

Academic Support:

❖ Study Tips

3 main stages

- **Priming** - look at course notes BEFORE class and engage with the content. Think about how the information relates to what you have done, look for definitions online or with ChatGPT - get creative.
- **In-class notes:** You digest information far quicker and easier, it goes to your long-term memory.
 - Try doing class problems in real time faster than the prof. **Make mistakes**, it doesn't matter if you have no idea, you remember things you got wrong and adjust before exams.
 - Think about how topics may be tested. If you think to yourself: "This will not come in the exam", it most probably will.
 - Understand the origin, WHERE does the equations/information comes from, why can we make assumptions we do, etc.
- **Post-class revision:**
 - Recall concepts by memory, definitions, questions and applications.
 - Relate the information you just learned to other classes or past lectures.
 - Think about real-world application, how would this concept be applied in the industry or even in your day to day.
 - *I.e 'Newton's Law of Cooling', think about how that happens when drinking your coffee or tea, how does the constants and variables in the equation come together – why does it make sense?*

BONUS: try to do it while walking or doing some sort of physical activity - boosts blood flow, generates BDNF (crucial for growth, survival and creation of new neurons), and decreases stress.

❖ Choosing Courses

Depends

a) If you know what you want to study

- **Reach out to advisors:** There are specific advisors for each engineering faculty, their job is to assist and guide you through your degree

b) You don't

- You can always change specializations, pinpoint what it is that you like:
 - Physics (PHYS, IGEN, ELEC)
 - Environmental Sciences (CHBE, ENVL)

- Talking and interacting with people (CIVL, MINING,)
 - Manufacturing (MTRL, MANU)
 - You may want to consider what broader spectrum you prefer, in case you can transfer credits to a different specialization when changing degrees.
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Navigating UBC:

- a) [**UBC Events**](#) - All information on upcoming events, questionnaires, meetings, gatherings, etc. A LOT of options.
 - Festivals
 - UBC Opera and music
 - Science and Lifestyle
 - Seminars by leading specialists
 - Employers on Campus
 - b) **AMS Events instagram** - keep up with stories, cool events are organized bi-weekly or monthly.
 - c) **Vancouver events:** <https://www.eventbrite.com/d/canada--vancouver/events/>
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Community Connection:

- a) **Join clubs:** Whatever you like: there are too many and their membership's aren't too high
 - Music
 - Jazz
 - MUNSA (Model of United Nations Student Association): **Pay fee through IG page ≈ \$10**
 - Powerlifting
 - Boxing
 - Muai Tai

- Salsa/Bachata/Merengue
- Chess
- Improv
- Calligraphy

- b) Ask questions:** People like to help people, you will see who is open to a conversation by doing so.
- c) Culture:** Latin culture is different from Canadian, it's a transition but hold onto people that share the same vibe as you. There are friends for many things - gym, studying, fine dining, parties, events, trying out new things, exploring, reflecting, etc.
- d) Change is good:** Focus on the basics:
 - Healthy diet
 - Strong Friendships
 - Talking to new people, expanding your network
 - Gym or moving your body (sports)
 - Have a direction wherever you are (walk or work towards something)
 - **Constant reflection and fine tuning.** No human is perfect, we ALL make mistakes, what's important is how you react and learn from them.