

# The Transition from High School to University: Reflections from a First Year Director

Serge D'Alessio - Director of First Year Studies

Faculty of Mathematics  
Centre for Education in Mathematics and Computing

University of

Waterloo



# Outline

- 1 Introduction
- 2 High School vs University
- 3 Budgeting Time
- 4 Coping with Change
- 5 Help
- 6 Essential Survival Skills
- 7 Summary

# Culture Shock

Many students experience culture shock in their first year of university due to changes in:

- Academic setting
- Living conditions
- Expectations
- Friendships

## Comparison

	High School	University
Class Time / Course		
Class Size		
Learning Environment		
Course Load / Term		
Assessment		
Expectations		

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	High School	University
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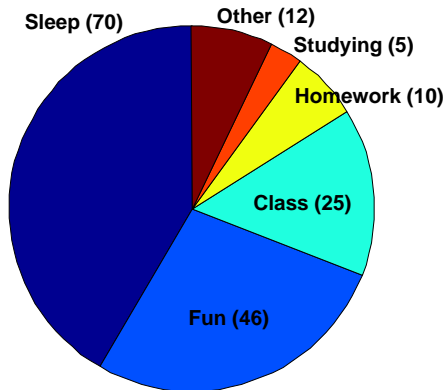
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Grades	~ 80	~ 70

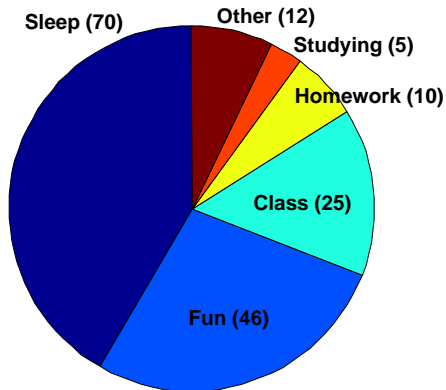
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### High School

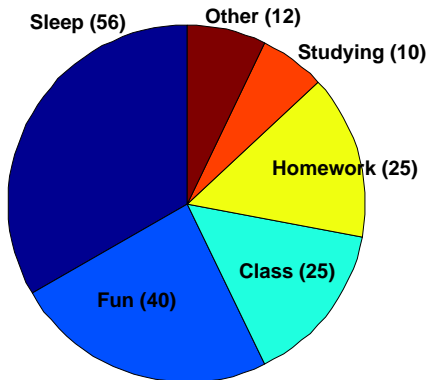


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### High School



### University



## Easing the Transition

Several initiatives are in place at university to help ease the transition including:

- University preparation
- Workshops on study skills, exam preparation, time management ...
- Use of technology
- Academic Policies
- Awarding credit for AP & IB courses

## Sources of Help

Various sources of help are available:

- Professors and Teaching Assistants
- Help Centres
- Program Advisors
- Counselling Services
- Office for Persons with Disabilities
- Residence Dons
- Family, Friends and Peers



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- Attendance!

- Hard work!

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- **Motivation, dedication & discipline**
- **Hard work!**



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- **Effective time management skills**
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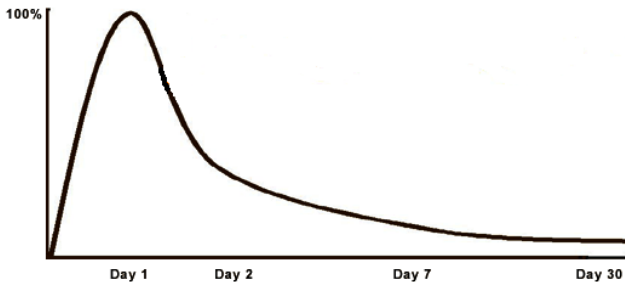
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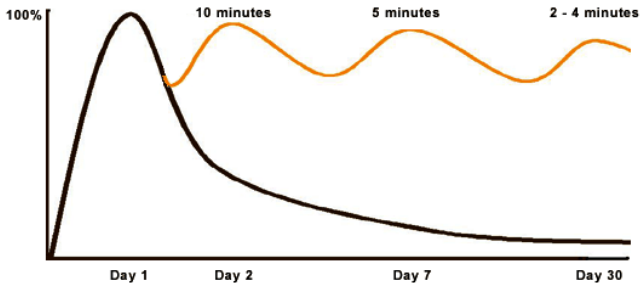


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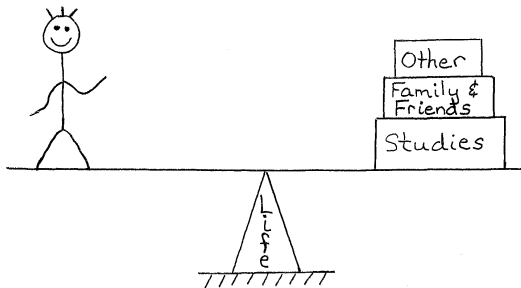
- **Attendance!**
- **A positive and healthy attitude**
- **Hard work!**



## Recipe for Success

Surviving first year requires:

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- Lead a balanced life
- Hard work!



# Advice Worth Sharing with your Students

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- Go to University with an open mind
- Don't go to university with high school expectations!
- Enjoy the independence and freedoms!
- Take the time to learn the academic policies and rules
- If you get sick, assess your illness carefully

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# The End

# Thank You!

