

With the decision to go to university comes great responsibility, as well as a vast change in one's life. The eXcel Program helps to facilitate that change for first year students. **Although it only consisted of one class per week, we were taught so much in that short period of time about organizational skills, study habits, writing techniques, along with more of the necessities for a successful university career.**

My transition to university from high school has been seamless. I did, however, find out that what I considered "studying" in high school was not sufficient to prepare for exams and midterms at university. Writing our lists of what needed to be completed during exam periods helped me stay on track. **I also learned that using a timed schedule could prevent me from spending too much time studying the subjects I found interesting, while lagging behind in others.**

I would recommend the eXcel course to any upcoming first-year students, even those with already suitable study habits. **I now realize that the university work load is incomparable to high school, and time management skills are essential for success. It is very wise to use all the resources available at university, since first year sets the tone for the rest of one's university career, and in turn the rest of one's life. The eXcel class turned out to be one of those valuable resources.**