Unit 1 Goodbye, School!

1 **Discuss these questions in groups.**

a How do you feel about leaving school? (excited, sad) Give your reasons.

b What are you planning to do after you leave?

c Do you know anyone at university or college? What are they studying?

Reading for Gist

When you skim a new text, don't try to understand every word. Checking every word will slow you down. It is more important to understand the gist, or main idea, of the text.

2 **Skim the text below. Which of the four titles below would be the best? Give your reasons.**

a My first year at university
b The differences between school and university
c The challenges of university
d How to cope with starting university

Starting university is a major transition in a young person's life. For most new students, it's exciting but also terrifying. Their minds are filled with worries, such as, 'Will I like my course?', 'How can I make new friends?' 'What shall I do if I'm homesick?'

It's important to remember that it's normal to be apprehensive about something new. Starting university can be scary, but there are some simple things you can do to help you cope. Here is some advice for students entering university for the first time.

Tips for new students

1. Take care of yourself physically. Get enough sleep and eat healthy foods.
2. Find a balance between relaxing and studying. You should work hard but also have fun.
3. Call home regularly and keep in touch with your family. This will reduce homesickness.
4. Don't be afraid to ask for help. If you're finding things hard, talk to someone – other students, tutors (teachers), or student support services.
5. Learn how to find your way around the university campus so that you don't get lost. Refer to the university website if necessary.
6. Make a plan for yourself which shows where you have to be every day, and at what time.