Summer Prep for Fall Success
What You Can Do Now to Start Strong in September

People have probably told you that the transition to university can be difficult. There are higher expectations, an increased workload and new responsibilities to balance. Teachers and professors know that some incoming first-year students may have learning gaps in literacy, writing and numeracy, and that they may struggle with time management and other skills. They also know that students sometimes have difficulty asking for support — or they do so too late.

Asking for help early is key to success in university. Regardless of learning ability, all students should take advantage of campus supports. Our team of dedicated academic skills professionals at the Student Success Centre (SSC) has curated a list of what you can do this summer to prepare for success in the fall.

1. Register for summer prep programs to advance your academic skills.
   - The Academic Skills Prep Series (July 12–29) and Summer Writing Program (July 19–30) are two free programs that will help you develop your skills over the summer.
   - Check out your Faculty to find out if they offer content-specific programs that review key material you’ll need to know.

2. Research what resources your Faculty can provide you.
   - All instructors have office hours during the term. These times are set aside for students to ask questions, review assignments and get to know instructors.
   - Faculties often have tutoring centres that offer extra course support.

3. Favourite or bookmark web pages such as the library and campus centres that focus on academic skills, wellness and academic accommodations:
   - SSC Academic Skills
   - McMaster Library
   - Student Wellness Centre
   - Student Accessibility Services
   - Archway Program
4. Reflect on your strengths and areas where you might need improvement. Ask yourself:

- Am I an active studier? Do I engage with content, make connections between materials and test myself? Or do I rely on memorization and highlighting?
- What is my note-taking method? Can I identify the most important information?
- Am I prepared for the increased expectations of university-level writing assignments?
- Can I manage my time and prioritize tasks?

5. Check out student society groups in your Faculty.

- Many Faculties and programs offer special events and programs hosted by current students that offer mentorship and networking opportunities.

6. Follow different campus resources on social media.

- Student Success Centre: @MacSSC
- McMaster University: @McMasterU
- Student Wellness Centre: @McMasterSWC
- Student Accessibility Services: @SASMacU

7. Find clubs you might want to join.

- Visit the McMaster Students Union clubs directory to discover more than 300 clubs.

8. Take a campus tour.

- You can take a tour virtually. Learn more and book a tour on the Future McMaster website.

9. Get ready for a great adventure!

- Remember, your university experience is what you make of it. Get involved, explore your options and don’t feel afraid to ask for help. The entire McMaster community is here to support you.