

## Why BOOST?

- ✓ Helps you identify and strengthen the skills ***you already have!***
- ✓ Provides a welcoming and diverse learning community led by professional instructors
- ✓ Allows you space and support to explore and work on skill areas that you want to improve
- ✓ Connects you with a Learning Skills Specialist who is in your corner for the full academic year and beyond.
- ✓ Re-introduces you to the wide-range of supports available on campus including: Career Zone, Student Health Services, Academic Advising, and more.
- ✓ Guides you along the path forward that is best ***for you!***

## Ready to Register?

1. Login at [my.brocku.ca](http://my.brocku.ca)
2. Under the Applicant and Self Serve section, click on “BoostApp”.
3. Read the terms and conditions.
4. Complete the application.
5. After you receive an email confirming your entry into the program, register for BOST 0N00 the same way you’d register for any other class.
6. Once you’re registered in BOOST, you’ll be able to register for your other classes (no more than 1.5 per term).



What former BOOST students have to say about their experience:

*“BOOST was a great opportunity and I know before I was contemplating either taking the program or staying on academic probation/suspension, but BOOST was more beneficial than I thought it would be so I’m very glad I made the decision to take it.”*

*“Boost ended up being better than I could’ve imagined. Through our instructor we were supported and encouraged to lead our own success and reach our goals. My instructor created a warm and inviting environment to help us achieve this”*

## You can do this and we’re here to help.

### Program questions?

A-Z Learning Services, Student Life and Success  
P: 905-688-5550 x5774  
E: [learning@brocku.ca](mailto:learning@brocku.ca)

### Registration issues?

Academic Records  
Office of the Registrar  
P: 905-688-5550 x3099  
E: [records@brocku.ca](mailto:records@brocku.ca)

**BOOST (BOST 0N00)**  
An alternative to academic suspension

## BOOST (BOST 0N00)

Paths through post-secondary education are as diverse as the students who travel them. The Brock community wants to support you on this journey, which is why we encourage you to register for the BOOST (BOST 0N00) Program.

BOOST is an alternative to academic suspension. Students who are facing a full year of academic suspension can instead choose to participate in BOOST (a non-credit pass/fail course) while carrying a reduced course load (3 credits—no more than 1.5 per term).

BOOST offers you an opportunity to pause, explore, and re-focus on your academic, professional, and personal goals while working on the skills you need to achieve them.

### Topics and Skills We Explore:

- ✓ Goal setting and growth mindset
- ✓ Getting and staying motivated
- ✓ Time and attention management
- ✓ Adapting to online learning
- ✓ Academic writing for the Humanities, Sciences, Business, and English Literature
- ✓ Exam study strategies and assignment planning
- ✓ Critical, numerical, and scientific thinking
- ✓ Confidence and self-efficacy

## Course Structure

**Duration:** Fall Term - On Campus

### Time Required:

- 2 x 90-minute seminars per week
- Consultation hours, as needed

**Style:** Small group seminar sessions to discuss and practice course concepts

**Fee:** \$850

**Registration Deadline** August 31, 2021

## Course Policies

Attendance, participation, and satisfactory completion of assignments are mandatory.

## Continued Enrollment at Brock

To avoid suspension, you must pass BOOST and achieve a minimum 60 percent overall average once three credits have been attempted.

Please see Academic Regulations for more details.

[2021-2022 Undergraduate Calendar - Academic Regulations and University Policies \(brocku.ca\)](#)

## Program Learning Outcomes

1. By experimenting with a variety of learning and study strategies, students will be able to align said strategies with their needs as individual learners, and with their academic, professional, and personal goals.
2. By exploring their post-secondary experiences holistically, students will be able to articulate how their skills can be transferred to real-world professional contexts.
3. By employing a variety of goal setting and self-management strategies, students will be able to create and plan for specific, attainable goals related to their academic, professional, and personal ambitions.
4. By engaging in a collaborative and reflective learning community, students will gain the skills needed to create professional networks with their colleagues, instructors, and community.

