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

1. 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

1. In reviewing your academic history, do you identify with any of the following obstacles?

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

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

# 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/](http://www.shoreline.edu/counseling-center/)
* I will meet with my academic advisor to discuss my schedule and develop a plan for success [shoreline.edu/advising/](https://www.shoreline.edu/advising/)
* I will contact the tutoring center and request tutoring services [shoreline.edu/apply-and-aid/learning-support-centers/tutoring.aspx](https://www.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/](http://www.shoreline.edu/oss/students-with-disabilities/)
* I will seek financial guidance from someone in Financial Services [shoreline.edu/apply-and-aid/financial-aid/](https://www.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 will study/practice* ***1+ hour, at least four nights a week*** |
| **M - Measurable**: Be sure that your goal is measurable | *I can* ***track*** *how many hours I study/practice a week.* |
| **A - Attainable**: Set goals that you can achieve | *I* ***have enough time*** *in my schedule to meet this goal.* |
| **R - Realistic**: Set goals that are realistic | *I can realistically* ***maintain*** *this time commitment.* |
| **T - Timely**: Establish a timeline for reaching your goal | *I can achieve my goal* ***each week****.* |

Write your SMART goal here: