

Preparation Before Entering University: How to Stand Out from Your Peers?

After leaving high school, what are your plans?
Do you have the notable skills to excel in the University?

Introduction

This course is developed and designed deliberately to provide opportunities for participants to integrate into the University with the competencies necessary for them to chart their study growth within the University.

Program Objectives

This program aims to:

- Learn to manage their self-learning and growth within the environment of tertiary education
- Gain self-awareness on how they perceived themselves and their course mates in the university, and how to attune their behaviour while optimising their performance and that of their team
- Acquire the essential skills and tools in managing relationships with supervisors, peers and lecturers
- Enhance people engagement skills; in building a motivated, cohesive and performance-orientated team

Learning Outcomes

After completing this program, participants should be able to:

- Make a smoother transition into the university and their learning environment
- Pick up the tools to lay the foundation for a successful university route
- Apply the toolkit including checklists; forms and guidelines for immediate impact
- Develop its own action plan with the given toolkit and apply this to the University

Who Should Attend?

High school leavers who are preparing for their tertiary education.

Methodology

Case studies, forum discussion, role-play, presentations, gamification

Program Outline

Time	Day One
9.00am– 10.30am	Managing Yourself for Success This introductory module gives background to participants on the key success factors studying in the university. The participants would understand the competitive working environment and the current trend and the requirement at the workplace.
10.30am-11.00am	Break and Networking
11.00am-1.00pm	Fundamental of Effective Communication The participants would learn the secret how to communicate among peers, seniors, lecturers and the most important the industry. The participants would learn different strategies when communicating with the groups. The concept and application of nonverbal are shared with the participants in this module.
1.00pm-2.00pm	Lunch Break and Networking
2.00pm-3.30pm	Effective Communication A Practical Approach The participants would be exposed to interpersonal skills and presentation skills. Besides, each participant would start to identify their personal, physical and semantic barriers to effective communication.
3.30pm-4.00pm	Break and Networking
4.00pm-5.00pm	Managerial Role for University Students The participants would learn the self-managerial roles in the university. The participants would learn the right techniques in planning, leading, organising and controlling in the world of academia.

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Time	Day Two
9.00am– 10.30am	<p>Team Mindset: Journey to be in Community</p> <p>Cultivating the team spirit and mindset must be started in the university. The participant would learn to be aware of the impact of attitude, skills, and knowledge while working in teams in acquiring new knowledge and new skills in the university. The participants would learn the secret how to deal with team and groups in an assignment in their studies.</p>
10.30am-11.00am	<p>Break and Networking</p>
11.00am-1.00pm	<p>Personal Branding</p> <p>In the university, the candidate must learn how to brand themselves and focus on their strength and eliminate their weaknesses. The participants would learn how to find the uniqueness among themselves.</p>
1.00pm-2.00pm	<p>Lunch Break and Networking</p>
2.00pm-3.30pm	<p>Leadership: Key of Excellence</p> <p>An excellence student must equip themselves with leadership skills before leaving the university. In this module, techniques of mindfulness are shared to ensure leaders can reduce stress and anxiety for healthier, happier lives.</p>
3.30pm-4.00pm	<p>Break and Networking</p>
4.00pm-5.00pm	<p>Are you Ready to the World?</p> <p>The participants would learn the DO and DON'T in the working environment. The participants would be mindful not to be hurt and not to hurt others in the real working environment. The participant would learn the importance of integrity in the working environment.</p>

