

# FIRST-YEAR TRANSITION MODULE STRUCTURE

1

## LEARNING SKILLS

- General Learning Skills
- Guidelines for Online Learning
- Collaborative Learning
- Preparing for Exams
- Goal Setting and Time Management
- Academic Support and Resources

2

## HEALTH AND WELLNESS

- Physical Health
- Mental Health
- Mindfulness
- Work, School, and Home-Life Balance
- Self-Care

3

## GETTING INVOLVED

- Volunteer Work
- Work Opportunities
- How to be a Good Citizen
- Planning for Your Career

4

## RESOURCES AND SUPPORT SERVICES

- General Resources and Support
- Scholarships, Bursaries, and Finances
- Academic Integrity
- Research and Citations
- Institutional Specific Support (for each campus)

5

## LOGISTICS OF COLLEGE/UNIVERSITY

- Understanding Learning Management Systems (LMS)
- Information about Courses
- Communication Practices