

# Setting Yourself Up For Success

Schulich School of Engineering



UNIVERSITY OF  
CALGARY

# Overview

- Navigating your Engineering Program
- Schedule & Academics
- Supports & Resources

**What do I need to  
know?**

# UCalgary Email

- The University requires that all electronic communications from the University be sent to your UCalgary email address.
  - **Put your UCID in your email signature**
  - Be sure to check regularly (including over the summer). You'll receive updates on program placement, Academic Review and any critical communications. Some of these will have deadlines attached.

# Engineering Student Centre D2L



## News ▾

### Fall Convocation - Graduation Reviews for Spring/Summer 2022 Applicants

Posted Aug 30, 2022 2:29 PM

Hello Everyone,

This message is directed to all students in the final year of their program that are planning to apply to graduate and finish their degree requirements by the end of the Spring/Summer 2022 term(s).

Congratulations - you're almost done!

As a starting point, please review all important dates and deadlines from the Convocation checklist (found here <https://www.ucalgary.ca/registrar/graduation>) and follow the appropriate steps to apply to graduate.

## Updates ▾

1 Quizzes Not Attempted

## Important Links ▾








### For Students

- [Office of the Registrar](#)
- [Student Success Centre](#)
- [Strategies for Online Learning Success](#)
- [Find textbooks at the bookstore](#)
- [Complete your surveys](#)
- [Library](#)
- [Received an email from Thrive?](#)


### Instructor Resources:


- [Instructor Video Tutorials](#)
- [D2L Help \(Searchable documentation\)](#)


# Engineering Student Centre D2L


Engineering Student Centre

Engineering Student Centre Course Home Content Calendar Assessments ▼ My Tools ▼ Edit Course



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### First Year Engineering Resources ▼

Welcome to the Schulich School of Engineering!

**Please be aware there is a search bar in the top left corner.**

We hope you find this resource helpful. This site is updated regularly, so please come back often!

 [Getting Started as an Engineering Student](#) ▼

A short list of the most important things to do before classes start (if possible).

- [Register for an IT Account](#)- An IT Account will give you access to online services and applications available to students, including: Office 365 Webmail, Campus WiFi, Desire2Learn (D2L) and myUofC
- [Get your UniCard](#)- Your UniCard is your Official campus identification card, Library card, Fitness Centre membership card, Building / lab access card, n-campus debit card

# First-Year D2L Schedule



## News ▾

### Welcome email August 30 ×

Kimberly Adriane Johnston posted on Aug 30, 2022 12:48 PM

Hello incoming first year students and welcome to Schulich School of Engineering!!

I am the Associate Dean (Teaching and Learning & Mental Wellness) in SSE, and I'm part of the first-year coordination team. We are so excited to meet you next week when classes start. In this email, I'm including a few bits of information about your first-year experience and your schedule next week. **Please read this email to the bottom** – emails are used at UCalgary to convey important information, and you are responsible for knowing the information communicated here!!

As a first-year engineering student, you will be registered in one of 12 blocks. This group of <100 students will be your cohort through your first year – they will be the people who help you succeed in your studies and enhance your experience. With your block, you be registered in 10 core courses (5 engineering courses, 3 math courses, one chemistry and one physics course). Each of these 10 courses have both 1) online, self-directed content AND 2) regularly scheduled in-person Active Learning classes.

Your classes start on Sept 6 (next Tuesday!) **Note that your first week schedule is slightly different than your regular weekly schedule** (please see notes below). Your first week will include in-person active learning AND remote self-directed course content. This content will be available for you through several D2L pages. D2L is the online Learning Management System that UCalgary uses for all courses, and is used for communications, grades, course content, scheduling, and more; you have a D2L page for each course, as well as a D2L page for General First Year information.

