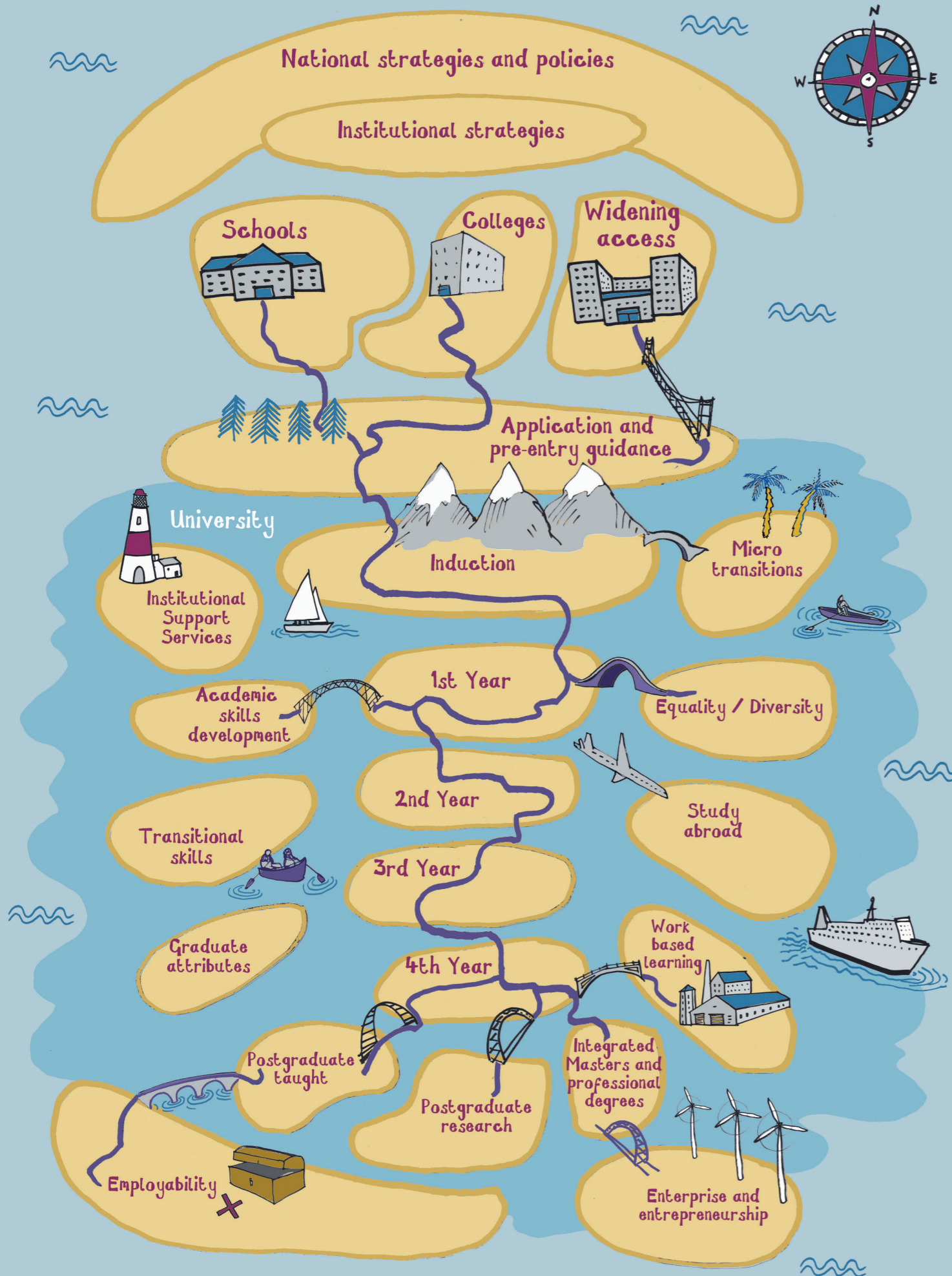## Student Transitions Map

Your journey through higher education involves making a number of transitions. These can be challenging. Institutions and students' associations understand this, and work hard to support students as they navigate these transitions.

