



TOP 7 ADVICE FOR UBC SCIENCE STUDENTS

GET INVOLVED

There are many ways to connect with the UBC community to enrich your undergraduate experience. Become an Orientation Leader, join an AMS club, volunteer, find part-time work on campus, and more.



WORK HARD & ASK QUESTIONS

Stay on top of your assignments, beat procrastination, and don't skip classes. Drop in to your prof's office hours or get help from a Teaching Assistant. There are many free on-campus learning resources and workshops.

FIND BALANCE

While academics are important, allow time for fun too! Try to find space in your busy schedule for sports, recreation, or social time. Take breaks when studying and enjoy your university experience.





STAY HEALTHY

On-campus food trucks and restaurants may be helpful for your busy schedule, but remember to include foods from all food groups in your diet, drink 2 – 3 litres of water per day and get 7-9 hours of sleep each night.



BE ACTIVE

Your UBC student fees give you access to free public skating, swimming, and drop-in sports. Also check out UBC REC's intramural activities and major events like Day of the Longboat and Storm the Wall.

SEEK HELP WHEN YOU NEED IT

It may be difficult transitioning into university. Questions about courses or academics? Contact Science Advising. UBC also provides free online self-help resources, peer support services, mental health support, and a medical clinic for students.



EXPLORE UBC

Take a break from your studies and visit UBC attractions and gardens, free for UBC students with a valid UBC card. Smell the roses at the UBC Rose Garden, relax at the Nitobe Memorial Garden, check out the museums, and more.