



HPFY3001

ACADEMIC SURVIVAL SKILLS

FOUNDATION

YEAR

by
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University Perception Change



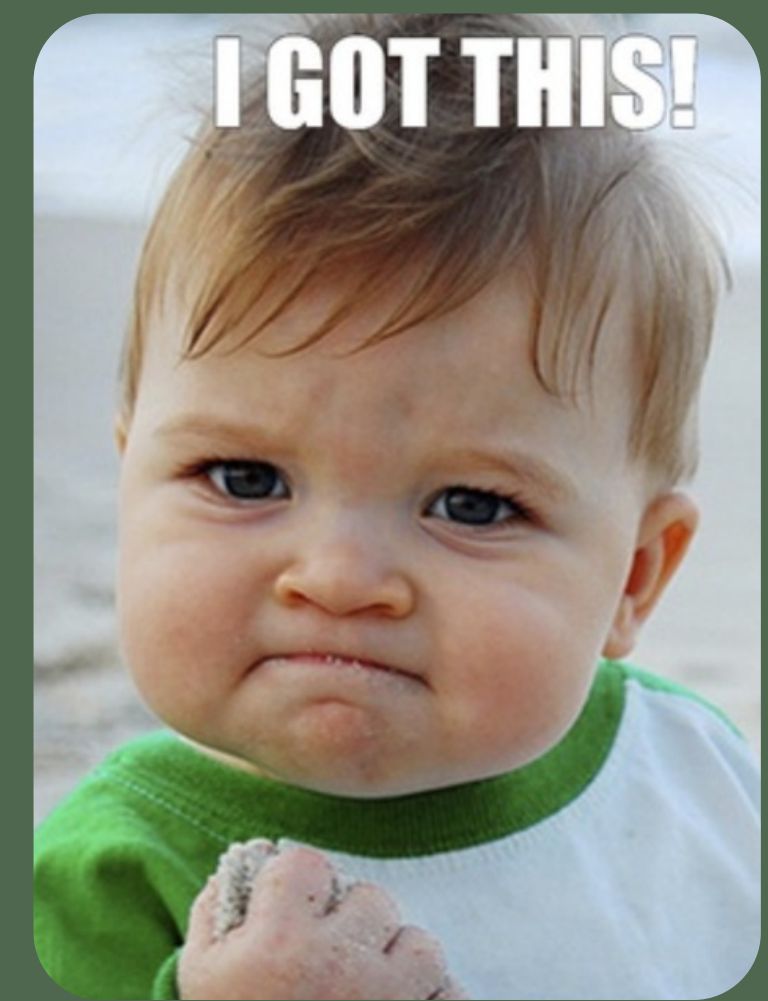
Nerves & Intimidation

- Scary
- Imposter
- Inadequate
- Old & out of place



Gradual Progress

- The opposite is true
- Emerging strengths
- Skills developing



Commitment & Surety

- I am exactly wherte i should be.
- Univeristy suites me just fine

My Learning Journey

Introduction To Learning

- Starting off simply & gently with the basics.
- Everything is new & interesting throughout
- Loving the process and the pushback

Struggles & Bumps In The Road

- Mental health & dyslexia issues
- Overwhelm
- Panic & disorganisation

Reaching For Help

- Formal mental health and dyslexia diagnosis
- Receiving study skills sessions & deferred deadlines
- Learning to organise

Gaining Confidence

- Getting more organised
- Finding study environments and styles that work for me

Improvement & Confidence



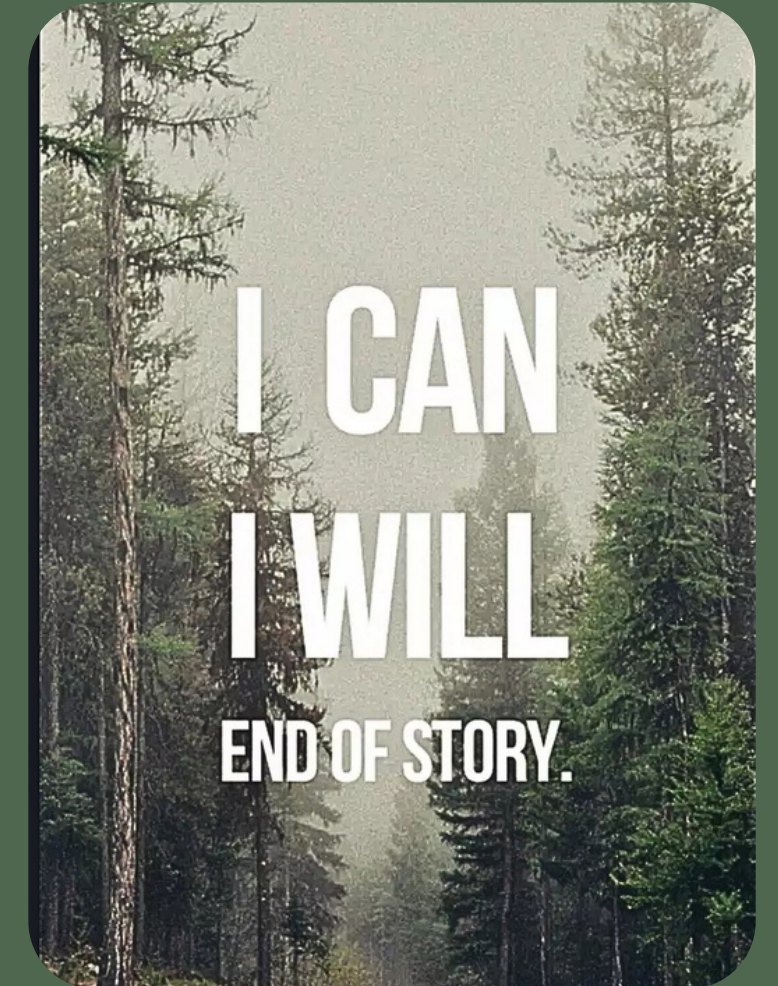
Feeling Of Panic & Overwhelm

- Struggling with the work & mental health
- Lacking clarity.



