


Poweria



for studying!





This guide is intended for those who are thinking about their own lives. By completing the tasks, you will learn about yourself. It is easier to apply for studies when you know yourself better. It is important to know what options exist. You can fill in the guide alone or together with another person. You can write, draw, or paste pictures into the guide.

Name: _____

Basic study skills



Can you read in Finnish? YES NO

Can you write in Finnish? YES NO

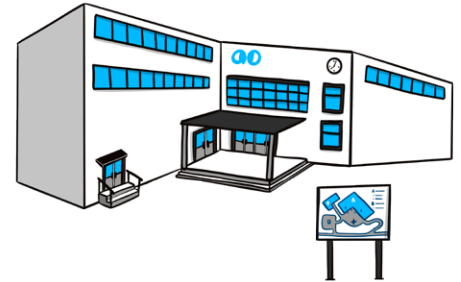
Can you read in your native language? YES NO

Can you write in your native language? YES NO

Have you studied somewhere
other than Finland? YES NO

What schools have you attended?

Which school did you study at? In which field did you study?

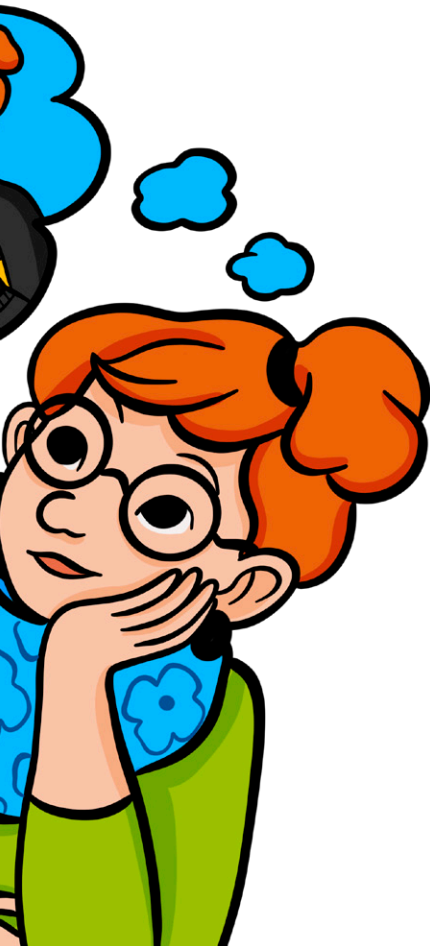
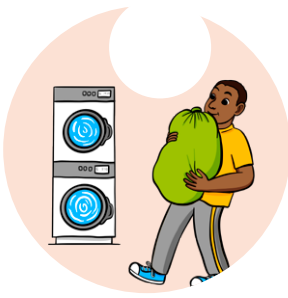


Have you attended a Finnish language course, if your native language is other than Finnish?

What profession interests you?

Below you can see options for different professions. Would any of these be a suitable profession for you? If not, you can tell which profession interests you.





Assistance for studying

What kind of assistance would you need for studying support?

Below are options you can choose from.

Waking up in the morning YES NO

Taking care of your belongings YES NO

Leaving for school on time YES NO

Talking with strangers YES NO

New situations YES NO

Concentration YES NO

Remembering things YES NO

Starting tasks YES NO

Counting YES NO

Something else YES NO



Tell how you learn:



By listening



By writing



By reading



By observing



By discussing



By doing



By looking at pictures



**Studying is important.
You learn new things and
gain experience from various tasks.
You receive a certificate for
job applications.**

Special vocational institutions

If you have difficulties in learning, you can explore the offerings of special vocational institutions, such as Luovi and Kiipula.

TUVA, preparatory education for degree programs

- The objective of the program is to find a suitable professional field and apply for further studies. During the training, you will receive individualized assistance for your studies and daily life.
- The program lasts one year.

TELMA, preparatory training for work and independent living

- During the program, you will practice work tasks. You will receive assistance in preparing for working life. At the end of the studies, you may have the opportunity to get a job that matches your skills.
- The program lasts 1–3 years.

