CALS Academic Success Plan

Section 1: Student Information

Name_________________________  Student ID #_________________________

VT Email_______________________  Preferred Phone_____________________

CALS Major____________________  Academic Advisor____________________

Academic Probation status:
1st semester    2nd semester

Are you returning from academic suspension?
Yes   No

Section 2: Assessment of Factors Limiting Success

Goals and Direction

___Unsure of interests/Unable to decide on major          ___Overall lack of motivation

___No clear career goals                                   ___Not sure I want to be in college

___Unsure if present major is right for me                 ___Not sure Virginia Tech is the right university
Time Management and Organization Skills

___ Overall difficulty managing time
___ Use a planner to record academic and non-academic commitments
___ Procrastinate on course assignments, test preparation, etc.
___ Spend too much time on leisure personal activities
___ Make daily to-do lists but don’t follow through
___ Other:

Academic Obstacles

___ Lack of general study skills
___ Do not follow a study plan
___ Do not use a designated study area
___ Difficulty understanding textbook readings
___ Spend too much time on reading assignments
___ Little to no preparation before class
___ Poor in-class note-taking skills
___ Little or no class participation
___ Inadequate test preparation
___ Test taking or test anxiety issues
___ Study but cannot pass tests
___ Poor attitude toward class and/or professor
___ Did not meet with professor or TA for help
___ Other:
In what two classes did you struggle the most last semester? What grades did you earn in each class?

Class Attendance: Please indicate your overall pattern of class attendance during the most recent semester:

___ 90-100%
___ 75-89%
___ 50-74%
___ 25-49%
___ Less than 25%

**Personal Obstacles**

___ Physical illness or injury
___ Financial problems
___ Dating or other relationship problems
___ Housing, roommate issues.
___ Can’t make friends
___ Homesickness
___ Problems sleeping or lack of sleep
___ Distracted by family problems at home
___ Substantial family commitments
___ Use of alcohol or other substance abuse
___ Feel stressed and overwhelmed much of the time
___ Can’t find meaning for anything
___ Feel blue much of the time
___ Racial or other diversity issues
**Academic Support Resources**
List resources you used last semester such as professors, tutoring, classmates, etc.

Choose three obstacles you selected in Section 2, and consider how each obstacle impacted your academic performance

1st Obstacle

2nd Obstacle

3rd Obstacles

Generate potential solutions for overcoming the obstacles you listed:

1st Solution

2nd Solution

3rd Solution