



**Bridge the gap to what's next**

# UNIV 205 LEARNING BEYOND HIGH SCHOOL



This TUITION-FREE\*\* dual-credit program prepares students for the academic expectations of post-secondary education. This course focuses on how learning actually works; helping you develop the strategies, habits, and mindset needed to succeed in university, college, or skilled trades training.

## Career Alignment

### Post-Secondary Readiness:

- Build the academic skills required for university, college, and apprenticeship programs.

### Professional Skills:

- Develop time management, organization, and resilience valued in every workplace.

### Adaptability:

- Learn strategies that help you succeed in changing and demanding environments.

## Academic Awards

- Earn 5 CTS credits and 3 University of Calgary credits while building lifelong learning skills.

**In Partnership with:**



**UNIVERSITY OF CALGARY**  
FACULTY OF ARTS

## UNLOCK YOUR FUTURE

Are you ready to MASTER the skills that set you up for post-secondary success? This program equips you with tools that go beyond content knowledge. You'll learn how to study efficiently, think critically, and approach challenges with confidence. Whether you're planning for university, college, apprenticeships, or career training, UNIV 205 gives you the foundation to thrive.

## KEY LEARNING

- Understand how your brain learns using concepts like memory, motivation, and metacognition.
- Develop practical strategies for time management, focus, and exam preparation.
- Learn how stress impacts performance and how to manage it effectively.
- Explore how culture and identity influence learning styles and academic success.
- Build habits that support long-term academic and personal growth.

## Is this right for me?

- Do you want to feel more confident and prepared before starting post-secondary?
- Are you looking for better ways to study, manage stress, and stay organized?
- Do you want practical skills that will support you in any program or career path?



Scan to find out more

**COMPLETE THIS  
COURSE IN  
Fall 2026**

