

STEP UP

Student Transition Education Program University Preparation



Be the school who sets your students on the path of success

OVERVIEW

At Rhodes Business School (Rhodes), we recognise the transition into university can involve serious academic, social and environmental changes when leaving the structure of senior schooling. At Rhodes, we aim to facilitate a positive and successful transition for all students looking to undertake higher education in their chosen discipline(s) of study. Our Student Transition Education Program – University Preparation (STEP UP) provides academic, social, life management skills and university familiarisation techniques, designed to help with the transition into university life.

Each year thousands of senior school students across Australia make the rewarding and challenging decision to study at university. Transitioning from the structured school atmosphere to the 'independent learner environment' of university, should involve more than just turning up to Orientation Week and asking a few questions. Effective early preparation can help reduce the feeling of bewilderment and inexperience in a student's first six months.

Students who complete the Rhodes STEP UP will have the opportunity to build on their academic skills and senior school experience while formally preparing for the rigor and pace of university. Preparing for university should be considered with all the relevant (operational) facts, not just on 'where my friends are going', what your family think, global rankings or location. Research shows the decision a student makes regarding post senior education will be the most significant one in their life thus far, and as such all measures need to be taken early for transitional success.



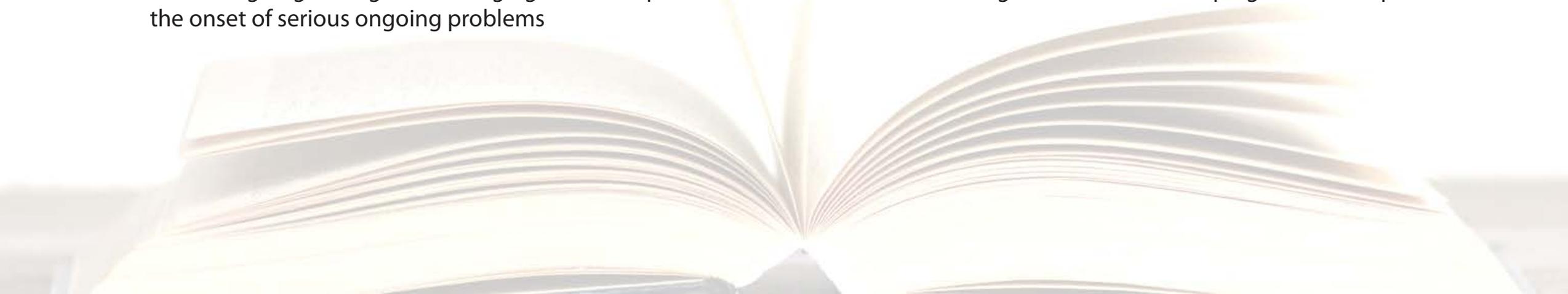


WHY PROVIDE SUCH A PROGRAM?

- First year university dropout rates are at an all time high, approximately 30%
- Students who dropout within first year generally don't come back to study again
- The social and emotional impact of dropping out have significant short and long term negative affects
- The Australian government is now actively looking at national dropout rates and completion rates as the cost to tax payers is increasing year on year
- Universities don't have the time and resources to support the transition process
- No one is currently providing a structured program for transitioning students into university while under the support and guidance of senior school

AND THE REALITIES ABOUT UNIVERSITY TRANSITIONS ARE...

- Life transitions are times of change that usually involve both loss and opportunity
- Universities don't have the capacity to support students transition from school to university (sink or swim mindset)
- Entering University is one of life's most demanding transitions; arguably the most significant transition since the start of School Prep/kindergarten
- The changes inherent in a transition can produce stress and challenge a student's coping resources
- Students can experience a decline in functioning (academic, social, emotional) during transitions
- Transition stress can be compounded by counterproductive coping mechanisms such as avoidance of stress-producing situations and people, excessive partying and denial of academic workload
- Transitions can pose greater problems to students who have existing psychological problems or difficult life circumstances
- Students going through a challenging transition period can benefit from counselling to enhance their coping efforts and prevent the onset of serious ongoing problems



STUDENT VALUE PROPOSITION

- Gain real life insights from current students as to what lies ahead
- Engage with current students and faculty who live and breathe university life
- Leave the program with a tool kit for tackling first year university (Includes a take home book covering tips and tricks of first year challenges)
- Gain an open understanding of the strengths and challenges with different universities (Public and Private)
- Ability to discuss and workshop any questions and fears in a relaxed and professional environment
- Uncomplicate the complicated transition period with prior knowledge and awareness



SCHOOL VALUE PROPOSITION

- Quality corporate governance and social responsibility
- To be seen and recognised as providing senior students with the required support to transition from school to university successfully
- Create a reputation that cares about their students beyond Year 12
- Flexible delivery of the program, either during or after school hours

SCHOOL

PROGRAM DELIVERY

This is an interactive and engaging program, delivered over four two-hour sessions of approximately 30 to 40 students per session. To give the program significant relevance and currency, Rhodes have engaged a mix of presenters who have current knowledge and experience in the transitioning process from school to university. Students will be given a take home STEP UP reference guide covering all the topics delivered in the program.

