StudySpot
EDUCATIONAL SERVICES

# Transition to University

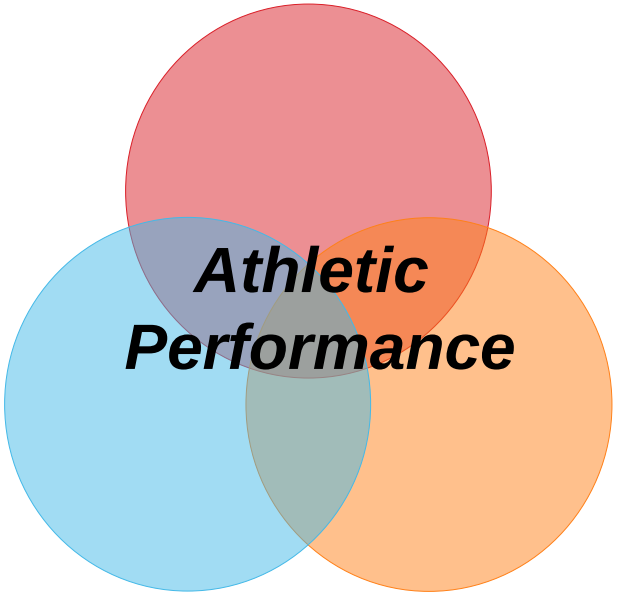
## Required Skills of the Successful Student

10/9/2015

StudySpot
EDUCATIONAL SERVICES

Natural Ability

***"Athleticism"***
- Size
- Strength
- Speed
- Coordination
- Endurance




***"Attitude"***
- Confidence
- Motivation
- Interest
- Maturity

Effort

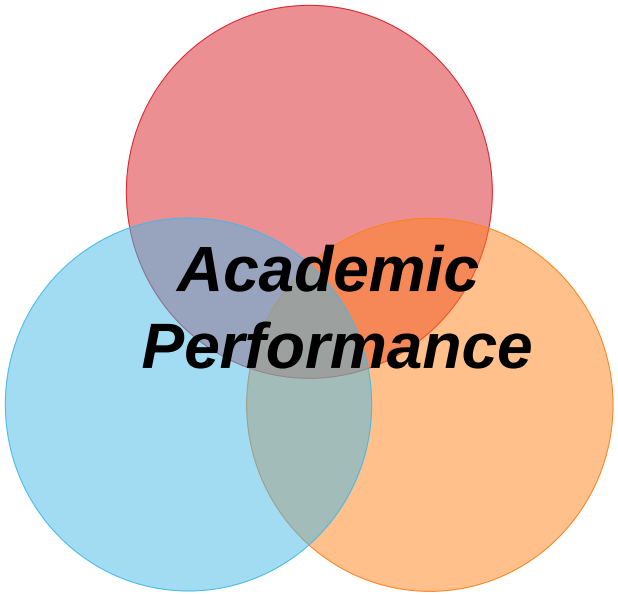
Skills

***"Technical Ability"***
- Skating Backwards (Hockey)
- Jump Shot (Basketball)
- Tackling (Football)
- Backhand (Tennis)
- Putting (Golf)

StudySpot
EDUCATIONAL SERVICES

Natural Ability

***"Smart"***
- Memory
- Processing Speed
- Visual / Spatial
- Psychomotor
- Executive Function




***"Attitude"***
- Confidence
- Motivation
- Interest
- Maturity

Effort

Skills

***"Being a Good Student"***
- Organization & Time Management
- Reading Comprehension
- Note-taking
- Essay writing & Research
- Test & Exam Preparation

# Organization & Time Management

- Unstructured time
  - Typical undergrad between 15 – 30 hours of lecture / lab time
  - Misperception of free time
    - 1 – 2 hours of reading for every hour of lectures
  - Importance of routine
    - Dedicated workspace & time
    - Create structure
- Get started early

StudySpot
EDUCATIONAL SERVICES

# Reading Expectations

- Lots of reading
  - 1 – 2 hours of reading for every hour of lectures
- Assigned reading completed before lectures
  - Structured differently than high school
  - Course outline defines chapter readings
  - Most of the learning is done outside of lecture hall
- Must have active reading and note taking strategies

StudySpot
EDUCATIONAL SERVICES

# Lecture Notes

- New skill for 1st year students
- Lecture Slides often provided
  - Not enough on their own
- Cornell Note taking
  - Reading and note taking completed prior to lecture
- Consolidate and review notes after

StudySpot
EDUCATIONAL SERVICES

# Writing & Research

- Take advantage of library resources
  - Orientation / websites
    - Key word searches
    - Data bases
  - Writing resources
    - Citation, format
    - Avoiding plagiarism
- How to read journal article
- Get started early

StudySpot
EDUCATIONAL SERVICES

# What skills will be required?

1. Creating a structured routine
2. Start all assignments and studying early
3. Complete all readings before lectures
4. Use active reading and note taking strategies
5. Consolidate and review notes regularly
6. Learn how to use the library ASAP
7. Seek help when necessary

StudySpot
EDUCATIONAL SERVICES

StudySpot
EDUCATIONAL SERVICES

# Begin to Prepare Now!