

UNIVERSITY

WHAT TO EXPECT



You are 100% responsible for your own success. University is different from your high school experience ... here are just a few of those differences.

High School	University
Everyone attends class at the same time on weekdays	Your own schedule. You may have evening classes - occasionally Saturdays or online too - or days off.
Classes are all around 35 people.	Classes may be 10-450 people.
Light readings - that you can often skip - from textbooks.	Heavy required reading from textbooks, journal articles, websites, and various other sources.
Frequent tests and assignments, each worth a small percent of your grade.	In many classes, only a few tests or assignments, each worth a large percentage.
Attendance is taken.	Attendance is usually not taken.
Homework is checked.	Homework is usually not checked.
Teachers check on you to make sure you are keeping up.	It is your own responsibility to make sure you are keeping up.

Adapted from Simon Fraser University

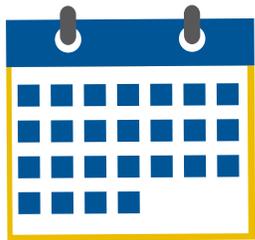
THE BEST WAYS TO CONQUER 1ST YEAR



If you do nothing else, attend your classes & participate in discussions.



Be realistic about the time you have in a day, DON'T over commit.



Make up a semester/monthly/weekly schedule based on your course syllabi and your other activities.

Speed up your note taking in class by using abbreviations and symbols.



Keep your part time work under 15 hours a week. University is a full time gig!

Doing the assigned readings and attending labs & tutorials has been shown to improve grades. In many cases, significantly.



Prioritize the important and urgent things in your life. Daily to-do lists are a great life hack!

Make a routine and stick to it! A balanced routine with the right activities is one of the most important things you can do in your first year.



Don't be afraid to visit with your professors. Your profs want to help you.

Set aside specific amounts of time to review and study. Set aside extra, dedicated time in the lead up to exams.



Make it a habit to visit an academic advisor once per term. They're located on the lower level of Dillion Hall.