How to Successfully Navigate the Transition to University

SCREEN USER FRIENDLY VERSION

# SLIDE 1

## How to Successfully Navigate the Transition to University

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# SLIDE 2

## Today’s Objective: The factors that contribute to success

### Success requires…

* Preparation!
* Information!
* Teamwork!
* Planning!
* And…mistakes?

# SLIDE 3

## How To Prepare For A Successful Year At University

### Not all courses are the same

* Large vs. small
* Lecture vs. seminar
* On-campus vs. online, blended, hyflex

# SLIDE 4

## How To Prepare For A Successful Year At University

### Not all courses are the same

* + For on-campus courses
		- Access the campus map, explore the campus (virtually)
	+ For online courses
		- Check the Course Syllabus for information about the nature of the course delivery (online, hyflex, blended)
		- Determine whether the course is synchronous or asynchronous

# SLIDE 5

## The Road To Success Is Paved With Information

### The Course Syllabus (the course outline)

* + The most important document!
	+ The nature of the evaluation, schedule, contact info, etc.

### The course website (BrightSpace)

* + Course materials, information, resources, grades

# SLIDE 6

## Success Involves Teamwork!

* Your professor is part of your team!
* Your PMC Advisor is part of your team!
* Your Teaching Assistant is part of your team!
* Yay team!
* Communication
* Letter of Accommodation
* When in doubt – reach out!

# SLIDE 7

## Success Involves Planning!

### Use a calendar

* + Plan your study time
	+ Plan extra time for studying
	+ Make a plan for accomplishing your assignments

### Pro Tip:

* + Be specific with scheduling your homework
	+ Instead of just a block of general “studying time,” be specific (i.e. “Read and make notes on the first 15 pages of chapter 1 of my Psychology textbook.”)

### Pro Tip #2:

* + If your courses are online (recorded lectures) you MUST ensure to book time in your schedule for watching your lectures each week! Do not save all of the watching until the end!

# SLIDE 8

## Turning Our Mistakes Into Successes

Visual Description: 2 illustrations side-by-side of what Success looks like. The first is a straight-line arrow with the caption "what people think it looks like". The second is an arrow that starts as a straight line and then quick turns into a squiggly mess before turning straight again.

* We all make mistakes! That’s ok!
* Learn from the mistakes
	+ Ask: What happened? How can I handle a future situation differently in order to create a different outcome?
* Look for opportunities to get feedback/comments
* Talk to your professor or TA

# SLIDE 9

# Thank you!

* Check out my YouTube channel:
	+ [The Science of Academic Success](https://www.youtube.com/channel/UCkJwY-ZA-dIqu5u37m-BkVg)