

2025

JYU.WELL IN ACTION



JYU.WELL,
or School of Wellbeing
at the University of Jyväskylä,
compiles and brings visibility
to wellbeing research and
education across different
disciplines, strengthening the
societal impact of this research.

Future directions

A study commissioned by the University Board on the profile and goals of JYU's well-being, social and health sectors was completed in January 2025.

JYU.Well is collaborating with JAMK's School of Health and Social Studies unit to promote wellbeing themes as the educational institutions prepare for a joint consortium.

JYU.Speak - VR app for dealing with performance anxiety

JYU.Speak is a research-based VR application developed to help students and staff deal with performance anxiety and rehearse public speaking. The service operates as a self-service basis in the university library Lähde.

Hyvinvoinnin monet muodot (1 op)

The open-to-all online course HYMY0001 Hyvinvoinnin monet muodot has already attracted over a thousand participants of all ages and has received excellent feedback. It opens up an understanding of wellbeing as a multi-perspective concept and is suitable for developing expertise in many fields. The course can be completed at your own pace alongside work or other studies.

Dimensions of wellbeing (1 ECT)

New

An English-language version of JYU.Well's popular HYMY0001 course, aimed at international students and the general public, will be available soon.

Wellbeing microcontent library

New

Information based on the JYU.Well community expertise in a concise and easy-to-absorb way. See what materials the Microcontent library already includes!



JYU.Well multidisciplinary summerteam is a concept of organising JYU master degree students from various disciplines to build a coherent team that masters meaningful tasks. Teamwork in summerteam educates to grow as experts in the area of wellbeing research and deepends their practical knowledge of their own field of study.

Focus on wellbeing research methods

New

At the beginning of 2025, the methodological expertise in wellbeing research was strengthened by recruiting PhD Ville Heilala as a university researcher in the JYU.Well profiling area. He offers expertise in computational sciences and participates in research projects in various scientific disciplines as an expert in research methods.

Concept workshops and concept bank

Concept workshops are multidisciplinary discussion forums where concepts related to wellbeing are discussed from the perspectives of different scientific disciplines. Based on the discussions, JYU.Well is building a multidisciplinary concept bank that is open to everyone.

Peer mentoring program

JYU.Well's second peer mentoring program was launched to support the academic career path of postdoctoral researchers. Interdisciplinary small group work strengthens researchers' networking, understanding between disciplines, and researcher identity. At the same time, the integration of international researchers into the university community is also supported.

Success Stories in Organizing Health Care and Social Services

Renowned experts from four different countries presented research findings on the development of social and health care in a webinar, which also included discussions with decision-makers and practitioners about successful solutions. The webinar, held in March 2025, brought together over 200 participants from across Europe.

Visibility, impact and cooperation

JYU.Well actively collaborates with other profiling areas, communities and projects of the university and acts as a hub for cooperation also outside the university community.

Join the JYU.Well community and subscribe to our newsletter via this [link](#).



[LinkedIn: JYU.Well](#)



[Instagram: @jyu.well](#)



[Spotify: Hyvinvoinnin välittäjät](#)

You can find our webpage from address: www.jyu.fi/jyuwell

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