

NUFYP Parent Information Pack

Dear Parents,

Welcome to the NU community! We are very excited to meet your child as they embark on their post-secondary studies. The following academic year will be a time of great change for your child and through this experience they will develop both intellectually and personally. It is our aim to provide good support systems throughout this journey.

In my role at NUFYP, I work closely with both the teachers and students to ensure that all of our students are supported during their transition into university study. We are here to help guide students towards constructive study and lifestyle habits while they adjust to a new environment. In addition, the Personal Development Module (PDM) is a course that all students complete alongside their academic subjects. This course helps students to adopt positive attributes that will not only benefit them during their foundation studies but also in their future undergraduate studies.

At NUFYP we also recognize that families play an integral role in helping students develop a positive foundation at NU. This document is designed to give you an overview of the support systems at NUFYP and NU, some helpful advice and important information and dates. We understand that adapting to new programs can be difficult for both parents and children and hope that we can help to ease the process through effective communication.

Sincerely,

Rachel Niklas

Senior Teaching Fellow for Student Advising



Before Starting Semester One at NUFYP

What to bring?

Each individual dormitory room comes equipped with furniture, bedding and towels. The following items are also available in the dormitory in the shared kitchens: toaster, kettle, electric kettle, microwave, oven, multi-cooker, refrigerator and iron. Please be aware that NU regulations do not allow students to bring these cooking appliances due to Health and Safety restrictions.

Some helpful tips for NUFYP when packing include:

- Remember the weather in Nur-Sultan is very changeable and extremely cold in the winter. Clothes and shoes for all weather are needed and especially for very low temperatures.
- If you wish to purchase practical items for the room such as individual table lamps, and mats or carpets these can be purchased in shops in Nur-Sultan or brought from home.
- You may wish to bring some small personal items such as cups or mugs.
- Remember to bring any special medications that you might need.
- Make sure you have sufficient pocket money to last until the stipend is available.

Transitioning from Home to Dormitory

Transitioning from living at home to living in the dormitory can be difficult for students. Parents can greatly help this process by discussing the following areas with children:

- How to maintain good relationships with roommates
- Conflict management
- Independently managing a schedule (waking up on time, etc.)
- Taking responsibility (cooking, cleaning, washing clothes, etc.)
- Keeping regular sleeping hours and eating healthy, balanced meals

Students may also feel under great pressure to succeed academically, and to make their friends, family and country proud. This can sometimes mean that students are reluctant to discuss their academic progress, especially if their results are not as high as they hoped they would be. Please note that one of the key roles of the NUFYP is for students to gain experience, develop responsible thinking, and to become independent learners, and they are encouraged to share their experiences and progress with their family. In the Academic Calendar (see below), parents can be alerted to some of the important dates of the academic year and note the times when your child might be experiencing increased workloads and might be stressed.

Academic Calendar

FALL 2019	
Dormitory check-in for new students* and DSA Orientation	August 5/6, 2019 (M/T)
University holiday: Kurban Ait	August 11, 2019 (Sun)
Start of Orientation for new students*	August 12, 2019 (M)
Last day to enroll and register	August 16, 2019 (F)
First day of classes	August 19, 2019 (M)
University holiday: Constitution Day	August 30, 2019 (F)
Fall break*	September 30 - October 4, 2019 (M-F)
Spring Registration*	November, 2019 (TBA)
Last day of classes*	November 29, 2019 (F)
University holiday: First President's Day	December 1, 2019 (Sun)
Final exam period	December 3-9, 2019 (T-M)
Dormitory check-out*	December 11, 2019 (W)
University holiday: Independence Day	December 16-17, 2019 (M-T)
Grades available to students*	December 18, 2019 (W)
SPRING 2020	
Dormitory check-in*	January 10, 2020 (F)
First day of classes*	January 13, 2020 (M)
University holiday: International Women's Day	March 8, 2020 (Sun)
Spring Break*	March 23-27, 2020 (M-F)
Last day of classes*	April 24, 2020 (F)
Reading week	April 27-30, 2020 (M-R)
University holiday: Kazakhstan People Unity Day	May 1, 2020 (F)
Final exam period	May 4-13, 2020
University holiday: Defender of the Fatherland Day	May 7, 2020 (R)
University holiday: Victory Day	May 9, 2020 (Sat)
Dormitory check-out*	May 15, 2020 (F)
Official completion date for end of program for completing/graduating students*	May 15, 2020 (F)
Grades available to students & Progression	June 2020 (TBA)
Registration for Fall	July – August 2020

Program Overview

The program design at NUFYP helps to prepare students for the common curriculum all NU students study in their undergraduate programs. This curriculum is designed to help students acquire a more well-rounded set of skills and knowledge. Students are not divided into subject pathways with the objective being to broaden their knowledge during their time at NUFYP.

All students will study English for Academic Purposes (EAP) and Mathematics for the entire year. In addition to this, there are Elective subjects offered and students will study a total of four of these Electives throughout the academic year; two in each semester. For example, we offer Physics, Biology, Chemistry, Humanities, Business, and Human Geography.

