



ARE YOU PLANNING TO GO to University?

Earn university and high school credit at the same time

INTS 100.3: Strategies for Academic Success

Available online for high school students.

This university and high school credit course will kick start your degree and prepare you to be more successful in all your university classes. Recognize your personal strengths, challenges, motivations and how to self-monitor learning.

Apply Now!

Available online Semester/Term 2
Deadline for admission is January 15, 2016.

For more information, talk to your guidance counsellor or visit us at <http://www.sunwestdlc.ca/courses/details/learning-to-learn-30-dual-credit.html>

What former students are saying...

“This course was very helpful in learning ways to do better in every facet of schooling, from studying to researching. I would recommend this class to all first year students.”

“It gave me a better understanding of how a university class will work and has prepared me for my first year of university note taking, test writing and time management. I think this class provided a good insight into the level or work needed to be successful. The information was given in formats that made it easier to understand, with diagrams and videos to help.”



Course Overview

INTS 100.3: *Strategies for Academic Success*

INTS 100 covers a broad range of subject areas in a general or introductory way. Students will find that the content in the INTS 100 course is balanced evenly in terms of its emphasis on either the “skills” required for academic success or the “will” needed to maintain motivation. Progression through topics such as reading, note-taking, academic writing, research, and memory will help students to learn the skills necessary to achieve and maintain good academic standing. Alternately, topics like metacognition, goal setting, motivation, and decision making help students to strategize about the best ways to maintain their drive to succeed in higher education.

Course Objectives

By the end of this course, students should be able to:

- Apply knowledge and techniques to increase the effectiveness of one’s academic and personal skills related to the pursuit of academic and personal goals.
- Outline personal management strategies for academic and lifelong success.
- Apply the skills associated with reflection on personal growth and development, awareness of health and wellness issues, and planning of career direction.
- Demonstrate higher-level thinking skills, such as critical thinking and problem solving skills.
- Develop one’s own cognitive and meta-cognitive abilities, including those skills involved in the self-regulation of learning.
- Engage as a participant in a diverse learning community

Evaluation Components include:

- Discussion Forums
- Reflective Practice
- Midterm Exam
- Essay
- Final Exam

University of Saskatchewan Credit

Students must complete course requirements including assignments, discussion forums, and exams in order to receive university credit. For more information contact Academic Advising at student-advice@artsandscience.usask.ca.

High School Credits (Special Project Credits)

If you have questions regarding information related to the marking policies for the High School Credit side of this dual credit course offering, please contact Brian Johnston, Teacher of Record for Sun West Distance Learning at brian.johnston@sunwestsd.ca.

Tuition Fees

University tuition and one-time \$90 application fee will be assessed at time of registration.



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Arts and Science
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