

# What to prepare: Foundation Year

What to expect in your first few weeks	Within the first few weeks of the course we will explore all aspects of teaching and learning. You will meet your peers, get to know your environment and have the opportunity to volunteer at some of the most established sporting events within Manchester.
Course expectations	I expect the highest standards of engagement and professionalism. The course will teach you the core skills required to be a successful higher education student. You will have the opportunity to network with a variety of employers.
What you could do to prepare	In preparation for the Foundation Year you could be reading academic journal articles within your field, setting yourself career orientated goals or even getting involved with local sports events.
Reading list	<p>We use and reference some fantastic books throughout the course. The following are a good place to start:</p> <ul style="list-style-type: none"> <li>• Cottrell, S. (2013) <i>The Study Skills Handbook</i>. 4th edition. Basingstoke: Palgrave Macmillan.</li> <li>• Cottrell, S. (2015) <i>Skills for success: Personal Development and Employability</i>. 3rd edition. Basingstoke: Palgrave Macmillan.</li> </ul>