Learning in a top group at SeAMK – succeeding together

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That feeling when we succeed. Work and study are going well, no time is spent on immaterial. Spinning things alone isn't always the best option, luckily in this group I can and dare to ask, because sharing and learning in a group is just simply awesome. We can share good tips and further improve our skills and well-being both at work and in studies. There are many ways to name things: cognitive ergonomics, team and peer learning, well-being of staff and students, collaborative learning, continuous learning, self-improvement, but simply connecting us all on an individual level, whether it's a student, a teacher, or an expert, is the joy of learning. We are responsible for our own learning, which is one of the most important meta-skills, so let's make sure that studying and work are relevant to us.

Studying or work is burdensome – how we can affect the load

We at SeAMK want all member of SeAMK community to be well, which is why we want to pay attention to cognitive ergonomics, brain work, information work. The most inspiring part of the job is creative thinking, teamwork, finding new solutions, planning your work, and updating your skills. If there is no time for these, they will be burdensome, which is why we want to promote the joy and inclusion of learning, which will also increase well-being. We streamline brain work by identifying things that each of us can influence by developing our own ways of working.

Let's streamline our digital study and working methods

We at SeAMK's Digiskills want to develop digital expertise, both students and staff. In practice, we use our knowledge development time in BYOD clinics (organised in cooperation with SAMO) and sparring rings, where we share and receive good tips from other participants as well, and together we can get even further. In this way, we can develop our study and working methods together. And even though there is a lot of talk about digitalisation, real results only come about when our operations change as it enables – we make change. Digital working methods can also be burdensome, but at least poor work planning, the range of electronic channels and tools, and inadequate orientation increase workload. Let the good go around. Welcome to the top group!



Pic: Getting started.

Read more about Digiskills in our project database, or if you are a member of the SeAMK community, definitely from the intra. [From the publication series Digiskills – Rethink Work, Part 1 – Learn and Feel Good.] **Sini Karjalainen**
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