

# UBC Pre-University Programs | Summer 2025

Take part in a variety of interactive and informative lectures designed to prepare you for university success. Every lecture is led by UBC instructors and professionals experienced in advising high school students on post-secondary admissions tips, academic excellence, and health and wellbeing.

## UBC Admissions Information Session

Join UBC advisors and student ambassadors to learn more about what UBC offers on our Vancouver and Okanagan campuses. Get an overview of academic programs, admissions, scholarship opportunities and more.

## University Preparation Lectures

### Creating Outstanding Applications

Learn to write attention-catching applications that highlight your skills and accomplishments and make universities eager to accept you.

### Great Grades Without the Grind – Habit Formation

Explore powerful habit-formation tools that can make your studies feel more effortless, even when your motivation is low.

### What Should I Study?

Develop self-reflection and research skills for choosing programs that match your goals, values, interests, and passions.

### Campus Life

Meet UBC club members and see what kind of opportunities are available.

### Stay Well in Your First Year

Gain tools for maintaining your mental health, wellbeing, and resilience in your first year and beyond.

### What Professors Expect from First-Year Students

Conquer the leap from high school to university and make a positive impression on your professors.

*Lectures vary by session and are subject to change.*



THE UNIVERSITY OF BRITISH COLUMBIA

Extended Learning

