**Aim:** Here are actionable steps specifically aimed at preparing high school students for **university readiness**, focusing on both academic and life skills:

**Academic Preparation**

**Advanced Study Skills:**

**Actionable Steps:**

* + - Practice time management with tools like the Pomodoro Technique or task planners.
		- Learn and apply higher-order thinking skills through projects that require analysis, synthesis, and evaluation.
		- Engage in peer teaching or tutoring to reinforce your own understanding and learn how to explain concepts.

**Research Proficiency:**

**Actionable Steps:**

* + - Conduct a major research project or an extended essay, learning to use academic databases like JSTOR or Google Scholar.
		- Master citation styles (APA, MLA, etc.) used in university assignments.
		- Attend workshops on academic integrity and plagiarism to understand these critical issues.

**Critical Reading and Writing:**

**Actionable S****teps:**

Worksheet # 003

University Readiness Actionable Steps for Students

**Printable Series**

January 2025

* + - Regularly read academic articles or books relevant to your field of interest, summarising complex texts.
		- Write essays or reports that argue a point, using evidence from various sources.
		- Join a writing or reading club to discuss and critique literature or academic papers.

**Mathematics and Quantitative Skills:**

**Actionable Steps:**

* + - Engage with advanced math problems or participate in math competitions.
		- Use software for statistical analysis like SPSS or R to familiarise with data handling.
		- Apply math concepts to real-world scenarios or science experiments.

**Study of University-Level Material:**

**Actionable Steps:**

* + - Take advantage of MOOCs (Massive Open Online Courses) or sit in on university lectures online or in person if possible.
		- Work through university-level textbooks or resources in your intended major.
		- Join or form study groups focused on university preparation materials.

**Life and Independent Living Skills**

**Time Management:**

**Actionable Steps:**

* + - Create a semester-long planner mapping out academic deadlines and personal commitments.
		- Practice balancing multiple assignments with extracurriculars, mimicking university life.
		- Learn to prioritise tasks based on urgency and importance.

**Financial Literacy:**

**Actionable Steps:**

* + - Attend workshops on budgeting, managing student loans, or personal finance.
		- Start a small savings project or mock budget for university expenses.
		- Understand basic banking, including opening a student bank account.

**Self-Advocacy and Resourcefulness:**

**Actionable Steps:**

* + - Learn how to navigate university websites for student services, including academic support, health services, and counselling.
		- Practice writing emails to teachers or professionals requesting information or assistance.
		- Attend sessions on how to use university administrative systems like enrolment or course selection.

**Mental and Physical Health:**

**Actionable Steps:**

* + - Develop a routine that includes regular exercise, sleep, and nutrition, understanding their impact on academic performance.
		- Learn about stress management techniques specific to the university environment like time-blocking for study and relaxation.
		- Explore mental health resources and understand how to access support services at university.

**Social Skills and Networking:**

**Actionable Steps:**

* + - Join clubs or societies that mirror university activities to build social networks and leadership skills.
		- Attend university open days or orientation sessions to understand campus culture.
		- Practice initiating conversations with new people, as this skill will be crucial in making friends and professional connections.

**Adaptability and Resilience:**

**Actionable Steps:**

* + - Engage in activities outside your comfort zone to build adaptability, like public speaking or new sports.
		- Reflect on past challenges to understand your coping mechanisms and resilience strategies.
		- Participate in simulations or workshops on handling academic pressure or failure.

**Technology Proficiency:**

**Actionable Steps:**

* + - Familiarise yourself with digital tools commonly used in university settings, like learning management systems (LMS), citation software, or virtual labs.
		- Practice using cloud storage for collaboration on projects, understanding data security.
		- Learn to troubleshoot common tech issues or know where to seek IT help at university.

By undertaking these steps, students can transition smoothly into university life, equipped with the academic knowledge, life skills, and personal resilience necessary for success in higher education.

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Furthermore, free resources empower teachers and parents, providing them with tools to support diverse learners and improve outcomes across communities. Education benefits everyone, and making resources universally accessible ensures we build a more informed, skilled, and prosperous future for all.

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