



University Foundation Studies

NATS0002

**ACADEMIC SKILLS FOR HEALTH
SCIENCE**

2023 TERM 1

SUBJECT OUTLINE

Last amended:	February 2023
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Acknowledgements

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Academic Skills for Health Science	
Subject number	NATS0002
Coordinator	Charlise Bennett
Term	2023.1
Handbook summary	This subject 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.
Credit point value	10
Prerequisite/s	Nil
Corequisite/s	Nil
Subject/s incompatible with and not to be counted for credit with	N/A
Assumed knowledge	Nil
Subject level	Level Z – Non-award preparatory subject
Attendance requirements	You 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 of The College can enrol in this subject.
Learning outcomes	On successful completion of this subject, you should be able to: <ol style="list-style-type: none"> 1. understand and develop time management skills 2. develop appropriate online communication skills for tertiary studies and beyond 3. communicate effectively through the development of critical reading and writing skills in context 4. locate and use information technology systems and educational technologies to support learning and assessment 5. apply critical thinking, and use problem solving skills and research skills, to make informed decisions 6. assess learning styles and the contribution to 'learning how to learn', and 7. identify tertiary education options for further education and possible career paths.

Subject content	<p>In this subject, you will learn about:</p> <ul style="list-style-type: none">• goals, time management and scheduling• learning styles and cue awareness• critical thinking and researching• note-taking and summarising• APA referencing, and• education and career paths.
Mode of delivery	<p>This subject consists of a two-hour tutorial and a one-hour workshop each week, as well as online activities via the subject's vUWS site.</p>
Online learning requirements	
Essential requirements	<p>Essential text</p> <p>There is not essential text for this subject.</p> <p>Further resources</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 http://ebookcentral.proquest.com/lib/uwsau/detail.action?docID=2130160</p> <p>Latham, G. P., & Locke, E. A. (2013). <i>New developments in goal setting and task performance</i>. New York: Routledge. Retrieved from http://ebookcentral.proquest.com.ezproxy.uws.edu.au/lib/uwsau/detail.action?docID=1104793</p> <p>Tracy, B. (2014). <i>Time management</i>. New York: AMACOM. Retrieved from http://proquestcombo.safaribooksonline.com/9780814433430</p> <p>Vohs, K. D., Baumeister, R. F., Schmeichel, B. J., Twenge, J. M., Nelson, N. M., Noelle, M., & 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 & volunteers</i>. Retrieved from http://apps.searo.who.int/PDS_DOCS/B5084.pdf?ua=1</p>

ASSESSMENT ITEMS AND WEIGHTING

Assessment for this subject 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	No
2. Learning style presentation: Individual video presentation using Zoom and YouTube— 5 minutes	25%	1-7	No
3. Critical review of a journal article – 500 words – in-class assessment	25%	2, 3, 5	No
TOTAL	100%		

For details of assessment due dates, please refer to the Learning guide for this subject.

All marks will be determined in accordance with the [Assessment Policy](#). You are strongly encouraged to attempt/submit all assessment tasks, even if they are not mandatory.

You must achieve a mark of 30% or above (an E grade or higher) for this subject to contribute to your GPA.