

**WESTERN SYDNEY**  
UNIVERSITY



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The College

## **ACADEMIC SKILLS FOR HEALTH SCIENCE**

**700225/900099**

**2021**



**UNIT OUTLINE**

Last amended:	January 2021
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<b>Unit name</b>	ACADEMIC SKILLS FOR HEALTH SCIENCE
<b>Unit number</b>	700225/900099
<b>Coordinator</b>	Charlise Bennett
<b>Session</b>	2021.1
<b>Handbook summary</b>	This unit is designed to assist students to become successful independent learners. It introduces students to a range of theories and concepts to facilitate the development of practical skills and personal attitudes necessary for success in tertiary study. Emphasis is placed on developing key competencies such as time management, critical thinking, researching, learning how to learn and linking education to career choices.
<b>Credit point value</b>	10
<b>Prerequisite/s</b>	N/A
<b>Corequisite/s</b>	N/A
<b>Unit incompatible with and not to be counted for credit with</b>	N/A
<b>Unit level</b>	Level Z — Non-award preparatory unit
<b>Attendance requirements</b>	Students are expected to attend at least 80% of classes. Educational research consistently demonstrates that this attendance level is associated with a high likelihood of achieving a passing grade.
<b>Enrolment restrictions</b>	Only students of The College can enrol in this unit.
<b>Learning outcomes</b>	<p>On successful completion of this unit, students should be able to:</p> <ol style="list-style-type: none"> <li>1. understand and develop time management skills</li> <li>2. develop appropriate online communication skills for tertiary studies and beyond</li> <li>3. communicate effectively through the development of critical reading and writing skills in context</li> <li>4. locate and use information technology systems and educational technologies to support learning and assessment</li> <li>5. apply critical thinking, and use problem solving skills and research skills, to make informed decisions</li> <li>6. assess learning styles and the contribution to 'learning how to learn', and</li> <li>7. identify tertiary education options for further education and possible career paths.</li> </ol>

<b>Unit content</b>	<p>In this unit students will learn about:</p> <ul style="list-style-type: none"><li>• goals, time management and scheduling</li><li>• learning styles and cue awareness</li><li>• critical thinking and researching</li><li>• note-taking and summarising</li><li>• APA referencing, and</li><li>• education and career paths.</li></ul>
<b>Mode of delivery</b>	There will be a three-hour online class each week, integrating online activities via the unit's vUWS site.
<b>Online learning requirements</b>	Due to COVID-19 this unit will be delivered via a zoom class each week
<b>Essential requirements</b>	<p><b>Essential text</b></p> <p>Nil</p> <p><b>Further resources</b></p> <p>Crowther, S. (2015). <i>Lifestyles for learning: The essential guide for college students and the people who love them</i>. New York: Skyhorse Publishing. Retrieved from <a href="http://ebookcentral.proquest.com/lib/uwsau/detail.action?docID=2130160">http://ebookcentral.proquest.com/lib/uwsau/detail.action?docID=2130160</a></p> <p>Latham, G. P., &amp; Locke, E. A. (2013). <i>New developments in goal setting and task performance</i>. New York: Routledge. Retrieved from <a href="http://ebookcentral.proquest.com.ezproxy.uws.edu.au/lib/uwsau/detail.action?docID=1104793">http://ebookcentral.proquest.com.ezproxy.uws.edu.au/lib/uwsau/detail.action?docID=1104793</a></p> <p>Tracy, B. (2014). <i>Time management</i>. New York: AMACOM. Retrieved from <a href="http://proquestcombo.safaribooksonline.com/9780814433430">http://proquestcombo.safaribooksonline.com/9780814433430</a></p> <p>Vohs, K. D., Baumeister, R. F., Schmeichel, B. J., Twenge, J. M., Nelson, N. M., Noelle, M., &amp; Tice, D. M. (2014). Making choices impairs subsequent self-control: A limited-resource account of decision making, self-regulation, and active initiative. <i>Motivational Science</i>, 1(S), 19–42. doi: 10.1037/2333-8113.1.S.19</p> <p>World Health Organization, Regional Office for South-East Asia. (2013). <i>Self care for health: A handbook for community health workers &amp; volunteers</i>. Retrieved from <a href="http://apps.searo.who.int/PDS_DOCS/B5084.pdf?ua=1">http://apps.searo.who.int/PDS_DOCS/B5084.pdf?ua=1</a></p>

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## ASSESSMENT ITEMS AND WEIGHTING

Assessment for this unit will be based on the following components:

Task	Weighting	Learning outcomes assessed	Mandatory task
1. Applied project: Individual assessment to demonstrate the application of theoretical frameworks learnt in class a. 1 x 150 words (10%) b. 1 x online quiz (10%) c. 1 x 200 words (10%) d. 1 x 200 words (10%) e. 1 x online quiz (10%)	50%	1, 2, 3	Yes
2. Presentation: Individual video presentation using Zoom and YouTube— 5 minutes	25%	1–7	Yes
3. Critical review of a journal article — 500 words — in-class assessment	25%	2, 3, 5	Yes
TOTAL	100%		

For details of assessment due dates, please refer to the learning guide for this unit.

All marks will be determined in accordance with The College [Assessment Policy](#).

All assessment tasks are mandatory unless otherwise specified. Should a student fail to attempt/submit the first formal assessment task in a unit, they will be deemed to be at risk and will need to follow an intervention plan in order not to receive a Fail Non-Submission (FNS) grade. However, failure to attempt/submit all other mandatory assessment tasks will result in an immediate FNS grade for the unit.

Students must also attain an overall mark of at least 50% in order to pass this unit.