

APPLICATION FOR REENROLLMENT

We are pleased that you are interested in applying for reenrollment to the University of Maryland. You must complete the readmission or reinstatement application based on your academic performance during your last semester of attendance. The Faculty Petition Board reviews reinstatement applications and will consider all aspects of a student's qualifications before rendering a decision.

As we continue our efforts to ensure a more sustainable future, the university will no longer accept paper applications. You may use this printer-friendly version to review your answers or to save a copy of your application for your records, but do not mail it to our office. Please submit the application online.

Keep in mind that sections of the applications are presented dynamically according to the information required from each applicant. You may find that some sections below are not required of you and as such, will be blank.

| | | | | |
|------------------------------|--|--------------------|-------------|--------|
| Name: | <u>Hoffman</u> | <u>Elizabeth</u> | | |
| | Last Name (family name) | First (given name) | Middle Name | Suffix |
| Former name (if any): | <u></u> | | | |
| | Last Name | First Name | | |
| U.S. Social Security Number: | <u>219217012</u> | | | |
| | For more information on the University of Maryland policy on the collection, use and protection of ID numbers, please visit www.president.umd.edu/policies/docs/vi_2600A.pdf . | | | |
| University ID Number: | <u>108936492</u> | | | |

HONOR STATEMENT

I certify that the information on this application is complete and correct. I understand providing false information to any of the questions will result in referral through the student disciplinary process. It may also result in my application being canceled or my admission being rescinded.

I agree to abide by the rules, policies and regulations of the University of Maryland, including the following Honor Statement:

"By establishment of a Student Honor Council, the University of Maryland entrusts students with responsibility for promoting the highest standards of academic integrity. I understand and affirm my commitment to those standards, as specified in the university's Code of Academic Integrity."

| | |
|--|------------------------------|
| <u>Elizabeth Hoffman</u> | <u>1/18/2013 11:29:00 AM</u> |
| SIGNATURE OF APPLICANT | DATE |
| <u></u> | <u></u> |
| SIGNATURE OF PARENT OR LEGAL GUARDIAN (IF APPLICANT IS UNDER 18 YEARS OLD) | DATE |

EDUCATIONAL INTENT AND HISTORY

Application Type:

- ☐ Readmission
You attended the University of Maryland College Park as an undergraduate and left in good academic standing.
- ☐ Reinstatement after withdrawal
You withdrew from all courses during your last semester of attendance.
- ☒ Reinstatement after dismissal
You were academically dismissed at the conclusion of the most recent academic term.
- ☐ Reinstatement after previous dismissal
You were academically dismissed at the conclusion of a previous academic term.

When were you enrolled as an undergraduate at the University of Maryland?

Fall 2006 to Spring 2012
From To

Where were you last enrolled?

- ☒ College Park
☐ Shady Grove

What was your major when you were last enrolled? Environmental Sci & Tech: Ecological Tech Desigr 0199A

Term for which you are applying: Fall 2013

To which location do you wish to reenroll?

- ☒ College Park
☐ Shady Grove

Are you planning to earn a degree?

- ☒ Yes (degree-seeking)
☐ No (nondegree-seeking)

Please note that nondegree-seeking students may not register for courses until the first day of classes.

Are you a post-baccalaureate student?

- ☐ Yes
☒ No

Intended Major (if you wish to change):

You must submit proof of their major change before being readmitted or reinstated to the university. Visit www.advising.umd.edu for more information.

College Park

Major Name

Major Code

Shady Grove

Major Name

Major Code

Are you applying for the Golden ID program for retired Maryland residents, age 60 or older?

- ☐ Yes
☐ No

CONTACT INFORMATION

Permanent Address:

Address 1: 9075 North Laurel Rd.

Address 2:

Address 3:

City: Laurel State: MD ZIP: 20723

Country: US County: PG

Maryland residents only

Telephone:

Home Phone: (301) 526-7783 ☐ Non-US

Alternate Phone: ☐ Non-US

Name: Hoffman Elizabeth Birth date: 07/25/1988

Email Address: ehoffmma6@terpmail.umd.edu

Example: abc@def.com

Note: Students must provide the same email address above that they use to log-in and personalize the admissions website in order to use the online document tracking and decision release systems.

