

Going to university is a big step in anyone's life. It costs money and time, and its future success in a career depends on it. Considering that prospective students spend enough time thinking about what they want to do in their life, and they've done their research on what career fits their profile, all they need to succeed, are good work habits and being knowledgeable of all the resources available in helping them on their journey through college/university. Capilano University (CAP U) has a very friendly environment and offers many resources (workshops and academic support, libraries, classrooms and counsellors), which highly support student's success.

### **Academic support**

All academic support offered at Cap U is well summarised on the Centre for Student Success webpage located at <https://www.capilanou.ca/student-life/academic-support/centre-for-student-success/>

There are three main types of activities in which students can participate to improve their study skills.

- **Student Success Workshops**

At CapU students have access to free workshops offered by the Counselling Services and the Learning Skills Services. The workshops assist students in improving their skills to excel in academic and personal growth. Students who participate in these workshops improve their knowledge on how to approach their studies and, are more

likely to finish their degrees faster and with higher grades. The participating students are also able to improve self-efficiency, and to develop a better strategy on how to make future academic plans and to achieve their desired career .

- **University Success Strategies Courses**

Cap U offers four courses focusing on student success in university, (1) USS 100: Intro to University Success Strategies, (2) USSD 090: Foundations for Student Success, (3) USSD 105: University and College Reading, Study and Online Management Skills and (4) USSD 110: Reading Dynamics. These courses are designed for all categories of enrolment (academic or continuing education) and they are addressed to all categories of students including international, disabled and mature students. The target of these courses are to assist students to improve their knowledge to use resources and to communicate with their instructors; to improve their confidence and generally, their approach on how they can improve their GPA.

<https://www.capilanou.ca/programs--courses/search--select/find-a-program-or-course/?tab=tab-courses>

- **Learning support and Counselling services**

Students at CapU have free access to learning support such as:

[English Language Support \(ELS\)](#) – "ELS provides 30-minute face-to-face learning support sessions in the Library Learning Commons by appointment only. The Learning Commons is located on the first floor of the Library Building."

[English Diagnostic Test](#) - "The English Diagnostic Test (EDT) assesses English usage and composition ability. It is designed to help place incoming students in the most appropriate course, and test scores are only used at Capilano University."

[Language Resource Centre](#) - "The Language Resource Centre is a space where students can:

- Work independently on computerized language assignments
- Meet with others to complete a group assignment
- Access reference books in various languages
- Practice conversation skills with a native speaker

[Math Learning Centre](#) - "The Math Learning Centre (MLC) is located in the Learning Commons (Library Building, room LB126) and is staffed by instructors from the Department of Mathematics and Statistics.

During scheduled hours, students can drop in for one-on-one assistance with mathematics or statistics problems related to a course taken at Capilano University."

[Writing Centre](#)- "At the Writing Centre, instructors from the English department are available on a drop-in basis to help all students, staff and faculty write clearly, logically and effectively in various fields of study.

Cap U is determined to assist students to improve their academic results and more over to support them emotionally while they study. School can be stressful; particularly during exams and for this reason at Cap U students have free access to Counselling Services, which are meant to assist students in dealing with their emotional turmoil and development of their personal identity.

Beside academic support, Cap U offers a great Library and many success resources available to students in the Student Success Guide. At the Library students can improve their research skills, they learn how to retrieve information and to evaluate sources. Capilano University Library offers remote access to an online data base and online chats with librarians, making the research possible even from the comfort of their own homes.

## Conclusion

With all these great resources we have a Cap U, it is fair to say that our University cares about students success and is fully engaged in assisting everyone who needs academic or emotional support while in school. While the university puts so much on the table to assure that its students are successful, it is the students' duty to make sure that they are fully engaged in their studies, because ultimately, academic success depends on students and their willingness to improve their study habits.

