Stepping Into Higher Education

Overview

Prepare for undergraduate study by developing the key academic skills needed to succeed on your course.

About the course

The Stepping Into Higher Education course is designed to help students prepare for their undergraduate studies.

Aimed at students starting at either foundation year or year one of their undergraduate degree, this course is specifically developed as a springboard to your academic journey by our academic and support teams.

By the end of the course you will have developed the skills and knowledge needed to unlock your full potential on your degree programme. You will learn how to be reflective and proactive in your learning journey and build the confidence needed to succeed in your studies.

This course is separate to the mandatory induction and degree programme. You are still expected to attend the mandatory induction before you begin your course.

Frequently Asked Questions

Who is the course for?

All students, aiming for foundation year or year one of a university degree programme.

What is the purpose of the course?

To review and develop your study skills and give you a confident start of your degree programme.

What do I learn on this programme?

During the course you will advance your digital and academic skills, boost your confidence and develop resilience.

Module Titles:

- Foundations of Growth: Confidence, Resilience and Reflection
- Digital Literacy Skills for University Study
- Listening and Speaking for University Study
- Reading and Writing for University Study
- The Importance of Teamwork

Does it replace the degree programme induction?

No, induction is essential, so you must complete it.

Will my timetable be the same for the University Studies Preparation course and my degree programme?

 Not necessarily.

Who do I contact if I have a question about enrolment on my degree course:

qahe.enrolment@qa.com

What does each module include?

Digital Literacy Skills for University Study

In this module, you will learn the meaning of digital literacy in relation to the technology skills required for university study and the skills needed for selecting and reading academic sources in an online environment.

Foundations of Growth: Confidence, Resilience and Reflection

The session will help the learners to make the links between confidence and taking responsibilities; resilience and motivation and reflection with critical evaluation. After that thy will learn how to build confidence; how resilience contributes to success; how to develop reflective skills. In addition, three core components of study competence will be discussed: being active in learning; taking risks in learning; reflection on learning.

Listening and Speaking for University Study

The module is designed to equip you with essential communication and study skills to succeed in your academic journeys. The module focuses on honing your abilities to articulate ideas more effectively, develop listening and note-taking skills and actively engage in meaningful discussions with your peers. It covers various aspects such as active listening techniques, note-taking strategies, reflecting on your own learning and engaging in structured discussions and peer feedback.

Reading and Writing for University Study

The module aims to enhance your academic and professional writing and reading skills. You will develop strategies for comprehending complex texts, selecting relevant information and integrating them into your writing. The module will cover aspects such as critical reading, academic writing, summarising and paraphrasing skills, research skills and argument construction.

Importance of Teamwork

Teamwork holds significant importance both in education and the workplace. In an educational setting, teamwork fosters enhanced learning through the exchange of ideas, diverse perspectives, and improved problem-solving skills. Team members hold each other accountable and motivate one another, while also preparing students for collaborative work environments in the professional world. Overall, teamwork is key to producing high-quality assignments and developing valuable skills.

In the workplace, teamwork is crucial for achieving common goals, as it leverages individual strengths, promotes inclusivity, and ensures balanced skill development. It enhances productivity, creative problem-solving, and employee satisfaction. Moreover, teamwork cultivates a supportive network and is essential for many modern job roles, reflecting its substantial relevance in both education and the professional environment.

How do I join the sessions?

You will be sent a WebEx link with joining instructions.

Do I still need to attend the programme induction?

Induction is essential, and you must attend.

Modules

Introduction to your online learning platform, blended learning and digital skills for university

Understanding Learning Platform Features and Functions: Identify and utilise the main features of the learning platform, including sharing screens and using breakout rooms. Demonstrate the ability to navigate the learning platform interface efficiently. Explore Learning Modalities: Compare and contrast traditional, blended, and online learning environments. Discuss the advantages and challenges associated with each learning modality.

Developing Blended Learning Strategies: Evaluate different tools and techniques to enhance engagement and learning outcomes in a blended learning environment.

Digital Literacy and Netiquette: Recognise the importance of digital literacy in academic and professional settings. Participants will demonstrate appropriate netiquette, including the composition of professional emails.

Critical Thinking and Source Evaluation: Apply critical thinking skills to assess the academic value of various sources. Use the CRAAP (Currency, Relevance, Authority, Accuracy, Purpose) test and understand the role of Generative AI in evaluating information. Introduction to AI. Data Privacy and Security

Self-organisation and Time Management

Goal Setting: Gain the skills necessary to set realistic and achievable academic and personal goals using SMART criteria.

Prioritising: Learn to prioritise tasks effectively, distinguish between urgent and important activities, and utilise time management techniques such as Pomodoro and time blocking to organise schedules efficiently.

Study Planner: Develop balanced study schedules that accommodate both academic and personal commitments. Adopt strategies to overcome procrastination and maintain motivation.

Balancing Academic and Personal Life: Understand the importance of maintaining a healthy work-life balance, managing stress, and practicing self-care to ensure overall well-being. Develop confidence and resilience. Learn how to build confidence by setting small, achievable goals, breaking down tasks and celebrating progress. Understand the essentials of being a successful student. Work on stress management techniques to develop resilience. Understand how to approach reflection and reflective tasks. Examine experiences, emotions, and reactions, learn from challenges.

Writing Strategies for University Studies

Understand the writing process and the importance of planning writing tasks. Examine how to approach the assignment task and break down into stages: understanding the assignment brief, brainstorming, outline, reading, drafting, re-drafting, proofreading.

Reading Strategies for University Studies

Understand and use different reading strategies in academic texts.

Develop reading for writing skills – identifying relevant information, taking notes and annotating texts.

Understanding text structure.

Communications in an Academic Setting & Teamwork

Class Discussions: Engage in seminar discussions, demonstrating effective listening and speaking skills. Articulate their thoughts clearly and respectfully during academic discussions.

Seeking Help: Identify appropriate strategies for seeking help from lecturers, module leaders and classmates. Demonstrate the ability to ask clear and concise questions to gain a better understanding of academic content.

Presenting Ideas: Develop and deliver well-organised points on academic topics.

Collaboration: Work collaboratively with classmates in breakout rooms to demonstrate effective collaboration and communication skills. Resolve conflicts and negotiate roles within a team to achieve common academic goals

Key Entry Requirements

This course does not form part of the degree programmes – students are expected to meet the entry requirements of their chosen target degree for either standard or foundation year entry.

You can find out more information about entry requirements on the course pages.

Fees and funding

This is course is free-of-charge, complimentary to the chosen target degree programme.

Careers and further study

Students who successfully complete this course will be able to progress onto either their foundation year or first year of their target undergraduate degree.

How to apply

Students can apply to this course via the link in their offer letter.