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.

Map labels

- National strategies and policies
- Institutional strategies
- Schools
- Colleges
- Widening access
- Application and pre-entry guidance
- University
- Institutional Support Services
- Induction
- Micro transitions
- Academic skills development
- 1st Year
- Equality / Diversity
- Transitional skills
- 2nd Year
- 3rd Year
- Study abroad
- Graduate attributes
- 4th Year
- Work based learning
- Postgraduate taught
- Postgraduate research
- Integrated Masters and professional degrees
- Employability
- Enterprise and entrepreneurship

www.studenttransitionmap.uk

" One of the main challenges you encounter as a Student Officer is trying to work out exactly how to tackle the big issues affecting your students. Moreover, in trying to effect positive, impactful change within your University, you often find yourself unaware of the successes and limitations that previous interventions may have had.

During my time as VP Education, I found the Student Transitions Map to be an invaluable resource in helping me understand how colleagues across Scotland had gone about tackling similar problems within their own institutions. It provides, at a glance, an ever-growing repertoire of case studies and resources covering all aspects of the transitions students make while in HE.'

Former VP Education,
University of Stirling

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.

Navigating Transitions

A guide for students

Transition Skills and Strategies

Your journey through higher education involves making a number of transitions. These can be challenging, but there are certain skills you can develop that will help you navigate them more confidently and achieve better outcomes.

We've produced some materials that you might find useful. These are designed to help you assess and develop key skills in various ways and to signpost you to further support.

There are resources you can use individually and there are also some activities designed for groups.

These resources are customisable and flexible. We'd love to hear about how you are using them.

Academic Resilience

How good do you think you are at avoiding and overcoming setbacks? We have an activity pack designed to help you think about scenarios that might arise and how you might respond to them.

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 develop this skill.

These include blank reflective journals with different levels of structure.

Assessing critical reflection in others is another important academic skill. We have designed a reading exercise to get you thinking about levels of reflectiveness in writing.

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

Mindset

You may have come across the terms 'fixed mindset' and 'growth mindset'. How well do you understand these concepts and what can they tell you about how you might learn most effectively?

Our Mindset activity will help you learn more. There is also a card sorting game that you can try with a group.

> 66 The self-belief worksheets guided me to consider realistically what I had achieved so far, and reminded of the value of positive self-reflection – a lesson I'd clearly forgotten. Inspired by that exercise, I had a go at "Establishing and Achieving My Goals".
>
> The negative headspace I'd been in had made me fearful of the future, but this exercise helped me to think more practically and honestly about what I wanted to achieve, to identify the barriers, to work out how to get over/round/through them and importantly, to spend a little time generating positive self-talk for myself to help me through in the meantime.
>
> There's a lot of useful stuff on the site and it covers a wide range of practical and psychological support. It's a wonderful resource. 99
>
> 2nd year PhD student,
> University of Stirling

Self-Management of Expectations

The ability to manage our own expectations can help to offset some of the challenges we face.

Our 'Establishing and Achieving My Goals' worksheet is designed to get you thinking about what you wish to achieve in various areas of your life, 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, and how to create a vision board to help you focus on your goals.

You will also find a leaflet that introduces basic concepts of self-management of expectation and signposts you to further information.

Self-Belief (or Self-Efficacy)

It can be difficult to know how much self-belief you have – after all, it is very subjective and hard to measure!

We have produced worksheets to help you assess and develop your self-belief.

Time Management for Independent Learning

Time management is a vital skill that can help us in all areas of our lives. Developing your time management skills can help you to stay on top of your academic work and keep stress at bay.

Our Baseline Time Tracker is an exercise designed to give you a better sense of how you spend your time, while our Time Management Grid encourages you to reflect on the relative urgency and importance of tasks.

Best of all, neither of these exercises should take too much time to do!

You will also find a leaflet that introduces basic concepts of time management and signposts you to further information.

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