Our program provides a snapshot into a student's future at university and aims to help prepare senior students for what lies ahead. The program grants the opportunity to understand the road ahead NOW, which all students will appreciate on day one and during the first semester. Prior knowledge and early effective planning plays a significant role in a successful transition, which in turn will provide a more positive experience for such an important period of a person's life.





THE RHODES PRESENTATION TEAM

- Current & past university students
- Actively engaged lecturers & tutors
- Student services expert
- Industry psychologists specialising in youth development
- Thought provoking facilitators

TRANSITION SESSIONS

Time & Self-Management

Session Overview

One of the most challenging aspects facing first year university is the shift in freedom after leaving school. No longer is time managed under a structured process as a group. Managing new found freedom can be challenging, understanding what the priority is and how to manage time against priorities is fundamental to a student's future success. Conflicts between work, friends, study and family are prevalent on a regular basis and empowering students with decision making tactics to decide what is important can support compounding pressure.

This session provides students with a tool kit to help plan and structure their time effectively to achieve goals while at the same time enjoying the lifestyle granted to university students.

Session Content

1. How to stay motivated during the long study periods
2. Balance between study, friends/family and part-time work
3. Timetable selection
4. Identification of time sensitive, important tasks & what can be temporarily delayed
5. How to cope with competing pressures
6. Identify positive coping strategies
7. Time and priority management

Session Learning Outcomes

1. Realistic time assessment – time required, timeframes and deadlines (work/life balance)
2. Planning and scheduling – daily and weekly
3. Building a time table cohesive with commitments
4. Handling interruptions and competing pressures effectively
5. Establishing a system relevant to the student needs
6. Motivation methods and tactics to keep on track for extended periods of time
7. Showcase the outcome/ consequence of avoiding realities

TRANSITION SESSIONS

Academic Transition & the System

Session Overview

Academic transition can be complicated and unstable for students. Moving into a system that is significantly different to what they are accustomed to throughout school years can cause uncertainty. The terminologies used, the duration of semesters, exam structures, lectures and tutorials, along with subject selection are all new experiences. The expectations to know and understand this information is placed squarely on the student's shoulders in semester one of first year university.

This session helps provide insights and clarity for the student to transition into a self-directed learner and provide the academic foundational knowledge universities operate within.

Session Content

1. Understand the challenges around mid-semester exams, assignments & practical tests
2. University definitions - Faculties, Census dates, O-Week
3. Tips and tricks to become a self-directed learner
4. Understand how the university system operates
5. Calculate critical periods for decision making
6. Credit transferring
7. Subject selection

Session Learning Outcomes

1. The components of a university semester and academic year including critical periods
2. Glossary of key university terms
3. Fundamental skills for successful self-directed learning
4. Subject selection/changes, when and how

TRANSITION SESSIONS

Expectation and Social Responsibility

Session Overview

School friends, school rules and structured hours with teachers guiding students continuously on what to do is no longer available. University is an exciting and sometimes lonely place for new students with thousands of people from many countries coming onto one campus with the purpose of achieving their own life goals and also trying to find their way. Freedom is wonderful and exhilarating for students but without structure and resilience, it can be extremely daunting.

This session identifies the challenges students face from a social perspective and how to manage the many expectations young people face today. Striking a healthy lifestyle balance early and knowing where to gain advice on and off campus can make the difference in success and failure of the students.

Session Content

1. Diversity and size
2. Average 30 students in a school class versus 400+ in a university lecture
3. Focus on what matters – filtering what people and family think
4. Adapting to the pace of university life
5. Making new friends (clubs, activities & social groups)
6. Health and wellbeing (finding balance, basic financial advice, mental & emotional health)
7. Peer pressure and maturity
8. Dealing with and identifying hazing
9. Transition to co-educational learning (specific to single sex schools)

Session Learning Outcomes

1. Understanding cultural diversification and how to embrace the change
2. How to build resilience, avoid doubts and focus on what really matters
3. The importance of health and what a balanced lifestyle looks like for a university student
4. Effective communication skills to get the support students need
5. Managing peer pressure from a position of strength and respect
6. Understanding the difference between bullying and hazing, how to support others

TRANSITION SESSIONS

The Stress of University Life

Session Overview

Stress is a significant societal challenge, affecting people everyday and new surroundings like university are triggers for heightened levels of cortisol. The transition into university is a unique experience, a precursor to the work place. Having insights and awareness of the road ahead/ expectations is vital in stress prevention. Being aware of the tell tail signs for stress and addressing them early can positively impact studies, work and personal life.

This session addresses several of the stress enabling issues a student faces early on at university. The program provides a stress management plan for the student, designed to help in the development of a structured weekly road map, that can replace the structure of senior school.

Session Content

1. Tools to handle being surrounded by new people with different agendas and expectations
2. Guidance on how to choose which associations and clubs to join
3. How to strike the right balance and know it's working
4. Manage the sudden change of life at university and where to go for help and guidance
5. Trigger points for identifying when help is required before it's too late
6. Developing a weekly planner, the backbone of successful people

Session Learning Outcomes

1. What is stress and what are the identifiable triggers
2. Resilience skills for sudden changes/shifts in all aspects of life from school to university
3. How self-expectation and self-imposed stress affects mental health from poor planning
4. Build skills to harness stress for positive outcomes
5. Refine university networking skills, new people & new friendships
6. Develop an effective personalised weekly planner

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