DEMOGRAPHIC INFORMATION

Sex: ☒ Female ☐ Male

Birth date: 07/25/1988

MM/DD/YYYY

Colleges and universities are asked by many, including federal and state governments and national surveys, to describe the racial and ethnic backgrounds of our students and employees. **You should answer both of the following questions.**

Are you of Hispanic or Latino origin? ☐ Yes ☐ No

What is your race? Select one or more of the following categories.

- | | |
|--|--|
| <input type="checkbox"/> White | <input type="checkbox"/> American Indian or Alaska Native |
| <input type="checkbox"/> Black or African-American | <input type="checkbox"/> Native Hawaiian or Other Pacific Islander |
| <input type="checkbox"/> Asian | |

Please choose your citizenship or immigration status:

- | | |
|--|--|
| <input checked="" type="checkbox"/> Citizen of the United States | <input type="checkbox"/> Refugee |
| <input type="checkbox"/> Permanent Resident of the United States | <input type="checkbox"/> Asylee |
| <input type="checkbox"/> Pending Permanent Resident of the United States | <input type="checkbox"/> Asylum Applicant |
| | <input type="checkbox"/> I currently hold a visa with type A-R or T-X. |
| | <input type="checkbox"/> None of the above. |

INTERNATIONAL STUDENTS ONLY:

United States

Country of Birth

United States

Country of Citizenship

Country of Legal Permanent Residence

Type of Visa or Alien Registration Number

Date Issued (MM/YYYY)

Date of expiration (MM/YYYY)

APPLICATION INFORMATION

If you answered yes to any of the questions below, please be sure that a detailed statement describing the situation and its resolution follows the last question below.

Has disciplinary action been initiated or taken against you at any of the institutions attended, including the University of Maryland?

☐ Yes ☒ No

Have you ever been charged with, pleaded guilty to, or been found guilty of any criminal offense, other than a minor traffic violation, for which charges have not been expunged?

☐ Yes ☒ No

Do you currently have criminal charges pending against you, excluding minor traffic violations?

☐ Yes ☒ No

Have you ever received formal disciplinary action or a dishonorable discharge from any branch of the military?

☐ Yes ☒ No

INTERIM EDUCATION

List all post-secondary institutions of higher education attended since you were last enrolled at the University of Maryland College Park, in order of attendance with the most recent first. Note that you must provide official transcripts for each institution attended before your application can be reviewed.

| | | | | | | | |
|-------|----------------------|-------------------|----------------------|----------------|---|---------------------------------|---------------|
| a. | _____ | | Currently attending? | | <input type="checkbox"/> Yes | <input type="checkbox"/> No | _____ |
| | Name of Institution | | | | GPA | | |
| | _____ | _____ | _____ | Type: | <input type="checkbox"/> 2-year | <input type="checkbox"/> 4-year | |
| | City | State | Country | | | | |
| | Dates of Attendance: | | _____ | _____ | _____ | _____ | _____ / _____ |
| | From (MM/YYYY) | Through (MM/YYYY) | Credits in Progress | Credits Earned | Degree and Date Earned or Anticipated | | |
| ----- | | | | | | | |
| b. | _____ | | Currently attending? | | <input type="checkbox"/> Yes | <input type="checkbox"/> No | _____ |
| | Name of Institution | | | | GPA | | |
| | _____ | _____ | _____ | Type: | <input type="checkbox"/> 2-year | <input type="checkbox"/> 4-year | |
| | City | State | Country | | | | |
| | Dates of Attendance: | | _____ | _____ | _____ | _____ | _____ / _____ |
| | From (MM/YYYY) | Through (MM/YYYY) | Credits in Progress | Credits Earned | Degree and Date Earned or Anticipated | | |
| ----- | | | | | | | |
| c. | _____ | | Currently attending? | | <input type="checkbox"/> Yes | <input type="checkbox"/> No | _____ |
| | Name of Institution | | | | GPA | | |
| | _____ | _____ | _____ | Type: | <input type="checkbox"/> 2-year | <input type="checkbox"/> 4-year | |
| | City | State | Country | | | | |
| | Dates of Attendance: | | _____ | _____ | _____ | _____ | _____ / _____ |
| | From (MM/YYYY) | Through (MM/YYYY) | Credits in Progress | Credits Earned | Degree and Date Earned or Anticipated (i.e., A.A, B.A., A.A.T., A.A.S.) | | |
| ----- | | | | | | | |

REINSTATEMENT AFTER WITHDRAWAL

At the end of this form, you will find any documents you uploaded as part of your application. Please use the information and prompts below for your reference before reviewing your uploaded submissions.

