

Lecture title:	<p>Lecture 1B: The transition from high school to university 2:</p> <p><i>Strategies for overcoming common issues</i></p>
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Questions/Keywords	NOTES
<p><i>analogy</i> (n) a comparison between one thing and another, typically for the purpose of explanation or clarification</p> <p><i>agency</i> (n) very little control over one's own life</p> <p><i>inevitable</i> (adj) cannot avoid it</p>	<p>Contents</p> <ul style="list-style-type: none"> • General advice • Advice on how to deal with <ul style="list-style-type: none"> ○ amount of unstructured time ○ different student-teacher relationship ○ unfamiliar types of academic work <p>1. General advice</p> <ul style="list-style-type: none"> ➤ Lose some privileges while gaining others when starting university life. e.g. able to influence the world around them and make their own independent choices. ➤ Change is positive and inevitable – best to accept the changes to enjoy the new experience / embrace change <p>2. Amount of unstructured time</p> <p>Adams and Blair (2019)</p> <ul style="list-style-type: none"> – direct link between student time management and marks received / lower levels of stress and anxiety <p>Advice:</p> <p>1. Prioritise – give more importance to something. Be able to decide what to do first and how much time to allocate to each task</p> <p>2. Organise – use time effectively to save time (e.g. create schedule for deadlines; use calendar/diary to plan your time) → be flexible and make changes to your plan</p> <p>3. Teacher-student relationship</p> <p>High school – closer University – distant</p> <p>Advice:</p> <p>Try to become autonomous / independent</p> <ul style="list-style-type: none"> - not waiting for teacher but being proactive <p>Wang (2018) – autonomous learning increases students' results, motivation and enjoyment of learning</p> <ul style="list-style-type: none"> - Teacher = resource, support - Student controls learning

	<p>4. Unfamiliar academic work</p> <ul style="list-style-type: none"> - Achieve deeper understanding of complex issues - Support with own opinion and research - Can be challenging but rewarding <p>Advice:</p> <p>1. Make use of available resources</p> <p>University provides a variety of resources – study spaces, books & materials, advisors (<i>e.g. workshops & individual tutorials</i>)</p> <p>2. Talk to other students</p> <p>Form study groups – discuss opinions and compare what you have learned Help each other to figure out and become more autonomous</p> <p><u>Conclusion</u></p> <ul style="list-style-type: none"> • The challenges of being a new university student can be overcome • Embrace change • Improve time management: prioritise & organise • Accept new role – more active & independent student • See teacher as a guide • Deal with new type of work – use available resources and other students
Summary	<p>Transition to university life comes with several challenges and it is best to embrace and accept the changes to enjoy the new experiences. The first challenge of managing time effectively can be addressed by prioritising and organising activities. The second challenge is not to depend on teachers solely and this can be overcome by becoming an autonomous student. Autonomy can help increase a student's results, motivation and enjoyment of learning. The final challenge is the complexity of unfamiliar academic tasks and the advice is to use the available resources and to collaborate with peers.</p>