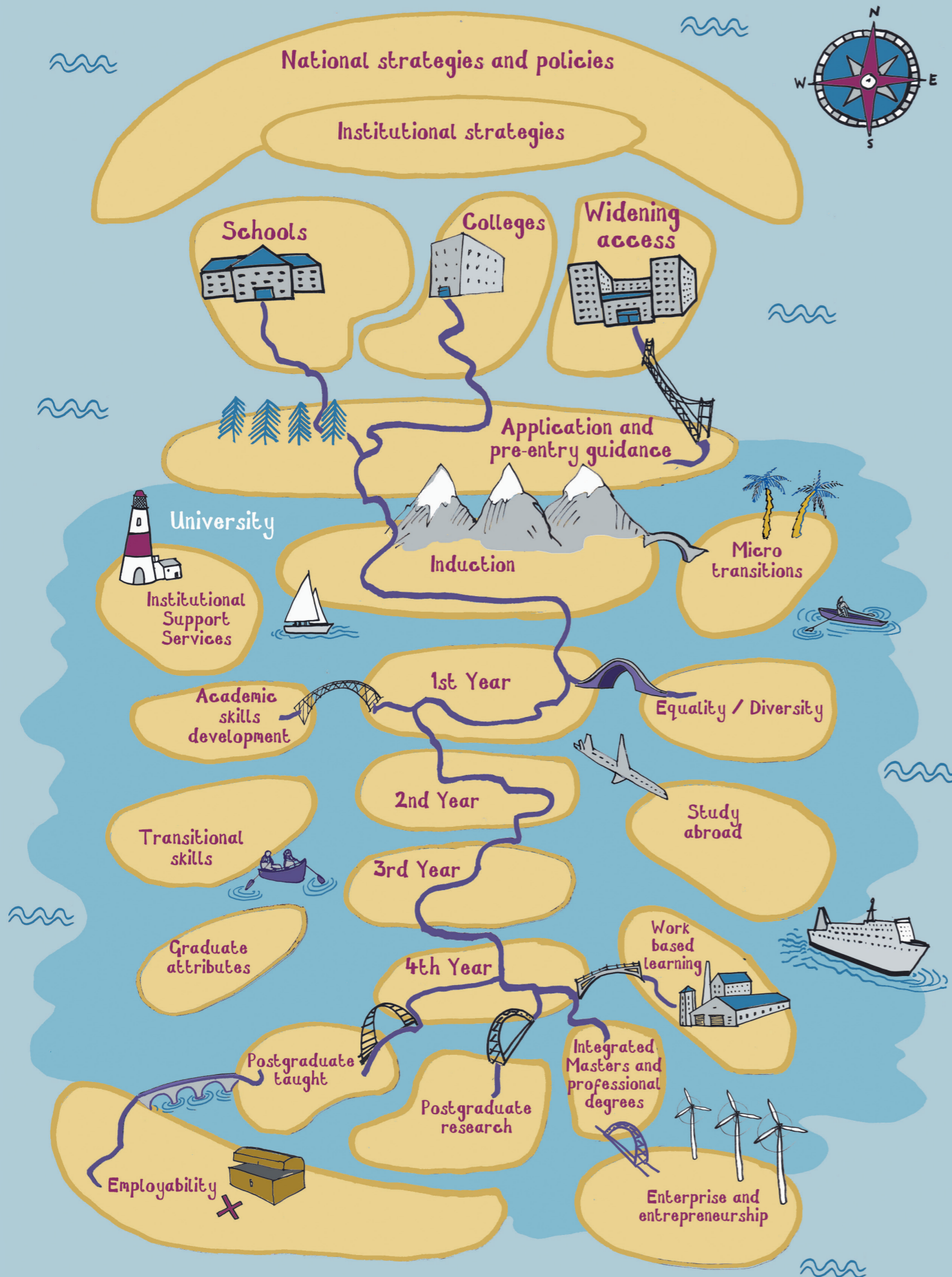**www.studenttransitionmap.uk**

Student Transitions Map

Students navigate a range of transitions during their time in higher education, and institutions and students' associations work hard to support them.

The Student Transitions Map is an innovative, interactive tool that captures some of that work.

Each transition type is represented as an island, and each island is populated with practical resources, case studies, student commentaries, podcasts, research papers, videos, and more.

