



Foundation Year

Transition to Year 1



END OF FOUNDATION YEAR

Congratulations - you've reached the end of your Foundation Year! Whether you've now completed all of your assessments, or will be taking some in August, it's important that you recognise your successes particularly in the face of the challenging and unprecedented circumstances you have experienced this year. Even if things haven't gone fully according to plan, you will have skills and strengths to build on.

PREPARING FOR TRANSITION

1. Take some time to relax and recharge. It's really important that you make your wellbeing a priority in these difficult times. There's lots of guidance available on the [health and wellbeing webpages](#).
2. Make a plan for August reassessments (if applicable).
3. Reflect back on your studies this year to help you be well prepared for next year.
4. When you receive your results, if there's anything you need support with contact Student Services or the Foundation Year Office.
5. Make sure you have applied for your Student Finance for next academic year. If you have any issues you can contact Student Services for guidance.
6. Research and select your [modules](#) for Year 1 study.
7. Don't forget that Student Services are available throughout the summer for any wellbeing support you may need.

WHAT'S GONE WELL?

Reflect back on what your successes have been. These will be the approaches that you should continue into Year 1. For example:

- Have you managed your deadlines well?
- Is academic reading and research a strength?
- Are you a good communicator?

NOT SO WELL?


We all have weaknesses, and that's ok. However, you can use this time to prepare for how to develop your academic skills next year. For example:

- Improve your organisation skills.
- Make better use of assignment feedback.
- Balance your time to improve mental wellbeing.

TIPS FOR YEAR 1

FROM PREVIOUS FY STUDENTS

- Use your experiences on Foundation Year as a positive starting point for Year 1, as you will have some advantages over students starting directly into Year 1.
- Keep hold of your revision notes as some will come in handy for your course.
- If you can manage the Foundation Year workload, you can manage Year 1!
- Try to get to know new Year 1 students as well as keeping in touch with continuing Foundation Year students on your course.
- Your new academic school will be different to Foundation Year, but course staff are still there to help.
- Use your skills from Academic Development to help with your assignments.



Best of luck for a successful transition to Year 1!

Any questions? Feel free to contact me on k.lockett@keele.ac.uk