

KEYS TO HIGH SCHOOL AND POST-SECONDARY SUCCESS

There are four things that academic advisors in post-secondary institutions wish grade 12 students knew before they left high school and what they use to help students who run into problems.

<p>1. How to break down large tasks (i.e. reading a textbook, writing a 25-page term paper, studying for a final exam, etc.) into smaller ones. Many sites on the internet can help. Here are two.</p> <ul style="list-style-type: none"> • Barnard College • Queen's University 	<p>2. Test anxiety</p> <ul style="list-style-type: none"> • NXT • Princeton Review • Anxiety Canada-Test Anxiety
<p>3. How to read effectively and efficiently. Research the SQ3R method.</p> <ul style="list-style-type: none"> • Northern Arizona University • University of Toronto <ul style="list-style-type: none"> ○ S-Survey—skim the chapter, look at pics, headings, charts, maps, get a general idea of what it's about. ○ Q-Question—make up some questions based on your survey. ○ R-Read ○ R-Recite—answer the questions you asked. ○ R-Review 	<p>4. Time management, effective use of day timers and properly planning and scheduling your work. Most post-secondary institutions recommend that students read 3 or more hours for every hour they are in class—lectures, labs, etc.</p> <ul style="list-style-type: none"> • Western University • York University

Many other important topics for students are covered in both of the following websites from the U of R and U of S.

- Notetaking
- Exam preparation and writing
- Term paper writing
- Problem solving
- Learning styles
- Avoiding plagiarism
- Doing presentations
- Learning communities and study groups

Sources:

- [University of Regina](#)
- [University of Saskatchewan](#)