> 66 The Transition Map was reviewed for papers relating to enhancing the international student experience and their transition into the University. These papers were passed to our English Language Teaching (ELT) department and circulated around the department's Management and Teaching Committees. A group of International Foundation Programme students will be making films focused on their journey into the St Andrews community and into the academic community. As part of their preparation for making the films, they have been reviewing some of the papers that were shared from the Transitions Map, as examples of how reading and research can link up with personal experience and reflection.
>
> The papers also showed that some of the other activities recommended in the papers are already in place in ELT (e.g. early one-to-one tutorials; discipline-specific academic writing sessions; teaching and other activities to aid social integration; opportunities for relevant staff development).' 99
>
> Senior Lecturer, University of St Andrews

Student Transitions (2014-17) explored the transitions of students into, through and out of study at university. We completed a range of institutional work and sector-wide projects.

About the Enhancement Themes

Enhancement Themes aim to improve the learning experience of students studying within the Scottish higher education sector. The sector achieves this by identifying and agreeing a specific area to work on. Themes encourage institutions, staff and students to work together to develop new ideas and models for innovation in learning and teaching. Each Theme also allows the sector to share and learn from current and innovative national and international practice.

Supporting Students to Navigate Transitions

A guide for staff

Transition Skills and Strategies

If you teach or support students in any capacity, you may be interested in our practical resources relating to six key skills needed for successful transitions.

These resources include: activities for students to work on individually; activities for students to work on in groups; presentation materials; and leaflets signposting students to further help.

These are intended to be customised and combined to suit your needs. We'd love to hear about how you are using them!

Read on for more details about these resources and how they relate to key skills.

If you're interested in learning more about the key skills for successful transition, you will find in-depth reports on our website.

Academic Resilience

Encourage students to consider how to avoid and overcome setbacks with this activity pack.

There are eight scenarios, each with four prompt questions, which students can work through individually or in small groups.

Critical Self-Reflection

The ability to reflect on what we have done – what went well, what went less well – and to identify barriers to progress, is an important skill.

Our handouts are designed to help you to help your students develop this skill.

These include blank reflective journals with different levels of structure and a reading exercise designed to encourage students to think about levels of reflectiveness in writing.

There is also a leaflet that introduces basic concepts of self-reflection and signposts students to further information.

A prepared slide deck, with explanatory notes, enables you to combine these resources into an interactive presentation.

Mindset

Introduce students to the concepts of growth and fixed mindset – and their relationship to learning – with a student activity and group card-sorting game.

> 66 The Transition Skills and Strategies resources were crucial in helping our online pre-induction development team identify priority content and activities for new and prospective students.
>
> With the strategic guidance of the rich student-centred digital artefacts, we were able to build a comprehensive and practical package for students to access in advance of beginning their studies that allowed them to build long-lasting confidence, learner autonomy and an enduring critical perspective.
>
> Feedback was overwhelmingly positive, reinforcing the value of the Transition Skills and Strategies suite, either as a modular or holistic experience. 99
>
> Academic Development Tutor,
> Glasgow Caledonian University

Self-Management of Expectations

Manging our own expectations can help mitigate the impact of transitions.

Our 'Establishing and Achieving My Goals' worksheet encourages students to reflect on what they wish to achieve in various areas of their lives, how long it might take to achieve these goals, and barriers to achieving them. It also contains tips on how to increase motivation using inspirational quotes and affirmations.

There is also a leaflet that introduces basic concepts of self-management of expectation and signposts students to further information.

A prepared slide deck, with explanatory notes, enables you to combine these resources into an interactive presentation.

Self-Belief (or Self-Efficacy)

Our two handouts, which may be used independently or as a pair, encourage students to assess their levels of self-belief and think about how this might be developed.

Time Management for Independent Learning

Our Baseline Time Tracker is designed to give students a better sense of how they spend their time, while our Time Management Grid encourages them to reflect on the relative urgency and importance of tasks.

These can be used as part of an interactive session, or can be given to students to work on independently.

There is also a leaflet that introduces basic concepts of time management, and signposts students to further information.

A prepared slide deck, with explanatory notes, enables you to combine these resources into an interactive presentation.

www.enhancementthemes.ac.uk/transition-skills-and-strategies