

California Polytechnic State University, San Luis Obispo
College of Science and Mathematics
ACADEMIC ACTION PLAN FOR SUCCESS

You must return this form to the College of Science and Mathematics Dean's Office (25-229A) by the deadline stated in your academic probation letter from Dean Bailey.

Failure to do this will result in a **REGISTRATION HOLD** preventing you from registering in the future.

Name _____ Major _____

EMPL ID _____ Telephone _____ Cal Poly Email _____@calpoly.edu

What happened this past quarter?

In _____ Quarter 20_____ I completed _____ units earning a _____ term GPA (check your Poly Profile).

My CPSLO cumulative (total) GPA is currently _____ and my overall GPA is _____ (check your Poly Profile).

I did not achieve a 2.0 GPA this past quarter because:

My main concerns about my academic progress are:

Did any personal/family/financial problems affect your academic performance? No_____ Yes_____ Please explain.

What are your plans for this quarter?

The courses I am planning to take this quarter are listed below:

My short term goal is to finish _____ units with a _____ GPA.

Course Prefix/Number	Units	Repeating? Yes/No	Course Prefix/Number	Units	Repeating? Yes/No

An important part of studying is determining whether you actually learned something. Include how you will determine this quarter whether or not you have truly mastered material required for your classes. List some things that you will specifically do or do better or not do to ensure academic success this quarter

Are you considering a change of major? No_____ Yes_____ What major?_____

You should not consider a change of major just because you didn't do well this past quarter, especially if it was because of poor study habits or personal issues. If you had the opportunity to truly study and experience the satisfaction of learning, you might have done well and appreciated your major. However, if you are still seriously considering a change of major for good reasons, please meet with the prospective department to obtain information on their requirements. You must provide the CSM Advising Center with the requirements and your plan for meeting them. We will help you all we can and let you follow the desired curriculum but you must establish a contract for changing majors with the CSM Advising Center (53-219; 756-2615) for these privileges.

Student's Signature

Date

HERE ARE THREE THINGS YOU MUST DO PERSONALLY TO HELP ACHIEVE ACADEMIC SUCCESS

If you cannot do these things, you should seriously consider whether to continue in school until you can make this commitment. Think seriously about each and initial only if you will indeed make the personal commitment.

_____ **Take personal responsibility for learning:** Your instructors are guides for learning. They select a reasonable amount of material, demonstrate a logical manner for addressing it, and model problem solving and learning strategies. However, just as no one can breathe for you, exercise for you, or eat for you, neither can others learn for you. Only you can do your learning. And it takes time as described in the next item.

_____ **Believe in and follow the 25-35 Program:** Most students are on academic probation, not because they cannot learn the material and do the work, but because they don't study or keep up with the courses they are taking. The 25-35 Program suggests that you should study two hours per week for each credit unit in which you are enrolled. It is vitally important that you have the time to do this consistently and when you are rested and alert so you can actually learn. Use the following to determine how you might manage your time.

- Enrolled Units _____ Planned Study Hours each week _____
- How many total hours are you in class, lab, or activity each week? _____
- If you are employed, how many hours a week do you work? _____
- Do you have any other responsibility or activity to which you **must** devote time?
If so, what is it? How many hours a week?
Add the hours in the four bullets above. What is the total? _____
Keep in mind a week has seven 24 hour days or 168 hours. Probably half of each day is consumed with sleep, eating, hygiene, errands, and transportation.
Will your study plan include Fridays and weekends as well as the rest of the week and will you put priority on academic responsibilities? _____
- Will you maintain a safe, responsible, and healthy lifestyle? _____
We are talking about a lot of things here including nutrition, exercise, alcohol, drugs, addictions, and personal relationships.

_____ **Understand and follow your curriculum:** You should make sure you are familiar with your curriculum and set goals for progress and graduation. Knowing where you are going and when you will get there is very motivating.

HERE ARE SOME RESOURCES AVAILABLE TO YOU

Visit your instructors' office hours. Commit to having already studied the material before you go.

Seek tutoring A tutor is useful only if you have studied the material with the intent to understand and master. Then the tutor can help you with the areas you find difficult. If you truly study first, you probably won't need a tutor in most cases.

Attend a free, 50 minute study skills seminar in Kennedy Library, Room 112 offered weeks 3-6 on one of the following topics:

Topics include:

- | | | |
|---------------------------------|-----------------------|--------------------------|
| * Understanding Procrastination | * Learning Styles | * Time Management |
| * Textbook Processing | * Memory Skills | * Improving Reading Rate |
| * Test Preparation Techniques | * Note Taking Systems | * Reading Comprehension |

Enroll/Attend weekly Supplemental Workshops

Enroll/Attend in a Study Session Program

Participate in the Academic Rebound Program offered through Health/Counseling Services. Registration is required to join this group. Call Rob Clayton, Psy.D. at 756-2511 or email rclayto@calpoly.edu for an appointment & information.