## Updates ▾

There are no current updates for SSE First-Year Engineering - 2022

## Important Links ▾

### For Students

- [Office of the Registrar](#)
- [Student Success Centre](#)
- [Strategies for Online Learning Success](#)
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- [Complete your surveys](#)
- [Library](#)
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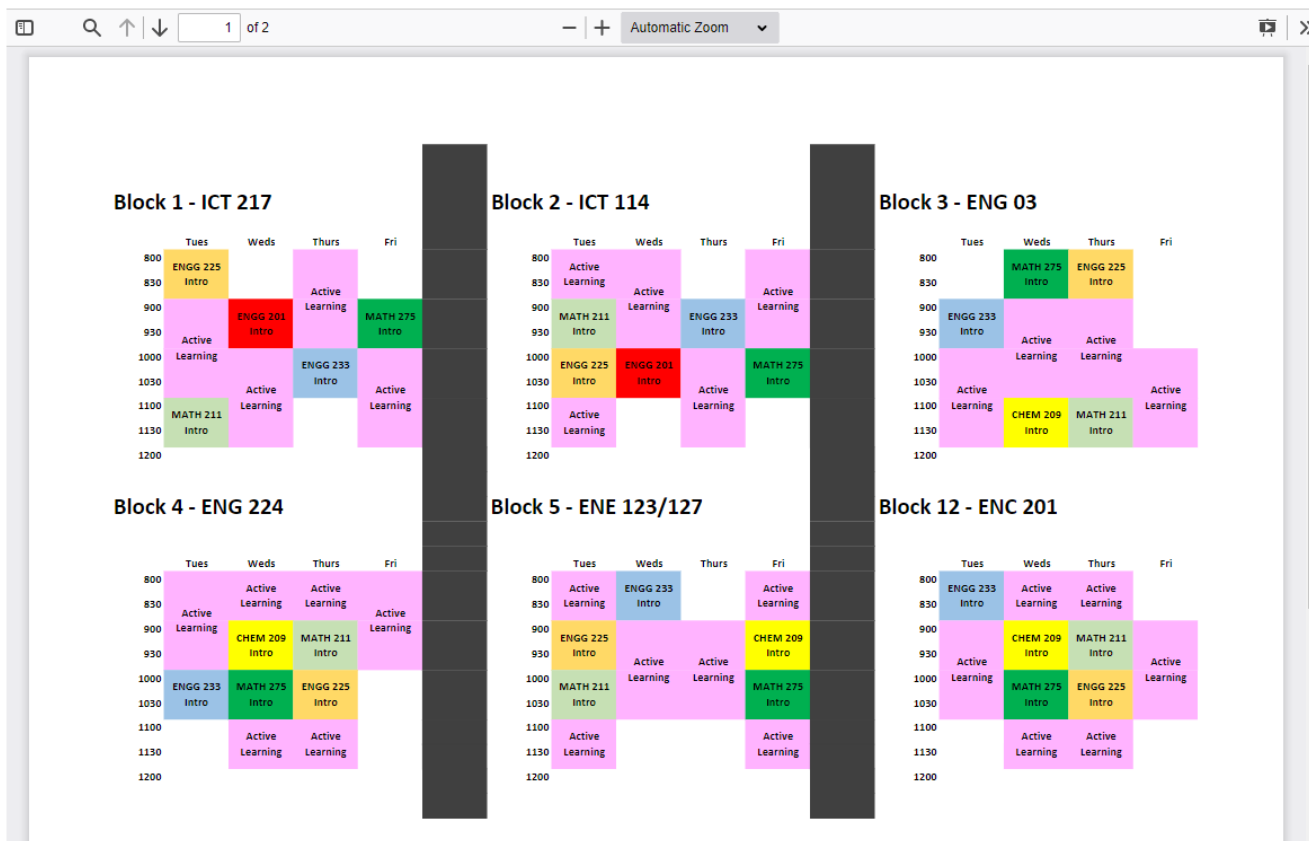
### Instructor Resources:

- [Instructor Video Tutorials](#)

# First-Year D2L Schedule

[Table of Contents](#) > [First Week \(Sept 6-9\) Active Learning Content](#) > Sept 6-9 In Person block schedule

## Sept 6-9 In Person block schedule ▾



# First-Year D2L Schedule

## Block Schedules F22-W23 Updated

	BLOCK 1 - ICT 217					BLOCK 2 - ICT 114					BLOCK 3 - ENG 03					BLOCK 4 - ENG 224					BLOCK 5 -	
	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	T
FALL 2022	8:00					8:00					8:00					8:00					8:00	
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**Additional Asynchronous (no scheduled times) Components:**

