With most graduating high school students around the province on some form of hybrid-system this year, post-secondary's are acutely aware of the challenges the pandemic has presented to all of us with boots on the ground at the secondary level.  It is highly probable that at the year’s end learning gaps might still exist – unintentional/unforeseen COVID induced gaps that are the fault of no one.  The continuation of the **Academic Essentials** Program is further evidence of UBC’s commitment to support those coming their way in the fall.  They are doing what they can to give our students the best chance to succeed in the transition to the post-secondary level.   They want what we all want – for our students to eventually thrive at the next stage of their academic development.

**What students will learn**

UBC’s three **Academic Essentials** courses are self-directed, with new content released each week. Each course includes about three hours a week of instruction, and student will take part in one assignment per week. Students can register for as many courses as they like.

Students can choose from:

***Academic Essentials: Reading and Writing at University***

  Learn strategies for active listening and critical reading in their UBC classes.

  Become familiar with the UBC library system and the structures of academic articles.

  Begin to develop their own writing voice, and explore different areas of research.

  Interact with Undergraduate Academic Assistants through discussions and short writing exercises.

***Academic Essentials: Readiness for University Mathematics***

  Discover the habits they’ll need to be successful in their math classes at UBC.

  Learn how to approach new problems, and when to ask for help.

  Practice fundamentals like algebra, functions, graphs, and geometry.

  Self-assess the prerequisite skills and concepts needed for UBC calculus classes.

***Academic Essentials: Live Well to Learn Well***

  Get tips on how to transition from high school to university.

  Develop a personalized action plan to excel in their time at UBC.

  Learn about the resources and strategies available to build a sense of community at UBC.

  Find out how to access academic and wellness resources.

**These online courses are not for credit and are offered free of cost**. Each allows students to access a library of online material to learn in their own time, while also offering contact hours with Undergraduate Academic Assistants.

**The content about the Academic Essentials program is now live!**

* Webpage: <https://you.ubc.ca/academic-essentials/>

Students have, or will be receiving an email from UBC soon inviting them to register for these free, optional courses. Please encourage your students to check their emails.  They can also register using the link above beginning June 1, 2021.

FYI this has also been / will be shared:

**On Facebook**  
>If you've accepted your offer to UBC, you can start preparing for your first year by registering for Academic Essentials. Through self-directed online courses, this program will help you develop the learning skills you'll need to succeed in your classes and build your community at UBC. Learn more: <https://you.ubc.ca/academic-essentials/>

**On Twitter**  
>Start your university journey on the right foot with Academic Essentials. Through free, self-directed online courses, this program helps you develop the learning skills you'll need to succeed in your first year at UBC and beyond. <https://you.ubc.ca/academic-essentials/>

**On Instagram**

>Start your university journey on the right foot with Academic Essentials. Through free, self-directed online courses, this program helps you develop the learning skills you'll need to succeed in your first year at UBC and beyond.

<https://you.ubc.ca/academic-essentials/>>