| Name: | Student ID: | | | |
|---|--|--|--|--|
| Email: | Phone: | | | |
| Major: | Advisor: | | | |
| Expected Graduation Semester/Year: | | | | |
| Campus or Community Activities (Clubs, Organizations, Volunteering, etc) | | | | |
| | | | | |
| | | | | |
| | | | | |
| Academic History (to be completed with advisor) | | | | |
| Total credits attempted: Total cr | edits earned: Cum GPA: | | | |
| # credits repeating this semester: | # courses being retaken this semester: | | | |
| This semester, I will need a GPA ofbelow for Academic Progress requirements). | _ to return to good academic standing (see chart | | | |

| Total Credits Attempted (including transfers) | Minimum Cumulative GPA Required |
|---|------------------------------------|
| 0 - 18 | 1.50 |
| 19 - 36 | 1.70 |
| 37 - 54 | 1.90 |
| 55+ | 2.00 |

What were some of my previous obstacles? (things that got in my way from being successful previously)

Circle all that apply. Consider which obstacles had the most impact on your previous academic progress.

Academic

Ineffective Study Skills Registered for too many courses

Undeveloped time management skills Poor attendance/skipped class

Unprepared for exams Uncomfortable classroom environment

Difficulty concentrating Poor grades on assignments

Conflict with instructor(s)

What worked in high school isn't working here

Unable to comprehend course content Didn't reach out to my advisor

Didn't enjoy my classes Not sure how to study

Lack of time to study

Major/Career Path

Uncertain about what major to take Not sure why I was in school

No clear career goals Someone pushed me to go to college

Personal/Other

Financial difficulties Lack of motivation

Health problems (self) Working too much

Health problems (family)

My work schedule changed

Hard to get out of bed in the morning Family situation

Substance use Difficulties with childcare

Possible need for accommodations Difficulty adjusting to college

Difficulty sleeping at night Transportation issues

Stress, anxiety, or tension Lack of support at home

Over-involved with co-curricular activities

| Goals fo | | emester (for school or for yourself) | | |
|--|---------|--|--|--|
| | | | | |
| | > | What resources do I have to help me achieve this goal (from LCCC, the community, my support system, etc.)? | | |
| | | | | |
| 2. | | | | |
| ۷. | | | | |
| | > | What resources do I have to help me achieve this goal (from LCCC, the community, my support system, etc.)? | | |
| | | | | |
| 3. | | | | |
| | | | | |
| | > | What resources do I have to help me achieve this goal (from LCCC, the community, my support system, etc.)? | | |
| | | | | |
| What ar | e my st | trengths (my abilities, my personal attributes)? List at least 3. | | |
| | | | | |
| What ar least 3. | e my a | ssets? (who supports me or will help me? What resources are available to me?) List at | | |
| | | | | |
| | | | | |
| What are some potential obstacles that I might encounter that could get in the way of me successfully completing this semester? (people, necessities such as finances, transportation, my responsibilities, my abilities or attributes, etc.) List at least 3. | | | | |
| | | | | |
| | | | | |

Agreement

I recognize that the following actions are critical to my academic recovery:

- 1. I will attend all classes in which I am enrolled.
- 2. I will set and abide by a regular study schedule.
- 3. I will seek help in my courses as needed (tutoring, writing center, study groups, instructor's office hours).
- 4. I will commit to working towards the goals that I have set for myself this semester.
- 5. I will make academics my priority over co-curricular & recreational activities.

| Student Signature | | Date | |
|------------------------------|---------------------------------------|-----------|--|
| Advisor Signature | | Date | |
| | | | |
| | | | |
| | | | |
| Planned meetings with adviso | or | | |
| DATE/TIME | PURPOSE | ATTENDED? | |
| | Initial meeting – plan development | | |
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