



## Academic Expectations

- Student Learning Te Taiako
- [wgtn.ac.nz/student-learning](http://wgtn.ac.nz/student-learning)
- [student-learning@vuw.ac.nz](mailto:student-learning@vuw.ac.nz)
- 04-4635999

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## Student Learning Te Taiako

- One-to-one appointments
- Maths and stats help
- Writing and study skills workshops
- Drop-in sessions
- Specialist programmes e.g. PASS

Level 0, Kirk Building  
Phone: 463 5999  
Email: [student-learning@vuw.ac.nz](mailto:student-learning@vuw.ac.nz)  
Website: [wgtn.ac.nz/student-learning](http://wgtn.ac.nz/student-learning)

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## Session outline

- Find out what to expect and to upskill
- Current students' experiences
- Preparing for success
- Support available for you at Victoria University of Wellington



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How often

»»» DO WE SAY «««



Hi!

to the PERSON

SITTING NEXT TO → US?

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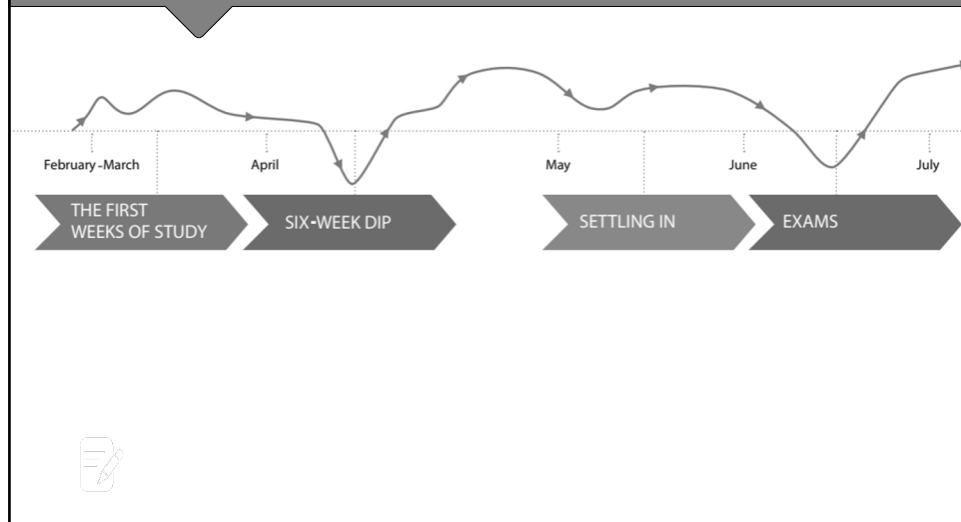
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Current students' experiences

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## What to expect this trimester



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## Teaching and Learning at University is different

### NCEA

- Parents and teachers manage your learning pathway
- Work done within class time
- Classes of around 30 students
- Can opt out of some assessments
- 'A' = Achieved; 'E' = Excellence
- Referencing not emphasised and lots of direct quotations are fine



### University

- You manage and prioritise your own timetable and learning
- Most of the work done outside of class-time
- Lectures of up to 300 students
- Reassessment or opting out of assessment generally not an option
- 'A' = 85-89%; 'E' = Fail
- Referencing is important and paraphrasing is better

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What can you do to succeed?

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## Know your goals

Why do you come to uni?

What do you hope to achieve—long-term and short-term?

Why is knowing your goals important?



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## Develop your skills



### Academic Skills

Critical thinking  
Writing essays and reports  
Academic reading  
Note taking



### Personal Skills

Time management  
Financial management  
Social skills  
Motivation and resilience

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## Skills Self-Assessment

- I can manage a range of academic writing tasks
- I manage my time well
- I am confident with my reading and research skills
- I am able to think critically and analytically and evaluate arguments
- I can take good notes
- I understand about academic integrity and referencing



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## Keep up; don't catch up



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## Establish a study routine

○ How many hours would you need to study?

**Before ☆ During ☆ After**  
**↓ ↓ ↓**  
**1 hour + 1 hour + 1 hour**

- Prepare before lectures & tutorials
- Be engaged during lectures & tutorials
- Transform notes after lectures & tutorials



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## Establish a study routine



### WEEK PLANNER

Time	To do this week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Most important							
8am								
9am		FCOM111		FCOM111				
10am				FCOM111 (t)				
11am	Important	GERM104 (t)						
12 noon		GERM104	GERM104	GERM104	Lunch	Lunch		
1pm		Lunch	Lunch	Lunch		GERM104 (t)		
2pm				INTP115 (t)				
3pm	Less important					INTP115		
4pm			INTP115		INTP115			
5pm								
6pm								
7pm	After I've completed my work I will reward myself by...							
8pm								
9pm								

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## Establish a study routine