ENG0 225 2 hours Lecture (self-directed)  
ENG0 225 2 hours Lab (self-directed)  
MATH 211 1 hour Lab (self-directed)  
MATH 211 1 hour Tutorial, 1.5 hours Lab (self-directed)  
ENG0 225 1.5 hours Lecture, 1.5 hours Tutorial (self-directed)

**Additional Asynchronous (no scheduled times) Components:**

ENG0 225 2 hours Lecture (self-directed)  
ENG0 225 2 hours Lab (self-directed)  
MATH 211 1 hour Lab (self-directed)  
MATH 211 1 hour Tutorial, 1.5 hours Lab (self-directed)  
ENG0 225 1.5 hours Lecture, 1.5 hours Tutorial (self-directed)

**Additional Asynchronous (no scheduled times) Components:**

ENG0 225 2 hours Lecture (self-directed)  
ENG0 225 2 hours Lab (self-directed)  
MATH 211 1 hour Lab (self-directed)  
MATH 211 1 hour Tutorial, 1.5 hours Lab (self-directed)  
ENG0 225 1.5 hours Lecture, 1.5 hours Tutorial (self-directed)

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MATH 211 1 hour Tutorial, 1.5 hours Lab (self-directed)  
ENG0 225 1.5 hours Lecture, 1.5 hours Tutorial (self-directed)

**Unscheduled Activities:**  
Instructor and TA Office Hours / PASS / Group Tutoring / Academic Support / Water sports access (on-post support)  
Additional Asynchronous Components

Note: Bold red lettering on a course name that component is not named/numbered in sequence with the block name/number  
Note: ENG0 225, ENG0 201 and CHEM 209 have alternating labs, or 1 lab every 2 weeks - see your Student Centre for date list of labs

# Schedule & Academics


# What does that mean for you?

- Your block schedule only shows **1/3** of the **actual** expected time commitment:
- You are responsible for scheduling time for:
  - Reviewing lecture materials and readings (6-10 hours/week)
  - Study time (15-20 hours/week)
  - Extra Supports (1 – 3+ hours per week)
  - Extracurricular Activities
- You can expect on average **44 hours per week dedicated to Engineering**
- Active learning gives you flexibility to control your schedule, set your priorities, and customize how you spend your time.

# First-Year D2L Schedule

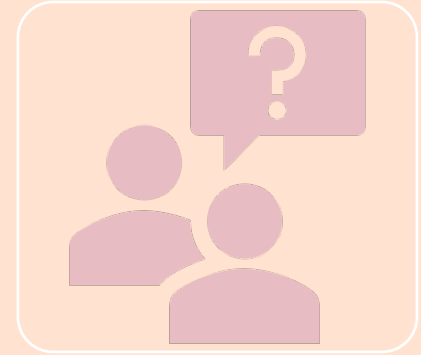
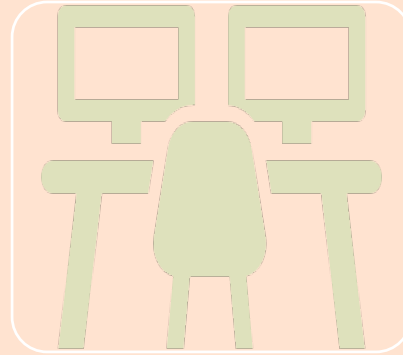
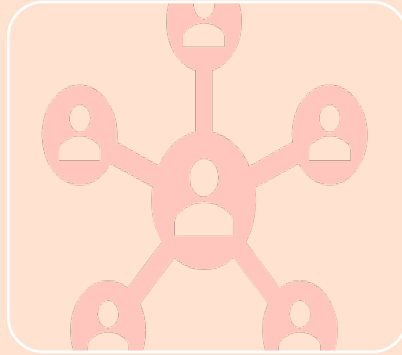
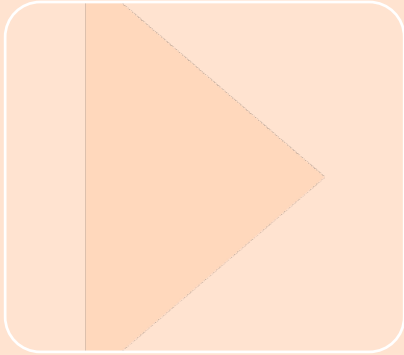
## Block Schedules F22-W23 Updated ▾

