UWIN 101

The Basics of University Life

Meet your student leaders!

Congratulations!

You're here!

You made it!

Welcome to the University of Windsor!

University of Windsor

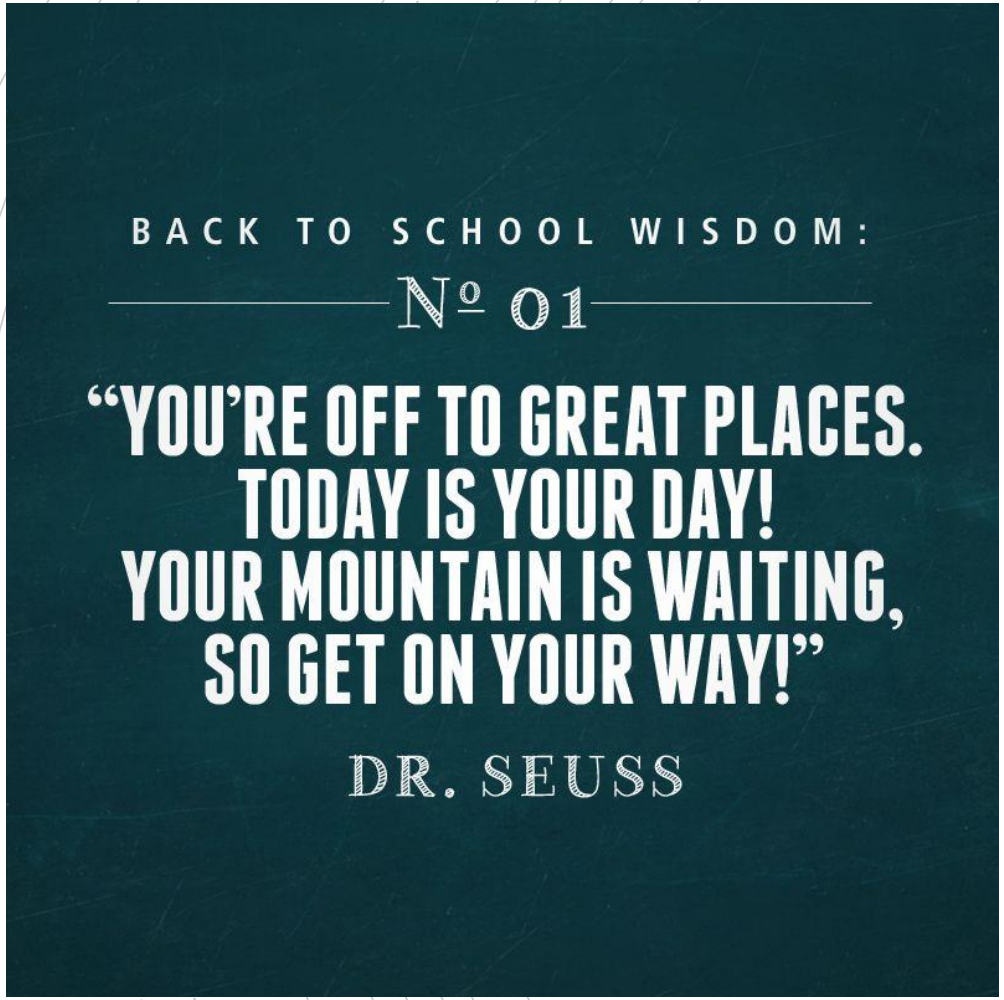
The University Journey

What will you take away from today?

What We'll Cover:

- Challenges of University
- The Goals you can Achieve
- Strategies for Success

The University Journey



You are Already at an Advantage!

- You know why you're here (goal)
- Your life experience helps
- You have a realistic view
- You can manage your time
- You won't sweat the small stuff

Challenge #1: The Workload

UWindsor's 6-year graduation rate: 67.7%

The toughest full-time job you'll ever have!

- Up to **45 hours/week** of class and prep work
- Challenging to bring out your best

You must be dynamically adaptable!