Organisation

- Time management
- Environment
- Digital
- Stationary
- Use of services
- Mindset



A Sense Of Control

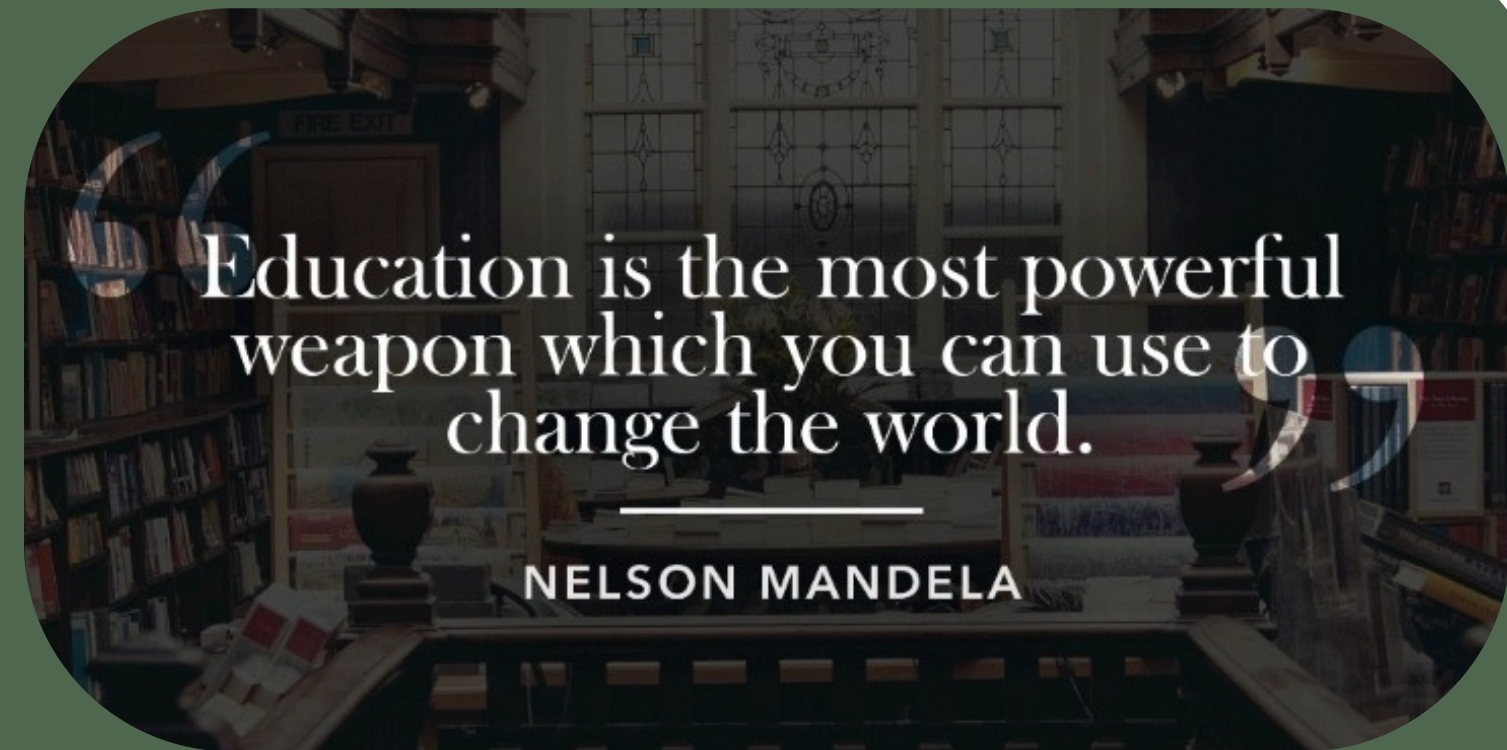
- Once organisation systems in place, clarity and confidence rose
- The university and i gave me what i needed

I Enjoyed The Most



The Lectures

- I love hearing new things from interesting lecturers & classroom dynamics
- A positive difference to previous experience of education.



The Learning

- I have patchy knowledge of the world, i love connecting the dots
- I love the challenge

I Found Most Useful



Finally Asking For Help

- I learned to ask for help not only from the university, but also from myself



Commitment To The Work

- Question everything.
- All answers lead back to the same point.
- The way forward is to commit to myself & the work.

My Next Steps



Do My Best With The Last Assignment

- Action new skills
- Enjoy the process
- Learn more on main subject of interest



Have A Lovely Summer

- Embrace the summer in nature
- Spend more time with friends & family
- Go back to work



Prepare For Next Year

- Reflect on the first experience of university
- Read plenty on the following year's subject

The background is a solid dark green color. It features several abstract white elements: a large, semi-transparent light green circle in the upper left corner, and two thin, white, wavy lines that sweep across the top and bottom of the frame.

Thank you!

Your contribution to my
education matters to me.