1 of 4 Automatic Zoom



	BLOCK 1 & 2 ENGG 201 in Fall/ENGG 209 in Winter					BLOCK 3, 4, 5 & 12 CHEN 209 in Fall/ENGG 202 in Winter					BLOCK 6 & 7 CHEN 209 in Fall/ENGG 202 in Winter					BLOCK 8, 9, 10 & 11 ENGG 201 in Fall/CHEN 209 in Winter				
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	Self-Directed Learning Base Requirement: 10 Hours Blocks 1, 2					Self-Directed Learning Base Requirement: 9.5 Hours Blocks 3, 4, 5, 12					Self-Directed Learning Base Requirement: 9.5 Hours Blocks 6, 7					Self-Directed Learning Base Requirement: 10 Hours Blocks 8-11				
Winter 2023	8:00					8:00					8:00					8:00				
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	Self-Directed Learning Base Requirement: 11 Hours Blocks 1, 2					Self-Directed Learning Base Requirement: 11.5 Hours Blocks 3, 4, 5, 12					Self-Directed Learning Base Requirement: 11.5 Hours Blocks 6, 7					Self-Directed Learning Base Requirement: 11 Hours Blocks 8-11				

# This looks like:



## Watch the lecture content **BEFORE** Active Learning

- Attend the live streaming sessions
- Take notes
- Write down your questions

## Participate in your **ACTIVE LEARNING** sessions:

- Bring your questions
- Prepare to be an engaged and participate in your blocks

## Schedule **STUDY TIME**

- Assignments
- Peer Assisted Study Sessions/Tutoring
- Closed-book practice
- Review concepts

## Use your **Resources**

- Learning Assistants (Free tutoring!)
- PASS
- Study Strategy appointments
- Office hours
- MakerSpace
- Clubs & Teams

# Effective Learning Strategies

# Effective Learning Environments

## Immediate Environmental Factors

- Sound
- Temperature
- Light
- Design

## Sociological Factors

- Alone vs. with others
- White noise vs. silence

## Physical Factors

- Intake
- Time of day
- Mobility

# Self-Regulated Learning

Self-Regulated Learning is a cyclical process where students set goals, monitor their performance and reflect on the outcome

(Zimmerman, 2002)

## Plan

- Set intentional goals
- Come up with strategies

## Perform

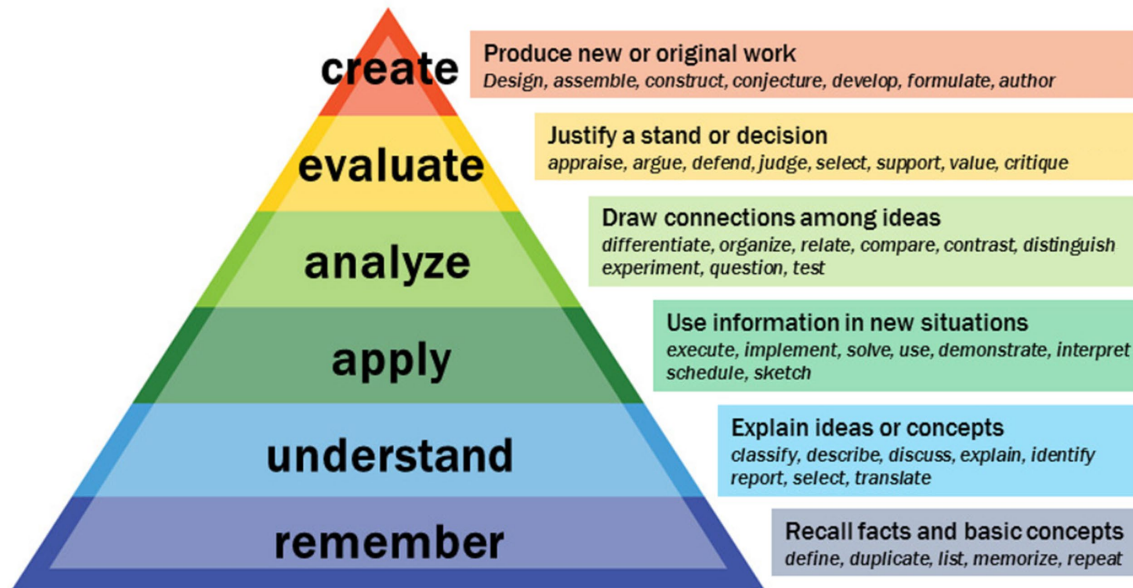
- Complete the task
- Monitoring performance

