

Getting off Probation and Getting Ahead in Life

When a student gets on probation it is the result of poor grades. Poor grades are a result of different things for different students. The pilot probation program's aim is to help you identify the possible reasons or situations that led to probation in the first place.

Rather than feel badly about being on probation, praise yourself for taking this step to help yourself. Everyone makes mistakes – it is learning from those mistakes that can make a difference. Once the factors are identified that interfere with your education last semester, specific goals can be set and changes can be made.

Learning is difficult when ...

- Personal factors interfere with your performance
- You are unhappy with the college you are attending
- You have problems with your courses
- Your approach to studying does not bring good results to you
- You are not really sure that you want to be in college at all/right now

Below is a checklist that deals with all of these issues.

Dealing with personal factors can make concentrating on your studies more difficult. Check all items that are a problem for you:

- | | | |
|--|---|---|
| <input type="checkbox"/> poor health | <input type="checkbox"/> family problems | <input type="checkbox"/> loneliness |
| <input type="checkbox"/> financial difficulty | <input type="checkbox"/> social distractions | <input type="checkbox"/> anxiety |
| <input type="checkbox"/> too many commitments | <input type="checkbox"/> unresolved problems | <input type="checkbox"/> lack of confidence |
| <input type="checkbox"/> too much social life | <input type="checkbox"/> clash between job and school | <input type="checkbox"/> employed () hours |
| <input type="checkbox"/> lack of child care | <input type="checkbox"/> alcohol use | <input type="checkbox"/> fraternity/sorority life |
| <input type="checkbox"/> change in relationship with someone important | <input type="checkbox"/> pressure from parents | |
| <input type="checkbox"/> no transportation | <input type="checkbox"/> other (please explain) _____ | |

If you are unhappy with the college you are attending, you may find it harder to attend class, focus on your studies, and do well in your classes. Check all items that are a problem for you:

- | | | |
|---|---|--|
| <input type="checkbox"/> poor advertising | <input type="checkbox"/> poor teaching | <input type="checkbox"/> lack of good tutors |
| <input type="checkbox"/> inconvenient hours | <input type="checkbox"/> inadequate study facilities | <input type="checkbox"/> classes too large/small |
| <input type="checkbox"/> problems with an instructor | <input type="checkbox"/> campus values differ from mine | <input type="checkbox"/> few support services to help me |
| <input type="checkbox"/> no opportunity for involvement with other students | <input type="checkbox"/> few people with backgrounds and interest like mine | <input type="checkbox"/> other _____ |

The courses you took or the amount of hours attempted may have been a factor. Check all items that are a problem for you:

- | | |
|--|---|
| <input type="checkbox"/> no interest in a particular course (and which ones) _____ | |
| <input type="checkbox"/> inadequate background for a course (and which ones) _____ | |
| <input type="checkbox"/> course load was too heavy | <input type="checkbox"/> uncertain about academic career goals |
| <input type="checkbox"/> course doesn't fit my academic and career goals | <input type="checkbox"/> unsure about the connection between academics and career goals |
| <input type="checkbox"/> no tutors or other support for course (and which ones) | |
| <input type="checkbox"/> burnout from taking classes | <input type="checkbox"/> unrealistic course choices |

- courses unavailable when I need them
- amount of work assigned in courses
- too little time available in my schedule to complete the assigned work
- declared my major without researching the degree requirements
- did not take advantage of college support services (advising, tutoring, writing center, etc.)

Study habits and preparing for class is an important part of being successful. Check all items that are a problem for you:

- good intentions but poor follow-through
- lecture notes useless for studying
- unsure about how to learn material
- vague reading of textbooks
- worries about failure interrupt my thinking/studying
- unprepared for classes
- uncertain about what is important to study
- too little time for review
- unexpected questions on tests
- concentration is easily broken
- material quickly forgotten
- too little time to prepare for tests
- memorization substituted for understanding
- don't spend enough time studying
- difficulty in some kinds of classes

If you are not sure that you want to be in college, your motivation to do the everyday work and scheduling studying time can suffer. Check all items that are a problem for you.

