

HE Study and You

How to Help Yourself and Access the Right Resources

What coming to University feels like

- ▶ Starting University or returning to study after a break in your education can make you feel anxious. You might be wondering:
- ▶ How will I cope with it all?
- ▶ How will I manage the reading, notetaking, organising my time, the assignments/exams?
- ▶ Everyone else looks like they know what is going on. Why am I the only one that looks, sounds, feels like a fool?
- ▶ Why is everybody else a good student?
- ▶ Why doesn't everybody else have the same fears or worries as me?

Concerns in Higher Education

- ▶ Be reassured, whatever are your worries or fears you are not alone!
- ▶ Other students will be feeling like you! The important thing to do is accept that your fears are normal and take steps to do something about them.
- ▶ Once you have identified any concerns you can overcome them.
- ▶ You will need to build up your confidence. You can do this by developing strategies to help overcome your fears and anxieties and build your confidence.

(Burns and Sinfield, 2012)

Typical statements of new students are:

I'm not sure how much work I'll have to do on this course?

I'm afraid I'll get behind with my work

I'm dreading the prospect of writing essays

I don't know the standard "they" are expecting

I don't know how much I'll be expected to read for each subject

I'm worried that my other responsibilities will leave me too little time to study

I hope no-one asks me to speak out in class

I don't want other people to think I'm stupid

I'm not sure what to do if I get into difficulty on the course

I'm worried about finding the right work placement

I don't know what will be expected of me on work placement

Resources and Help Available

- ▶ Talk to other people about what is worrying you. Don't bottle up your fears.
- ▶ **Don't be afraid to ask for help!**
- ▶ List the resources, people and types of help you think are available within UWTSD.

Answers

- ▶ Study Support
- ▶ Online support: Moodle/library
- ▶ Additional research/reading
- ▶ Staff: library staff and learning support staff
- ▶ Health portfolio staff: Lecturer, personal tutor, year tutor, programme director
- ▶ Each other - friends, study buddies or peer mentors

The Challenges of University Study

- ▶ Higher education (HE) expects students to develop a deep understanding of the course content and to foster a range of cognitive, practical and personal skills. They are expected to do so by engaging in a variety of learning activities and completing a range of assessments to meet module learning outcomes.
- ▶ Students motivations, expectations and preparedness for HE affects how they approach learning tasks and how they adjust to the HE learning environment.
- ▶ The transition to university can be difficult, stressful and unsettling for many students as they are entering an unfamiliar environment. HE learning is very different from anything you have encountered before.
- ▶ This unfamiliarity is at its height in year 1 when students are most likely to encounter academic failure and/or a range of other problems, such as, social, emotional, health or financial.
- ▶ The majority of students who drop out do so in their first year.
- ▶ Why do you think this is?

(Byrne and Flood, 2005)

The Challenges of University Study

Answers

- ▶ Unrealistic expectations of demands of the programme or personal capabilities.
- ▶ The reality of the requirements of HE learning.
- ▶ Lack of preparedness.
- ▶ The impact of previous learning experiences on self-belief and confidence.
- ▶ Lack of motivation.
- ▶ Not seeking advice or support when needed.
- ▶ Students underestimating the work effort required by the programme of study.
- ▶ Poor time and workload management.
- ▶ Lack of willingness to engage in learning.
- ▶ Lack of time and effort put into studying.

(Byrne and Flood, 2005)

Why are you here?

- ▶ In pairs, discuss why you are here.
 - ▶ Why have you signed up to university?
 - ▶ What are you aiming to achieve?
 - ▶ Why this course, and not another subject?
 - ▶ What is driving/motivating you?
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- ▶ Be prepared to feedback your answers.

Why are you here?

- ▶ The majority of students expect their university experience will help them:
- ▶ Develop new skills and competencies.
- ▶ Broaden their horizons.
- ▶ Extend their knowledge and understanding.
- ▶ Grow intellectually and learn new ideas.
- ▶ Meet new people.
- ▶ Have new experiences
- ▶ Increased self-confidence and self-esteem.
- ▶ To grow personally and socially.
- ▶ Progress in their career or to find suitable future employment.

(Byrne and Flood, 2005)

Who are you here for?

- ▶ Yourself?
 - ▶ Family?
 - ▶ Children?
 - ▶ The bigger picture ... to help society?
 - ▶ All four ?
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- ▶ Be prepared to feedback your answers.

Give yourself credit

- ▶ Give yourselves a pat on the back. You have overcome the first hurdle - you are here!
- ▶ Health and Social Care is a challenging sector
- ▶ Difficult to access qualifications
- ▶ Building a future
- ▶ Building a useful career
- ▶ Building a useful life

Now

- ▶ What worries you most?
- ▶ Who can help?
- ▶ Where will you start?
- ▶ How can you overcome your worries?

How to Survive in HE

- ▶ Organisation
- ▶ Time Management
- ▶ Ask for Help
- ▶ Work to your strengths
- ▶ Always be bothered!
- ▶ Attend classes regularly
- ▶ Use Moodle regularly
- ▶ Check your University e mails regularly
- ▶ Communicate
- ▶ DON'T give yourself a hard time if you have tried your best

Make time for study

- ▶ You are investing time and money in your HE study.
- ▶ University is supposed to be a full time occupation using up 35 to 40 hours per week.
- ▶ Even if the taught part of your course on campus only takes up 10 to 12 hours per week you are expected to fill the other 28 to 30 hours with research, reading, discussing and writing.
- ▶ HE learning involves regularly attending timetabled taught sessions and tutorials, but especially involves independent learning.
- ▶ If you have other commitments such as work or family, these make finding time for HE study even more challenging. You will need to develop your time management skills.

(Burns and Sinfield, 2012)

Personal and Academic Development (PAD)

- ▶ Help with academic study and writing skills
- ▶ Help with assignment types
- ▶ Help with assignments
- ▶ Help with the course
- ▶ Develop your IT skills
- ▶ Communication
- ▶ Lectures/tutorials/surgery
- ▶ Dictated by YOUR needs
- ▶ Talk to us!

Key to Success

- ▶ Research shows that the amount of time and effort that students put into their studies is the most important determination of their academic success!
- ▶ So
- ▶ Commit to your studies
- ▶ Attend classes and work experience regularly
- ▶ Make use of the resources and support available
- ▶ Don't be afraid to ask questions
- ▶ Don't be afraid to ask for help
- ▶ This is the beginning of your journey to future success! Go for it!



Lastly

▶ Any Questions?

References

- ▶ Burns, T. and Sinfield, S. (2012) Essential Study skills: The Complete Guide to Success at University. 3rd Edition. London: Sage
- ▶ Byrne, M and Flood, B. (2005) A study of accounting students' motives, expectations and preparedness for higher education. Journal of Further and Higher Education. 29 (2) pp 111-124