### WEEK PLANNER

Time	To do this week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Most important							
8am			Gym		Gym			Gym
9am		FCOM111		FCOM111	Reflect on			
10am		Prep for GERM		FCOM111 (t)	Tuesday and			
11am	Important	GERM104 (t)	Prep for GERM	Prep for GERM	Wednesday	Prep for GERM		Library:
12 noon		GERM104	GERM104	GERM104	Lunch	Lunch	Tennis	Review past
1pm		Lunch	Lunch	Lunch		GERM104 (t)	match	week
2pm		Reflect on	Prep for FCOM	Prep for INTP		INTP prep		
3pm	Less important	today's classes	Prep for INTP	INTP115 (t)	Prep for INTP	INTP115		
4pm			INTP115		INTP115	Revise GERM		Prep for
5pm						and INTP		FCOM
6pm			Tennis					
7pm	After I've completed my work I will reward myself by...		practice	WORK			WORK	
8pm								
9pm								

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## Establish a study routine



### WEEK PLANNER

Time	To do this week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Most important							
8am			Gym		Gym	Test prep		Gym
9am		FCOM111		FCOM111	Reflect on	for GERM	Start on	
10am		Prep for GERM		FCOM111 (t)	Tuesday and		FCOM	
11am	Important	GERM104 (t)	Prep for GERM	Prep for GERM	Wednesday	Prep for GERM	essay	Library;
12 noon		GERM104	GERM104	GERM104	Lunch	Lunch	Tennis	Review past
1pm		Lunch	Lunch	Lunch		GERM104 (t)	match	week
2pm		Reflect on	Prep for FCOM	Prep for INTP		INTP prep		
3pm	Less important	today's classes	Prep for INTP	INTP115 (t)	Prep for INTP	INTP115		
4pm			INTP115		INTP115	Revise GERM		Prep for
5pm		INTP			Start	and INTP		FCOM
6pm		essay	Tennis		writing			
7pm	After I've completed my work I will reward myself by...	research	practice	WORK	INTP		WORK	
8pm					essay			
9pm								

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## Develop a growth mindset



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## How resilient are you?

- ☐ I look for solutions to help me solve problems.
- ☐ I can manage stress and keep myself calm.
- ☐ I use support and guidance available.
- ☐ I use a routine to keep myself on track.
- ☐ I persevere even when I don't feel like studying.
- ☐ I keep myself motivated.
- ☐ I build and maintain relationships with others.

Adapted from Cottrell, S. (2013). *The study skills handbook*. London, UK: Palgrave MacMillan.

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## Join PASS (Peer Assisted Study Support)

- ☐ An opportunity to meet other students, develop study skills and engage in 'active learning' in 100-level courses
- ☐ Participating faculties: Laws, Humanities, Business and Government, Science, Health, Education
- ☐ In 2020, PASS involved
  - ☐ 1,373 students
  - ☐ 90 leaders
  - ☐ 147 study groups



**97% pass rate**  
for regular participation

- ✓ Improved academic performance
- ✓ Developed study skills
- ✓ Enhanced wellbeing
- ✓ Sense of belonging/connectedness



[wgtn.ac.nz/pass](https://wgtn.ac.nz/pass)



[pass-studygroups@vuw.ac.nz](mailto:pass-studygroups@vuw.ac.nz)

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## Access help early – see Student Guide

### Challenges

Difficulty with managing money

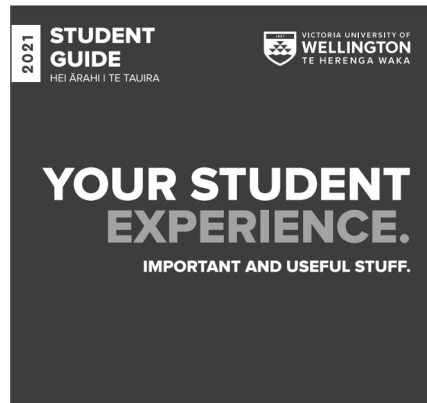
Feelings of loneliness or anxiety

Lack of career direction

Struggling with managing academic workload

Getting poor grades but not sure why

<https://www.wgtn.ac.nz/students/study/student-publications/student-guide/student-guide.pdf>



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## Summary

### **Your ability to adapt to university is critical**

OKnow what to expect

OSet yourself clear goals and priorities

OBe organised (study routine!) and be proactive in your approach to your subjects

OBe aware of the ups and downs and have resources to cope with these

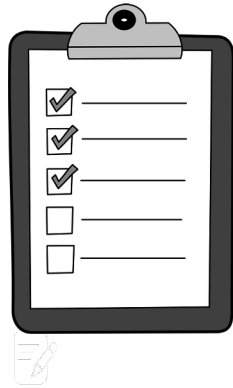
OSeek help

OTake action and make the most of university!!

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## Action Plan

3 things you will do for your study success:



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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## Feedback



- **Contact us**
- **Email:** [student-learning@vuw.ac.nz](mailto:student-learning@vuw.ac.nz)  
**Phone:** +64 4 463 5999
- **Kelburn address:** Level 0, Kirk Building, Kelburn Parade. (Accessible entrance via Gate 2, Hunter Courtyard) Kelburn, Wellington.
- Open 8am–4pm, Monday to Friday

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