

Parent Connection

Parent Connection is brought to you by the Student Success Centre at the University of Regina. It will help you stay connected and informed about supports and events at the University of Regina.

It's Time for Finals!

Have you noticed that your son/daughter is feeling stressed and overwhelmed by university these past few weeks? It is not without reason. It is finals season on campus and for some students this can be a very difficult time. So what can you do to help? Firstly, you should know that the last day of classes will be on Friday, April 11, and **final exams will run from April 15 – 29, 2014.**

Be a cheerleader! What your student needs most is your encouragement. They know they have a lot of material to study and that finals are important; having you tell them repeatedly will only make them feel more overwhelmed and frustrated. Instead, encourage them to set up a **study plan** for each week during finals that will illustrate how they should use their time each day to be as productive as possible. Remind them that **short** (no more than 2 hour sessions), **frequent** (2-3 sessions per day), and **focused** (identify a specific chapter or concept for each session) study sessions are the keys to effective study. For a weekly calendar that your student can print off to develop their study plan, visit <http://www.uregina.ca/student/ssc/resources.html>.

Limit distractions. Unlike high school, where your student would have had many assign-

ments and exams throughout the course of the year to evaluate their knowledge and understanding of the material, university finals are typically worth a large percentage of the grade earned (often 30%-60%). In some cases, your student may even be required to pass the final in order to pass the class – regardless of how well they did on assignments/exams the rest of the semester.

Try not to expect your student to participate in many family activities and, if possible, encourage them to reduce the number of hours they will work (if they have a job) during the final exam period. Allow them the space they require during the final exam period so that they can focus on finishing the semester as best possible.

Motivation SOS! One of the greatest challenges facing your student during final exams will be finding the motivation to study. Classes will have ended resulting in a major change in their daily routine – and more free time! Encourage your student to begin studying the material that has not yet been evaluated in the class (i.e.: lectures since the last midterm). This way if they have procrastinated on starting to study or lose motivation

partway through reviewing the semesters' material, they will have at least committed study time to the concepts that will likely carry the highest mark value on the final exam.

Expectations vs. Outcomes We hope that your student will have enjoyed a successful semester when finals wrap up. However, for some students, the outcome of the semester may not be what they had desired. If your son/daughter does not earn the grades they hoped for, encourage them to reflect on their study habits and the life events that took place over the semester. What can they do to be proactive when starting a new semester? If they require assistance in developing more effective and efficient study habits, encourage them to seek support at the Student Success Centre. A Student Success Advisor will work with them to assess their current study habits and help them discover new strategies to engage them in their learning.

Raeanne Skihar
Student Success Advisor



Inside this issue:

It's Time for Finals!	1
University of Regina Lingo	2
End of Semester Support	2
Summer Plans - A Student's Perspective	2

University of Regina Lingo

You may be familiar with some of this lingo by now, but if you are still wondering, here are some common terms used at the U of R and their definitions:

Semester – the way that the academic year is divided.

We have three semesters:

- Fall – September to December
- Winter – January to April
- Spring/Summer – May to August

Credit hour – represents one lecture hour per week. Most courses are three credit hours, or three hours per week.

Certificate – a one-year program (30 credit hours).

Diploma – a two-year program (60 credit hours).

Degree – an undergraduate degree is the outcome of most programs your students enrolled in. They generally require 120 credit hours. Master's and PhD programs are options after an undergraduate degree is earned.

Majors and minors – areas of concentration within programs of study.

Part-time and full-time status – refer to the number of credit hours students are enrolled in each semester. Students enrolled in nine or more credit hours are considered full-time.

Lectures – the core components of each course. Many are true lectures, but many also include discussion, activities and group work.

Seminars – some courses offer these as a way for students to participate in smaller-group and more active learning. They are usually in addition to lectures.

Labs – some courses offer these as a way for students to participate in hands-on learning. They are usually in addition to lectures.

Grades - we use a percentage grading system, A grade of less than 50% is a failing grade for undergraduate programs.

End of Semester Support

Students who are anxious about final exams, need to improve their study skills or just need extra support can:

- Meet with their UR Guarantee Advisor
- Attend a free workshop
- Book a learning skills consultation
- Get extra help through our tutor registry or free tutoring service

Student Success Centre

Riddell Centre 230

Toll Free: 877-666-0822

Phone: 306-585-4076

Student.success@uregina.ca

www.uregina.ca/student/ssc

Summer Plans - A Student's Perspective

Some students choose to go back home during the summer, wherever that may be, or go on vacation. But many of us decide to stay in Regina and make the most of what's available. The U of R offers spring/summer courses that can significantly shorten the time it takes to graduate. I am taking an Art History class in May, where we will be travelling to Italy, and will receive 3 credits in just two weeks. There are classes taught online and on campus that might also be good options.

Some students choose to take advantage of the many volunteer opportunities in

Saskatchewan or around the world, such as building schools in Africa. Students can also get some volunteer hours by becoming an Ambassador for the university and helping out with events on campus. It's a great way to meet new friends and share experiences with brand new students.

Students often choose to work for the summer. They may feel like they need a break or need to make some extra money, or they may want to gain some valuable work experience to list on their resume. There are even work opportunities available on campus; I work

as an office assistant in the Student Success Centre and I love it! The hours are flexible and you learn a lot about campus. The Career Centre can help students find a job on or off campus, as well as improve your resume and interview skills. I applied online for work at Regina City Careers and was able to get an excellent full time job working for Regina's Parks Maintenance.

There is a lot to do in Regina during the summer months: running the 5K "Run or Dye" marathon in July, attending concerts such as Florida Georgia Line, enjoying a cultural experiences by checking

out the Mosaic Exhibition, and relaxing at Regina Beach are just a few things that I'm looking forward to doing this summer! Many houses and apartments open up for rental during April/May, so it's fairly easy to find a place to stay if you are not living on campus.

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