- 1) What issues contributed to your decision to withdraw from your last semester at the University of Maryland?
- 2) What steps have you taken to resolve these issues?

REINSTATEMENT AFTER DISMISSAL FROM MOST RECENT SEMESTER

Is your academic record correct?

☒ Yes ☐ No

If no, please describe the issues with your academic record and the steps you have taken to resolve them.

Do you plan to complete a Summer/Winter Term course at the University of Maryland College Park?

☒ Yes ☐ No

Name: Hoffman Elizabeth Birth date: 07/25/1988

At the end of this form, you will find any documents you uploaded as part of your application. Please use the information and prompts below for your reference before reviewing your uploaded submissions.

- 1) What issues contributed to your decision to withdraw from your last semester at the University of Maryland?
- 2) What steps have you taken to resolve these issues?

REINSTATEMENT AFTER DISMISSAL FROM PREVIOUS SEMESTER

At the end of this form, you will find any documents you uploaded as part of your application. Please use the information and prompts below for your reference before reviewing your uploaded submissions.

- 1) What issues contributed to your decision to withdraw from your last semester at the University of Maryland?
- 2) What steps have you taken to resolve these issues?

SIGNATURE

Signature of Applicant

Date

Signature of Parent or Legal Guardian (if applicant is under 18 years old)

Date

UNIVERSITY OF MARYLAND APPLICATION FOR IN-STATE RESIDENCY STATUS

In order to be considered for in-state status, you **must** complete the form below; failure to do so will result in an out-of-state classification and tuition billing. You may be contacted for clarification or additional information as necessary.

Residency determinations for admission and tuition purposes are made in strict accordance with the Board of Regents policy requirements as outlined at www.testudo.umd.edu/rco/policy.html. International students must meet all of these policy criteria in addition to holding an applicable visa type.

Do you wish to be considered for in-state tuition status?

☒ Yes ☐ No

If yes, you must complete this section of the application.

If any of the following categories apply, please check the appropriate box and provide the requested information and/or document.

- ☒ I am a part-time (50%) or full-time regular employee of the University System of Maryland, or I am the spouse or financially dependent son, daughter or other person under the legal guardianship of a regular employee of the University System of Maryland.

Please indicate relationship: Parent

Please attach a letter of verification from the human resources office of the campus at which you, your spouse, parent or legal guardian is employed.

- ☐ I am a full-time active member of the U.S. armed forces whose home of residency is Maryland or I reside or am stationed in Maryland, or I am the spouse or a financially dependent child of such a person. Please attach a copy of your deed or lease (if applicable), or verification from the service that you have declared Maryland as your "home of residency" (if applicable); and the most recent assignment orders. Also, please indicate date of expected separation from the military.

- ☐ I am a veteran of the U.S. armed forces who received an honorable discharge within the past 12 months and received my high school education in Maryland. Please attach a copy of form DD-214 and documentation of enrollment in a Maryland high school for a minimum of three years, and graduation from a Maryland high school or receipt of a GED diploma in Maryland.

Please check one:

- ☐ I am financially independent. I have earned taxable income and I have not been claimed as a dependent on another person's most recent income tax returns.
- ☒ I am financially dependent on another person who has claimed me as a dependent on his/her most recent income tax returns, or I am a ward of the state of Maryland. If a ward of the state, please submit documentation and go to item 10.

Name of person or agency upon whom applicant is dependent and relationship to applicant:

Cynthia Hoffman

Parent

a. How long have you been dependent upon this person?

24 Years 6 Months

b. Is the person a resident of Maryland?

☒ Yes
☐ No

c. Address of this person:

3618 Melfa Lane

Bowie

Maryland

20715

d. Is this person a citizen of the United States?

