



Parents of new students: Welcome to KPU!

This is an exciting time in your son or daughter's life and we are proud to play a part in their development, success and preparation for community and global contributions.

Kwantlen Polytechnic University (KPU) is a comprehensive undergraduate university with four campuses located in the South Fraser region of British Columbia's Lower Mainland. More than 18,000 students annually attend our campuses in Surrey, Cloverdale, Richmond and Langley. KPU offers bachelor's degrees, associate degrees, diplomas, certificates and citations in over 135 programs. We also provide many helpful services to support student success.

One of the most significant factors in education is the quality of instructors. Our award-winning faculty members focus their efforts where it matters most: on the student and their learning. Our dedication to teaching excellence makes our classes stimulating, sought-after and worthy of serious consideration. Our smaller classes are often noted by students as a significant factor in choosing KPU.

We desire that all our students succeed and continually strive to do provide high-quality teaching and service to support that end. We believe that success in education is a wider goal than simply getting good grades. Our vision statement reflects this belief:

We inspire students to excel in their careers, lead in their communities, and succeed in their lives.

Resources to support new students include:

▶ **Website Resources:**

Helpful information, resources and web links to help students with preparation, involvement and success:

www.kpu.ca/sld/orientation-and-transition

Course Planning video tutorials:

www.kpu.ca/advising/courseplanning

▶ **Orientation Programs:**

New Student Orientation Events – These very well-received programs are held on each campus in the week before classes start in September, January and May. www.kpu.ca/orientation

▶ **The New Student Handbook:**

This handbook provides helpful information and tips related to University policies, expectations, services, advice from faculty/students and student life opportunities. The Handbook can also be found online at www.kpu.ca/sld

▶ **Student Success Centre Website:**

Tips, resources and links related to academic and personal success in post-secondary education at www.kpu.ca/sld/success-resources

▶ **MyKwantlen:** A portal for students to deal with Kwantlen systems, processes and courses. www.MyKwantlen.ca



KPU offers transition courses specifically geared for incoming students including:

EDUC 1100 (3 cr) Introduction to Higher Education:

Students will develop an understanding of the purpose of post-secondary education and the ways in which becoming educated can enhance the quality of their lives and their communities. They will explore their place in the university through examining the history and functions of education (e.g., the exclusion of certain groups, the relation of education to living in a democratic society). Students will also begin to develop abilities necessary to maximize their education including the ability to participate in scholarly discourse, recognize connections between disciplines, and understand the world and act within it in new and creative ways through discussions, group work, special events, and service learning projects.

IDEA 1100 (3 cr) Interdisciplinary Foundations

What's the point of university? Why are we here? What should we do? This course explores these questions through the lens of interdisciplinary inquiry and creativity. Led by the initiatives and interests of learners, the course includes a diverse number of current interdisciplinary approaches to help learners ask — and answer, in their own ways — questions about purpose, meaning, and direction. University is the first step toward lifelong learning. We should take that step with clarity, mindfulness, and a sense of creative joy.

Student Services at KPU include:

- ▶ **Learning Centres:** Students can get free tutoring and study skills seminars related to many subjects while at Kwantlen! The Learning Centre features appointment booking with tutors (faculty and students). Website: www.kpu.ca/learningcentres
- ▶ **Course planning & Program Advising:** Educational Advisors can help if students have questions or difficulties related to course planning, or need guidance on how to find information on specific programs. Help is available through many avenues - the Advising website, course planning workshops, individual appointments, drop-in times, Email questions, and even an Advisor Helpline. www.kpu.ca/advising
- ▶ **Wellness and stress management seminars:** Counselling Faculty and Learning Centre Faculty/Staff offer seminars on topics such as time management, note-taking, exam preparation, stress management and many others. Visit the Counselling & Learning Centre websites for current seminar information. www.kpu.ca/counselling/academic-success-seminars
- ▶ **Qualifying Studies and academic upgrading:** If students find they need more significant help with prerequisite subjects (often English or Math), we offer a number of ways they can get the support needed. Contact Angela More (599-2964) to ask about Directed Studies and other courses/services through Academic & Career Preparation (ACP). www.kpu.ca/aca/uqualifyingcourses
- ▶ **Career Counselling & Seminars:** If students need help working out or clarifying career goals, seminars and individual career counselling sessions are offered by the Counselling Department. www.kpu.ca/counselling/career
- ▶ **Disability Services:** If students have (or may have) a physical, psychological or learning disability, Disability Advisors and Learning Specialists help to make sure they receive the assistance and support they need to be successful in classes. Students can book an appointment by calling or visiting the Counselling & Advising Office on campus. www.kpu.ca/ssd
- ▶ **Personal Counselling:** Counsellors are available for confidential, short-term counselling to help students dealing with common personal difficulties, such as anxiety, depression, relationship issues, etcetera. They simply need to drop by or call for an appointment. www.kpu.ca/counselling
- ▶ **Library:** Kwantlen librarians, tutorials (and their handouts) can be very helpful in learning how to do research more effectively. www.kwantlen.ca/library
- ▶ **First Nations Coordinator:** The First Nations Coordinator links the First Nations community with the Kwantlen community and provides ongoing support to interested students. Visit the Aboriginal Gathering Centre in the Surrey Main building. www.kpu.ca/aboriginal/welcome