Semester Overview

Semester One:

Course	Class Hours per week
English for Academic Purposes (EAP)	6 hours reading & writing 3 hours listening & speaking
Mathematics: Pre-Calculus	4 hours
Choice of two electives from: Physics, Biology, Chemistry, Humanities, Business or Human Geography	2 hours for each elective
Personal Development Module (PDM)	1 hour online and 1 hour classroom

Semester Two:

Course	Class Hours per week
English for Academic Purposes (EAP)	5 hours reading & writing 3 hours listening & speaking
Mathematics for Physical Sciences, or Mathematics for Life Sciences, or Statistics	4 hours
Choice of two electives from: Physics, Biology, Chemistry, Humanities, Business or Human Geography	2 hours for each elective
Personal Development Module (PDM)	1 hour online and 1 hour classroom

Please Note:

- Students may not take any one Elective more than once. That is, they must take four different Electives during the course of the academic year.
- These are the hours spent in class, but University study requires students to spend at least that much time (or more) doing individual study and research.

What Support Does NUFYP offer?

- Personal Tutor system: Each student has the same EAP (Writing and Reading) tutor all year. This tutor is called their “Personal Tutor,” and they meet weekly for individual tutorials.
- Academic Support: Rachel Niklas works with both tutors and students to help any student who is experiencing issues that are affecting their studies at NUFYP. Rachel makes sure that students are receiving extra support if they are having trouble with one of their subjects, and also helps students who are experiencing personal problems that are affecting their studies. Students may also meet with Rachel to discuss any aspects related to their progression to the undergraduate schools.
- Cause for Concern System: Tutors who notice a change in a student’s study habits or performance will refer them to Rachel Niklas. She will meet personally with the student and see how she and the teachers can help them. They might make a plan for solving specific issues if there are any. Being referred to Rachel does not mean the student is in trouble. The meetings are confidential, they are not put in students’ records, and they do not affect their progression to the undergraduate schools.
- Student Life: Kalamkas Sagadiyeva from the Department of Student Affairs helps students with elements of student life such as dormitory issues, stipends, meal plans, student clubs, and other aspects of their life outside of studies at NUFYP.
- The Personal Development Module (PDM): This course is mandatory for all students and is designed to help students adjust to university life and expand study and interpersonal skills.
- Counseling service: Four psychologists are available to hold sessions with any student experiencing problems while at NUFYP. This service is completely non-judgmental and confidential.
- The NUFYP Student Council: Helps to increase communication between staff and students and plan both academic and social activities for students throughout the year.

Who Are ‘Personal Tutors’?

Personal tutors are a very important part of students’ NUFYP experience. They provide students with the following support:

- Each student has a dedicated personal tutor who is also the students’ English for Academic Purposes’ tutor. The tutor teaches the student at least three times a week and has some insight into the students’ academic performance as well as personal issues.
- The tutorials are individual and held once each week for approximately 15 minutes.
- Regular contact with the tutor can help to develop a supportive learning environment.

- This is an opportunity for students to ask their tutors questions and students should come to tutorials prepared with questions to discuss.
- Tutors provide feedback on students' academic work, further explain points, and give suggestions on how to improve it.
- Tutors discuss the students' overall progress and assist them if they are struggling with any aspects of life at NU.
- Tutors ensure that any concerns (either academic or personal issues) are passed on to Rachel Niklas in order to provide further support.

What Are the Common Stressors for NUFYP Students?

- Adjusting to different methods of teaching and tutors from different cultures.
- More academic competition after being accustomed to being at the top of their class.
- All classes in English.
- Lack of time management skills (especially before exams and assignment due dates).
- High expectations and pressure from family.
- New relationships with friends and romantic relationships.
- Moving to a new city and possibly a new climate.
- Living in a dormitory and building relationships with new roommates.
- Managing finances independently.
- Missing family and friends from home.
- Maintaining a healthy diet and sleep pattern.
- Managing health related issues such as illness.
- Students living at home in Astana may face long commutes to school and less integration with classmates and University life.

What Can Parents Do?

- Discuss these adjustments with students before they leave for NUFYP (see page 2).
- Develop strategies for avoiding conflict and building healthy relationships.
- Explore your child's strengths and interests to help them make a good decision about their future major at NU.
- Encourage your child to get involved with clubs and activities while at NU.

- Do not overburden your child with family issues that he or she cannot help while studying at NU. This often greatly contributes their stress.
- Discuss skills necessary for being independent and responsible, especially in terms of managing their time and not waiting until the last minute to complete tasks.
- Balance contact with your child (not contacting too much—as it would distract them or make them homesick, or too little—because they will need encouragement and support). Discuss at the beginning of the year about how often you might need to speak and message each other.
- Talk about how to eat healthily and get enough sleep.
- Help your child explore their interests and strengths when choosing a major.
- Manage expectations of performance. The environment at NU will be more competitive than high school and there will be many academically strong students.
- Last but not least, be supportive! Acknowledge that your child's emotions during this time are normal and let them know you are there for support.
- Check the academic calendar carefully and make sure your child is not travelling home when they should be at NUFYP.

Need for Notification

If your child has any issues such as a learning disability, vision or hearing problems, speech impediment, physical disability, medical condition or any other issue it is very important that you notify NUFYP before classes begin.

- **Notifying NUFYP of such issues will not impact their progression or grades.**
- Communicating such issues to us is very important so that we can ensure that your son or daughter is fully supported while studying in our program.
- Please contact Rachel Niklas: rachel.niklas@nu.edu.kz