

GRANDE PRAIRIE REGIONAL COLLEGE  
Department of Arts, Commerce and Education

SEP 05 2000

University 1001  
TYPSTART TY1010

Transition Year Program

Successful Transition and Academic Readiness Training

The First Year Experience

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**BRIEF COURSE DESCRIPTION:**

This course examines topics relevant to successful academic performance including study skills, use of campus resources, stress management and career planning. University regulations, pathways to academic excellence and practical methods for surviving the challenges of first year on campus are covered. Cultural components, such as Sweatlodges, visit with Elders and talking circles will augment the academic components.

**TIME:**

Wednesday, 2:30 p.m. – 4:00 p.m. in Room A211  
Friday, 8:30 a.m. – 10:00 a.m. in Room A213

**COURSE REQUIREMENTS:**

Assessment will be based on assignments given in class and attendance. Attendance is mandatory. Each of which contribute towards your final grade. All assignments **MUST BE HANDED IN ON TIME**. Any assignments handed in after the due date must be accompanied by documented evidence (e.g. doctor's certificate) of serious mitigating circumstance or it will lose 10% of its final grade for each day overdue.

Attendance and class participation are as important as your assignment and exams. A major part of this course relies on visual material shown in class. Each unexcused absence may result in a 5% decrease in your final grade.

## **Week One**

### Intro to the College and University

1. What are we doing here? What am I doing here? Students will write an evaluation of themselves as students. Each student will give himself or herself a grade on the type of student that they think they are.
2. Areas of focus – Time management, short-term and long-term planning. Setting schedules – setting goals, keeping daily "TO DO" list.
3. Review of homework assigned from other courses.

## **Week Two**

### Listening

1. Type of learning – How to identify what the main focus is. How to assess the key words to listen for.  
Identity – Set up – Tune in – Examine – Notes (taking notes).  
Purpose of Lecture notes.
2. Content of Lecture notes and materials.  
Note taking . The Cornell Method, Outlining Method, Mapping Method, Charting Method, and Sentence Method.
3. Review of homework assigned from other course.

## **Week Three**

1. Budgets  
At the start of the course students will be asked to submit a budget. We will consider our budgets and assess what areas need to be changed.
2. Essays and Writing Skills  
What is an essay? What are the main components of an essay?
3. Review of homework assigned from other courses.

**Week Four**

1. Peer Editing, Editing  
The instructional assistants will show students how to peer-edit and other various types of editing. Students will be shown various levels of essays and will peer-edit the essays in a group.
2. Exercises on memory, reading to remember, and retention.  
Sweat Protocol  
Introduce protocol for sweat – donations of food to an elder and his/her family.
3. Review of homework assigned from other courses.

**Week Five**

1. Emotional Changes  
Students will be asked to assess how their lives have changed since the beginning of classes. Particular attention will be paid to the family environments. Students will be encouraged to write a letter to the members of the family whom are key to their level of success. Letters need not to be sent. This is an exercise in articulating voice.
2. Circle (introduce the format of a circle)  
What are you going through – what support do you have? Is it the same support that you had at the beginning on the term?  
Students will be given the opportunity to actually experience a sweat lead by a local elder.
3. Review of homework assigned from other courses.

**Week Six**

1. Exams  
Types of exams, multiple choice, essay exams, and short answers.  
Focus – exam preparation, proper nutrition.
2. Cramming for an Exam  
Students will be shown how to prepare for exams. Various techniques will be shown.
3. Review of homework assigned from other courses.

### **Week Seven**

1. Exam Results  
Owning your mistakes/misfortunes and successes.  
Students will assess their study habits and how they can study more effectively.
2. Surprise party for getting this far. Visit from an elder.
3. Review of homework assigned from other courses.

### **Week Eight**

1. Procrastination  
How to get the work done.
2. Maintaining the right "attitude".
3. Review of homework assigned from other courses.

### **Week Nine**

1. Talking Circle  
Topics that may be discussed "I cannot do it", "Why am I still here", "I want to quit".
2. Students will follow-up with a letter to themselves – grading their progress so far –
3. Review of homework assigned from other courses.

### **Week Ten**

1. Writing Workshop  
In conjunction with Katherine Lane from the Writing Center, students will work on common problems in writing styles.
2. Lobstick  
Reactions to 100 years of Treaty 8.
3. Review of homework assigned from other courses.

### **Week Eleven**

1. Research employment opportunities.
2. Students will be asked to evaluate their individual job prospects.
3. Review of homework assigned from other courses.

### **Week Twelve**

1. Resume Building  
Students will prepare personal resumes.
2. Resume due for the first class after Christmas.  
Exam taking skills.  
Christmas treat party.
3. End of semester Celebration.