Moving from High School to University

What can I expect in the transition from high school to university?

The transition from high school, or college, to SFU is significant. It is a big step in your academic career.

You are required to adapt to a new environment and learning styles that are different from what you have learned during your previous years in school.

In general, in university you need to be more self-directed than in high school, and take responsibility for your own self-management.

Your grades may drop, don’t beat yourself up over this. Most students’ grades slip in first term and it’s normal.

Just remember to ask for help when you need it!
Using all the resources available to you is a sign that you are on your way to becoming a strong University Student!

For more on this please go to: https://www.lib.sfu.ca/about/branches-depts/slc/learning/transition/high-school-university

And also – Survival Kit for First Year Students (Particularly in the Sciences)

Your next important decision is what courses to enroll in for your first term.

You may choose to take a lighter course load in Term 1 to enhance your chances of success. This is perfectly fine. Only you can determine what courses/schedule will work best for you.
I haven’t completed all of grade 12 biology, chemistry, math and physics. What should I do?

You will need to complete the equivalent/s here at SFU:

BISC 113 = BIOLOGY 12, CHEM 111 = CHEMISTRY 12, MATH 100 PRE-CALCULUS 12, PHYS 100 = PHYSICS 12

I recommend the completion of any missing high school equivalents in Term 1 or 2. Failure to complete these prerequisite course/s early can lead to enrollment difficulties in future terms and may delay your degree completion and graduation.

How many units or courses should I take in my first term?

You may choose to do 3 to 15 units in Term 1. Many students choose to do 9 – 12 units. (If you choose to take 15 units in your first term you must be exceptionally strong in sciences and very disciplined to manage this workload, 15 units is the equivalent of 45hrs/week workload.)

I would like to try enrolling in 4 or 5 courses. What do I do if I realize that the workload is too heavy for my first term?

If you have taken on too much, drop a course if necessary; but pay attention to the drop deadlines and financial implications. (If you are a scholarship student or varsity athlete, you may need to remain in a minimum of 12 units - get in touch with your financial awards or NCAA Academic Advisor.)

I would like to drop a course but it is a co-requisite with another course that I am doing well in and do not want to drop. What Can I do?

MATH 154 and PHYS 101 are an example where MATH 154 must be taken before PHYS 101, i.e. as a prerequisite course, or it can be taken concurrently with PHYS 101, i.e. as a co-requisite. If you are struggling in MATH 154 and decide to drop it when you are enrolled in PHYS 101 at the same time, you will likely get an error message. Please consult with the Physics Advisor asap.
# Recommended Courses Year 1 & 2

**SAMPLE PATHWAY:**

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Term 2</th>
<th>Term 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>BPK 142-3</td>
<td>BISC 101-4</td>
<td>CHEM 281-4</td>
</tr>
<tr>
<td>CHEM 121-4</td>
<td>CHEM 122-2</td>
<td>Math 155-3</td>
</tr>
<tr>
<td>PHYS 100-3 *</td>
<td>MATH 154-3</td>
<td>PHYS 102-3</td>
</tr>
<tr>
<td>Elective course #</td>
<td>PHYS 101-3</td>
<td>BPK 143 or another elective</td>
</tr>
<tr>
<td><strong>Total: 13 units</strong></td>
<td><strong>Total: 12 units</strong></td>
<td><strong>Total: 13 units</strong></td>
</tr>
</tbody>
</table>

* In this example, the student is missing Physics 12 so has to take PHYS 100 before doing PHYS 101 in Term 2.

# The student decides to take an elective course, e.g. a first year English (B – HUM) or Psychology (B – SOC) to have a balance of science & non-science courses. (Med. School requires 6 units of English and the Master of Physical Therapy at UBC requires 3 units of Psychology, 6 units if you plan to attend an MPT program at a university in eastern Canada.)

If this student wants to start a little slower, the student can choose to do 3 of the 4 listed courses, e.g. drop the elective course or CHEM 121. If the student drops CHEM 121 then she/he will do that in Term 2 instead of CHEM 122, pushing CHEM 122 to Term 3 & CHEM 281 to Term 4. This will make for a heavy Term 2 at 14 units, so the student can swap BPK 142 & BISC 101, doing BISC 101 in Term 1 & BPK 142-3 in Term 2.

If the first term goes well, the student can try 4 science courses in Term 2.

As well as the courses listed above, students should plan to complete all of the 1st and 2nd yr. core courses within the first 60 units of the degree:

BPK 201, **205, 207**; MBB 201 or 231; & STAT 201

(BPK 205 is an important prerequisite for almost all 3rd year BPK courses, so its prerequisite courses – BISC 101, CHEM 281, PHYS 101 & 102, need to be completed in a timely manner.)

**For the Active Health & Rehabilitation Concentration:** BPK 110 & 241

**For the Occupational Ergonomics Certificate:** BPK 180W
Important information

All required courses must be completed with a minimum grade of C-, unless otherwise stated.

After a student has completed 24 credits, a Science cumulative grade point average (CGPA) of not less than 2.50 is required for continuance in the major, additional information at:
http://www.sfu.ca/bpk/undergrad_program/faqs/continuancegpa.html

Resources to Help You Succeed

- BPK Peer Mentorship Program
- Free Science & Math Peer Tutoring
- Student Learning Commons for writing and study/exam help
- Health & Counselling professionals available to help you meet the challenges of achieving your academic and personal potential
- Important deadlines such as the last day to drop a course & the financial implications
- General University definitions
- Professor and TA office hours
- Study groups