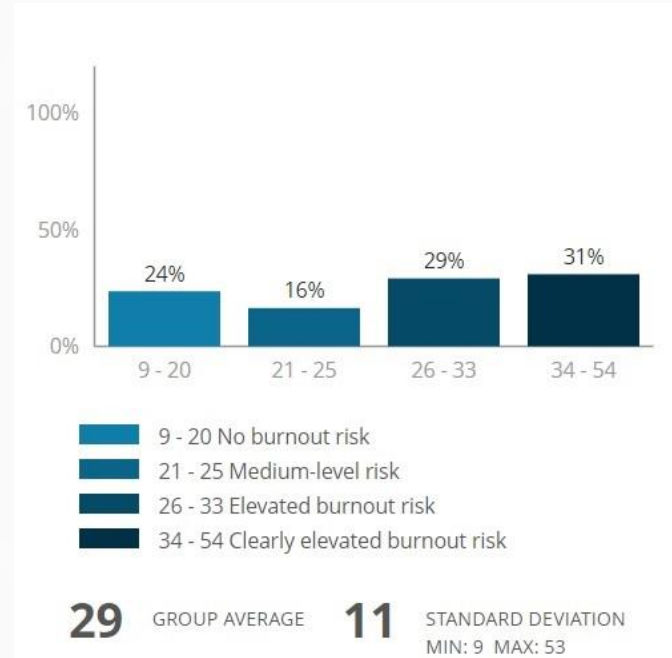
- Exhaustion / Väsymys
- Inadequacy / Riittämättömyyden tunne
- Sense of meaning / Opiskelun mielekkyys



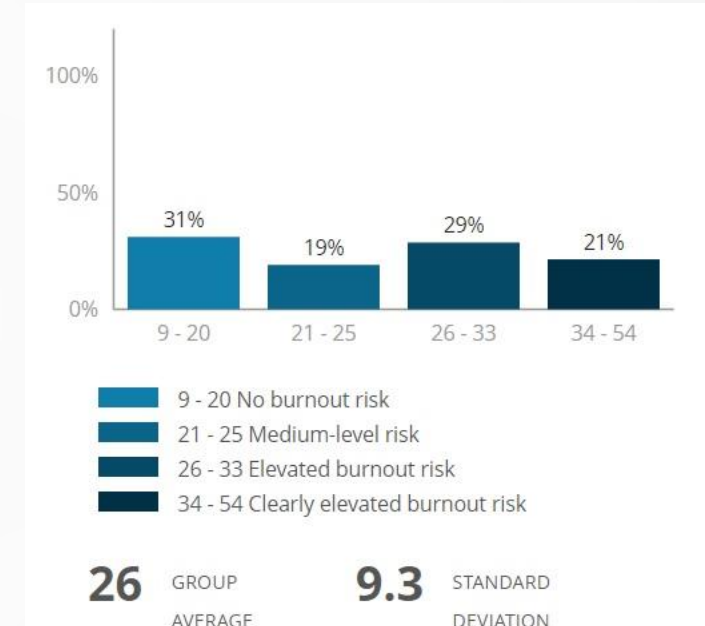
# STUDY BURNOUT: SPRING 2021, 2022 AND 2023



Spring 2021



Spring 2022

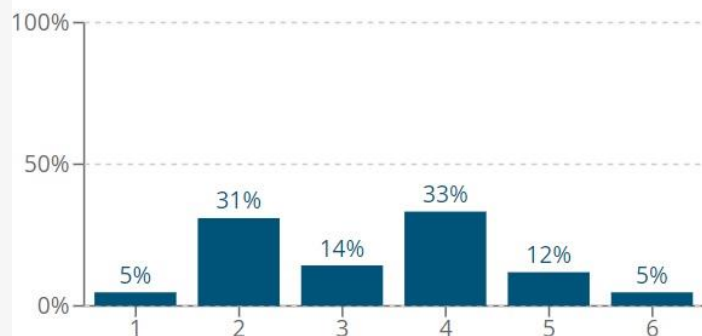


Spring 2023



# STUDY EXHAUSTION

I feel overwhelmed by the work related to my studies.



