

# Foundations For Success Courses at VIU 2020/21

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Are you gearing up for university studies and feeling a bit uncertain about whether you have all the skills you'll need to be successful? We have you covered with VIU's Foundations for Success program. Foundations courses are designed to be taken before, during, or after other university courses.

These courses will help you get ready for university studies, boost your confidence, and set you up to succeed academically. They are designed with integrated learning supports— they teach you how to learn the subject and how to be successful at university

## **NEW: FNFS 103 Succeeding Online: Tools and Technologies for Learning**

**Fall 2020: Tuesday & Thursday, 3:30 – 5:30, F20N01**

**More sections may be added for Spring & Summer**

Prerequisite: Basic computer skills, access to a computer and the Internet

- Effective use of digital tools for academic purposes
- Understanding of the digital world, including implications of a digital profile, privacy, and professionalism
- Digital presentations and collaborative tools
- Personal learning networks and online academic portfolios will illustrate learning

## **FNFS 100 Writing for Success**

**Fall 2020: Tuesday & Thursday, 3:30 – 5:30, F20D01**

**Spring 2021: Tuesday & Thursday, 12:30 – 2:30, S21N01**

Prerequisite: Min. "C" in English 12 or English 067; or permission of instructor

- Develop a strong foundation for writing situations encountered at university
- Focus on the thesis/support essay, grammar and mechanics
- Strategies for effective reading, note-taking, test preparation, and time management

## **FNFS 101 Reading, Speaking, and Presentation Skills**

**Fall 2020: Tuesday & Thursday, 3:30 – 5:30, F20N01**

**Spring 2021: Monday & Wednesday, 3:30 – 5:30, S21N01**

Prerequisite: English 12 or English 067; or permission of instructor

- Reading Efficacy and Comprehension strategies
- Speak with confidence in front of groups
- Design and present speeches and presentations
- Effectively use presentation software

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## **FNFS 102 Finding Careers that Fit: Exploring Meaningful Education & Career Paths**

**Fall 2020: Monday & Wednesday, 3:30 - 5:30, F20N01**

Prerequisite: Min. "C" in one of English 12, ENGL 067, or FNFS 100; or permission of instructor. Intermediate to advanced computer skills are recommended

- Develop skills and attitudes necessary for pursuing education and career goals
- Explore individual learning styles, personality styles, aptitudes, interests and values
- Conduct thorough research to make informed choices for short & long-term educational and career goals

## **FNFS 105 Learning Strategies for Success in Health and Life Sciences**

**Fall 2020: Monday & Wednesday, 1:00 – 2:30, F20N01**

**Spring 2021: Monday & Wednesday, 1:00 – 2:30, S21N01**

Prerequisite: Min. "C+" in English 12 or English 067; or permission of the instructor

- Explore learning through a combination of two perspectives; mindset and learning strategies
- Apply strategies that support deep learning and critical thinking through practice
- Evaluate learning strategies to determine how you learn best

## **More Information?**

- [www.viu.ca/Foundations-for-Success](http://www.viu.ca/Foundations-for-Success)
- Questions about individual courses? Email Lisa Lewis, Chair FNFS: [lisa.lewis@viu.ca](mailto:lisa.lewis@viu.ca)
- To enroll, contact Admissions: 250-740-6400
- Book an appointment with a Student Success Advisor
  - Linda McCandless: [Linda.McCandless@viu.ca](mailto:Linda.McCandless@viu.ca), 250.740.6255
  - Donna Browning: [Donna.Browning@viu.ca](mailto:Donna.Browning@viu.ca), 250.618.0249
  - Brian Walker: [Brian.Walker@viu.ca](mailto:Brian.Walker@viu.ca), 250.753.3245 local 2193



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