☒ Yes
☐ No

i. If no, type of visa:

ii. Expiration date of visa:

iii. Alien Registration Number:

iv. Date of issuance:

e. Has this person filed a Maryland state income tax return for the most recent year on all earned income, including taxable income earned outside of Maryland?

☒ Yes
☐ No

If yes, list actual years Maryland income tax returns have been filed within the past three years below.

i. Years filed:

2011, 2010, 2009

ii. If a Maryland tax return has not been filed within the last 12 months, state reason(s):

f. Signature of this person:

Name: Hoffman Elizabeth Birth date: 07/25/1988

The student applicant is responsible for completing items 1 - 10. All questions must be answered.

1. Permanent address: 3618 Melfa Lane Bowie MD 20715

Length of time at permanent address: 24 years 6 months

If less than 12 months, provide previous address:

Length of time at previous address: _____ years _____ months

2. ☒ Yes ☐ No Is your primary reason for living in the state of Maryland to attend the University of Maryland?

3. ☒ Yes ☐ No Are all or substantially all of your possessions in Maryland?

4. ☒ Yes ☐ No Do you possess a valid driver's license?

a. If yes, initial date of issue? 07/2009 b. In what state? Maryland

c. Most recent date of issue? 07/2009 d. In what state? Maryland

5. ☐ Yes ☒ No Do you own any motor vehicles?

a. If yes, initial date of registration? _____ b. In what state? _____

c. Most recent date of registration? _____ d. In what state? _____

6. ☒ Yes ☐ No Are you registered to vote?

a. If yes, in what state? Maryland b. Date of registration? 10/2006

c. Were you previously registered to vote in another state? N d. Date of registration? _____

7. ☒ Yes ☐ No Have you filed a Maryland state income tax return for the most recent year?

a. If yes, list actual years you have filed a tax return in Maryland within the past three years.
2011, 2010, 2009

b. If you did not file a tax return in Maryland within the last 12 months, state reason(s):

8. ☒ Yes ☐ No Is Maryland state income tax currently being withheld from your pay?

If no, state reason(s): _____

9. ☐ Yes ☒ No Do you receive any public assistance from a state or local agency other than one in Maryland?

a. If yes, please state reason(s): _____

I certify that the information provided is complete and correct. I understand that the university reserves the right to request additional information if necessary. In the event the university discovers that false or misleading information has been provided, the student applicant may be billed by the university retroactively to recover the difference between in-state and out-of-state tuition for the current and subsequent semesters.

10. Elizabeth Hoffman
SIGNATURE OF APPLICANT

1/18/2013 11:29:00 AM
DATE

NONDISCRIMINATION POLICY

The University of Maryland is an equal opportunity institution with respect to both education and employment. The university does not discriminate on the basis of race, color, religion, national origin, sex, age, or handicap in admission or access to, treatment or employment in, its programs and activities as required by federal (Title VI, Title IX, Section 504) and state laws and regulations. Inquiries regarding compliance with Title VI of the Civil Rights Act of 1964, as amended, Title IX of the 1972 Educational Amendments, Section 504 of the Rehabilitation Act of 1973, or related legal requirements should be directed to: Director, Office of Diversity and Inclusion, 1130 Shriver Laboratory, East Wing, University of Maryland, College Park, MD 20742. Telephone: 301.405.2838. Online: www.odi.umd.edu.

Inquiries concerning the application of Section 504 and part 34 of the C.F.R. to the University of Maryland, College Park may be directed to: Director, Disability Support Service, 0126 Shoemaker Hall, University of Maryland, College Park, MD 20742. Telephone: 301.314.7682 or 301.314.7683 (TTY).

In addition to the university's statement of compliance with federal and state laws, the University Human Relations Code notes that the University of Maryland affirms its commitments to a policy of eliminating discrimination on the basis of race, color, creed, sex, sexual orientation, marital status, personal appearance, age, national origin, political affiliation, physical or mental disability, or on the basis of the exercise of rights secured by the First Amendment of the United States Constitution.

What issues contributed to your academic difficulties?

Throughout my academic career, multiple factors have contributed to my academic difficulties. I have had health related issues, dealt with family concerns, and have let past academic failures hinder my future academic success.