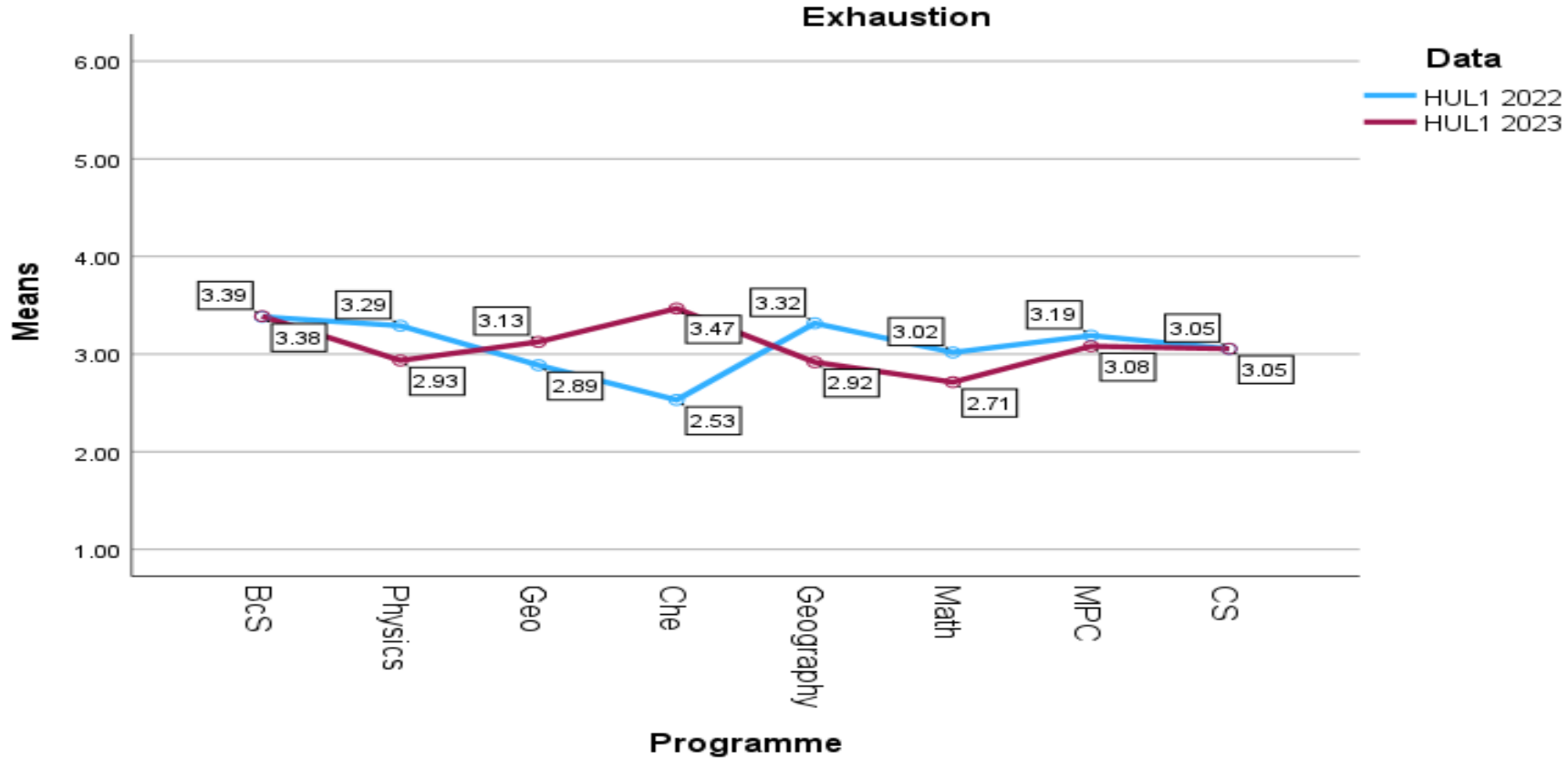
1 = I completely disagree  
2 = I disagree  
3 = I somewhat disagree  
4 = I somewhat agree  
5 = I agree  
6 = I completely agree

