Academic Success Plan

Please fill out both pages of this form prior to the meeting with an Advisor/Peer Mentor to review your current probation or academic warning status and plan for academic success.

Name _____ SID# _____ Date _____

Major _____ SU Email _____

Probation or academic warning status alerts students to academic difficulty. Students are put on probation or receive a warning whenever their term GPA, cumulative GPA or major GPA (if more than 15 credits in the major) fall below that which is required for their major.

Reflection: Why do you think you received an academic warning or academic probation?

I seek help when I need it. _____

I feel overwhelmed. _____

I feel lonely or isolated. _____

Identify Challenges/Obstacles: What challenges do you face that may be obstacles to your academic success? (Mark all that apply)

- ☐ Study/Test-Taking Skills
- ☐ Time Management
- ☐ Low Motivation
- ☐ Housing/Roommate
- ☐ Financial Challenges
- ☐ Disability Concerns
- ☐ Stress/Anxiety Management
- ☐ Reading/Writing Skills
- ☐ Major/Career Concerns
- ☐ Family/Relationship Problems
- ☐ Commuting/Transportation
- ☐ Too Many Work Hours
- ☐ Heavy/Challenging Course Load
- ☐ New Student Transition
- ☐ Social Distractions
- ☐ Athletics
- ☐ Health/Personal Issues
- ☐ Identity Issues
- ☐ Other _____

Build On Your Strengths: What strengths do you have that may help you succeed? It may help to think about and describe a class or assignment in which you were successful and reflect on why it was a success.

Seek Resources: What resources have you either used or would like to use to help you increase your chances for success?

- ☐ Academic Advisor
- ☐ Learning Assistance/Tutoring
- ☐ Writing Center
- ☐ Math Lab
- ☐ Professor's Office Hours
- ☐ Disability Services
- ☐ Counselling & Psychological Svcs.
- ☐ Health Center Services
- ☐ Student Financial Services
- ☐ International Student Center
- ☐ Career Services
- ☐ Collegia/Commuter Student Life
- ☐ Other _____

Assess Your Study Skills: Reflect on your current study habits.

	Yes	No
I have a designated study area where I am not distracted and can focus on my assignments.	○	○
I have a plan for each study period.	○	○
I am prepared to come to class with my homework assignments completed.	○	○
I review my notes after class.	○	○
I take notes or highlight text as I read my assignments.	○	○
I start my writing assignments well before they are due.	○	○
I know how to organize my notes into an outline.	○	○
I allow enough time for drafts and rewrites of my papers.	○	○
I study two hours for every one hour I am in class (on average).	○	○
I use a quarterly, weekly, and/or daily calendar to plan for classes/assignments.	○	○
I attend all classes except in emergency situations or illness.	○	○
I notify my instructors and develop a plan with them if I miss class.	○	○
I utilize professor office hours on a regular basis.	○	○
I begin studying for an exam when the material is first assigned or covered in class.	○	○
I get help from instructors, tutors, or classmates when needed.	○	○
I make outlines and summary sheets to prepare for exams.	○	○

Set and Achieve Goals: Reflect and identify three goals to achieving success. Consider study skills, challenges, strengths, resources. and deadlines to implement and achieve your goals.

Goal 1:

Goal 2:

Goal 2:

Additional Recommendations (To Be Completed by Your Advisor):

The above Academic Success Plan, developed by the student and reviewed/discussed with an advisor/Peer Mentor, justifies the removal of academic restriction on the student's registration

Advisor/Peer Mentor Signature	Date	Student's Signature	Date