



UNIVERSITY OF
CALGARY

Change is good: Transitioning from High School to University

Student Wellness Services

Acknowledging the Land and the People

We acknowledge the traditional territories of the people of the Treaty 7 region in Southern Alberta, which includes

the **Blackfoot Confederacy** (the **Siksika**, **Piikani**, and **Kainai First Nations**), the **Tsuut'ina First Nation**, the **Stoney Nakoda** (the **Chiniki**, **Bearspaw**, and **Goodstoney First Nations**), and **Métis Nation of Alberta, Region III**.

The University of Calgary is situated on land adjacent to where the Bow River meets the Elbow River. The traditional Blackfoot name of this place is “**Moh'kins'tsis.**”

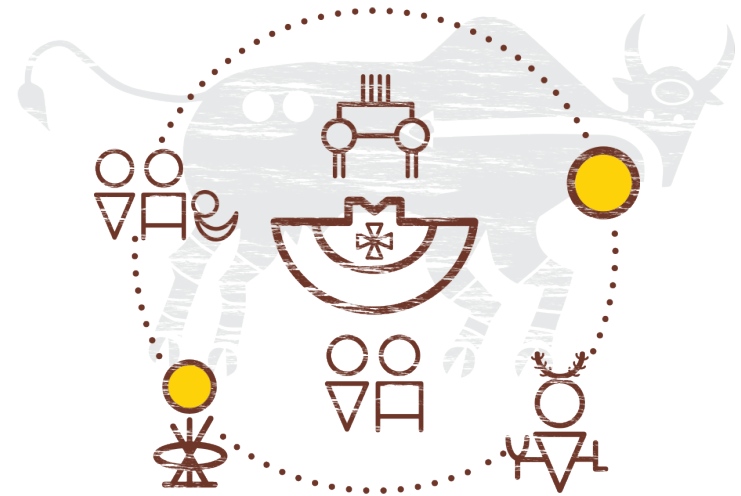



Image: The Cultural Model for the University of Calgary's Indigenous Strategy, ii' taa'poh'to'p



All burning
questions

- Discuss myths about transitioning from high school to university
- Identify strategies to reduce common transition challenges
- Increase skills for communication
- Increase awareness of resources on campus

Myth 1: “University is going to be a easy”

- “ I didn’t realize it was going to be this much work”.
- “I started feeling overwhelmed 2 months ago.”
- “I thought I had everything under control so I avoided going to class.”

Avoid Unnecessary Stress

- Just say “no”.
- Learn how to set healthy boundaries in all relationships
- Take control of the environment
- Simplify your to-do list

Communicating with your Professor

- **What** questions are appropriate to ask in class?
- **When** are questions better directed to office hours or an email?
- **Who** can you ask?
- How to decide who to ask, when to ask, and through what avenue.

- Email:
Quick clarification questions (e.g., requesting extensions, notifying of absences, and short clarification questions.)
- Office hours:
In-depth course content related questions (e.g., reviewing individual test results)
- In class:
Current content related questions that the answer to would benefit the class (e.g., current content clarification)

*Always refer to your course outline to see if your professor has listed their communication preferences.

- Try to be prepared.
- Patience and understanding.
- Write down what you would like to discuss before going.
- Let the professor know if you have more than one question.
- Write down the response from the professor.
- Repeat back or summarize back to make sure you understand.

Think about what you would like to ask the professor.

1. Is it an assignment question?
 2. Clarifying a concept?
- Write down what you would like to discuss.
 - Do you want to email the question? Or would you like to meet online or in-person?
 - Practice with a friend.

- I need a couple of minutes to think about this. I hope that is ok.
- Thank you for answering my question, I'm just going to repeat it back to make sure I understand.
- What do you mean by that example? Is it ok to expand more or provide another example? That would really help with my learning.

- Include your full name and student ID#
- Type up the questions and if there are more label them with numbers.
- If you want to meet in person, ask to book an appointment and what days/times would be best. Let them know your availability as well.

- Reflect on what the professor said, does it make sense? Have they answered your question?
- Repeat or summarize back to the professor to make sure you understand the response to your question.
- It's ok to let the professor know that you need a few min. to write down their response or think about it.



Myth 2: “I’ve got all the time in the world”

- Have you heard of the ‘Time Management’ Matrix?
- LET’S ENTER...



THE MATRIX

	Urgent	Not urgent
Important	<p>I</p> <p>Looming assignment deadlines Crises Cramming for exams Emergencies Last minute preparations</p>	<p>II</p> <p>Reading lecture notes Personal development Planned study Exercise and health Planning your time/setting goals</p>
Not important	<p>III</p> <p>Some emails and phone calls Many interruptions Some popular activities Some meetings</p>	<p>IV</p> <p>Trivia Some phone calls Excessive TV or surfing the net Time wasters</p>

University of Calgary resources for time management

- <https://ucalgary.ca/tracker/>
- https://www.mindtools.com/pages/main/newMN_HTE.htm



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FAILING
FORWARD

One low mark is a small part of the bigger picture of your academic career.

- In university, depending on multiple factors, you may have to adjust your expectations for your marks.

1. What can I learn from this?
2. What could I have done differently?
3. Do I need to work on certain skills?
4. Where can I ask for help/support?
5. What is my next step?

Myth 4: “Making friends will always be easy.”

The university is huge and there are number of ways to meet new people:

- Volunteer
- Join a club
- Meet others in your class
- Hang out in common areas
- Get involved in events on campus

UCALGARY RESOURCES

<http://contacts.ucalgary.ca/directory/services>

- STUDENT ACCESSIBILITY SERVICES <http://www.ucalgary.ca/access>
 - STUDENT SUCCESS CENTRE <http://www.ucalgary.ca/ssc>
- INTERNATIONAL STUDENT SERVICES <https://www.ucalgary.ca/iss/>
- FINANCIAL AID OFFICE <http://www.ucalgary.ca/registrar/finances>
- STUDENT WELLNESS SERVICES: <https://www.ucalgary.ca/wellness-services>
- FAITH AND SPIRITUALITY CENTRE <https://www.ucalgary.ca/student-services/faith-spirituality>
 - WRITING SYMBOLS LODGE <https://www.ucalgary.ca/student-services/writing-symbols/home>
 - WOMEN'S RESOURCE CENTRE <https://www.ucalgary.ca/student-services/womens-centre>



- All work and no play
- Have fun!
- University is a very exciting time, so get out, meet new friends, take risks, and seize opportunities when they come!
- A great way to enjoy your university experience is to get involved in campus and in your community by joining clubs and groups, and volunteering! You will meet new people, give back to your community, and it's always something that you can put on a resume.
- Make your few university years count, you're only young once!

More Wellness Workshops that could help support you:

- Changing Habits
- Healthy Thinking
- Anxiety and Stress Management
- Self Care
- Motivation
- Self Compassion



- https://books.google.ca/books?id=zJ9_INwpehEC&lpg=PA50&dq=time%20management%20matrix&pg=PA50#v=onepage&q=time%20management%20matrix&f=false
- <https://www.lib.sfu.ca/system/files/28965/multi-time.pdf>
- 5 MINUTE TIMER-<https://www.youtube.com/watch?v=zJhqMysADEM>