

UNIO101 Academic Orientation Module 2 Worksheet

In Module 2 you explored some of the differences between high school and university.

At university, responsibility for yourself has shifted onto your shoulders. What are the positives of this change in responsibility?

What do you think might be the challenges?

What are the biggest differences between your own high school experience, and what you might now be expecting at university?

What 2 differences are you most looking forward to?

What 2 differences might be a big challenge?

What can you do to deal with these challenges?

Think about the papers you're taking this semester. For each paper, note down the grade you are aiming for. Note down the steps you will take to make sure you can reach these goals.

Learning via lectures might be a new experience for you. How do you plan to get the best experience possible out of your lectures?

UNIO101 Academic Orientation Module 3 Worksheet

In Module 3 you began planning your success strategy.

Remember that your university experience is about you!
Answer the self-reflection questions below:

What do you plan to study this year?

What do you plan to study in second and third year?

Are you interested in postgraduate study?

Why have you chosen this path of study?

What do you want to do when you leave university?

What does success mean to you?

What is your plan for success? What steps will you take?

What study habits will you continue?

Are there new study techniques you have heard about that you will try?

Write a list of successful academic behaviours. Circle the ones you have used before.

Write a list of positive behaviours and attitudes. Circle the ones you have used before.

UNIO101 Academic Orientation Module 4 Worksheet

In Module 4 you began to look at active learning and time management.

It's time to unpack your paper. Use your device to go to Blackboard (blackboard.otago.ac.nz) and find your papers. For each, look for a course outline or FAQ page and fill in the tables on the following pages for each of your papers.

Alongside learning paper content and increasing your knowledge, you'll be developing important learning skills. Take a moment to consider:

What are your strongest academic skills?

What are your weakest?

For your weakest skills, how can you upskill? Are there workshops you can enrol in? Online resources?

Spend some time now drafting a timetable for the weeks ahead. Use the information from the unpacking your paper tables to note important dates. You might like to do this digitally, or on paper. Weekly and monthly templates are included with this worksheet.

PLAN FOR THE WEEK	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Things to do in order from most important to least important	8am							
	9am							
	10am							
	11am							
	12noon							
	1pm							
	2pm							
	3pm							
	4pm							
	Fun/Relaxing/Leisure activities (Rewards)	5pm						
6pm								
7pm								
8pm								
9pm								
10pm								

Readings this week:

UNIO101 Academic Orientation Module 5

In Module 5 you looked at a model for success.

Remember there are four key factors for success. Using the table below, for each factor note your strengths, your weakness, and your plan for overcoming any challenges

	My Strengths	My Weaknesses	My Plan
Attendance			
Engagement			
Motivation			
Wellbeing			

Now that you have had time to think about your transition to university, it can be useful to spend some time thinking about what you have learnt.

What are the most important things you've learnt from these modules?

Note down three things you plan to do over the next few weeks to ensure you have the most successful experience possible.