

Meet the President



STRATEGY FOR SUCCESS

Welcome Week 2019

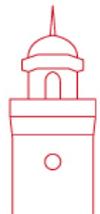
**Dr. Peter Ricketts, President and Vice-Chancellor
and Professor of Earth and Environmental Science**



grow exponentially

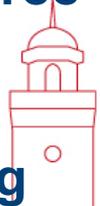


- **I want to take this opportunity to wish you every success during your time here at Acadia, and I have a few rules and a strategy that I think will help you be successful not just here at university, but after you graduate as well.**
- **They are less rules than they are good advice based on many years of experience. I want you to be successful in your education here at Acadia, and I want you to take advantage of the amazing experience that you have at your feet.**



Some Context

- **University is very different from high school:**
 - at university you are being taught by scholars and researchers within a research-rich context;
 - the dissemination of knowledge is accompanied by the excitement of discovering new knowledge; new ways of understanding the world, and new ways of applying knowledge to solve real world problems.
- **At university you have less class time, but you are expected to manage your time yourselves:**
 - for every hour of class time you should plan two to three hours of additional academic work on your own time
 - balancing this with social activities can be challenging



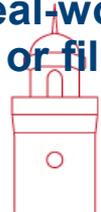
- **At Acadia we educate the whole student – mind, body and spirit**
 - that includes your academic development and your personal development.
 - if you are failing in one it will adversely affect the other. **Keep healthy, take care of yourselves, and take care of others.**
- **Seek help and advice, even when things seem to be going well.**
- **Mobile Guidebook: <https://guidebook.com/g/acadia2019>**
 - **At Acadia we are all here to help you succeed**

Please let us help



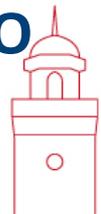
- **Classroom learning is not the totality of a university education: there are many opportunities (called High Impact Practices or HIPs) that are available to you to enrich your educational experience and help you develop and apply the skills and capabilities that you learn in your academic studies. These include:**
 - **Research experiences** – you can work directly with professors on their or your research
 - **International experiences** – study abroad opportunities
 - **Work experience** – through co-op or internship programs or other forms of work-based learning; most Acadia programs have a co-op option, including arts and social sciences; this is not just for science, engineering and professional studies students.
 - **Community Engagement** - this can be formal (such as Service Learning) or more informal through community engagement and volunteering
 - **Innovation and entrepreneurship** – ways of applying research to real-world problems or opportunities for working with industry and business or filling a need in the community; this is not just for business students.

So, here are my Ten Rules for Success



Ten Rules for Success

1. **ACADEMICS COMES FIRST AND FOREMOST – EVERYTHING ELSE COMES SECOND**
2. **TALK TO YOUR PROFESSORS – GET TO KNOW THEM AND MAKE SURE THEY GET TO KNOW YOU**
3. **GO TO CLASS – THIS IS VERY IMPORTANT**
4. **TIME MANAGEMENT IS CRITICAL TO YOUR SUCCESS AT UNIVERSITY – GET HELP IF YOU DON'T KNOW HOW**
5. **DON'T BE AFRAID TO REDUCE YOUR COURSE LOAD IF YOU ARE FEELING OVERLOADED AND SLIPPING BEHIND IN YOUR STUDIES.**
6. **DO NOT SUFFER ALONE - SEEK HELP AND GET ADVICE IF YOU ARE FEELING LONELY, STRESSED, AND UNABLE TO COPE**



Ten Rules for Success cont.

7. **LOOK AFTER YOURSELF, KEEP HEALTHY AND DON'T LET ALCOHOL, TOBACCO OR DRUG USE DAMAGE YOUR HEALTH OR CONTROL YOUR BEHAVIOUR**
8. **BE "HIP" – GET ENGAGED IN THE COMMUNITY AND TAKE PART IN AT LEAST ONE (AND PREFERABLY MORE) FORMAL HIGH IMPACT PRACTICE (HIP) AS PART OF YOUR ACADIA LEARNING EXPERIENCE**
9. **REFLECT ON WHY YOU ARE AT UNIVERSITY – WHAT ARE YOUR ACADEMIC, CAREER AND PERSONAL GOALS IN LIFE**
10. **ENJOY YOURSELVES – THIS IS A ONCE IN A LIFETIME OPPORTUNITY AND REMEMBER: KEEP IT SOCIAL; KEEP IT SAFE**



Seven Week Success Strategy

WEEK 1: FIND YOUR WAY

- Campus environment
- Academic schedule
- Support services

WEEK 2: GET INVOLVED

- Join a student club
- Volunteer on campus or in the surrounding community
- Get connected with your professors and program

WEEK 3: FOCUS ON ACADEMIC STUDIES

- Visit your professors in their office to find out how they think you are doing and keeping up with the workload
- Book appointments with academic skills centres (writing, math, accommodations)
- Find out which courses are giving you the hardest time – get help



Seven Week Success Strategy

WEEK 4: MASTER YOUR MID-TERMS

- Study and prepare for mid-terms
- Reduce social activities to create time for extra studying
- Visit counselling and academic support services for help/advice

WEEK 5: FIND A HEALTHY BALANCE

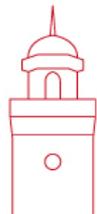
- You may feel like you just ran a marathon – make sure you are giving time for health and self-care
- Don't overdo it - eat and sleep well and exercise
- Seek guidance (academic, health and wellness, spiritual)
- By now you should be feeling comfortable with your academic/social/personal balance

WEEK 6: CONGRATULATIONS! YOU MADE IT TO THANKSGIVING WEEKEND

- Reflect on achievements - what's going well and what isn't – NEVER TOO LATE TO SEEK HELP
- Think about your career and life goals

WEEK 7: RETURN FROM THANKSGIVING

- Enjoy Homecoming and engage with *alumni*



Questions for Discussion

1. WHY DID YOU CHOOSE ACADIA AND WHO WERE WE COMPETING AGAINST?
2. WHAT DID WE DO WELL?
3. WHAT CAN WE DO BETTER?
4. IS THERE ANYTHING YOU WOULD LIKE TO ASK ME AS PRESIDENT OF ACADIA?



Thank You for Listening



Enjoy Welcome Week and Have a
Successful Time Here at Acadia

