UNIVERSITY FOUNDATION STUDIES

ORGANISATION FOR TERTIARY STUDY

900089

2018

UNIT OUTLINE
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Western Sydney University The College
Nirimba Education Precinct
Eastern Road
Quakers Hill NSW 2763

Postal address:
PO BOX 224
Quakers Hill NSW 2763

Phone: (02) 9852 4488
Fax: (02) 9852 4480

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**Unit name**  
ORGANISATION FOR TERTIARY STUDY  

**Unit number**  
900089  

**Coordinator**  
Charlise Bennett  

**Session**  
2018.2  

**Handbook summary**  
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.  

By the end of this unit students will have a better knowledge and understanding of how to improve their health, develop organisational skills and learn to manage their time.  

The unit aims to develop their understanding of the effect of drug use on health and lifestyle. The unit also aims to develop an understanding of the concept of health and wellbeing, develop and maintain organisational skills for various areas of life, and learn skills to manage time well.  

**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:  
1. identify key health issues which confront young people in particular  
2. define and explain some key concepts related to good health  
3. identify healthy and unhealthy choices
4. demonstrate an ability to organise their study, eating, exercise and leisure schedules
5. collect information from Audio Visual (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.

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.

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 text


Further resources

### ASSESSMENT ITEMS AND WEIGHTING

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

<table>
<thead>
<tr>
<th>Task</th>
<th>Weighting</th>
<th>Learning outcomes assessed</th>
<th>Mandatory task</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Classroom activities</td>
<td>30% (total)</td>
<td>1-10</td>
<td>Yes</td>
</tr>
<tr>
<td>a. Introduction video (10%)</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>b. Healthy eating (10%)</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>c. Drug use and its impact (10%)</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>2. Planning and organisational tasks:</td>
<td>20%</td>
<td>2, 4, 8, 9 and 10</td>
<td>Yes</td>
</tr>
<tr>
<td>• personal goals</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>• weekly planner</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>• assessment overview</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>3. Mid-term quiz (1 hour)</td>
<td>20%</td>
<td>1-5, 7-10</td>
<td>Yes</td>
</tr>
<tr>
<td>4. Research assignment (3-minute presentation)</td>
<td>30%</td>
<td>1-10</td>
<td>Yes</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100%</td>
<td></td>
<td></td>
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</tbody>
</table>

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.