Vocational studies

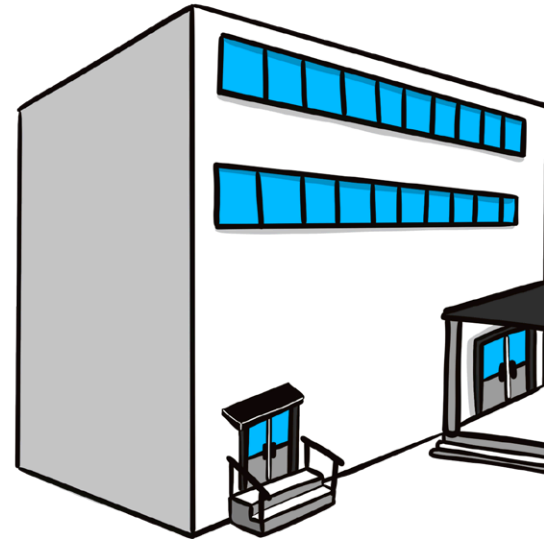
- In vocational education, you can study to acquire a profession. You will receive support for your studies and finding employment. You can also learn everyday skills that you need in your daily life.
- Completing a vocational qualification takes three years.

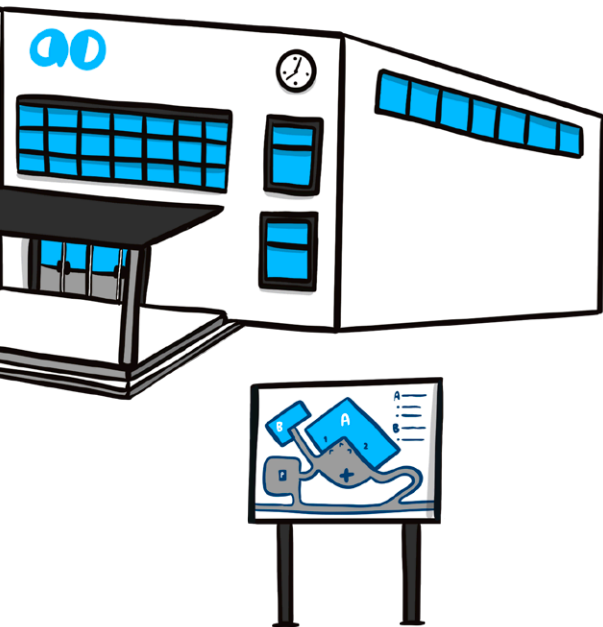
Apply to school

- Joint application process (in spring)
- Continuous application throughout the year

You can visit the educational institution before applying as a student.

That way, you will receive guidance in choosing the appropriate education and study place.





You can find information about different fields of study, for example, on the internet:

opintopolku.fi

ammattiosaaja.fi

tat.fi

tyomarkkinatori.fi

eperusteet.opintopolku.fi

Adult Education Centers

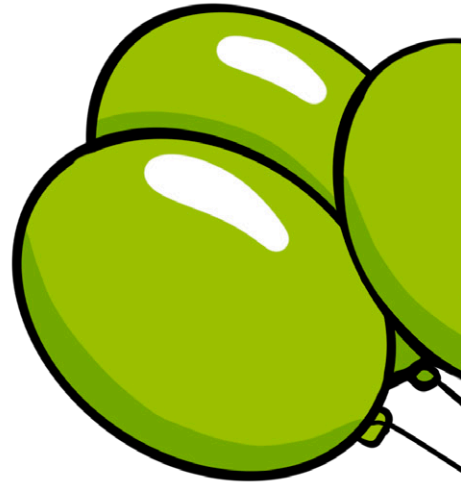
Adult education centers are schools offering various courses. You can join a course that interests you.

However, it is not possible to graduate with a professional degree from adult education centers.

You can search for a nearby and interesting institution on the internet. kansalaisopistot.fi > English



Notes





Sources

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Ammattiopisto Luovi. 2023.
Työhön ja itsenäiseen elämään valmentava koulutus.
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Verner. 2010.
Ammatillinen erityisopetus.



POWERIA!



KEHITYSVAMMAISTEN
PALVELUSÄÄTIÖ

Vipuvoimaa
EU:lta
2014–2020



Euroopan unioni
Euroopan sosiaalirahasto

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