## Evaluate

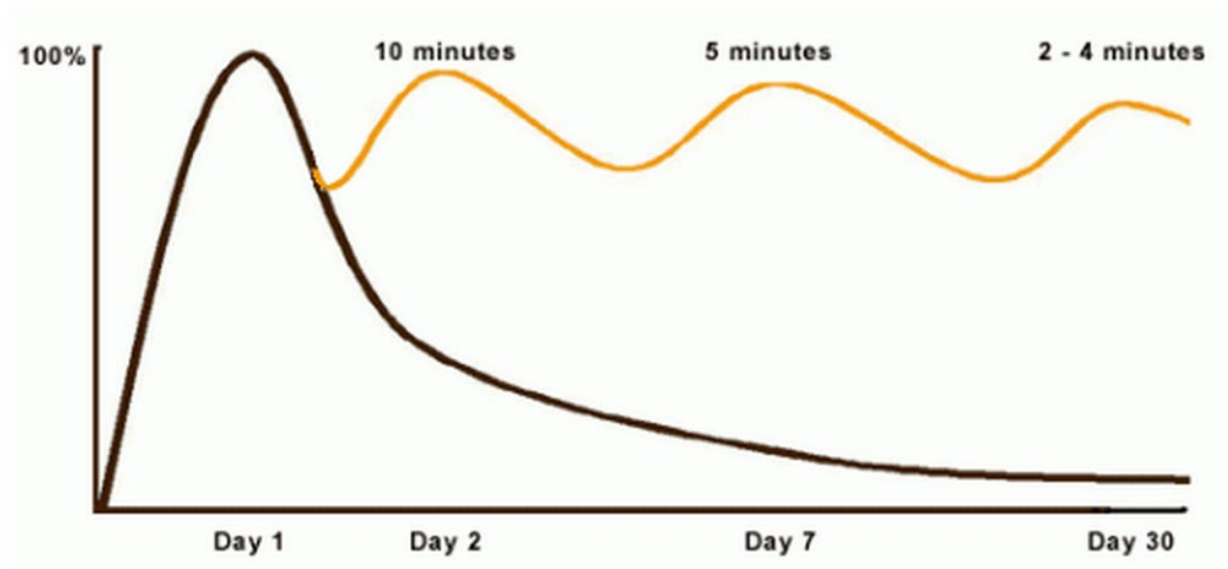
- Reflect on performance
- Make changes for future

# What changes from High School?

## Bloom's Taxonomy



# The Curve of Forgetting



<https://uwaterloo.ca/counselling-services/curve-forgetting>

**Regular review of material is critical**

# Self-Testing

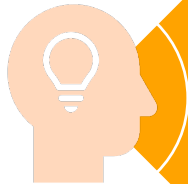
Study/Practice	Self-testing
Location can be noisy, distracting	Location mimics test environment
Notes, textbook, computer available	Only what's allowed in actual test (e.g., calculator, pen, formula sheet, etc.)
Friends, profs, TAs can help	Solo effort
Practice problems, textbook review questions, rereading, note-making, flash cards	Answering questions in format of actual test (i.e., MC, T/F, short answer, essay, etc.)
No time limit	Timed (ideally equal to actual test)

# Track your performance!

Topic	Self-Test 1	Self-Test 2	Self-Test 3	Night before
Limits	✗	✓	✗	✓
Critical points	✓	✓	✓	✓
Local extrema	✗	✓	✓	✓
Absolute extrema	✗	✗	✓	✗

**What happens if  
something isn't going  
well?**

# Supports in Schulich



Learning Assistants  
(Tutoring)



