

Reset, Recharge, Refocus: A Parent's Guide to Academic Standing & Support Services



An OS3-sponsored Parent/Family Webinar
January, 2026

Your Presenter



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Agenda



- Academic standing
- Possible causes of setbacks
- Challenges moving forward
- College resources
- Q&A

Learning Outcomes



As a result of attending this webinar, you will be able to:

- Explain the difference between Academic Warning, Academic Notice, and Academic Dismissal
- List at least two possible causes of academic difficulties
- Discuss at least two challenges for students trying to overcome academic difficulties
- Know what to not say and to say to support your student

Academic Standing



Academic Standing



To graduate:

- Must have cumulative GPA at or above 2.0
- Cumulative GPA at or above a 2.0 = Good academic standing

Academic Standing



Academic Warning:

- Semester GPA below 2.0
- Cumulative GPA above 2.0

Want to stop the downward spiral

Academic Standing



Academic Notice (formerly known as Probation):

- Cumulative GPA below 2.0
- Not in good academic standing
- 1 semester on Notice
- May take more than 1 semester to significantly improve

Academic Standing



Academic Dismissal 1:

- 2 or more semesters on Academic Notice
- Can appeal (extenuating circumstances)
- Return on Academic Notice
- If appeal not granted, can return after 1 year (must go to community college, provide transcript, answer questions)

Academic Standing



Academic Dismissal 2:

- Previously dismissed, appeal granted
- Cumulative below 2.0
- Permanently dismissed (no appeal, no return)

Setbacks



Possible Causes of Setbacks



- Personal & health challenges
- Academic prep gaps
- Lack of study/time management/organization skills
- Adjustment difficulties
- Financial stress
- Course-specific challenges
- External circumstances

What to Not to Say/Say



- What not to say: Geez, I can't believe you wasted an entire semester!
- What not to say: Buck up! Put your nose to the grindstone.
- What not to say: Just study harder.
- What to say: I know college classes are hard. Let's talk about what you can do differently next semester.

Challenges



Challenges Moving Forward



- Mathematical reality
- Psychological barriers
- Practical issues
- Academic Notice consequences
- Time pressure
- Motivation sustainability
- Strategic course selection

What to Not to Say/Say



- What not to say: I guess you might as well just give up. Your future is ruined.
- What not to say: Your brother/sister never had these problems.
- What not to say: Why can't you just try harder?
- What to say: Your GPA doesn't define who you are or how much I believe in you.

Resources



College Resources



- OS3!
- IDIS124: Seahawk Academic Improvement and Learning Strategies (SAILS) Course (2 credits)
- Free tutors & PASS Specialists
- Student Visiting Hours (office hours)

College Resources



- Teaching Assistants, Lab Assistants, Career Mentors
- Research Librarians
- Writing & Speaking Center
- Study groups



Closing



Future Webinars

- Tuesday, February 10, 7-8 PM
- Tuesday, March 10, 7-8 PM
- Tuesday, April 14, 7-8 PM

Zoom Link for 2026 Parent & Family Webinars:

Join Zoom Meeting

<https://smcm.zoom.us/j/87802935039?pwd=ltYzbbrnpBziG9fSbXuhwIEMagBEqf.1>

Meeting ID: 878 0293 5039

Passcode: 409207

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THANK YOU

FOR JOINING US



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