



Back-to-school - Transfer student discussion panel for 2022

The Transfer student discussion panel consisted of four categories which are listed below. To maintain confidentiality, we have omitted the names of students who participated but we welcome you to review a summary of what the discussion panel covered!

Before you review the results of the discussion panel listed below you should check out UVic's transfer guide https://www.uvic.ca/undergraduate/assets/docs/uvic_transfer_guide.pdf

Academics

- What strategies would you recommend a new transfer student to UVic could implement to help them adjust and succeed during their transition to UVic?
 - Take part in the things that are offered to you!
 - For example, take advantage of any optional tutoring hours that are offered by your TA they can offer support with assignments and help clarify questions you may have
 - Talk to the folks who are putting campus events on, – ensure you show up and engage yourself with all that is offered, try to refrain from strictly attending classes/lectures or labs without getting involved with anything else on campus
 - Ask a lot of questions, utilize various ways of reaching out to your instructor if needed, for example, office hours, phone or email if needed
 - Make use of the UVic general email– studentsupport@uvic.ca
 - Utilize the sources that are also shared by other departments on campus, for example the Student union building has exceptional resources that can help you adjust to the campus when you transfer <https://uvss.ca/thesub/>
 - There is also the **UVic Lean Anywhere** in the library – they can help you get connected with a learning strategist
<https://onlineacademiccommunity.uvic.ca/LearnAnywhere/learning-strategies/>

Involvement & community-building

- What do you recommend new transfers students can do to build connections with their new peers and colleagues at UVic?
 - Attended the orientation week as that will help you build new connections, if you are not able to attend you can also take advantage of volunteer opportunities that may come your way
 - You can also make new connections through physical activity – if you're interested in that
 - For example, CARSA <https://vikesrec.ca/> has the Rock climbing wall and fitness classes like spin
 - The McKinnon centre also has the swimming pool access as well where you could meet other students as well
 - <https://www.uvic.ca/search/maps-buildings/buildings/mckinnon.php>



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- Did you have a hard time adjusting to a new academic environment and community?
 - Navigating online classes were challenging, and at times it felt uncomfortable to email the instructor after chatting with some classmates it helped to feel more at ease
 - Yes, had some challenges in adjusting with the curriculum expectations of UVic from where they were transferring from which meant the student had to communicate with the instructor to let them know they were not familiar with the specific curriculum that was shared.

Support

- Do you have any tips on how to maintain and establish connection with your instructor or classmates? How to make the best use of your time with them?
 - Introduce yourself to your classmates and instructors right away
 - You should try to connect with their professors after the class, don't be scared to send them emails, compliment them and show interest
 - If you have morning classes, you could arrive early and just start out by asking your classmates what they thought about the assignment? If you are consistent in your approach to connect with students before class you will have a better chance to make some good connections
- What are some of the challenges you've faced in your time at UVic, and what did you do to address those challenges?
 - Being new to labs within the university meant having to take extra time with the instructor to explain what I didn't know even though I was expected to know a lot of the material
 - I had some challenges with calculus so I went to the math and statistics centre – <https://www.uvic.ca/science/math-statistics/current-students/undergraduate/msac/index.php>
 - The centre offers free math and statistics support and is found on the main floor of the Macpherson library
 - Challenges with transfer credits
 - I had some challenges with transfer credits because I missed a necessary transfer requirement for the program I was applying to.
 - I went to a unit advisor who helped me understand how I could make an argument for why the credits I had were equivalent and aligned with what UVic was looking for. I also had someone from my previous university help transfer documents to UVic which helped me get those credits approved
 - If you ever experience challenges with transfer credits to UVic you should explain your situation and you may need to ask a lot of questions to make sure you are settled



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- You need to use one of the resources for checking how your credits will transfer – the BC transfer guide is helpful to make sure you are organized and know where you are at credit wise when you transfer so you are set up for success

Health and wellbeing

- How did you navigate the administrative differences between Institutions (such as the different naming schemes that each University has for their departments)
 - I attended the orientation programming which helped me understand the language and terms of UVic,
 - I also reviewed each building from an eagles view by using google maps and made my own map which helped me develop a 3d map of the campus so within a few weeks I was more comfortable in knowing all the differences on campus
 - Having a tour guide/ tour of the campus also helped me understand everything/. I went to the welcome centre <https://www.uvic.ca/campus/tours-and-visits/index.php> they have tours that take place and can help you understand where everything is
 - The welcome centre website also has an interactive virtual tour and recorded tour of the campus if you're not able to tour the campus in person
- What have you found to be some of the biggest stressors in university, and what strategies have you found useful?
 - I think the biggest stressor has been managing my mental health during Covid-19 I had to reach out to the wellness centre and was able to get some support. It was hard for me because mental health in my home country was not a big deal but was when I first transferred I felt pretty isolated
 - Finding your own group would help with managing your stressors, **ask yourself – what are you most interested** and try to find some groups that align with your interests

Final advice

- Do you have any final advice or words of wisdom for new students?
 - Transferring is really hard but there are a lot of resources out there that are aimed to help you be successful!
 - Do not be scared to pick your major – this should be a place where you can explore your interests, there are countless resources that will help you clarify your major and narrow your scope of interests as well so that helps
 - Enjoy Victoria – it is such a cool city! There are also a lot of opportunities to listen to music festivals in the park and lots of markets to check out