Peer Assisted Study  
Sessions



Academic Development  
Appointments



Office Hours

# Learning Assistants

- **FREE, Drop-In learning support**
- Peer-to-peer (upper year Engineering students)
- Available throughout the week (schedule in D2L)



## Learning Assistants CAN:

- Help with specific questions regarding content
- Help walk you through practice problems
- Answer questions regarding concepts, theories, and equations

## Learning Assistants CANNOT:

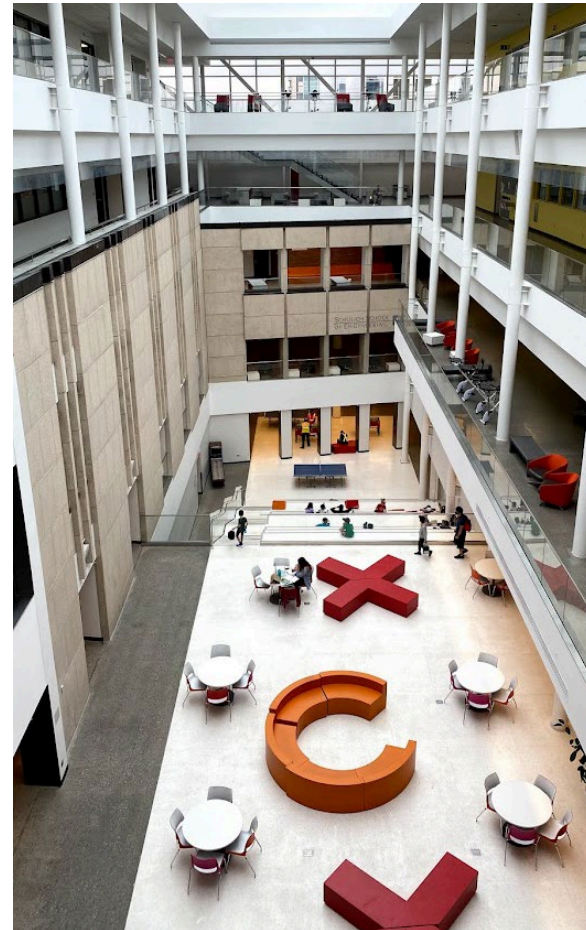
- Do your homework for you
- Mediate group project dynamics
- Tell you the answer

# Peer Assisted Group Study Sessions

- **FREE**
- Upper-year students who have done well in the course work with your course instructor to review particularly challenging topics
- Midterm & Final Review Sessions
- Students who attend **5 or more sessions** in one course throughout the semester saw **1 full letter grade improvement** over their peers that did not attend.

# ADS Appointments

- 45 minutes
- One-on-one
- Appointments only
  - (no Drop-In)
- Free
- Student driven
- Engineering Student Centre



# “What do I talk about?”

- Time management
- Procrastination
- Exam anxiety
- Note taking
- Focus
- Self-care
- Learning environments
- Homesickness
- Getting involved
- Online learning
- Exam preparation
- Goal-setting
- Errorful learning
- Communication strategies

- Download the QLess App to join the in-person or remote advising line-ups
  - Join the QLess In-Person Line for in-person advising held in ENC 205
  - Join the QLess Remote Line for online/virtual advising on Zoom
  - Check advising times and delivery types (in-person and remote are held at different times) by visiting:  
<https://schulich.ucalgary.ca/current-students/undergraduate/student-resources/qless>
- Email [engginfo@ucalgary.ca](mailto:engginfo@ucalgary.ca)
  - Send all of your communications from your Ucalgary email
  - On EVERY email, please include your UCID (put it in your signature!)
  - Be specific – if your questions are extremely in-depth, an advisor may recommend an advising session (QLess)

# References

- Zimmerman, B. J. (2002). Becoming a self-regulated learner: An overview. *Theory into Practice*, 41(2), 64-70.
- Panadero, E. (2017). A review of self-regulated learning: six models and four directions for research. *Frontiers in psychology*, 8, 422.
- Dunlosky, J., Rawson, K. A., Marsh, E. J., Nathan, M. J., & Willingham, D. T. (2013). Improving students' learning with effective learning techniques: Promising directions from cognitive and educational psychology. *Psychological Science in the Public Interest*, 14(1), 4-58.