In past semesters I had symptoms such as anxiety, body aches, and exhaustion which had an effect on me for over a year before I was diagnosed with Polycystic Ovarian Syndrome. The loss of energy and unfounded anxiety made it difficult to study and focus, made me feel nervous or not feel well enough to go to class, and added frustration from not knowing why these symptoms were occurring. There were times that I was in such pain that I had to leave class, or I would become lightheaded and dizzy and need to leave to get water. I also experienced anxiety because of hormonal issues associated with PCOS, and would feel inexplicably nervous about turning in assignments or asking questions. Another symptom felt was fatigue, as cysts cause insulin to not be regulated properly and exhaustion occurs regularly. After realizing what was causing these symptoms, I was put on medicine to treat PCOS and the resulting symptoms of pain, fatigue, and anxiety are manageable now.

Another event that contributed to academic issues in the past was my Dad developing health problems and my worry over that. I moved home to try and help with household chores and be a support while also wanting to be closer to my family. My concern over being available to be a help and be connected with my family had some impact on my academics in taking time away from studying and adding another level of worry and stress on top of the general stresses felt from school sometimes. Becoming a commuter student also introduced new difficulties such as being on campus for study groups, but those concerns have been addressed through time management. I did not handle the situation as well as I could have, did not try to get help or use resources to deal with the situation, but thankfully the health problems have been taken care of and this is no longer a large concern.

A main factor that led to issues was letting bad experiences from my first major influence my actions in my current major. I was scared to ask for help from professors because of negative experiences that I had previously had. I would let being upset about doing poorly in previous courses carry over to current courses. Sometimes I would feel so anxious and nervous that I would sometimes physically freeze before entering a room for a test or presentation, standing in the hall trying to reason to myself why I had to go in, that I wanted to do well. I felt afraid to speak to professors about their classes because I felt that they would dismiss me as a poor student, because I carry that disappointment from past classes with me, while I now realize that asking for help shows that I care about learning in their class. I also put a lot of pressure on myself to do work at a high level because of wanting to overcome past failures, as well as wanting to get the most knowledge from the class, and that sometimes resulted in not turning work in because I did not feel it was good enough. I would do assignments and not feel they were done correctly, from a fear of failure in the past, and instead of talking to the professor for clarification or to explain why I did not turn it in I would try to do better on the next assignment. That was only in some cases and I realize now that my fear of failure lead to fear of trying which always leads to failure, so the importance should be on learning and trying the work shows that. I also would take on difficult classes in an effort to make-up

for the past, but without addressing the sources of issues and how to deal with them I was not able to be successful. I let past academic mistakes get in my way of moving forward in the present, but simply understanding that has allowed me to move forward differently.

I got in my own way by carrying with me the disappointment from past performances which caused me to feel frustrated and disheartened, as if nothing I did could redeem my academic progress. By letting past mistakes have no negative impact on current classes, except to remind me to practice good management and study skills as well as communicate with professors, I am able to do well in my classes like I have done in the past. These feelings have piled on through my whole academic career, and my shyness and mistake of confusing my capability of doing well with having to fix issues by myself through taking on more caused problems to keep occurring. Other factors were family concern and health problems, but how I handle these and other academic skills is what needed to be addressed and has been. I have had many factors contribute to my academic difficulties through my academic career, but by realizing them and tackling them head on I am able to take steps to make changes and know that I am capable to overcome my past academic struggles.

What steps have you taken to resolve these issues?

I have struggled academically for a while and in the past I tried to look at why I had issues and plan ways to make changes when I returned for classes, but I did not use my resources well, tried to make changes by myself, and did not fully address the sources and habits that lead to not doing well. My advisor has suggested going to the Learning Assistance Center before in my academic career but I am a somewhat shy person and felt nervous to have to speak with them- afraid of judgment because I felt embarrassed and upset that I had done so poorly. I finally went to the Learning Assistance Center over the summer and worked with a counselor to discuss how to plan timelines for courses in order to understand all that needs to be done and make it manageable, addressed my test taking anxiety and refresh other studying and learning skills, and made plans for being successful in future courses through creating strategies and goals. Through our meetings I also was informed more about the summer course that taught study strategies, and addressed past academic difficulties in order to make changes and move forward successfully in my degree path, and began attending that course. Another step that I took was going to the Counseling Center on campus for the first time. I met and spoke with a counselor about anxiety over test taking and turning in work, pressure that I put on myself and how to not let it affect me negatively, and discussed communication skills that would allow me to feel more comfortable speaking with professors.

