

Office of Academic Services

**ACADEMIC SUCCESS ACTION PLAN**

**Name**: **ID#**:

**Date**: **Current GPA**:

**Semester(s) of Previous Probation (please list all**):

**This is my (check one**):\_\_\_\_First semester on Academic Probation

 \_\_\_\_ Second semester on Academic Probation

 \_\_\_\_Dismissed by appeal to return was approved

*Below is a worksheet designed to help you assess 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. Below are common issues that students – regardless of their age, year, or major - often have difficulty with throughout their academic career. Reflect upon your most recent semester, did you experience problems in any of these areas? If so, please check the appropriate boxes below and **follow** the links provided to learn more about each issue and potential solutions. Bring any notes and/or questions you have from the material presented at these sites to your appointment at Academic Services. You may find it helpful to use the hot-linked version of this form, available on the Academic Services website at: <<http://www.smcm.edu/academicservices/form/>academicsuccessplan.pdf>

 □ Time Management: <http://www.mindtools.com/pages/article/newHTE_88.htm>

□ Concentration: [http://www.lib.sfu.ca/about/branches-depts/slc/strategies/learning-studying/concentration-motivation](https://www.google.com/url?q=http://www.lib.sfu.ca/about/branches-depts/slc/strategies/learning-studying/concentration-motivation&sa=D&usg=AFQjCNEIwrvsABCX_siT3BhCMSYBa3lyeQ) (Focus on first two links)

□ Note-Taking: <http://www.dartmouth.edu/~acskills/success/notes.html>

□ Reading Comprehension: <http://www.providence.edu/academic-services/academic-skills/Pages/reading.aspx>

□ Test Preparation and Test Taking: <http://www.usu.edu/arc/test_anxiety/strategies/>

□ Reading Speed: <http://www.wikihow.com/Learn-Speed-Reading>

□ Writing Skills: <http://www.smcm.edu/writingcenter/resources/index.html>

□ Test Anxiety Management: <http://www.usu.edu/arc/test_anxiety/stress/smstart.cfm>

2. Motivation is an important factor of your academic success. To assess your motivational strengths and weaknesses, take the “Self-Motivation Quiz” on the MindTools website. Once you calculate your results, put your scores in the area below: [www.mindtools.com/pages/article/newLDR\_57.htm](http://www.mindtools.com/pages/article/newLDR_57.htm)

1. Self-Confidence and Self-Efficacy: Score\_\_\_\_\_\_\_

2. Positive Thinking, and Positive Thinking About the Future: Score\_\_\_\_\_\_\_

3. Focus and Strong Goals: Score\_\_\_\_\_\_\_

4. Motivating Environment: Score\_\_\_\_\_\_\_

Total Score\_\_\_\_\_\_\_

**ACTION PLAN FOR IMPROVEMENT**

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

4. Based on your assessment of your study skills and motivational weaknesses, what are some specific things you can do to improve your academic performance? Please describe *three*  steps you will take in the upcoming semester.

**CONTRACT FOR MEETING REQUIREMENTS FOR ACADEMIC PROBATION**

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

1. I will not enroll in more than 16 semester hours for the semester during my probation *unless granted permission by Academic Services.*
2. I will not participate in any varsity sports, campus media, student government leadership positions, student club offices, or non-credit bearing co-curricular activities, including internships
3. 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.

1. I will meet with the Office of Academic Services before the end of the sec on d wee k of the semester to discuss my academic situation.
2. I will complete this Academic Success Action Plan and return it to Academic Services.

Student’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Academic Services Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_