

Personal Plan for Success

Student Information	
Name:	Date:
Major and/or Minor:	
Current GPA:	Current Credit Completion Rate:

Your Academic Success Plan will help you:

- Reflect on past challenges and brainstorm strategies to overcome/resolve them
- Identify study strategies and academic supports/campus resources to enhance academic success
- Develop concrete goals related to your academic success at SCSU in the upcoming semester

Think about the challenges, barriers, or obstacles you have faced in the past. Write them down in the Potential Challenges column. In the next column, think about what you will do to overcome these challenges. Write what will help you with these challenges in your next academic term.

<u>Potential Challenges</u>	<u>What will you do to overcome these challenges?</u>
<ul style="list-style-type: none"> 	<ul style="list-style-type: none">

Achieving Your Goals	
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<u>Goals for this semester</u>	<u>How do you plan to stay on track with your goals?</u>

It is important to surround yourself with supportive resources who can encourage your success. Use the space below to list members of your current support network. (**TIP:** Focus less on friends and family members, and more on SCSU resources, faculty or staff, or professional's off-campus who will contribute to your academic success in the upcoming term/academic year.)

SCSU Resource, Faculty/Staff Member, or Personal Support	This person or resource will be able to support me in my efforts toward academic success by...

Courses I plan to take next semester	Goal Grade	Tips to achieve these grades:
		<ul style="list-style-type: none"> • Ask Faculty Members about your Midterm Grades • Schedule Tutoring Appointment • Talk with your Academic Advisor • Meet with Professors During Office Hours • Use a Calendar to set Goal Dates for Assignment Completion • Papers to be Reviewed by The Write Place before Submission • Test/quiz Questions Reviewed with Professor • Seek Counseling and Psychological Services (CAPS) • Take Focus 2 Assessment at Career Center (major and career exploration) • Find a Study Buddy/Accountability Partner • Shadowing for Major • Attend Time Management Seminar • Schedule 1:1 Appointment with Academic Learning Center • Visit Math Skills Center • Meet with Student Accessibility Services

My Academic Goals for the Semester			
Attend class daily		Get my homework done early	Exercise
Be ready for class		Correct old tests	Keep a record of my grades
Keep up with homework		Outline chapters	Ask questions in class
Meet with adviser regularly		Read over my notes daily	Seek help of a tutor
Meet with professors regularly		Do all extra credit work	Get a good night's sleep
Sit in the front of the class		Rewrite notes	Eat healthy foods
Study in advance for tests		Attend study hours	Manage time effectively

Acknowledgement

By submitting this form, you are committing to following the guidelines created by and for yourself. You understand the objectives of this form and individual academic success plan and will abide by its procedures to the best of your ability. If at any time you fall behind with your plan, ask for help and talk with your advisers.

Self-Assessment

Please answer each question carefully. This self-assessment is a great tool to help you evaluate your academic learning habits and determine areas to make improvements for future academic success.

	Never				Always
Do you attend class?		2	3	4	5
Do you participate during class?	1	2	3	4	5
Do you use your syllabus as a guide to each course?	1	2	3	4	5
Do you turn in your assignments?	1	2	3	4	5
Do you keep track of points earned on assignments and exams so you know how you are performing in class?	1	2	3	4	5
In class, is it easy for you to stay focused on learning?	1	2	3	4	5
When you have questions about course material, do you talk to the instructor?	1	2	3	4	5
When you miss a class, do you get a copy of the lecture notes from another student or the instructor?	1	2	3	4	5
Do you read the chapter before you hear the corresponding lecture?	1	2	3	4	5
While you read the course materials, do you take notes?	1	2	3	4	5
While reading, do you mark or highlight your text?	1	2	3	4	5
To better understand material you are reading, do you reflect on what you have just read?	1	2	3	4	5
Do you take lecture notes that effectively prepare you for exams?	1	2	3	4	5
How often do you study more than two days in advance for exams?	1	2	3	4	5
Do you set up specific times each week to study?	1	2	3	4	5
Do you spend enough time studying to be a successful student?	1	2	3	4	5
When it comes to studying, are you organized?	1	2	3	4	5
Do you successfully balance your social life and study time?	1	2	3	4	5
Do you use a planner/calendar to organize your daily responsibilities?	1	2	3	4	5
Do you find a productive learning environment to study in?	1	2	3	4	5
How often do your work responsibilities interfere with school responsibilities?	1	2	3	4	5
When preparing for and taking exams, do you feel high levels of anxiety/stress?	1	2	3	4	5

Looking at your answers, what do you plan to do to become academically successful?