I have struggled in achieving academic success in the past, and I have come back and done well in some classes while not doing well in all of them. The change now, that has needed to occur for some time, is that I have reached out to multiple resources and asked for help in becoming introspective and really addressing the root of past problems and the difficulties that I experienced regarding school and learning, and am developing strategies, such as self management, in order to make changes. I plan to speak with professors about my past hesitance to turn in work if I felt it was not good enough, to ask for clarification on assignments early in the semester, work on understanding what makes me feel prepared for an exam or presentation so that I do not get nervous, and apply self management strategies while focusing on my present classes and my ability to do well in them. Courses in my field have made me remember that one of the end goals of earning a degree is to apply the knowledge gained to work in a field you enjoy and can make a positive impact with, and my actions have not been allowing me to get to that end goal. I have done well in courses, which lets me know that it is possible for me to do well, and now that I have began to look at sources of problems, and have understood past mistakes, I feel prepared with new skills, resources, and a refreshed outlook to strongly complete future courses. I have realized that it is never too late to improve by making a change and my effort and learning from this point on is a positive, not negated by past struggles, and instead a reflection of my true abilities and desire to gain knowledge in my studies, that has been seen in past courses. It is possible to do well in courses in the upcoming semester, as well as the summer, and raise my GPA to above a 2.0. Recognizing that it is achievable, and planning strategies to make that happen, has made me feel encouraged and while the task will require hard work it is manageable. In the past I would attempt to take on more course load in an effort to make up for past mistakes, but always taking over 15 credits was making it harder to do well. I have met with my counselor and made a plan that would allow me to take the courses needed for my major, as well as the

amount needed to raise my GPA, over the course of the spring and summer. I have spoken with a Dean in my college and was told that I would be allowed to repeat the one course that I need to repeat once I was back for classes. I accept responsibility for my past academic actions, yet feel that the actions taken by me during this time- planning with my advisor and the college, addressing issues that led to me not doing well, and using my resources to be proactive in future courses- will allow me to do as well as I know that I am capable of, moving forward. If I am granted the opportunity to resume classes, I plan on taking all of the skills and strategies I have gained and giving everything I have to work towards raising my GPA and being successful in my studies. I appreciate your consideration of the steps I have taken in order to make the positive changes needed to achieve a better level of learning in the future, and successfully complete my remaining courses.

What issues contributed to your academic difficulties?

Throughout my academic career, multiple factors have contributed to my academic difficulties. I have had health related issues, dealt with family concerns, and have let past academic failures hinder my future academic success.

In past semesters I had symptoms such as anxiety, body aches, and exhaustion which had an effect on me for over a year before I was diagnosed with Polycystic Ovarian Syndrome. The loss of energy and unfounded anxiety made it difficult to study and focus, made me feel nervous or not feel well enough to go to class, and added frustration from not knowing why these symptoms were occurring. There were times that I was in such pain that I had to leave class, or I would become lightheaded and dizzy and need to leave to get water. I also experienced anxiety because of hormonal issues associated with PCOS, and would feel inexplicably nervous about turning in assignments or asking questions. Another symptom felt was fatigue, as cysts cause insulin to not be regulated properly and exhaustion occurs regularly. After realizing what was causing these symptoms, I was put on medicine to treat PCOS and the resulting symptoms of pain, fatigue, and anxiety are manageable now.

