



St. Mary's College of Maryland
at Historic St. Mary's City
Office of Academic Services

ACADEMIC SUCCESS ACTION PLAN

Name: _____ ID#: _____

Date: _____ Current GPA: _____

Semester(s) of Previous Probation (please list all): _____

This is my (check one): First semester on Academic Probation
 Second + semester on Academic Probation

Below is a worksheet designed to help you assess your study habits and academic motivation. Everyone has strengths and weaknesses; identifying your own will help you to better understand yourself as a learner. Please use the tools and spaces below for exploration and reflection; there are no wrong answers.

ASSESSMENT FOR IMPROVEMENT

1. Below you will find areas where students often encounter difficulties that affect their academic performance. Think back over your classes and study habits during your last semester: did you experience problems in any of these areas? If so, please check the appropriate boxes and follow the links provided. Bring any notes and/or questions you have from the material presented at these sites to your appointment at Academic Services. You may find it helpful to use the hot-linked version of this form, available on the Academic Services website at: <http://www.smcm.edu/academicservices/form/academicssuccessplan.pdf>

- Time Management: http://www.mindtools.com/pages/article/newHTE_88.htm
- Concentration: <http://learningcommons.sfu.ca/strategies/learning-studying/concentration-motivation>
(Focus on first two links)
- Note-Taking: <http://www.coun.uvic.ca/learning/note-taking/index.html>
- Reading Comprehension: <http://www.coun.uvic.ca/learning/reading-skills/index.html>
- Test Preparation and Test Taking: http://www.usu.edu/arc/test_anxiety/strategies/
- Reading Speed: <http://www.wikihow.com/Learn-Speed-Reading>
- Writing Skills: <http://www.smcm.edu/writingcenter/resources/index.html>
- Test Anxiety Management http://www.usu.edu/arc/test_anxiety/stress/smstart.cfm

2. Motivation is an important factor in your academic success. To assess your motivational strengths and weaknesses, go to the Increasing Motivation Self Diagnosis at the University of Victoria, and choose the descriptions that best fit you. Read the diagnoses and follow any pertinent links for more information. What are particular motivational traps for you? <http://www.coun.uvic.ca/learning/motivation/>

- | | |
|---|--|
| <input type="checkbox"/> Lack of Structure | <input type="checkbox"/> Lack of Commitment |
| <input type="checkbox"/> Lack of Reinforcements | <input type="checkbox"/> Inappropriate Strategy |
| <input type="checkbox"/> Competing Reinforcements | <input type="checkbox"/> Insurmountable Problems |

ACTION PLAN FOR IMPROVEMENT

3. How does a college degree fit into your goals for the future?

4. Based on your assessment of your study skills and motivational weaknesses, what are some specific things you can do to improve your academic performance? Please describe *three* concrete steps you will take in the upcoming semester.

CONTRACT FOR MEETING REQUIREMENTS FOR ACADEMIC PROBATION

As a consequence of probation, I agree to abide by the following requirements:

- I will not enroll in more than 16 semester hours for the semester during my probation. If I pre-registered for more than 16 hours, I will drop down to a maximum of 16 credits during the drop/add period.
- I will not participate in any varsity sports, campus media, student government leadership positions, student club offices, or non-credit bearing co-curricular activities.
- I understand that I must complete all of my coursework by the semester deadline, and that I may not have any Incomplete grades at the end of the semester.
- I will meet with my academic advisor before the end of the second week of the semester to discuss my academic situation.
- I will complete this Academic Success Action Plan.

Student's Signature _____ Date _____

Advisor's Signature _____ Date _____

Office of Academic Services Signature _____ Date _____