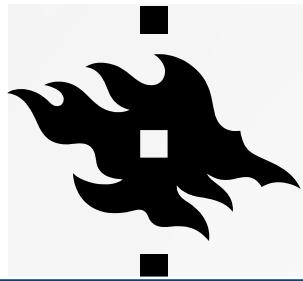


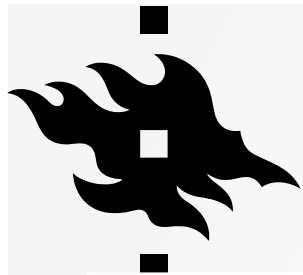
RESULTS FROM HOW U LEARN QUESTIONNAIRES - FACULTY OF ARTS

Henrika Anttila & Tarja Tuononen
Yliopistopedagogiikan keskus (HYPE)/Centre for University Teaching
and Learning



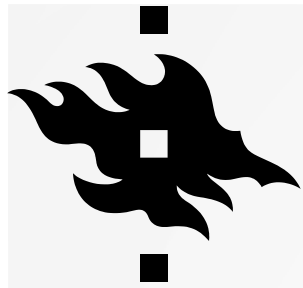
HUL 1: RESPONSE RATES IN BACHELOR'S PROGRAMMES 2021-2023

Degree programme	HUL 1 K2021 respondents/ invited	HUL 1 K2021 Response rate %	HUL 1 K2022 respondents/ invited	HUL 1 K2022 Response rate %	HUL 1 K2023 respondents/ invited	HUL 1 K2023 Response rate %
Bachelor 's Programme in Philosophy	7/36	19 %	8/31	26%	8/38	21%
Bachelor 's Programme in History	25/47	53 %	10/37	27%	23/49	46%
Bachelor's Programme in Languages	203/249	82 %	166/240	69%	157/231	67%
Bachelor's Programme in the Languages and Literatures of Finland	82/141	58 %	45/135	33%	56/139	40%
Bachelor's Programme in Cultural Studies	48/81	59 %	33/69	48%	52/71	73%
Bachelor's Programme in Art Studies	26/49	53 %	22/51	43%	17/50	34%



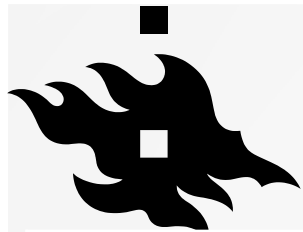
DIMENSIONS OF STUDY PROCESSES: MEANS AND STANDARD DEVIATIONS SPRING 2023

Degree programme	Unreflected approach M/SD	Deep approach M/SD	Organised studying M/SD	Self-efficacy beliefs M/SD
Bachelor 's Programme in Philosophy	2,7/0,63	4,2/0,31	3,4/0,55	3,9/0,34
Bachelor 's Programme in History	1,9/0,57	4/0,86	3,1/1	4/0,92
Bachelor's Programme in Languages	2,6/0,8	3,9/0,6	3,2/0,8	4/0,64
Bachelor's Programme in the Languages and Literatures of Finland	2,5/0,71	3,7/0,63	3,2/0,74	4/0,61
Bachelor's Programme in Cultural Studies	2,6/0,65	3,8/0,65	3,4/0,71	4/0,57
Bachelor's Programme in Art Studies	2,7/0,47	3,9/0,5	3,1/0,6	3,9/0,63




DIMENSIONS OF LEARNING ENVIRONMENT: MEANS AND STANDARD DEVIATIONS SPRING 2023

Degree programme	Interest/ relevance	Alignment	Feedback	Peer support
	M/SD	M/SD	M/SD	M/SD
Bachelor 's Programme in Philosophy	4,4/0,6	4/0,53	3,7/0,83	4,1/0,69
Bachelor 's Programme in History	3,9/1,1	3,7/0,81	3,4/1	3,7/0,91
Bachelor's Programme in Languages	3,9/0,71	3,9/0,62	3,6/0,62	4/0,71
Bachelor's Programme in the Languages and Literatures of Finland	3,9/0,67	3,8/0,57	3,7/0,68	4/0,72
Bachelor's Programme in Cultural Studies	3,9/0,61	3,6/0,54	3,6/0,58	4/0,63
Bachelor's Programme in Art Studies	4,1/0,41	3,9/0,5	3,7/0,78	3,5/1.1