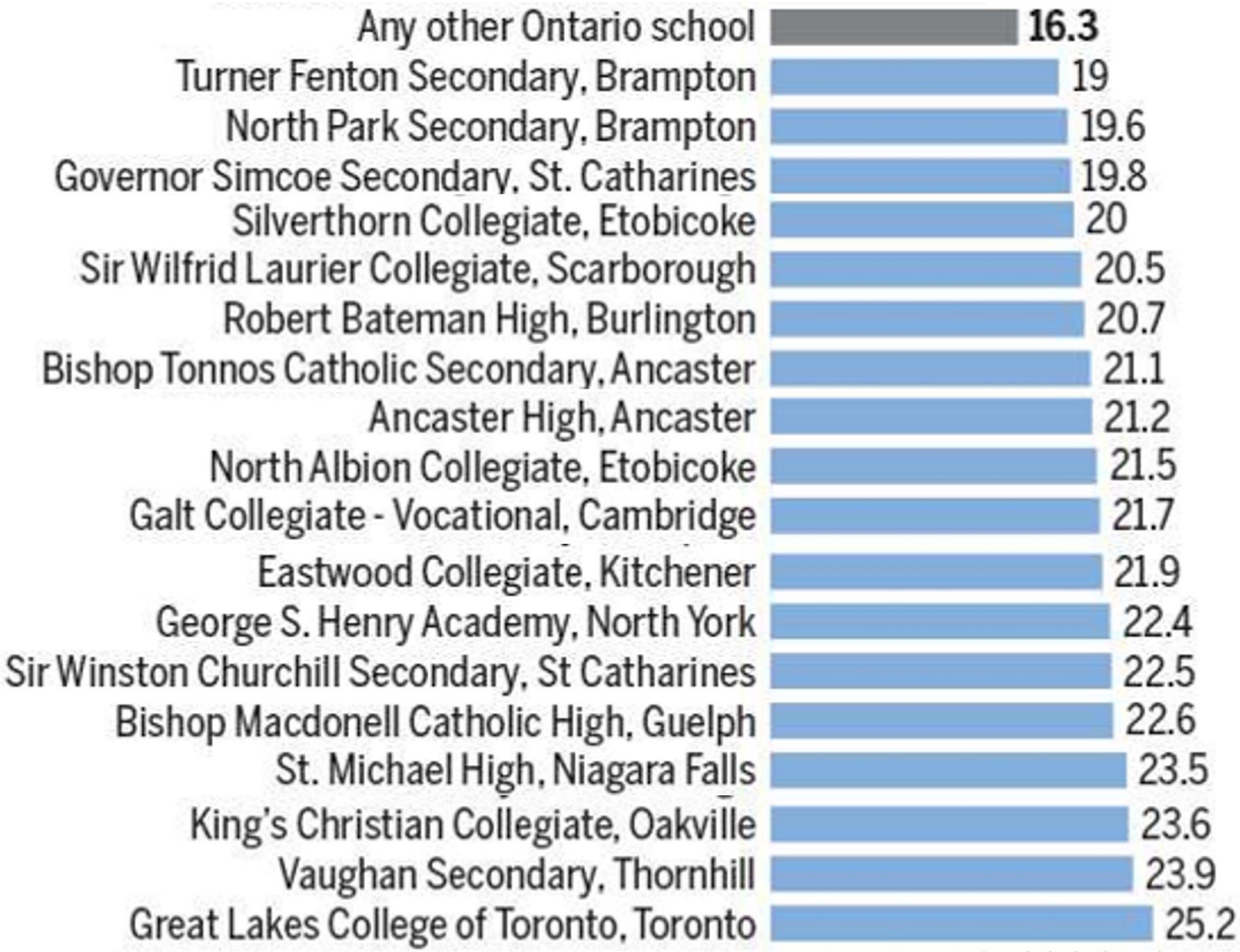
- 70% of students take up to 6yrs to graduate
- Be open to program changes

Challenge #2: Lower GPA

Below the Mean:

- Don Mills Collegiate: 10.3%
- Vincent Massey: 11.3%
- Pickering High: 12.5%
- Markham District High: 13.7%

Data gathered from UWaterloo First-Year Engineering Student



Challenge #3: Factors Affecting Success

Students reported the following factors affecting their academic performance:

