

UNIVERSITY FOUNDATION STUDIES

ORGANISATION FOR TERTIARY STUDY

900089

2020

UNIT OUTLINE

Last amended:	February 2020
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Unit name	ORGANISATION FOR TERTIARY STUDY
Unit number	900089
Coordinator	Charlise Bennett
Session	2020.1
Handbook summary	<p>This unit aims to familiarise students with some of the concepts and issues surrounding healthy living, particularly for young people in an environment far from parental support. It introduces students to academic skills and the expectations of learners in a tertiary environment while further developing their language skills.</p> <p>By the end of Organisation for Tertiary Study the goal is for students to have a better knowledge and understanding of how to improve their health, develop organisational skills and learn to manage their time.</p> <p>The unit also aims to develop their understanding of the effect of drug use on health and lifestyle.</p>
Credit point value	5 Successful completion of this unit will not be counted for academic credit in any future studies at Western Sydney University.
Prerequisite/s	N/A
Corequisite/s	N/A
Unit incompatible with and not to be counted for credit with	N/A
Assumed knowledge	N/A
Unit level	Level Z – Non-award unit
Attendance requirements	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.
Enrolment restrictions	Only students enrolled at The College in Foundation Studies courses can enrol in this unit.
Learning outcomes	On successful completion of this unit, students should be able to: <ol style="list-style-type: none">1. identify key health issues which confront young people in particular2. define and explain some key concepts related to good health3. identify healthy and unhealthy choices

4. demonstrate an ability to organise their study, eating, exercise and leisure schedules
 5. collect information from AV sources
 6. undertake research using the skills of collecting, analysing and organising information from a variety of sources
 7. read at a pre-tertiary level
 8. interpret data in the form of text, graphs, statistics and illustrations
 9. write notes, summaries and extended responses, and
 10. use technology in their studies.
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Unit content

In this unit students will learn about:

- goals and time management – creating a weekly planner and monthly assessment planner, and choosing what to do with their time and how this affects their lives, in particular how it affects tertiary study
 - food matters – nutritional information about foods and the impact of food on physical and mental health
 - drug use and its impact – legal and illegal drugs and the personal and societal effects of drug use in Australia, and
 - customs/protective behaviour – understanding some Australian customs, identifying risky behaviour and some basic survival techniques.
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Mode of delivery

This unit will consist of a two-hour face-to-face class per week, plus online activities on the vUWS website.

Online learning requirements

Essential requirements

Essential text

- Western Sydney University The College. *Organisation for Tertiary Study weekly workbook* Sydney: Western Sydney University The College - online.

Further resources

- Tracey, B. (2004). *The ultimate goals program*. Niles, Ill.: Nightingale-Conant Corporation.
 - Tracey, B. (2007). *Eat that frog* (2nd ed.). San Francisco: Berrett-Koehler Publishers.
 - Colquhoun, J., & Ledesma, C. (Directors) (2008). *Food matters*. [Documentary]. Australia: Pemacology Productions.
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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. Classroom activities a. Introduction video (10%) b. Healthy eating (10%) c. Drug use and its impact (10%)	30% (total)	1-10	Yes
2. Planning and organisational tasks: • personal goals • weekly planner • assessment overview	20%	2, 4, 8, 9 and 10	Yes
3. Mid-term quiz (1 hour)	20%	1-5, 7-10	Yes
4. Research assignment (3-minute presentation)	30%	1-10	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.

To pass this unit, students must:

- attempt/submit all mandatory assessment tasks, and
- achieve an overall mark of 50% or above.