

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 | ___ Fall behind in reading and class work |
| ___ Use a planner to record academic and non-academic commitments | ___ Hand in assignments late |
| ___ Procrastinate on course assignments, test preparation, etc. | ___ Lose or cannot find important class information papers, etc. when needed |
| ___ Spend too much time on leisure personal activities | ___ Working too many hours |
| ___ Make daily to-do lists but don't follow through | ___ Waste time on low priority activities |
| ___ Other: | |

Academic Obstacles

- | | |
|--|---|
| ___ Lack of general study skills | ___ Little or no class participation |
| ___ Do not follow a study plan | ___ Inadequate test preparation |
| ___ Do not use a designated study area | ___ Test taking or test anxiety issues |
| ___ Difficulty understanding textbook readings | ___ Study but cannot pass tests |
| ___ Spend too much time on reading assignments | ___ Poor attitude toward class and/or professor |
| ___ Little to no preparation before class | ___ Did not meet with professor or TA for help |
| ___ Poor in-class note-taking skills | ___ 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 | ___ Distracted by family problems at home |
| ___ Financial problems | ___ Substantial family commitments |
| ___ Dating or other relationship problems | ___ Use of alcohol or other substance abuse |
| ___ Housing, roommate issues. | ___ Feel stressed and overwhelmed much of the time |
| ___ Can't make friends | ___ Can't find meaning for anything |
| ___ Homesickness | ___ Feel blue much of the time |
| ___ Problems sleeping or lack of sleep | ___ 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