

## Transitioning from School to Uni?

### Adjusting Academically

Although it's exciting, adjusting to a new academic and social environment can be difficult at first, especially as there are many differences between studying at secondary school and studying at university. The table below shows some of the main differences in academic expectations. The good news is that Deakin College offers lots of support to help you develop and fine-tune these skills to achieve academic success.

### Academic Expectations

Secondary School	University Studies
<ul style="list-style-type: none"> <li>Teachers take some responsibility for learning.</li> </ul>	<ul style="list-style-type: none"> <li>You are expected to be <b>active, independent learners</b>, who take responsibility for your learning.</li> </ul>
<ul style="list-style-type: none"> <li>The majority of 'learning time' takes place in the classroom and is structured.</li> </ul>	<ul style="list-style-type: none"> <li>There is less face-to-face contact. You must <b>manage your own study time</b>.</li> </ul>
<ul style="list-style-type: none"> <li>General understanding of a subject.</li> </ul>	<ul style="list-style-type: none"> <li><b>In-depth knowledge</b> and expertise.</li> </ul>
<ul style="list-style-type: none"> <li>Not much independent research or reading</li> </ul>	<ul style="list-style-type: none"> <li>You may get long reading lists and will need to develop good independent <b>research skills</b>.</li> </ul>
<ul style="list-style-type: none"> <li>Knowledge is reproduced.</li> </ul>	<ul style="list-style-type: none"> <li>Information is <b>critically analysed</b> and questioned.</li> </ul>
<ul style="list-style-type: none"> <li>Smaller and more frequent assignments.</li> </ul>	<ul style="list-style-type: none"> <li>Fewer but more lengthy assignments.</li> </ul>
<ul style="list-style-type: none"> <li>Occasional reference to sources required.</li> </ul>	<ul style="list-style-type: none"> <li>Correct and thorough <b>referencing</b> is required to demonstrate research and avoid plagiarism.</li> </ul>
<ul style="list-style-type: none"> <li>Teachers provide regular feedback.</li> </ul>	<ul style="list-style-type: none"> <li>Feedback may be less frequent and you are expected to seek extra help if you need it.</li> </ul>

### Academic Support

If you would like some help with your studies you should make an appointment to see an Academic Skills Advisor, or your lecturers. You can also attend the free study skills workshops and access online self-study resources in the Academic Skills area on the Deakin College portal at [learning.mibt.vic.edu.au/user/login](http://learning.mibt.vic.edu.au/user/login).

### Adjusting Socially

Adjusting socially and making friends is really important in making sure you stay happy, healthy and focused during your time at Deakin College. We know you don't want to study 24/7, and we don't expect you to! At Deakin College, you have a fantastic opportunity to get to know people from a variety of backgrounds and cultures.

Being part of the larger Deakin University community also helps you to get out there, make new friends or try something new. Having a supportive network of friends and classmates and making sure you have a good work-life balance helps minimise stress.

### **Meeting people and making new friends**

- It's important to build 'support' networks at Uni and Deakin College provides a great opportunity to meet people from various cultures and backgrounds, who have similar interests to you.
- Be brave! Chat to people in your classes. You've already got something in common.
- Attend social events organised by Deakin College, DUSA or Deakin University.
- Join a club (DUSA clubs) - <http://dusa.org.au/clubs>
- Join study groups. A study group is a small group of students (typically 3-6) who meet weekly to share knowledge, information and ideas about a unit they are studying. Members discuss the content of the unit in depth, ask questions, and solve problems together. Study groups are extremely useful for increasing understanding and helping you remember complex information.

### **Managing stress**

- Manage your time so you can have a balanced lifestyle. Use a planner and make sure you plan enough time for relaxation, exercise and whatever else you like to do in your free time.
- Set realistic expectations and goals
- Stay on top of your studies (assignments / reading / attend classes). If you fall behind, don't panic. Come and ask for help.
- Ask for help if you need it!

### **Personal Support**

- Deakin College student services offer support and advice to students who have personal issues, and can refer you to Deakin University support services. Please don't be shy! We can refer you to:
  - **Counselling Services** – for free and confidential psychological support.
  - **The Disability Resource Centre** – for anyone studying with a health condition or disability.
  - **On-campus Legal Service** – for free and confidential legal advice, information, referral, and education by qualified lawyers.

**Need help with study skills? Make an appointment to meet with an Academic Skills Advisor at Deakin College reception.**