



<b>Name:</b>	<b>PSU Access ID:</b> (e.g., abc1234)	<b>Date:</b>
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As per Penn State University [Faculty Senate Policy 54-00 Academic Progress](#), students will be placed on academic warning if the student fails to earn a 2.00 (or higher) cumulative GPA. A student in academic warning who fails to maintain a 2.00 (or higher) semester GPA will be academically suspended (may not schedule classes) for two consecutive semesters (summer session counts as one semester). A student returning from academic suspension must apply for re-enrollment and will return to the University in academic warning status.

### PART 1: My GPA

My cumulative GPA is: \_\_\_\_\_

My most recent semester GPA was: \_\_\_\_\_

### PART 2: "Self-Reflection Checklist" Discussion Points – If you identify with a topic below, mark the box with an "X".

<p><b>Academics – study habits</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Difficulty managing time</li> <li><input type="checkbox"/> Unsure how to study for college courses</li> <li><input type="checkbox"/> Unable to understand course content</li> <li><input type="checkbox"/> Understand material, but have trouble w/exams</li> <li><input type="checkbox"/> Enrolled in too many courses/credits</li> <li><input type="checkbox"/> Do not take notes</li> <li><input type="checkbox"/> Concentration is easily broken</li> <li><input type="checkbox"/> Do not attend class regularly</li> <li><input type="checkbox"/> Trouble keeping up w/assigned readings</li> </ul>	<p><b>Motivation</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I am not sure why I am in college</li> <li><input type="checkbox"/> I feel tired all of the time</li> <li><input type="checkbox"/> I procrastinate when I have work to do</li> <li><input type="checkbox"/> I'm only here because of my parents</li> <li><input type="checkbox"/> I spend too much time on entertainment</li> <li><input type="checkbox"/> My classes aren't as important as clubs/work</li> <li><input type="checkbox"/> I find it difficult to feel motivated</li> </ul>
<p><b>Course - Content</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Unable to understand course content</li> <li><input type="checkbox"/> Difficulty writing papers</li> <li><input type="checkbox"/> Difficulty w/math courses</li> <li><input type="checkbox"/> Difficulty w/science courses</li> <li><input type="checkbox"/> Difficulty w/courses in my major</li> <li><input type="checkbox"/> Uninterested in course topic(s)</li> <li><input type="checkbox"/> Problem w/instructor(s)</li> </ul>	<p><b>Personal/Social Concerns</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I have health concerns that interfere w/ studies</li> <li><input type="checkbox"/> I have problems w/my living situation</li> <li><input type="checkbox"/> I have family responsibilities (parents/children)</li> <li><input type="checkbox"/> I feel isolated, anxious, tired, depressed</li> <li><input type="checkbox"/> I've been challenged by leaving my family/home</li> <li><input type="checkbox"/> I'm not adjusting well to Penn State or the area</li> <li><input type="checkbox"/> I suffered from a traumatic event</li> <li><input type="checkbox"/> I have other private, personal concerns</li> </ul>

### PART 3: Change Ruler

Answer the following questions where **1 is the least important/ready/confident** and **10 is the most important/ready/confident**.

How important is changing your habits to your academic success?

1            2            3            4            5            6            7            8            9            10

# Penn State Harrisburg | Academic Action Plan

How ready are you to make change?

1      2      3      4      5      6      7      8      9      10

How confident are you that you will be able to make change?

1      2      3      4      5      6      7      8      9      10

## PART 4: Develop an Action Plan

Goal 1:

Steps to achieve my goal:

- 1.
- 2.
- 3.

To be addressed by what day/month:

Goal 2:

Steps to achieve my goal:

- 1.
- 2.
- 3.

To be addressed by what day/month:

## PART 5: Review Understanding of Consequences

\_\_\_\_\_  
(Initial)

I understand that I will be placed on academic warning if I do not maintain a 2.00 (or higher) **cumulative GPA**.

\_\_\_\_\_  
(Initial)

I understand that if while on academic warning I fail to maintain a 2.00 (or higher) **semester GPA**, I will be academically suspended and will not be able to schedule classes at Penn State for two consecutive semesters.

\_\_\_\_\_  
(Initial)

I understand that if I am on academic warning, a registration hold will be placed on my account and I will not be able to schedule classes **until I meet with an Academic Adviser**.

## PART 6: Next Steps

I will meet with an adviser to review my academic progress. My advising appointment is on:

\_\_\_\_\_

I have met with the student and reviewed the Academic Action Plan:

Adviser Signature/Date: \_\_\_\_\_

Please return completed form to the Advising Center located in the Student Enrichment Center, Room 204