- only enrolled in college because I was expected to
- self-discipline rather than motivation keeps me on campus
- off-campus activities distract me
- working/earning money is more important
- life seems to be "on hold" while I am in school
- little interest in my courses
- unsure how school fits into my goals
- little or no energy for completing assignments
- learning is rarely fun
- negative emotions have become the norm (stress, boredom, frustration, etc.)
- other (please explain) _____

Personal Academic Success Plan

Review the items you marked in each section that have made learning in college difficult for you. Which sections and reasons have contributed the most to your difficulties? Think about these sections and reasons. List some specific things you can do to make your learning more successful (i.e. tutoring, scheduling study time, work more closely with advisor, etc.) We will discuss these things at our next meeting.

Signature: _____

Date: _____

Self Assessment

The following items represent common concerns of college students. How much has each one distressed, worried, or bothered you in the past semester? Please circle the answer that is the most correct for you. **This information will be used to assess your needs as a probationary student and will remain confidential.**

First Name: _____

Last Name: _____

PART I:

1=None; 2=Little; 3=Moderately; 4=Quite a Bit; 5=Very Much	1	2	3	4	5	6
Academic Concerns						
Difficulty caring about or concentrating on studies						
Indecision or Concern about choice of career or major						
Family concerns						
Difficulty getting along with others (i.e. roommate, friends)						
Concerns about romantic/intimate relationships						
Sexual issues/feelings						
Concerns about self-esteem/self-concept						
Feeling irritable or tense						
Feeling worried or fearful						
Feeling stressed or under pressure						
Feeling lonely or isolated						
Feeling depressed or sad						
Suicidal thoughts or concerns						
Physical health problems						
Trouble sleeping or changes in sleeping patterns						
Eating, appetite, or weight problems/changes						
My use of alcohol						
The alcohol use of someone close to me						
My use of marijuana/other drugs						

PART II:

Check whether the statements below sound like you or don't sound like you. This information will be used to assess your needs as a probationary student and will remain confidential.

Yes=Like Me; No=Not Like Me	Yes	No
Feeling overwhelmed with my schedule		
Can't seem to stick to a regular study time		
Feel like I waste a lot of time		
Feel overloaded and stressed most of the time		
Have too many responsibilities outside of school		
Have a hard time dealing with and relieving stress		
Class notes are unorganized and hard to study from		
Hard time memorizing information		
Usually don't read all my text assignments		
Have difficulty understanding what I read		
Have difficulty writing using proper grammar		
Read at a slower pace		
Feel ill-prepared for math courses		
Hate math		
Interested in obtaining Financial Aid		
Have trouble making ends meet		
Receiving Financial Aid		
Don't know what courses I need to take to graduate		
Haven't developed an academic plan with an advisor		
Don't know my GPA or how many credits I need to graduate		
Have a documented physical and/or learning disability		
Think I might have a learning disability		
Would like to have some testing done to evaluate my learning needs		

Probation Facts Worksheet

Name: _____

Student ID: _____

Semester: _____

After reviewing the section on academic guidelines, you should be able to answer the following questions with ease:

- I understand that I must earn a _____ GPA to get off probation this semester (see GPA calculations in the guidelines)
 - If I retake a course because I earned a poor grade the first time, both grades will appear on my transcript and both will figure into my GPA (the “repeat” grade does not replace the initial grade) **TRUE or FALSE**
 - If I repeat a course that I received a “D” in, I’ll earn credit for that course twice. **TRUE or FALSE**
 - The last day to drop a course for the semester is _____.
 - The deadline for a full term withdrawal for the semester is _____.
 - Which of the available resources at SAU are most applicable to your circumstances? _____
-

If I have questions or concerns throughout the semester regarding my academic performance, I will see an academic advisor in Nelson Hall – Room 200.

Student Signature: _____

Date: _____