LOVE, WORK, PLAY

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Love

Work

Play
Agenda

• A new situation
• Student in Malmö
• Get to know yourself
• What do you need?
• How can we support each other?
• Love, work and play
Why this workshop
How did you feel the first few days?
Studies in Malmö

• Working in groups
• A lot of ”free” time
• A lot of responsibility
• Critical thinking, own reflections
• Ask questions, discuss
Social life in Sweden

• Take initiative
• Needs planning
• Very much up to you...
• A lot of NGO:s, Sport Clubs, Culture
Open Your Eyes To Malmö

Tuesday 23 September
10.00 – 14.00 Orkanen
Adapting to the new

• Give it some time
• Challenge your self step by step
• Try something new
Stress - change

- Fight-flight
- Natural
- Necessary
- Instinct
Get to know yourself
How does it work for you?
loveworkplayloveworkplaylovework

Love

Work

Play
Procrastinator or Over-doer?
The procrastinator

The Procrastinator = ”I’ll do it later”
Procrastinating

• What do you put off?
• What do you do instead?
What are your excuses?

"It’s better to do it when I’m in the mood or feeling inspired”

"It’s too nice a day to spend on this”

"I’m too tired, I’ll do it tomorrow”

"I don’t have everything I need, I can’t start it now”

I don’t have enough time to do it all, so I will wait until I do”

"I will miss out on the fun happenings now, I can do it another time”

"It’s too late to start it now”

"I will do it once this other thing is finished”

"I’ve got to organise my desk/kitchen/laundry, etc first”

"I have plenty of time so I can do it later”

"I work better when I’m stressed, so I will leave it to the last minute”

"It might not be good enough, so why bother doing it”

"I’m too busy to do it now”
Why do we procrastinate?

We want to avoid discomfort &...

...the distance to a reward is too great
The Over-doer

“I need to do more or else…”

• Extremely high standards
• Judging yourself
• Continuing despite the huge cost
Being an Over-doer

When and where are you an Over-doer?
- Study, work, housework, health, eating, relationships...

What are your behaviours?
- Excessive organising and list making
- Giving up too soon
- Not knowing when to stop
- Failure to delegate
- Constant checking
- Procrastinating
Unhelpful rules & assumptions

”Doing well isn’t good enough, I have to do better”

”If I make a mistake then I will be rejected”

”I have to go over any work I do, several times, before I can show it to anyone else”

”I must be prepared for every possible outcome”

If I don’t get a high grade in this topic then I don’t deserve to be doing this degree”
Take a risk

Taking the risk of failing makes you more flexible
In groups of 4

• What do you need to manage your studies and have a good time during your stay in Malmö?

• How can you support each other?
On a post-it

How to make the best out of your time in Malmö?

www.mah.se/studenthealth