Alcohol use	2.9 (%)	Drug use	2.0 (%)
Allergies	1.1	Finances	9.5
Anxiety	31.6	Homesickness	5.1
Assault (physical)	0.7	Internet/computer games	15.3
Assault (sexual)	1.3	Learning disability	2.5
ADHD/ADD	5.5	Extracurricular activities	8.3
Cold, flu, bronchitis	16.8	Relationship difficulties	10.9
Concern for friend/family	14.8	Roommate difficulties	3.7
Chronic health problem	4.3	STD/I	0.3
Death of a friend/family	6.6	Sleep difficulties	25.7
Depression	22.2	Stress	48.9
Discrimination	2.0	Work	19.1

Strategy #1: Be Responsible

PSE Categories	The University Dynamic
Class Timings	Students build schedule: days, evenings, weekends
Class Sizes	Range from 10 to 350 students
Academic Knowledge	Heavy reading: text books, journals, websites, etc.
Assessment	Typically fewer assignments that make up larger % of overall grade
Attendance	Attendance not taken (some exceptions)
Assignment Follow-up	Homework is not checked
Responsibility Of Professors/Lecturers	Student's responsibility to keep up
Student-professor Relationship	Instructors only develop relationships with students who connect with them

Strategy #2: Time Management

Attend Class

Take Notes

Do Readings & Labs

1:2

Strategy #3: Achieve Balance

	Academic Focussed	Work Focussed	Social Focussed
Class, assignments, studying	57	29	18
Sleeping	56	49	62
Part-time work	10	35	5
Volunteering	5	0	6
Clubs, societies	0	9	14
Family obligations	6	4	0
Social life/Internet	8	14	34
Commuting	4	6	0
Exercise/recreation	2	3	5
Other	13	19	24
Total	168	168	168

Strategy #4: Advocate for Yourself

Independent Education Plan (IEP)

=

Student Accessibility Services

Engage with your Professors!

Strategy #5: Wellness Basics

Sleep!
Eat right!
Exercise!

- Student Counselling Centre
- Student Health Services
- Peer Support Centre
- Recreation + the Forge
- My Student Support Program
- Pharmacy & Dentist

Strategy #6: Campus Services

Say ‘Hello!’ to your new best friend!

UWIN CARD

- Meal Plan
- Laundry
- Access Card to Residence
- Library Check-Outs
- Printing
- UwinCASH
- Midterms and Exams!

Strategy #7: Stay Safe

Rest assured.

UWindsor's Commitment to your Safety

- Campus Community Police and Emergency Poles
- UWindsor Alert and Safe Lancer Apps
- WalkSafe
- SMRS
- *Campus Community Police Emergency #:*
  519-253-3000 ext. 4444

Strategy #7 Cont.: Stay Safe

Get support.
Give support.

UWindsor Sexual Violence Prevention Programs:

- Bystander Initiative
- Flip the Script

BYSTANDER

A UWindsor Initiative to End Sexual Violence

Strategy #8: Be Well-Rounded

Hard Skills

+

Soft Skills

=

Increased:

- Employability
- Opportunities
- Job Performance
- Promotions

92% of 900 executives agree that **soft skills** are **equally or more important** than hard skills

Strategy #9: Be Involved

Why get involved?

Benefits of Increased Involvement

- Learn Skills, Networking and Complete Your Classroom Experience & Have Fun!

On-Campus Opportunities

- Athletic Events and Intramural Sports
- Clubs & Societies (150+) and Student Government
- Volunteering and Leadership
- Student Exchange and Study Abroad
- Aboriginal Education Centre
- International Student Centre

UNIVERSITY OF WINDSOR
CCR APPROVED
CO-CURRICULAR RECORD

Wrapping Things Up

Final words.

Always Remember:

- 3 Key Challenges
- 9 Basic Strategies for Success

The most important individual at UWindsor is the student. The university is always ready to help you. Just ask.

Welcome to UWindsor!

Next Steps

Mature/Transfer/ Part Time Students

- Not coming from highschool
- Registered in part time classes
- Coming from another Post Secondary Institution
- Location: Oak Room

High School Students

- Coming directly from high school
- Location: Katzman Lounge

Parents & Family Members

- Remain in your seats