

KEYS TO HIGH SCHOOL AND POST-SECONDARY SUCCESS

There are four things that academic advisors in post-secondary institutions wish grade 12 students knew before they left high school and what they use to help students who run into problems.

1. How to break down large tasks (i.e. reading a textbook, writing a 25-page term paper, studying for a final exam, etc.) into smaller ones.
 - [StudyRight](#)
 - [Barnard College](#)

2. Time management, effective use of day timers and properly planning and scheduling your work. Most post-secondary institutions recommend that students read 3 or more hours for every hour they are in class—lectures, labs, etc.
 - [Top Universities](#)
 - [Charles Darwin University](#)

3. How to read effectively and efficiently. Research the SQ3R method.
 - [Northern Arizona University](#)
 - [Virginia Tech](#)
 - S-Survey—skim the chapter, look at pics, headings, charts, maps, get a general idea of what it's about.
 - Q-Question—make up some questions based on your survey.
 - R-Read
 - R-Recite—answer the questions you asked.
 - R-Review

4. Test anxiety
 - [NXT](#)
 - [Princeton Review](#)

Many other important topics for students are covered in both of the following websites from the U of R and U of S.

- Notetaking
- Exam preparation and writing
- Term paper writing
- Problem solving
- Learning styles
- Avoiding plagiarism
- Doing presentations
- Learning communities and study groups

Sources:

[University of Regina](#)

[University of Saskatchewan](#)