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.

Dates

London Metropolitan University Centre Students

Stepping into Higher Education	**Study Strategy, Computing and Maths Skills Sessions**
W/c 26th October 2026	W/c 2nd November 2026

Solent University Centres

Stepping into Higher Education	**Study Strategy, Computing and Maths Skills Sessions**
W/c 21th September	W/c 14th September

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:

- Introduction to your online learning platform, blended learning and digital skills for university
- Self-organisation and time management
- Writing strategies for university studies
- Reading strategies for university studies
- Communications in an academic setting & 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?

View the module information in the modules tab at the top of the page.

How do I join the sessions?

All sessions are held online, you will be sent a link with joining instructions after you register for the sessions.

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.