Academic Advising Orientation 2022

September 2022
WELCOME
What we plan to cover today:

- Introduction
- Advice
- How to find what you need
INTRODUCTION
# High school versus University

<table>
<thead>
<tr>
<th></th>
<th>High school</th>
<th>University</th>
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</thead>
<tbody>
<tr>
<td>Class time</td>
<td>30 hours/week</td>
<td>20 hours/week</td>
</tr>
<tr>
<td>Class size</td>
<td>30 students</td>
<td>60-200 students</td>
</tr>
<tr>
<td>Learning environment</td>
<td>More controlled; can learn mostly in class</td>
<td>Requires more work outside of class from various sources</td>
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Be open to new ways of learning

- Your attitude towards learning and towards your identity as a student will impact how well you’re able to learn
- Don’t expect to be top of your class; you will stumble, these are difficult topics and they require effort which is what you’re here to do
- Try to avoid negative, self-fulfilling prophecies
- Don’t stay tied to the way you’re used to doing things
- Don’t resist adjusting and learning to do things differently
## Typical Fall data

<table>
<thead>
<tr>
<th>Course</th>
<th>Average mark</th>
<th>Percent who fail (&lt;50)</th>
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</thead>
<tbody>
<tr>
<td>MATH 135</td>
<td>74%</td>
<td>9.3%</td>
</tr>
<tr>
<td>MATH 137</td>
<td>69%</td>
<td>8.9%</td>
</tr>
<tr>
<td>CS 115</td>
<td>72%</td>
<td>9.7%</td>
</tr>
<tr>
<td>CS 135</td>
<td>72%</td>
<td>10.3%</td>
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ADVICE
Our advice

1. Go to class
2. Learning is fun
3. Most learning happens outside of lectures
Our advice

4. Make friends and build a support network

5. Visit office hours

6. Don’t be afraid to ask for help
Time management

- Prioritization – what is important to you?
- Planning - build in down time and buffer time in case things don’t go as planned
- Organization – have a plan

A typical week – 168 hrs

- Fun (30 hrs)
- Class (56 hrs)
- Self-care (20 hrs)
- Life tasks (12 hrs)
- Studying (10 hrs)
- Homework (20 hrs)
- Sleep (56 hrs)
- Fun (30 hrs)
Build your self-awareness

- Keep your antennae up regarding what you like..
  - to help you decide what to major in
  - maybe even what career path you want

- Don’t be afraid to change your mind; your whole life is a long time to do something you don’t enjoy!
Know expectations

- Read your syllabus/course outline and refer to it throughout the term if you have questions.
- Know the requirements to pass the course; for example, you may have to pass or submit all the assignments to pass the class or you may have to pass the final to pass the class.
Academic integrity

University of Waterloo has six Values of Integrity (adopted from the International Centre for Academic Integrity):

1. Honesty
2. Trust
3. Fairness
4. Respect
5. Responsibility
6. Courage
Academic integrity

- Behaving in an honest, moral way throughout your university career (and life)
- Treating others with respect
- Specific expectations may vary from course to course and instructor to instructor (be sure to ask!)
HOW TO FIND WHAT YOU NEED
Where to find information

- Read your @uwaterloo.ca emails

- Look at your **final exam schedule** before planning end-of-term trips. Do not book any travel until after the final exam period.
Where to find information

- The Undergraduate Calendar is the most important document for your studies at Waterloo; includes information of what you need to do to graduate and what requirements you need to have to take a course etc.

ugradcalendar.uwaterloo.ca
Where to find information

- Understand the **Important Dates** for each academic term (last day to drop with 100% tuition refund, last day to drop with 50% tuition refund and last date to drop with a WD)

[link to important dates calendar](uwaterloo.ca/registrar/important-dates/calendar)
Who to talk to?

Support with classroom material

- Go to your instructors’ office hours
- Mathematics Tutoring Centre in MC 3022 and virtually on MS Teams (you will be added to the team automatically by the second week of classes)
- CS Consulting Centre in MC 4065 (see course outlines for details)
Who to talk to?

Academic advisors

- **First-Year/U undeclared/Math Studies** advisors are available virtually and in person, by appointment

- **Plan advisors** are available weekly and differs according to the plan (major, minor, etc.); some advisors have set drop-in hours while others are available by appointment

- **Math Co-op advisors** are available by email (coopmath@uwaterloo.ca) and support the academic side of co-op matters (co-op sequences, work reports etc.)

**Advising schedule (and booking calendars) available at**
[https://uwaterloo.ca/math/current-undergraduates/academic-advisors](https://uwaterloo.ca/math/current-undergraduates/academic-advisors)
Who to talk to?

Math Undergraduate Office (MUO) in MC 4022

- Provide guidance on navigating the university and its policies/procedures
- Course selection/enrolment issues
- Submission of Verification of Illness Forms (VIFs)
- Questions about grades, midterms, final exam schedules and Incompletes (INC)s
- General university enquiries → we can direct you where you need to go.
- Refer students to appropriate departments and services for follow-up
Who to talk to?

Campus Wellness

Health Services (located in HS building across from SLC)
- See a doctor or nurse to discuss health matters and receive treatment
- Verification of illness forms
- Travel clinics

Counselling Services (located on second floor of Needles Hall addition)
- Provides programming and services to help you lead a healthy and balanced life
- Individual appointments
- Group therapy, seminars and workshops
- Resources on their website:
  uwaterloo.ca/campus-wellness/counselling-services
Who to talk to?

Student Success Office in South Campus Hall (SCH)
- Immigration consulting
- Study skills workshops
- Peer coaching
- Student Leadership Program
- Study Abroad

The Centre (Student Services Centre) in Needles Hall (first floor)
- Official transcripts and proof of enrolment letters
- Student fees
- WatCard

AccessAbility Services in Needles Hall (first floor -1401)
- Accommodations (short term and/or long term) to create an inclusive academic experience