

# ACADEMIC SUCCESS PLAN

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## REFLECTION:

Why am I on Academic Probation? Why is my GPA so low? What have I done or not done to find myself in this position? How am I responsible?

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## ASSESS YOURSELF:

Answer the following questions to determine how your *study habits* are helping or getting in the way of your academic success.

Yes or No

### Study Habits Checklist\*

- 1. Do you attend class regularly? (no more than 1-2 absences per semester)
- 2. Do you take notes? Are they organized in a certain format?
- 3. During class lecture, do you listen for main ideas?
- 4. Do you review and revise class notes soon after class?
- 5. Do you turn in your assignments on time?
- 6. Do you have a study schedule with time set aside each day for each subject?
- 7. Do you have a study place that is effective for you?
- 8. Do you use free time between classes for studying?
- 9. Have you ever used a tutor for any of your classes?
- 10. Do you ask about or look up meanings of important new words when you can't figure them out?
- 11. Do you scan the chapters for main points before you read?
- 12. Do you underline/highlight main ideas when reading the text?
- 13. Do you take notes on a separate piece of paper as you read?
- 14. In studying for an exam, do you distribute your study time over at least two or three different sessions?
- 15. When studying material do you try to summarize it into your own words or reorganize your notes?
- 16. Do you make up sample exam questions and answer them as you read or study?
- 17. Do you study at least 2 hours outside of class for every hour you are in class? (For example: for a 3 hour English class, are you studying at least 6 hours a week?)
- 18. Do you choose classes that you are prepared and ready for?

**STRENGTHS AND WEAKNESSES:**

What do you feel are 3 strengths that you can use to help you achieve college success?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

What do you feel are 3 challenges that you need to address to achieve college success?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOOKING AT BARRIERS: \*\***

Identify all challenges that may be barriers to your academic success. Check all that apply:

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Child care issues           | <input type="checkbox"/> Poor time management      | <input type="checkbox"/> Undecided about major   |
| <input type="checkbox"/> Caring for family member    | <input type="checkbox"/> Transportation problems   | <input type="checkbox"/> Not enough time         |
| <input type="checkbox"/> Financial challenges        | <input type="checkbox"/> Housing concerns          | <input type="checkbox"/> Work hours              |
| <input type="checkbox"/> Lack of goals               | <input type="checkbox"/> Friends/Relationships     | <input type="checkbox"/> Course load too heavy   |
| <input type="checkbox"/> Test taking or test anxiety | <input type="checkbox"/> Health issues             | <input type="checkbox"/> Courses too challenging |
| <input type="checkbox"/> Disability concerns         | <input type="checkbox"/> Family conflict/struggles | <input type="checkbox"/> Poor study skills       |
| <input type="checkbox"/> Low motivation              | <input type="checkbox"/> Excessive social life     | <input type="checkbox"/> Other:                  |

\*\*Adapted from Constance Staley, Focus on College Success Text

**MOTIVATION FOR COLLEGE:**

Why is it important for you to attend college? What would it mean to you to get a college degree? How would you feel if you were asked to leave for one year? What are the goals you have that require a college education?

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**CHANGING YOUR HABITS:**

List 3 things discussed today that you believe will help you do better in your classes. Remember, you must earn a 2.0 GPA in order to continue taking courses at GRCC.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**USE CAMPUS RESOURCES:**

List 3 campus resources you can use to help increase your chance for success this semester.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Bring this Success Plan with you when you see a counselor/advisor to review your ideas!**