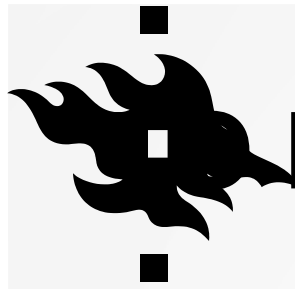


STUDY-RELATED BURNOUT SPRING 2022

Degree programme	No risk			Average risk			Increased risk			Obviously increased risk		
	2021	2022	2023	2021	2022	2023	2021	2022	2023	2021	2022	2023
Bachelor 's Programme in Philosophy	-	25%	38%	-	38%	38%	57%	25%	13%	43%	13%	13%
Bachelor 's Programme in History	36%	50%	48%	20%	10%	22%	24%	10%	17%	20%	30%	13%
Bachelor's Programme in Languages	21%	34%	33%	16%	16%	12%	31%	28%	38%	33%	22%	17%
Bachelor's Programme in the Languages and Literatures of Finland	28%	42%	38%	21%	13%	25%	26%	22%	27%	26%	22%	11%
Bachelor's Programme in Cultural Studies	21%	24%	35%	19%	18%	19%	33%	30%	35%	27%	27%	12%
Bachelor's Programme in Art Studies	39%	32%	41%	8%	27%	18%	35%	27%	29%	19%	14%	12%

The background of the slide features a warm, golden-yellow bokeh effect with soft, out-of-focus circles. In the upper right corner, there are several autumn leaves in shades of yellow, orange, and red, scattered across the background.

HUL 3 IN MASTER'S PROGRAMMES



REMEMBER WHEN INTERPRETING THE HUL 3 -RESULTS

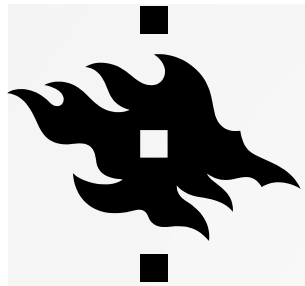
- The data collection process is not yet well-established. HUL 3 has been collected only twice and thus is not as well functioning process than the bachelor HUL's.
- We have been trying to find out the best possible timeframe:
 - In 2021 the invitation to respond to the survey was sent to a large portion of students.
 - In 2022/23 it was decided to focus on students participating a thesis seminar, and unfortunately this collection did not work in all the degree programs due to SISU registrations.
- The response rates are in some programs low and this needs to be kept in mind when interpreting the results. In some programs there were so few participants that the system does not show the results at all.
- We will continue to develop the data collection process further, but also need the help from degree programs to encourage the students to respond to the survey.

Degree Programme	HUL 3 S2021 respondents/ invited	HUL 3 S2021 Response rate %	HUL 3 S2022-23 respondents/ invited	HUL 3 S2022-23 Response rate %
Master's Programme in History	25/127	20%	15/46	32%
Master's Programme in English Studies	46/172	27%	14/33	42%
Master's Programme in Russian, Eurasian, And Eastern European Studies	5/57	9%	2/11	18%
Master's Programme In Linguistic Diversity And Digital Humanities	33/91	36%	24/65	36%
Master's Programme in Translation and Interpreting	36/122	30%	13/34	38%
Master 's Programme in Finnish and Finno-Ugrian Languages and Cultures	49/170	29%	63/209	30%
Master's Programme in Scandinavian Languages and Literature	11/68	16%	17/94	18%
Master's Programme in Intercultural Encounters	14/68	21%	4/24	16%
Master's Programme in Area and Cultural Studies	24/121	20%	19/58	32%
Master's Programme in Gender Studies	16/60	27%	7/13	53%
Master 's Programme in Literary Studies	26/80	33%	6/16	37%
Master 's Programme in Cultural Heritage	21/124	17%	8/62	12%
Master's Programme in Art Studies	16/85	19%	10/27	37%
Master 's Programme in Languages	61/204	29%	27/67	40%

