LOVE, WORK, PLAY

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lovework playlovework playlovework

Love

Work

Play
Get to know each other

New in Malmö

Things you might need

Challenges

Support, tools
STUDENTHÄLSAN
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
Stress - change

• Fight-flight
• Natural
• Necessary
• Instinct
Adapting to the new

- Give it some time
- Challenge your self step by step
- Try something new
Get to know yourself
How does it work for you?
Procrastinator or Over-doer?
The Procrastinator = “I’ll do it later”
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”
The Over-doer
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
Support each other

• Say hello to someone
• Sit next to someone
• Invite someone to something
• Listen to someone
• Do something together (MUC)
University support

• Open lectures, workshops, groups etc
• Individual support
• Student Union
• MUC
Open Your Eyes To Malmö

Wednesday 23 September
10.00 – 14.00 Niagara
Afternoon Tea

Tuesday October 6th
15.00 – 18.00
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?
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![Venn Diagram]

- **Love**
- **Work**
- **Play**

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