**3.3** GROUP AVERAGE

**1.3** STANDARD DEVIATION  
MIN: 1 MAX: 6

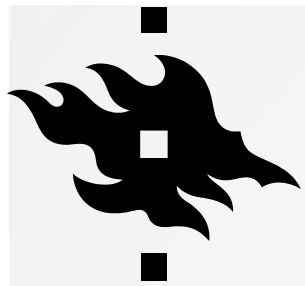
- I feel overwhelmed by the work related to my studies
  - spring 2022 mean = **3,9**, spring 2023 mean = **3,3**
- I often sleep badly because of matters related to my studies
  - spring 2022 mean = **3,0**, spring 2023, mean = **2,8**
- I brood over matters related to my studies during my free time
  - spring 2022 mean = **4,0**, spring 2023 mean = **3,5**
- The pressure of my studies causes me problems in my close relationships with others
  - spring 2022 mean = **2,6**, spring 2023 mean = **2,1**

# Study-burnout: exhaustion



No difference at the faculty level between 2022 and 2023

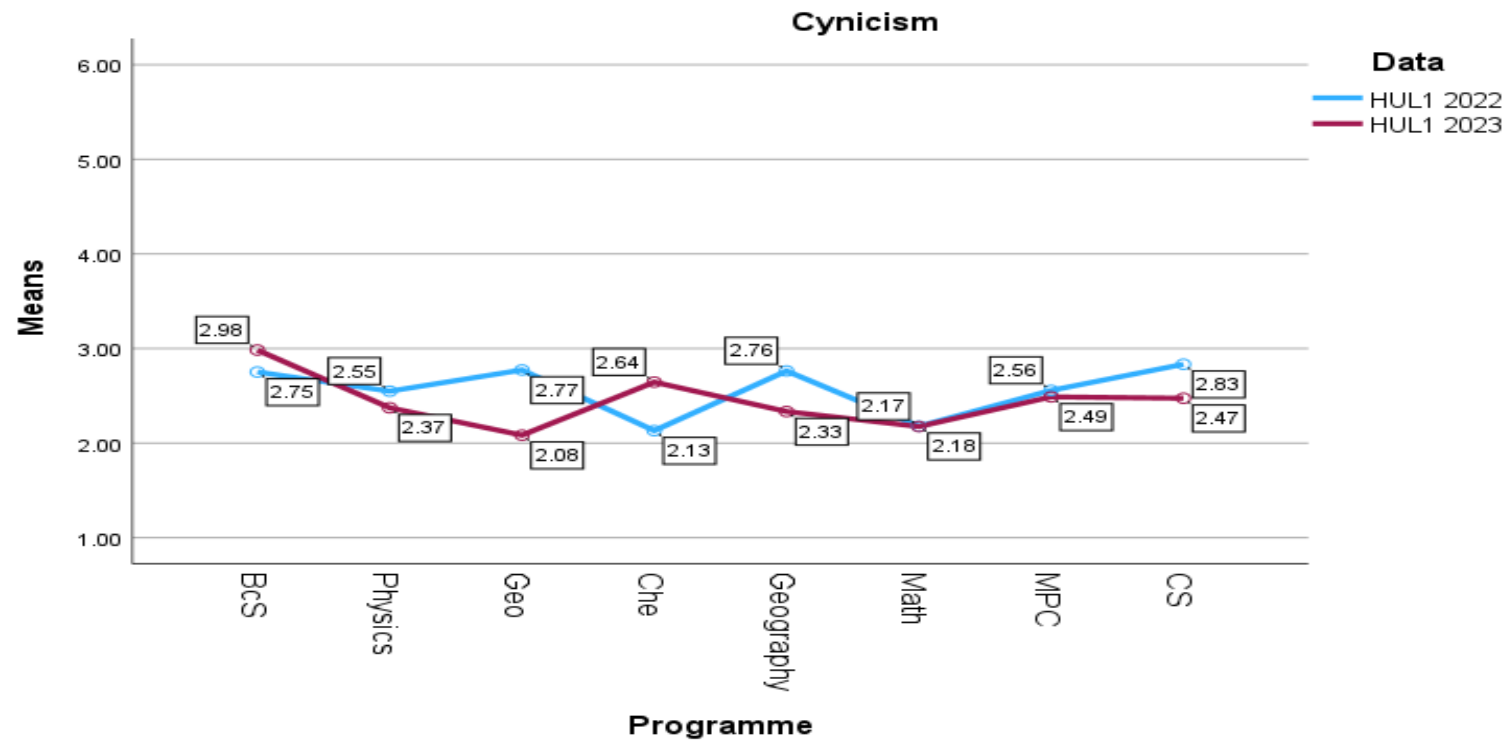




# SENSE OF MEANING, CYNICAL ATTITUDE TOWARDS STUDIES

- I feel lack of study motivation and often think of giving up