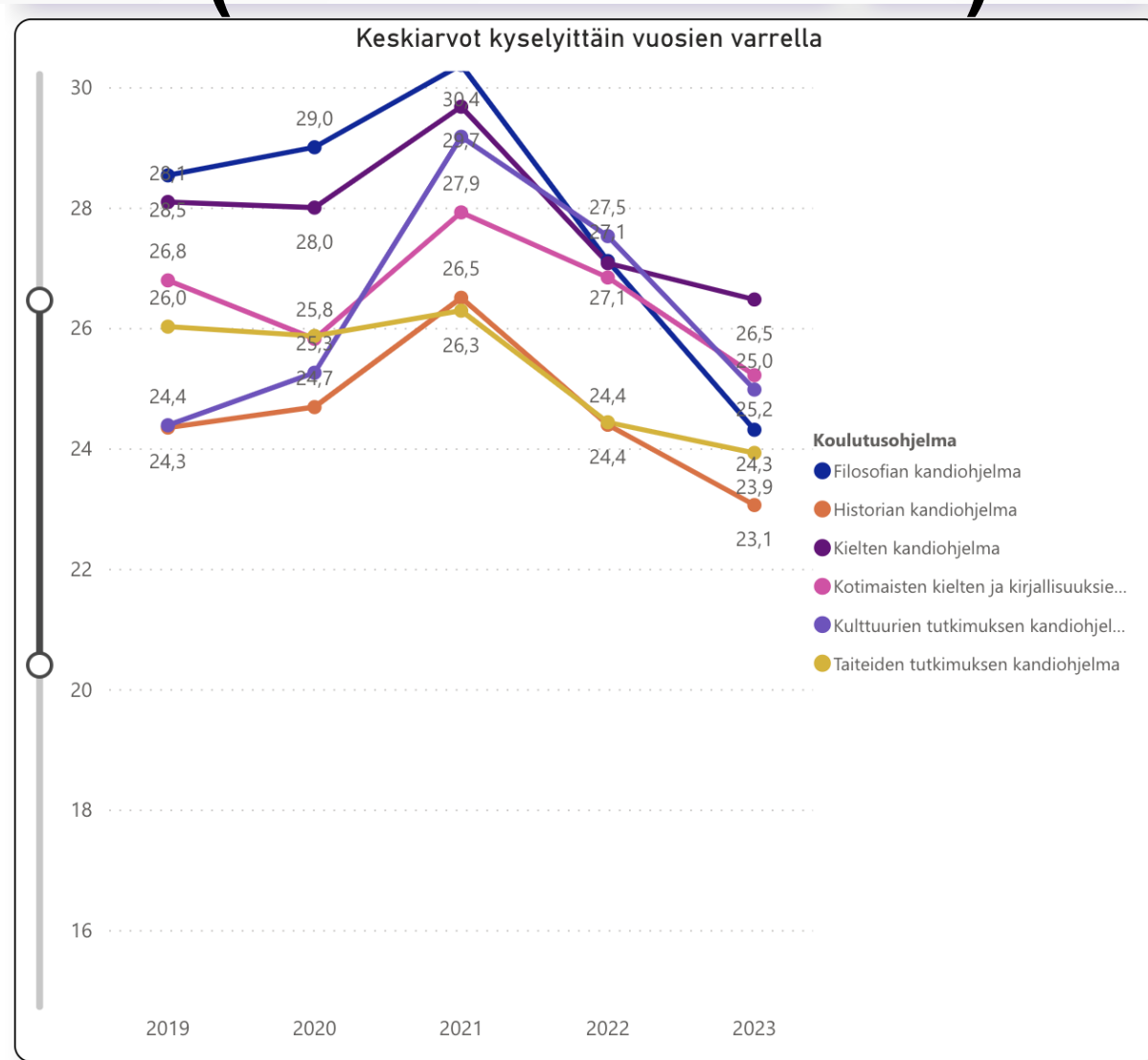
Degree Programme	Unreflected approach	Deep approach	Organised studying	Self-efficacy beliefs
	M/SD	M/SD	M/SD	M/SD
Master's Programme in History	2,2/0,6	4,1/0,47	3,5/0,89	4,1/0,72
Master's Programme in English Studies	2,6/0,91	3,5/0,87	3,5/1.1	4,2/0,77
Master's Programme in Russian, Eurasian, And Eastern European Studies	-	-	-	-
Master's Programme In Linguistic Diversity And Digital Humanities	2,7/0,71	4/0,43	3,4/0,86	3,9/0,91
Master's Programme in Translation and Interpreting	2,2/0,63	3,9/1	3,8/ 0,95	4,2/0,61
Master 's Programme in Finnish and Finno-Ugrian Languages and Cultures	2,1/0,57	4,0/0,53	3,3/0,69	4,1/0,62
Master's Programme in Scandinavian Languages and Literature	2,4/1,0	3,6/0,86	3,2/0,94	3,8/0,84
Master's Programme in Intercultural Encounters	-	-	-	-
Master's Programme in Area and Cultural Studies	2,4/0,85	4,2/0,51	3,5/0,77	4,1/0,67
Master's Programme in Gender Studies	2,4/0,9	4,1/0,66	3,8/0,97	3,6/0,52
Master 's Programme in Literary Studies	2,3/0,52	4/0,77	3/0,95	3,8/0,41
Master 's Programme in Cultural Heritage	2,4/0,8	4/0,44	3,3/1,2	3,9/0,97
Master's Programme in Art Studies	2,7/0,63	4/0,62	3/0,71	3,8/0,52
Master 's Programme in Languages	2,4/0,65	4/0,64	3,6/0,73	4,1/0,75

