

Academic Success Plan

Student _____

Quarter _____

This worksheet is designed to help you develop a plan for success this quarter. Be honest with yourself about the commitment and effort you are willing to invest so that you can develop a plan that is achievable and workable for you.

Part 1: Identify the potential obstacles

1. How many classes are you taking? ____ List them here: _____
2. How many *hours per week* do you currently have allocated to schoolwork outside of class time?
☐ 0
☐ 1 – 5
☐ 5 – 10
☐ 10 – 15
3. In reviewing your academic history, which of the following do you do CONSISTENTLY?
☐ **Prepare for lectures** by looking at text, slides, videos, or posted notes
☐ **Participate in lecture** by answering questions, keeping up with live codes, and talking with your peers
☐ **Practice** by completing practice problems and homework, as assigned and on time
☐ **Study for exams** by completing recommended study guide problems and reviewing class material
☐ **Seek help** by attending office hours, forming a study group with peers, or finding a tutor
4. In reviewing your academic history, do you identify with any of the following obstacles?

✓**Check all** that apply and **circle the top 3**

<input type="checkbox"/>	Lack of dedication to a course	<input type="checkbox"/>	Family crisis / incident
<input type="checkbox"/>	Undeveloped time management skills	<input type="checkbox"/>	Health
<input type="checkbox"/>	What worked in high school doesn't work anymore	<input type="checkbox"/>	Hard to make it to class / work or family conflicts
<input type="checkbox"/>	Hard to concentrate / focus in class	<input type="checkbox"/>	Lack of sleep
<input type="checkbox"/>	Difficulty of class / not prepared for course level	<input type="checkbox"/>	Possible learning difference
<input type="checkbox"/>	Conflict with professor	<input type="checkbox"/>	Pressure, stress, anxiety or tension
<input type="checkbox"/>	Lack of time for studying / preparing	<input type="checkbox"/>	Financial difficulties
<input type="checkbox"/>	Ineffective study skills	<input type="checkbox"/>	Too much "fun college life"
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

Part 2: Potential solutions for overcoming obstacles

Choose three of the obstacles you identified above and identify possible solutions.

Obstacle	Solution #1	Solution #2
1.		
2.		
3.		

Possible Solutions

- I will make better choices regarding my health, sleeping and eating habits
- I will go to class prepared
- I will attend all of my classes
- I will focus in class
- I will set a study schedule for class and follow it
- I will study in a place that allows me to get my work done
- I will get to know my peers and form / participate in a study group
- I will attend office hours with my professor as soon as material becomes fuzzy
- I will utilize services at the Counseling Center to discuss my personal concerns and issues shoreline.edu/counseling-center/
- I will meet with my academic advisor to discuss my schedule and develop a plan for success shoreline.edu/advising/
- I will contact the tutoring center and request tutoring services shoreline.edu/apply-and-aid/learning-support-centers/tutoring.aspx
- I will meet with someone in Disability Services to find out about accommodations shoreline.edu/oss/students-with-disabilities/
- I will seek financial guidance from someone in Financial Services shoreline.edu/apply-and-aid/financial-aid/

Part 3: Have a plan and stick to it

Using the solutions you generated, set a SMART goal for this quarter. Post it somewhere to keep yourself accountable and let me know as well so that I can help keep you accountable and on track.

S - Specific: Make your goal as specific as possible	<i>I will study/practice 1+ hour, at least four nights a week</i>
M - Measurable: Be sure that your goal is measurable	<i>I can track how many hours I study/practice a week.</i>
A - Attainable: Set goals that you can achieve	<i>I have enough time in my schedule to meet this goal.</i>
R - Realistic: Set goals that are realistic	<i>I can realistically maintain this time commitment.</i>
T - Timely: Establish a timeline for reaching your goal	<i>I can achieve my goal each week.</i>

Write your SMART goal here: