**ACADEMIC SUCCESS PLAN**

**Student Success Center**

**The Student Success Center is committed to helping you reach your academic and career goals. This worksheet is designed to help you develop a plan for returning to good academic standing. Be honest with yourself about the commitment and effort you are willing to invest so that you can develop a plan that is achievable and workable for you.**

**Step 1: Identify the obstacles you encountered last semester.**

**Using the matrix below, identify the three greatest obstacles you faced last semester (or in high school) and how they interfered with your academic success**

|  |  |
| --- | --- |
| **Obstacle** | **How did this obstacle interfere with your success? (Be  specific.)** |
|  |  |
|  |  |
|  |  |

**-I didn't go to class**

**-I didn't take notes in class**

**-I didn't pay attention in class due to texting, surfing the net, etc.**

**-I didn't turn in homework or other assignments (or turned them in late)**

**- I didn't study enough**

**-I wasn't sure how to study effectively (I never had to study in** high **school)**

**-I didn't manage my time well**

**- I watched too much TV**

**-I spent too much time on the internet, Facebook or playing video games**

**-I wasn't organized enough**

**-I missed a test**

**-I procrastinated too much**

**-I didn't keep up with the reading I didn't participate in class**

**-I had trouble adjusting to college life**

**- I had test anxiety or other school related anxiety**

**-I was homesick**

-**I allowed use of alcohol or other drugs to interfere with my academics**

**-I had difficulty prioritizing between school work and social activities**

**-I wasn't motivated enough**

**-I wasn't sure that I wanted to be at Geneva**

**- I had personal problems or issues**

**-I had health problems**

**-I didn't get enough sleep**

**-I had trouble balancing work and class**

**-I was confused about a choice of major**

**-I became frustrated about my performance and just gave up**

**-I think I might have an undiagnosed learning disability**

**-I didn't buy the book for the class**

**-I had financial problems last semester**

**-I had difficulty with the subject matter in one or more of my classes (math, science, writing, foreign language, etc.)**

**-Other, Be Specific**

**Step 2: Generate potential solutions for overcoming the obstacles you listed.**

**Use the matrix below to list the obstacles you faced last semester and three potential solutions for each obstacle.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Obstacle** | **Solution #1** | **Solution #2** | **Solution #3** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**-I will meet with my academic coach to discuss my**

**\_**

**schedule and develop a plan for success**

**-I will attend all of my classes**

**\_**

**-I will go to class prepared**

**\_**

**-I will stay focused in class**

**\_**

**-I will set a study schedule for each class and follow**

**\_**

**it**

**-I will study in a place that allows me to get my**

**\_**

**work done**

**\_**

**-I will attend tutoring sessions**

**\_**

**\_\_**

**-If I am having difficulty in a course for which**

**\_**

**tutoring is not currently offered, I am going to find two other students to study with**

**-I will make better choices regarding my health,**

**\_**

**sleeping and eating habits**

**-I will make better choices regarding my use**

**\_**

**of alcohol and/or other drugs ( Please note it is against school policy to use either )**

**- I will get to know my professors**

**-I will ask my professor for help if I am**

**\_**

**having difficulty in a course**

**-I will meet with a counselor at Counseling**

**to discuss my personal concerns and issues**

**-I will utilize the major and career exploration**

**\_**

**services at the Career development center**

**I will seek assistance from someone in the**

**\_**

**Financial Aid office**

**I will meet with someone in the Office**

**\_**

**\_**

**Other solutions that will allow me to be successful**

**Step 3: Commit to workable and achievable solutions.**

**Using the matrix below, list the three most achievable solutions you are willing to try, how these solutions may help you, and the sacrifices you will need to make to achieve your goals**

|  |  |  |
| --- | --- | --- |
| **Solution** | **How will this solution help  me?** | **What will this solution require of me in terms of time and effort?** |
|  |  |  |
|  |  |  |
|  |  |  |

**Step 4: Develop your plan of action!**

**Write your most important goal down below. Using the solutions you generated, list the steps you will take to reach your goal and the date by which you will complete those steps. Use the SMART formula for achieving your goal.**

**S= Specific: Make your goal as specific as possible.**

*Example: I will have a* **2.5** *cumulative GPR by the end of the 2011 spring semester.*

**M=Measurable: Be sure that your goal is measurable.**

*Example: I will be able* **to** *measure whether or not I have achieved my desired GPR at the end of the semester.*

**A=Attainable: Set goals that you can achieve**

*Example: I have done the math and know* **that a 2.5** *cumulative GPR by the end of the semester is possible.*

**R=Realistic: Set goals that are realistic**

*Example: I can realistically achieve a* **2.5** *cumulative GPR if I earn 4 Bs and 1* **C** *this semester.*

**T=Timely: Establish a timeline for reaching your goal**

*Example: I can achieve my goal by the end of the spring 2011 semester.*

**My TOP Goal:**

**Steps I will take to reach this goal:**

**1. by , 2018**

**2. by , 2018**

**3. by , 2018**

**Step 5: Remember that with effort and persistence, you can return to good academic standing! Keep the following in mind:**

**/. BE COMITTED to achieving academic success**

1. **UNDERSTAND what academic probation means and what grades you'll need to earn to return to good academic standing.**
2. **IDENTIFY the problems that led to your poor grades**
3. **CONSIDER all of your options- including adjusting your course load, cutting back on extracurricular activities, repeating courses.**
4. **KNOW the add, drop, and withdrawal deadlines as well as other academic policies that pertain to you**
5. **LET OTHERS ASSIST YOU and take advantage of the student support services such as tutoring, personal counseling, and academic coaching. Your academic advisor is an excellent resource person as well.**
6. **THINK POSITIVELY and WORK HARD! DON'T GIVE UP! Notes:**

This worksheet was adapted from student success worksheets at Clemson University and NC University