Academic Recovery Action Plan

Name: _____ **ID #:** _____ **Semester:** _____

Academic Standing:

◉ Freshman (0-23 credits)	◐ Sophomore (24-53 credits)	◯ Junior (54-85 credits)	◐ Senior (86 or more credits)

Semester GPA:
Attempted Credits:
Credits in Progress:

Cumulative GPA:
Earned Credits:
Total Credits at the end of the semester:

Describe your academic habits:

How many hours per week do you spend studying and preparing for classes?	
How many classes do you tend to miss each week?	
Do you participate in class?	
Do you utilize your instructor's office hours?	
How many hours per week do you work in paid work?	
How many hours per week are you involved in extra-curricular activities?	
Are you living on campus? At home? Do you have your own space?	
Do you feel you are organized and manage your time well?	

An academic trait/ habit/ action that you do well:

An academic trait/ habit/action that you can improve on:

Something you have done well in the online/remote environment:

Something you struggle with in the online/remote environment:

What personal challenges and/or concerns, if any, do you anticipate this semester? *(circle any/all areas of concern)*

Motivation	Alcohol/drugs	Career/major	Partner	Time Management
Unsure about school	Health	Work	Friends	Low self-confidence
Academic burnout	Course Anxiety	Finances	Roommates	Feeling overworked
Feeling depressed	General Anxiety	Family/Kids	Living situation	Tired/Overwhelmed
Sleeping/eating habits	Feeling lonely	Homesick	COVID Related	Other:

Additional Comments/Concerns:

SMART Goals (personal and/or academic) that you would like to achieve. SMART goals are "specific," "measurable," "attainable," "relevant," and "time-bound." **Example:** I want to be a better student vs. I'm going to focus on boosting my overall grade point average

1.

2.

3.

AREP Requirements

- Enroll in no more than 14 credits
- Earn at least 2.0/ 2.3 semester GPA to avoid Subject to Dismissal status. **Goal GPA:**
- Be mindful of the following deadlines:
  - September 14th: Last day of Add/Drop Period, courses dropped after this date will have a "W" for withdrawal recorded on your transcript
  - September 21st: Last day to make up Incomplete grades from last semester
  - November 2nd: Last day to withdraw from a course, must be done by 4pm

To Do List

- Attend one or more developmental workshops this semester through the Academic Achievement Center
- Advisor meetings (Once a month):
- Outside commitments (work, clubs, extracurricular activities, etc.):
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Utilize, as needed, the following resources this semester:

- The Source for Active Learning/Tutoring Center: https://stamford.uconn.edu/academics/academic-resources/the-source-for-active-learning/
- Academic Achievement Center Workshops: https://achieve.uconn.edu/pres/workshops/
- Mental Health Resource Center: https://mhrc.stamford.uconn.edu/
- Center for Students with Disabilities: https://stamfordstudentlife.uconn.edu/disability-services/
- Instructor Office Hours
- Academic Advisor:
- Academic Recovery Advisor:

I understand the policies regarding my academic standing. I know that following this Academic Recovery Action Plan will help me be successful.

Student Signature	Date	Advisor Signature	Date