

**Grande Prairie Regional College
ARTS, COMMERCE & EDUCATION**

**TY1010: Transition Year Program 1 (0-0-3) UT (2)
Fall 2001**

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:

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 her? What an 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 B Time management, short-term and long-term planning. Setting schedules B setting goals, keeping daily ATO DO@list.
3. Review of homework assigned from other courses.

Week Two

1. Student will learn how to identify and focus on what is important and how to listen for key words. Identity B Set up B Tune in B Examine B Notes (taking notes).
Purpose of Lecture notes.
2. Content of Lecture notes and materials.
Note taking. The Cornell Mehtod, Outlining Method, Mapping method, Charting Method, and Sentence Method.
3. Review of homework assigned from other courses.

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. Introductory tour of GPRC library facilities.
3. Essays and Writing Skills
What is an essay? What are the main components of an essay?
4. 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
Introduced protocol for sweat B 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 B 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.

Review of homework assigned from other courses.

Week Six

1. Exams
Types of exams, multiple choice, essay exams, and short answers.
Focus B 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 Aattitude@.
3. Review of homework assigned from other courses.

Week Nine

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

Week Ten

1. Writing Workshop
In conjunction with Katherine Lane from the Writing Centre, 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.