  - spring 2022 **2,7**, spring 2023 **2,4**
- I feel that I am losing interest in my studies
  - spring 2022 **2,7**, spring 2023 **2,3**
- I'm continually wondering whether my studies have any meaning
  - spring 2022 **2,9**, spring 2023 **2,5**

# Study-burnout: cynicism



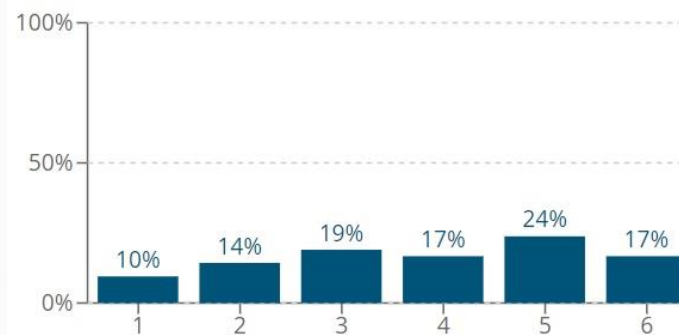
At the faculty level,  
cynicism significantly lower  
in 2023 than in 2022



# FEELING OF INADEQUACY / RIITTÄMÄTTÖMYYDEN TUNNE

- I often have feelings of inadequacy in my studies / Minulla on usein riittämättömyyden tunteita opinnoissani
  - spring 2022 **4**, spring 2023 **3,8**
- I used to have higher expectations of my studies than I do now / Ennen odotin saavani opinnoissani paljon enemmän aikaan kuin nyt
  - spring 2022 **3,4**, spring 2023 **3,4**

I often have feelings of inadequacy in my studies.

