

# Academic Boost Camp

*Schedule for the Day\**

Time	Activity
9:00 am to 9:30 am	Sign-in for the day ( <i>please use sign-in sheets</i> ) Coffee, tea and muffins provided
9:30 am to 9:45 am	Welcome, introductions and overview of the day
9:45 am to 11:15 am (1.5 hours)  (short break included)	<b>Group 1 - Academic Standing</b> <ul style="list-style-type: none"> <li>• How did I get here? Assessing the Situation (presentation &amp; group discussion)</li> <li>• What is the Meaning of Academic Warning &amp; Academic Probation</li> <li>• Self Assessment: College Survival &amp; Success Scale (CSSS)</li> <li>• Small Group Discussions</li> </ul>
	<b>Group 2 - Boosting Your Academic Performance</b> <ul style="list-style-type: none"> <li>• Discovering your Personal Learning Style</li> <li>• Deep, Surface and Achieving Approaches to Learning</li> <li>• Motivation and Style</li> <li>• Small Group Discussions</li> </ul>
11:15 am to 12:15 pm	<b>Managing and Using Your Time Well</b>
12:15 pm to 12:45 pm	<i>Lunch provided</i>
12:45 pm to 1:45 pm (1 hour)	<b>How to Succeed!</b> <b>Group 1</b> - School and Test Anxiety <b>Group 2</b> - Career Planning <b>Group 3</b> - I bought the textbook. I went to class. Now what? <b>Group 4</b> - Moving from a "B" to an "A" Grade
1:45 pm to 2:00 pm	<i>Break and move to the next session</i>
2:00 pm to 3:00 pm (1 hour)	<b>Group 1</b> - Procrastination <b>Group 2</b> - Career Planning <b>Group 3</b> - I bought the textbook. I went to class. Now what? <b>Group 4</b> - Moving from a "B" to an "A" Grade
3:00 pm to 3:30 pm	<b>Wrapping It All Up</b> <ul style="list-style-type: none"> <li>• What now? Moving ideas into actions</li> <li>• Discussion and planning for further action</li> <li>• Wrap up, prizes, and evaluations</li> <li>• Concluding remarks</li> </ul>

*\*Please note that all activities are subject to change*

**Brought to you by the Student Development and Success Division**

- [www.kwantlen.ca/counseling](http://www.kwantlen.ca/counseling)
- [www.kwantlen.ca/learningcentres](http://www.kwantlen.ca/learningcentres)
- [www.kwantlen.ca/studentlife](http://www.kwantlen.ca/studentlife)