- ▶ **Student Awards and Financial Assistance:** Financial Assistance is available to qualified part-time and full-time students. After May 1st Student Loan forms usually become available at the SAFA Department. Students can also apply on-line for government student loans at www.bcsap.bc.ca. Information on scholarships, bursaries and grants is available on the Kwantlen Financial Awards website. Check the Financial Awards Office for dates/deadlines for applications and documents. www.kpu.ca/awards
- ▶ **Preparation for the work force:** Co-op education options allow students to work in a professional capacity, gain industry contacts in their field, before they graduate. Study abroad opportunities prepare them for work in global marketplace. www.kpu.ca/coop
- ▶ **Career Services** offers coaching and job-finding resources for graduates, as well as for part-time and summer employment. www.kpu.ca/careers
- ▶ **Athletics and Recreation:** We have 7 varsity athletic teams, with more to come, a Wellness Centre that is open to the public and the Talon Fitness Centre—a dedicated exercise environment. www.kpu.ca/athletics www.kpu.ca/recreation
- ▶ **Student Life & Development** offers student leadership development through avenues such as the orientation leadership team and the annual KPU Leadership & Service Conference. www.kpu.ca/sld
- ▶ **Kwantlen Student Association (KSA):** Students are automatically members of the KSA, and can take advantage of discounts on tickets from Cineplex Odeon and Famous Player theatres, Whistler/Blackcomb, and PNE and Playland. The KSA also offers additional services including computer support and a volunteer program called START. www.kusa.ca
- ▶ **Kwantlen Alumni Network**
 - KPU Alumni have access to:
 - Alumni Employment services
 - Domestic and international travel discounts with an International Youth Travel Card (available for ages 25 and under)
 - Professional Kwantlen Alumni Network business cards, using our template, for use in employment interviews and networking
 - Alumni Smart Card for on-campus benefits at the library, gym, bookstore, Kwantlen Student Association and more
 - The Alumni Network newsletter, *InTouch*, and website, www.kpu.ca/alumni, help graduates stay in touch, learn about class reunions and events, and future alumni benefits and affinity programs as they develop.



The Transition to University Studies

Some of the differences when students enter university become apparent immediately; others are more subtle. Here are some new realities students discover when they begin:

- More independence is allowed and expected;
- Students have more free time outside of classes—although much of it should be utilized for coursework, often estimated at 2 hours of outside study per hour of class time, more for some courses;
- A greater volume of work—more reading, writing, and deeper thinking;
- Often it can take significantly more work to achieve high grades;
- A greater requirement for personal initiative, including seeking help when needed;
- This is also often a time of growth and change in many areas of students' lives, including personal, family and significant relationships; and
- The right to privacy over their own student records (required by law).

New Student Success

A few suggestions for new students:

- Take EDUC 1100 (Introduction to Higher Education), ideally in your first semester. It will assist you to make the most out of your university experience.
- Utilize KPU web resources to help get ready for a successful first year;
- Attend Orientation events and bring questions -- make connections early;
- Take care of details like campus locations, textbooks, supplies, and transit/parking;
- Prepare to start working hard right at the beginning of the semester—it is much easier to keep up than to catch up; build buffers into your schedule for 'just in case' situations;
- Keep an open mind – be open to discovering new skills and interests;
- Watch deadlines for adding/dropping and withdrawing from courses carefully.
- Learn how university systems work and take advantage of services such as free tutoring!
- Find ways to participate in the life of the KPU community beyond going to classes—your experiences outside the classroom are often as valuable to employers as grades.

The support of parents can be invaluable to a student in this challenging transition. Here are a few suggestions:

- Keep aware of important dates and deadlines;
- Encourage them to get involved in student life outside of classes;
- Support and encourage their independence as they continue growing into adulthood;
- Watch out for attempting to solve problems that they need to learn to solve themselves;
- Support them by listening when they get anxious about academics, exams and deadlines
- Believe that they can succeed if they apply themselves;
- Encourage realistic workloads—at times students try to take on more courses than realistic while working in jobs as well;
- Encourage your son or daughter to seek assistance as soon as possible when necessary;
- Believe your support is valuable and valued – even when it may not seem so at the time;
- Help with budgeting as needed;
- Allow them some freedom to change direction – this is extremely common!

Congratulations and Welcome to KPU!

We look forward to supporting your sons and daughters in their pursuit of educational, career and personal goals.

Their success is our success as well.

