



CAMBRIDGE NETWORK

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# CAMBRIDGE UP

## WHAT is Cambridge UP?

Cambridge Network is a world leader in International Education, and we have been working with adolescents for over a decade. Our dedicated front-line is there every step of the way to provide support and guidance to our students. Through research and observation, we have identified the need for explicit instruction to guide our students in their personal growth and to combat common academic struggles faced by international students.

In Cambridge UP students learn important and meaningful topics on a weekly basis. The two areas of focus are personal growth through Social/ Emotional topics and developing strong Study Skills to support academic growth.

All lessons are delivered using a student-centered, interactive approach and continuously show students the real-world applications of the skills they are working towards.

## WHY do students need Social/ Emotional Skills?

Our Social-Emotional classes focus on three main: interpersonal relationships, emotional/ stress management, and maturity. These competencies were developed based on extensive public research on international students who study abroad in the United States. Cambridge Network believes these three competencies are the key success factors.

- **Interpersonal Relationships:** Each student has his/her own approach in handling conflict. However, Cambridge Network has observed that international students tend to avoid conflict if they can. Overcoming anxieties and addressing conflict appropriately is a major stepping stone on the path to maturity. Students need to develop their communication skills to successfully manage interpersonal relationships.

Examples of topics are: having difficult conversations, communicating with classmates/ teachers/ adults, and respecting others.

- **Emotional Well-Being:** Stress and emotional management are central to all levels of Cambridge UP. Immersing into a new culture and dealing with adolescence as a "fish out of water" can be stressful. Students who can properly deal with stress, anger, depression, and anxiety are more likely to be successful in other aspects of their life. Cambridge Network has developed strategies for individual students to help them manage stress and improve self-discipline.

Examples of topics are: resilience/ perseverance, managing expectations, and navigating difficult situations.

- **Maturity:** Cambridge Network is honored to act as confidant and mentor to our students. Cambridge UP assists students in developing a sense of responsibility and identity. We look to help each student enhance his/her own competence and cultural adjustment. Through the utilization of the strategies within this course, student will be able to truly become global citizens.

Examples of topics are: cultural awareness, what it means to be an adult in the US, and managing online presence.

## WHY do students need Study Skills?

Prior to studying in the US, Cambridge students have demonstrated that they are very strong students. However, in many cases, the approach to successful high school academics in an American high school requires the addition of new study habits.

This aspect of the course focuses on: critical thinking, note taking, and improvement of academic writing through better research and appropriate citation.

### Critical Thinking

Critical thinking is one of the most essential skills necessary to success in the American classroom, and many new international students have a hard time adapting to this more holistic approach to learning. Cambridge UP works to provide students with the cultural context of critical thinking in American culture as well as tools to perform critical thinking tasks in classroom discussions and written assignments.

### Note Taking

Keeping up with the pace of teaching in American classrooms can be challenging for a non-native student. In many cases, they need to develop fundamentals their American classmates have been working on their whole lives in subjects that international students are experiencing for the first time (US History, Religion, Social Studies, etc.). Through presenting techniques for more effective note taking, these lessons will support students in acquisition of content and help students build confidence in their classroom performance.

### Research and Citation

Plagiarism is often a wholly foreign concept to international students. As such, one of the primary concerns raised by Cambridge Network partner schools is the need for international students to fully understand the concept and potential consequences of plagiarism. These lessons will walk students through the research writing process and provide easy steps to follow to avoid plagiarism at every turn.

## What topics will be covered?

Cambridge UP consists of 4 levels guiding students from when they first arrive in the United States through to when they complete high school and transition to college:

### Level 1 (New Students)

Orients students to their new American surroundings with lessons on cultural awareness, managing culture shock, and understanding school expectations as well as commonly required academic skills (note-taking, expressing written opinion, etc.).

### Level 2 (Second Year Students, Sophomores)

Continues student success through techniques for getting the most out of teacher feedback, avoiding common academic pitfalls, and becoming a fully participatory member of their community. Provides life-skills like having difficult conversations, receiving criticism/feedback, and mindfulness.

### Level 3 (Juniors)

Focuses on research and plagiarism avoidance techniques as well as what it means to be a young adult in America. Students work to identify their personal strengths/weaknesses, leadership opportunities, and emotional regulation techniques.

### Level 4 (Seniors)

Teaches Cambridge Network's best tools for success in college applications & essays, AP exams, and avoiding the dreaded senioritis. Gives a preview of the different issues students will face in college and provides all the tools they will need for a seamless transition.

*\* Syllabi available upon request.*

## How can schools get involved?

We always love when our schools support and promote our services, and Cambridge UP is one that schools can really get behind! Here are some of the best practices for encouraging student attendance:

- **Inform your guidance department:** Guidance counsellors know the importance of support as students adjust and mature in their new surroundings. Inform them of this program and its benefits!
- **Work with SDMs to encourage attendance & help target skills:** Your Cambridge Network Student Development Manager (SDM) will have access to attendance tracking as well as follow-up lessons to cement Cambridge UP skills during their weekly 1-1s with students. Check-in with them about attendance and participation whenever you'd like to!
- **Assign Cambridge UP as an elective:** We can provide you with progress reports and participation grades according to your school's grading schedule and can work with your school to ensure the program fits your academic guidelines.

**Cambridge UP is available to non-Cambridge students!**  
Ask us how to sign up at [Cambridge-UP@cambridgenetwork.com](mailto:Cambridge-UP@cambridgenetwork.com)

## What do students have to say about it?



Cambridge UP teaches lots of "life skills." For example, once we talked about internships. (My teacher) helped us create a LinkedIn account. With LinkedIn, we will be able to find internships. By doing internships in companies I'm interested in, I will learn about owning a business and becoming a leader. (My teacher) also talked about being social, which is a problem that most students have. Teachers from Cambridge UP will teach us how Americans think and how to make friends with our classmates instead of hanging out with Chinese students all the time.

– Walker Hu, Crossroads College Preparatory School



Cambridge UP taught me how to behave myself and how to control my time and emotions. It also taught me how to get along with others. My favorite topic in Cambridge UP was how to avoid plagiarism and be a good student. I have improved from the things we learned about in Cambridge UP.

– Tom Li, Wayne Country Day School



Cambridge UP taught me how to plan goals and to know what I want more clearly. It teaches us how to take great notes and helps us to know more about college. My favorite topic is how to set up goals because it can help me to know what to do after I make plans.

– Nora Lo, St Vincent de Paul High School