



St. Mary's College of Maryland
at Historic St. Mary's City
ACADEMIC SERVICES

ACADEMIC SUCCESS ACTION PLAN

Name:

ID#:

Date:

Semesters of Previous Probation (please list):

The current probation I am on is (check one): ___ Academic Probation
___ Dismissal Appeal Probation

Current GPA:

Below is a worksheet designed to help you identify your study habits and academic motivation. Everyone has strengths and weaknesses; identifying your own will help you to better understand yourself as a learner. Please use the tools and spaces below for exploration and reflection; there are no wrong answers.

ASSESSMENT FOR IMPROVEMENT

1. **Think back** over your classes and study habits during your last semester.

Go to the Study Skills Inventory at Virginia Tech, <http://www.ucc.vt.edu/studyskills/ssaform.htm>, and take the online test available there. If you have 2 or more scores of 3 or 4 for any section, check that area below to show which of your study skills areas may need improvement?

- | | |
|--|---|
| <input type="checkbox"/> Time Management | <input type="checkbox"/> Test Preparation and Test Taking |
| <input type="checkbox"/> Concentration | <input type="checkbox"/> Reading Speed |
| <input type="checkbox"/> Note Taking | <input type="checkbox"/> Writing Skills |
| <input type="checkbox"/> Reading Comprehension | <input type="checkbox"/> Test Anxiety Management |

Read more on the checked areas above by visiting the following sites and set goals based on what you have learned:

Time Management - <http://www.muskingum.edu/~cal/database/general/time.html>

Time Management 2 - <http://www.muskingum.edu/~cal/database/general/timea.html>

Time Planners - <http://www.muskingum.edu/~cal/database/general/timeintro.html>

Concentration - <http://www.ucc.vt.edu/stryhlp.html>

Attention & Listening - <http://www.muskingum.edu/~cal/database/general/attention.html>

Eliminating Distractions <http://www.muskingum.edu/~cal/database/general/attention2.html>

Note-taking - <http://www.muskingum.edu/~cal/database/general/notetaking.html#Background>

Reading Comp. - <http://www.muskingum.edu/~cal/database/general/reading.html#Background>

Reading Comp. 2 <http://www.muskingum.edu/~cal/database/general/reading.html#Strategies>

Test Preparation - <http://www.muskingum.edu/~cal/database/general/testprep.html>

Test-Taking - <http://www.muskingum.edu/~cal/database/general/testtaking.html>

Reading Speed - <http://www.studygs.net/reading.htm>

Writing - <http://www.muskingum.edu/~cal/database/general/writing.html>

Test Anxiety - <http://www.muskingum.edu/~cal/database/general/testanxiety.html>

Set Goals - Based on the information provided, which of the study habits described there could you incorporate for improvement?

2. Motivation is an important factor in your academic success.

Please look at the following sites:

Motivation - <http://www.muskingum.edu/~cal/database/general/motivation.html>

Procrastination - <http://www.muskingum.edu/~cal/database/general/timeb.html>

Set Goals - What can you do to increase your motivation?

ACTION PLAN FOR IMPROVEMENT

What do you enjoy? What do you do really well? (Can you use these to motivate you?)

How does a college degree fit into your goals for the future?

Based on your assessment of your study skills and motivational weaknesses, what are some specific things you can do to improve your academic performance?

Sites for Further Exploration:

Learning Strategies - <http://www.muskingum.edu/~cal/database/general/index.html>

Study Skills "course" - <http://www.mtsu.edu/~studskl/index.html>

Study Skills Handouts - <http://www.sarc.sdes.ucf.edu/studyhandouts.html>

On-line Study Skills Workshops - <http://www.ucc.vt.edu/stdyhlp.html>

Updated May 8, 2008

CONTRACT FOR MEETING REQUIREMENTS FOR ACADEMIC PROBATION

As a consequence of probation, I agree to abide by the following requirements:

- I will not enroll in more than 16 semester hours for the semester during my probation. If I pre-registered for more than 16 hours, I will drop down to no more than 16 credits during the drop/add period.
- I will not participate in any varsity sports, campus media, student government leadership positions, student club offices, or non-credit bearing co-curricular activities.
- I understand that I must complete all of my coursework by the semester deadline, and that I may not have any Incomplete grades at the end of the semester.
- I will make an appointment with my academic advisor to discuss my academic situation.
- I will complete this Academic Success Action Plan.

Student Signature _____ Date _____

Office of Academic Services Signature _____ Date _____