

## ACADEMIC SUCCESS PLAN

Student Name: \_\_\_\_\_

Mentor: \_\_\_\_\_

### Obstacles

Please identify the obstacles you encountered last semester. You can use a separate sheet if you need more space.

Obstacle	How did this impact your success?

### Please check all that apply:

- |   |  |
|---|--|
| <input type="checkbox"/> I did not study enough<br><input type="checkbox"/> I do not know how to study effectively<br><input type="checkbox"/> I did not pay attention in class<br><input type="checkbox"/> I had trouble managing my time<br><input type="checkbox"/> I think I may have an undiagnosed learning disability<br><input type="checkbox"/> I became frustrated and I gave up<br><input type="checkbox"/> I was reluctant to participate in class<br><input type="checkbox"/> I lacked motivation<br><input type="checkbox"/> I spent too much time on things unrelated to school (internet, gaming, social media)<br><br><input type="checkbox"/> I was homesick<br><input type="checkbox"/> I had physical or mental health challenges<br><input type="checkbox"/> I spent too much time hanging with friends/family<br><input type="checkbox"/> I am uncomfortable asking for help<br><input type="checkbox"/> I watch too much TV<br><input type="checkbox"/> I do not know how to take effective notes<br><input type="checkbox"/> Other: _____ | <input type="checkbox"/> I was overly involved in extracurricular activities<br><input type="checkbox"/> I did not go to class<br><input type="checkbox"/> I was not organized<br><input type="checkbox"/> I did not understand key concepts covered in class<br><input type="checkbox"/> I missed turning in multiple assignments<br><input type="checkbox"/> I had a difficult time learning remotely<br><input type="checkbox"/> It was hard balancing school with work<br><input type="checkbox"/> I was not sure that AC was for me<br><input type="checkbox"/> I procrastinated too much<br><br><input type="checkbox"/> I had test anxiety<br><input type="checkbox"/> I had difficulty with subject matter in one or more of my courses<br><input type="checkbox"/> I did not connect socially<br><input type="checkbox"/> I have family responsibilities outside of school<br><input type="checkbox"/> I am uncertain about my educational goals<br><input type="checkbox"/> I did not feel supported |
|---|--|

**Solutions:**

What potential solutions do you have for overcoming the obstacles you faced? You can include more than one solution for each problem.

Obstacle	Potential Solutions

**Please check all that apply:**

- I will reach out to my mentor to discuss my schedule, major/career exploration & other issues
- I will ask my professor for help if I'm having difficulties
- I will reach out to the Student Success Office to develop a plan for success
- I will attend all of my classes
- I will tap into my support system
- I will seek medical care for help when my health with mental and physical health
- I will contact the ASC for help w/ classes without tutors
- I will attend all of my classes
- I will be prepared when I go to class
- I will make better sleeping and eating choices
- I will reassess my work station to make sure it is conducive to learning and studying
- I will seek assistance from the ASC for access services
- Other: \_\_\_\_\_
- I will contact the Academic Skills Center (ASC) for tutoring
- I will contact the Writing Center for help
- I will ask questions when I am confused about a topic
- I will arrive on time to class and stay until the end
- I will make good choices relating to drugs and alcohol
- I will develop a study schedule for each class
- I will reach out to Financial Aid, when I run into financial barriers
- I will stay engaged on Zoom throughout the entire class
- I will get to know my professors
- I will get involved in fitness activities
- I will meet with the ASC to create an organization plan
- I will develop a time management plan that works for me

Please list the three most achievable solutions you are willing to try, why these solutions are important, and the sacrifices you will need to make to achieve your goals.

Solution	Why is this an important solution?	What will this solution require of me in terms of time and effort?

**Goals:**

Setting realistic goals and creating a plan for reaching your goals will be an important part of your success. SMART is an acronym you can use to help guide your academic goals. Visit [Essential Guide to Writing S.M.A.R.T. goals](#) for tips on how to write S.M.A.R.T. goals.

**S.M.A.R.T. Goals are:**

**SPECIFIC:** Goal should be specific and simplistic Ex: I am going to increase my cumulative gpa to 3.0 by the end of this semester.

**MEASURABLE:** Make sure your goal is measurable by tangible evidence. Ex: My final transcript will reflect my final grade and I will check in midterm to make sure I am on track.

**ATTAINABLE:** Set goals that you can achieve. Ex: I reviewed a gpa calculator and a 3.0 by the end of the semester is possible based on my current cumulative gpa.

**RELEVANT:** Set goals that are realistic. Ex: Achieving a 3.0 is possible and will be enough to remove me from academic probation.

**TIMELY:** Establish a timeline for reaching your goal. Ex: I will have a 3.0 gpa by the end of the Spring semester.

What are the top three goals you hope to accomplish this term?

1.
2.
3.

What steps will you take to achieve these goals, and what is your time line for taking these steps?

1.
2.
3.

This semester, my goal GPA is: \_\_\_\_\_

<b>Courses Taken This Semester</b>	<b>Goal for Final Grade</b>	<b>Final Grade</b>

Please take time to reflect on aspects of your life as you develop a plan for college success. Answer the following questions as completely as possible.

1. I am motivated to pursue a college degree because:

2. After I graduate, I plan to use my college degree by:

**Support System:**

**Reflect on the people (family, friends, etc.), who provide you encouragement and support. Who is in your support system?**

Name	How do they support you?

**Learn more about some of the Austin College support services here:**

- Academic Skills Center and Peer Tutoring: <https://bit.ly/2YcSeau>
- Scarborough Writing Center: <https://bit.ly/2MlInMQ>
- Career Services: <https://bit.ly/2M1gAS3>
- Counseling: <https://bit.ly/3obNo7V>
- Health Services: <https://bit.ly/39b6DdM>
- Office of Student Success and Transitions: <https://bit.ly/36bqeZc>

**Additional Resources:**

Mindful Browsing: [www.mindfulbrowsing.org](http://www.mindfulbrowsing.org), helps you limit mindless browsing and stay on task

Campus Events Calendar: <https://bit.ly/3a3LNMs>

**“To make a great dream come true, the first requirement is a great capacity to dream; the second is persistence.”**

**-Cesar Chavez**