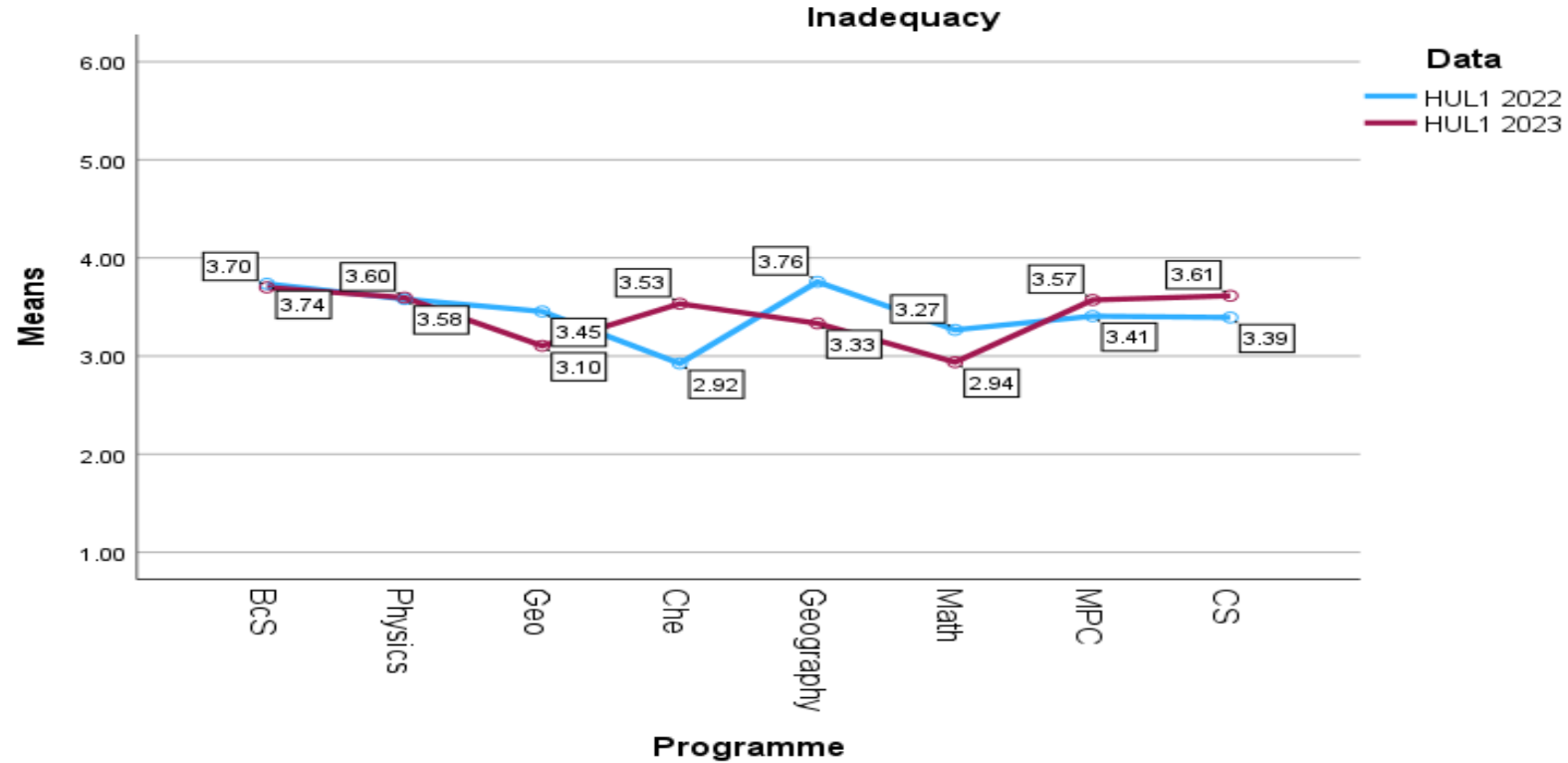


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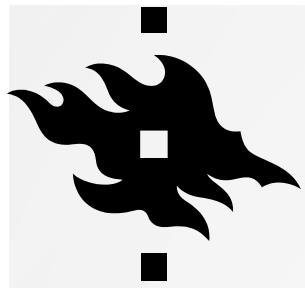
**3.8** GROUP AVERAGE