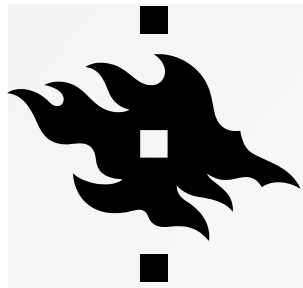
Degree Programme	Interest/ relevance	Alignment	Feedback	Peer support
	M/SD	M/SD	M/SD	M/SD
Master's Programme in History	4,1/0,63	4/0,73	3,5/0,92	3,5/0,65
Master's Programme in English Studies	3,9/0,55	3,7/0,85	3,1/0,74	3,6/1
Master's Programme in Russian, Eurasian, And Eastern European Studies	-	-	-	-
Master's Programme In Linguistic Diversity And Digital Humanities	3,9/0,74	3,5/0,83	3,3/0,92	4/0,6
Master's Programme in Translation and Interpreting	4/0,49	4/0,57	3,5/0,71	3,6/0,92
Master 's Programme in Finnish and Finno-Ugrian Languages and Cultures	3,9/0,66	3,9/0,72	3,3/0,76	3,5/0,78
Master's Programme in Scandinavian Languages and Literature	3,8/0,65	4,0/0,68	3,5/0,89	3,6/0,71
Master's Programme in Intercultural Encounters	-	-	-	-
Master's Programme in Area and Cultural Studies	4,1/0,72	3,8/0,7	3,5/0,72	3,9/0,63
Master's Programme in Gender Studies	4/0,52	3,8/0,68	3/0,68	3,9/0,63
Master 's Programme in Literary Studies	3,9/0,39	3,6/0,34	3,1/0,88	3,2/0,84
Master 's Programme in Cultural Heritage	4/0,25	3,6/0,64	3,5/0,4	3,4/0,55
Master's Programme in Art Studies	3,8/0,47	3,5/0,64	3,3/1	4/0,57
Master 's Programme in Languages	3,9/0,67	3,9/0,49	3,5/0,62	3,9/0,67

