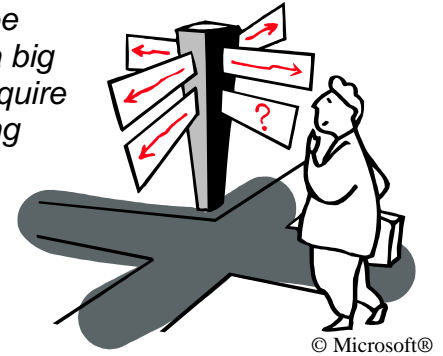


Learning Café Quick Study Tips

HIGH SCHOOL TO COLLEGE: MAKING THE TRANSITION

So, you've made the jump from high school to college. Not much will be different, right? Well, the reality is that the college experience can be a big adjustment for students. Some changes will be pleasant; others will require effort & sacrifice. Being aware of the differences is the first step in taking control of your new life.

So, what differences might you face in college?



Freedom & Responsibility

In college, you will be required to be entirely responsible for your decisions, actions, & lifestyle.

- Many decisions previously handled by parents, teachers, or other people in your life now become your responsibility. And you will be held accountable for your decisions & behaviors!
- You will face ethical & moral decisions that you have not faced before.
- You will encounter new pressures from friends, roommates, classmates, & instructors.

Relationships

Important relationships in your life will change.

- Old relationships, such as with high school buddies or sweethearts, may change or even weaken as you have new experiences, encounter new ideas, & forge new friendships.
- Relationships with family members may also change. You are now an adult with a new evolving life. Parents, grandparents & siblings may begin to play a different role in it.

Time

You are now completely responsible for making choices about how you spend your time. Balancing academics, household responsibilities, & a busy social life can truly challenge a student's time management skills.

- In high school, days were filled with classes following a fairly regular schedule. At college, you may have long breaks between classes, & your schedule will probably vary from day to day.
- The amount of studying required may be greater. Substantial amounts of material will be assigned for completion outside of class time. More study time will likely be needed to prepare thoroughly.
- Many of life's day-to-day jobs will now fall completely to you: laundry, cooking, cleaning, paying bills, & so on.
- Friends & social activities will make frequent demands on your time.

Money

You may need to budget as you have never budgeted before!

- High school was basically free, but college is expensive. You need money not only for tuition, textbooks, & student fees but also for basic living expenses, like food, rent, & transportation. And, of course, there are also the personal expenses: clothing, entertainment, ...

The College Environment

You will face different rules & policies that you are expected to know, understand, & follow:

- Student loan & scholarship procedures
- Policies on adding, dropping, & withdrawing from course(s)
- Policies regarding academic standing, probation, & disqualification
- Academic honesty regulations
- Grad requirements - Some courses are required; others are optional. You are responsible for ensuring you complete necessary courses.

The campus will be larger & your classes may be in various buildings.

You will have access to many resources & supports, but you must advocate for yourself in order to benefit most from them.

Classes & Grading

Class scheduling may be structured differently.

- Most semesters are about 16 weeks long, but some programs operate under condensed or modified semesters.
- The length, frequency, & sizes of your classes may vary.
 - Classes may be 1 to 3 hours in length & may meet once or multiple times per week. Some courses are held in the evenings.
 - Class sizes may be quite large.

You will encounter instructional differences.

- Attendance may or may not be monitored but is generally expected. Instructors usually know whether or not you attend regularly.
- When absent, you are responsible for missed material. Instructors will not typically remind you about incomplete work.
- You will likely have less contact with your instructor, unless you initiate more contact when you need it.
- You may face different methods of teaching & learning: group or class projects, problem-based learning; face-to-face & online learning, ...
- During lectures, instructors may not follow the textbook, but you are still responsible for learning the text material.

Competition between students for grades may be greater as college students are more academically-inclined than high school students.

Evaluation of your work may vary.

- Grades may not be given for all assigned work – but instructors will assume you can demonstrate the skills on tests! You will need to exercise self-discipline in following through with your school work.
- Instructions & details about assignments may be less structured & more open ended.
- Extensions on due dates are less common than in high school.
- Test grades & major assignments make up the majority of your grade.

*For more information on any of the suggestions given here, please visit the Learning Café, located in the library (CE1340) / 403-382-6952 / learningcafe@lethbridgecollege.ca
Or sign up for a Student Success Workshop!*