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A main factor that led to issues was letting bad experiences from my first major influence my actions in my current major. I was scared to ask for help from professors because of negative experiences that I had previously had. I would let being upset about doing poorly in previous courses carry over to current courses. Sometimes I would feel so anxious and nervous that I would sometimes physically freeze before entering a room for a test or presentation, standing in the hall trying to reason to myself why I had to go in, that I wanted to do well. I felt afraid to speak to professors about their classes because I felt that they would dismiss me as a poor student, because I carry that disappointment from past classes with me, while I now realize that asking for help shows that I care about learning in their class. I also put a lot of pressure on myself to do work at a high level because of wanting to overcome past failures, as well as wanting to get the most knowledge from the class, and that sometimes resulted in not turning work in because I did not feel it was good enough. I would do assignments and not feel they were done correctly, from a fear of failure in the past, and instead of talking to the professor for clarification or to explain why I did not turn it in I would try to do better on the next assignment. That was only in some cases and I realize now that my fear of failure lead to fear of trying which always leads to failure, so the importance should be on learning and trying the work shows that. I also would take on difficult classes in an effort to make-up

for the past, but without addressing the sources of issues and how to deal with them I was not able to be successful. I let past academic mistakes get in my way of moving forward in the present, but simply understanding that has allowed me to move forward differently.

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What steps have you taken to resolve these issues?

I have struggled academically for a while and in the past I tried to look at why I had issues and plan ways to make changes when I returned for classes, but I did not use my resources well, tried to make changes by myself, and did not fully address the sources and habits that lead to not doing well. My advisor has suggested going to the Learning Assistance Center before in my academic career but I am a somewhat shy person and felt nervous to have to speak with them- afraid of judgment because I felt embarrassed and upset that I had done so poorly. I finally went to the Learning Assistance Center over the summer and worked with a counselor to discuss how to plan timelines for courses in order to understand all that needs to be done and make it manageable, addressed my test taking anxiety and refresh other studying and learning skills, and made plans for being successful in future courses through creating strategies and goals. Through our meetings I also was informed more about the summer course that taught study strategies, and addressed past academic difficulties in order to make changes and move forward successfully in my degree path, and began attending that course. Another step that I took was going to the Counseling Center on campus for the first time. I met and spoke with a counselor about anxiety over test taking and turning in work, pressure that I put on myself and how to not let it affect me negatively, and discussed communication skills that would allow me to feel more comfortable speaking with professors.

I have struggled in achieving academic success in the past, and I have come back and done well in some classes while not doing well in all of them. The change now, that has needed to occur for some time, is that I have reached out to multiple resources and asked for help in becoming introspective and really addressing the root of past problems and the difficulties that I experienced regarding school and learning, and am developing strategies, such as self management, in order to make changes. I plan to speak with professors about my past hesitance to turn in work if I felt it was not good enough, to ask for clarification on assignments early in the semester, work on understanding what makes me feel prepared for an exam or presentation so that I do not get nervous, and apply self management strategies while focusing on my present classes and my ability to do well in them. Courses in my field have made me remember that one of the end goals of earning a degree is to apply the knowledge gained to work in a field you enjoy and can make a positive impact with, and my actions have not been allowing me to get to that end goal. I have done well in courses, which lets me know that it is possible for me to do well, and now that I have began to look at sources of problems, and have understood past mistakes, I feel prepared with new skills, resources, and a refreshed outlook to strongly complete future courses. I have realized that it is never too late to improve by making a change and my effort and learning from this point on is a positive, not negated by past struggles, and instead a reflection of my true abilities and desire to gain knowledge in my studies, that has been seen in past courses. It is possible to do well in courses in the upcoming semester, as well as the summer, and raise my GPA to above a 2.0. Recognizing that it is achievable, and planning strategies to make that happen, has made me feel encouraged and while the task will require hard work it is manageable. In the past I would attempt to take on more course load in an effort to make up for past mistakes, but always taking over 15 credits was making it harder to do well. I have met with my counselor and made a plan that would allow me to take the courses needed for my major, as well as the

amount needed to raise my GPA, over the course of the spring and summer. I have spoken with a Dean in my college and was told that I would be allowed to repeat the one course that I need to repeat once I was back for classes. I accept responsibility for my past academic actions, yet feel that the actions taken by me during this time- planning with my advisor and the college, addressing issues that led to me not doing well, and using my resources to be proactive in future courses- will allow me to do as well as I know that I am capable of, moving forward. If I am granted the opportunity to resume classes, I plan on taking all of the skills and strategies I have gained and giving everything I have to work towards raising my GPA and being successful in my studies. I appreciate your consideration of the steps I have taken in order to make the positive changes needed to achieve a better level of learning in the future, and successfully complete my remaining courses.