**1.6** STANDARD DEVIATION  
MIN: 1 MAX: 6

# Study-burnout: inadequacy

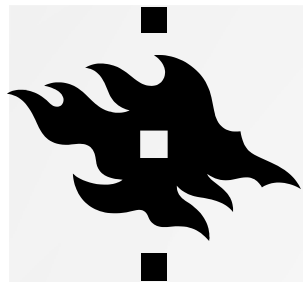


No difference at the faculty level between 2022 and 2023



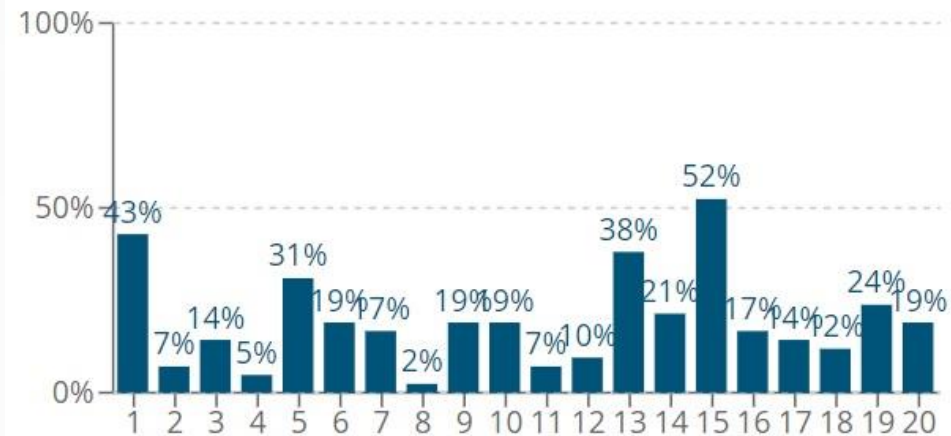
# STUDENTS' ANSWERS ON THINGS BURDENING THEIR STUDIES AND THINGS HELPING TO COPE WITH STUDIES

- Badly organised courses / Huonosti järjestetyt kurssit kuormittaa
- They could be warm up questions in the exercises, not only applied tasks / Laskareissa voisi olla lämmittelytehtäviä soveltavien lisäksi
- Perfectionism / Perfektionismi
- Not understanding something and not having time to learn / Se kuormittaa kun ei osaa jotakin, mutta ei myöskään kerkeä ottaa siitä selvää
- Overlapping deadlines / Deadlinejen kertyminen päällekkäin ikävästi
- Bad teaching materials in some courses / Joidenkin kurssien huonot oppimateriaalit kuormittaa
  
- A clear separation of study and leisure time helps to cope / Jaksamaan auttaa opiskelun ja vapaa-ajan selkeästi erottaminen
- Peer support / Kavereiden vertaistuki auttaa jaksamaan paljon!
- Good and actively helping assistants / Jaksamisessa auttaa hyvät ja aktiivisesti auttavat assarit <3
- Exercise groups / Jaksamisessa auttaa laskuharjoitusryhmät. Jos niitä ei kurssilla ole, jaksaminen kurssilla on huomattavasti vaikeampaa.
- Relaxed professors, not highlighting grades so much / Proffat on chillei ja arvosanat ei oo niin kovin tärkeit, se auttaa jaksamaan

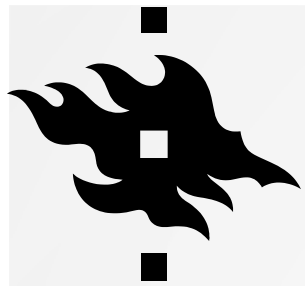


## FACTORS RELATED TO TEACHING ARRANGEMENTS THAT HAVE BEEN THE MOST DETRIMENTAL TO STUDENTS' STUDIES

- 15 = Excessive workload
- 1 = Overlapping courses
- 13 = Excessively tight schedules
- 5 = Timing of course-related deadlines



- 1 = Overlapping courses
- 2 = No suitable course available in the teaching programme
- 3 = Lack of interesting or relevant content
- 4 = Unclear prerequisites for courses
- 5 = Timing of course-related deadlines
- 6 = Lack of study guidance
- 7 = Deficiencies in study facilities
- 8 = Deficiencies in digital systems
- 9 = Deficiencies in teachers' pedagogical or digital skills
- 10 = Unclear course learning outcomes
- 11 = Unclear instructions concerning course completion methods
- 12 = Unclear course assessment criteria
- 13 = Excessively tight schedules
- 14 = Excessively high requirements
- 15 = Excessive workload
- 16 = Compulsory attendance
- 17 = Literature in a foreign language
- 18 = Tense or distressing course atmosphere
- 19 = Inflexibility in course completion methods
- 20 = Difficulties to combine face-to-face and remote teaching



# SUMMARY

- Response rate is **lower than earlier**
- Approaches to learning and self-efficacy are on **good and steady level**
- Different aspects of study burnout
- Students have **feelings of inadequacy**
- Teachers and course assistants can help students to cope with their studies in different ways
  - excessive workload, overlapping courses, excessively tight schedules, timing of course-related deadlines are the most detrimental factors to students' studies