Degree Programme	No risk		Average risk		Increased risk		Obviously increased risk	
	2021	22/23	2021	22/23	2021	22/23	2021	22/23
Master's Programme in History	24%	20%	24%	20%	32%	40%	20%	20%
Master's Programme in English Studies	20%	29%	13%	21%	37%	21%	30%	29%
Master's Programme in Russian, Eurasian, And Eastern European Studies	-	-	40%	-	40%	-	20%	-
Master's Programme In Linguistic Diversity And Digital Humanities	21%	25%	27%	17%	18%	38%	33%	21%
Master's Programme in Translation and Interpreting	28%	15%	19%	39%	25%	15%	28%	31%
Master 's Programme in Finnish and Finno-Ugrian Languages and Cultures	33%	38%	25%	21%	18%	26%	25%	33%
Master's Programme in Scandinavian Languages and Literature	27%	30%	30%	30%	18%	18%	27%	22%
Master's Programme in Intercultural Encounters	14%	-	29%	-	21%	-	36%	-
Master's Programme in Area and Cultural Studies	13%	26%	17%	32%	25%	32%	46%	11%
Master's Programme in Gender Studies	31%	43%	19%	0%	19%	29%	31%	29%
Master 's Programme in Literary Studies	42%	17%	4%	17%	31%	33%	23%	33%
Master 's Programme in Cultural Heritage	33%	38%	19%	13%	33%	25%	14%	25%
Master's Programme in Art Studies	31%	30%	13%	0%	19%	20%	38%	50%
Master 's Programme in Languages	25%	22%	16%	19%	30%	26%	30%	33%



STUDY-RELATED BURNOUT IN DIFFERENT YEARS (HUL 1 AND HUL 2)



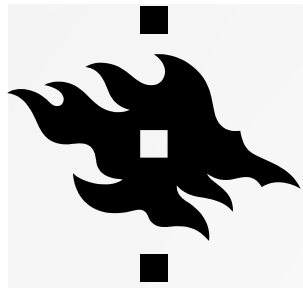


DIMENSIONS OF STUDY-RELATED BURNOUT AND APPROACHES TO LEARNING (HUL 3 N=301)

- Study-related burnout correlated positively to surface approach and negatively to deep approach, organised studying and self-efficacy beliefs

	Deep approach	Surface approach	Organised studying	Self-efficacy
Exhaustion	-.092	.390**	-.120*	-.377**
Cynicism	-.229**	.427**	-.430**	-.546**
Inadequacy	-.233**	.450**	-.450**	-.571**

- Supporting deep approach, organised studying and self-efficacy can also prevent study-related burnout

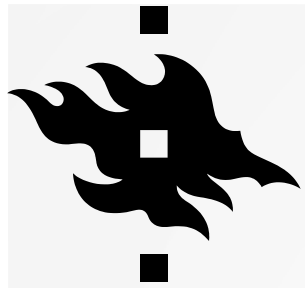


DIMENSIONS OF STUDY RELATED BURNOUT AND EXPERIENCES OF STUDY ENVIRONMENT

- All dimensions of study-related burnout correlated negatively to elements of study environment

	Alignment	Interest/ relevance	Peer support	Feedback
Exhaustion	-.282	-.540**	-.317**	-.313**
Cynicism	-.404**	-.562**	-.273**	-.329**
Inadequacy	-.429**	-.327**	-.250**	-.268**

- Experiences of study environment are associated with study-related burnout --> alignment, interest, peer support and feedback in teaching are important also in terms of students' well-being



HOWULEARN IN STUDY YEAR 23-24

- In some degree programs HUL 1 response rates have grown
- In terms of HUL 3 the data collection processes need to be developed further.

- **HUL0 2.10.-16.10.**
- **HUL1 & HUL 2 8.4-22.4.**
- **HUL 3 5.2-19.2.**

