Academic Improvement Plan

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| **Name:** |  | **QU ID:** |  |
| **CUM GPA:** |  | **Semester/Year:** |  |
| **Academic Advisor:** |  | **Credits Accumulated/Attempted:** |  |

# **Part 1: Obstacles**

Utilizing the “Obstacles to Academic Success” worksheet on page 2, identify some of the potential obstacles you will face this coming semester. In the workspace below, identify potential resources or solutions to these obstacles.   
*Add more rows as needed.*

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| **Potential Obstacle** | **Potential Resource/Solution** |
| *Ex. Poor note-test taking skills* | *Ex. Schedule an appointment with an Academic Specialist* |
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# **Part 2: Habits**

Take a moment to think about your academic experience last semester. Obviously there are some choices you don’t wish to repeat, yet perhaps there were some choices that were beneficial. Over the course of this semester, what specific habits will you change and what specific habits will you keep?

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| **What are some of the habits that you need to change?**  *Example: I need to stop putting off papers until the night before.* |
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| **What are some of the habits that you should maintain?**  *I need to continue to regularly meet with my professor.* |
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| **Obstacles to Academic Success**  Identify items on the following list that you feel have contributed to your current academic struggles. This will help you to identify potential areas for improvement as well as obstacles that you will need assistance overcoming. | | |
| **Time Management**  Too much social life  Too much partying  Overextended in outside activities  Too much TV/media/gaming  Too much free time  Overall time management  **Financial Concerns**  Worried about money  Financial aid requirements  Inadequate financial aid  Spouse not working  Too many debts  Time limit on school funds  **Work**  Work too many hours  Need to find a job  May lose job  Conflicts with the job  No part-time work available  Not working is not an option | **Academic/Study Skills**  Consistent class attendance  Submitting assignments on time  Poor study habits  Poor time management  Learning disability  Potential learning disability  Poor study environment  Ineffective studying  Inadequate study time  Inferior academic preparation  Struggle with reading  Struggle with writing  Struggle with math  Struggle with science  Poor note-taking skills  Poor testing skills  Difficulty concentrating  Unhappy with professor  Need focused academic advising  Unclear educational goals  **Fear of…**  Failure  Not being perfect  Being compared to peers/siblings  Accomplishments  Pressures  Success  Commitment  Making decisions  Making mistakes  Difficult tasks  Being judged by peers  Not living up to expectations | **Personal**  Adjusting to graduate school  Adjusting to independence  Roommate problems  Housing problems  Conduct issues  Relationships worries/breakup  Concerned with current friends  Loneliness  Socially uncomfortable/shy  High anxiety  Value conflicts  Dislike QU  Dislike grad school & studying  Previous failure  Negative attitude  Parental pressure  Peer pressure  Lack of sleep  Alcohol consumption  Drug use  Alcohol or drug use by others  **Other**      **Sensitive Obstacles (such as)**  Anxiety or Stress  Depression  Divorce or Separation  Emotional abuse  Family health problems  Family issues/concerns  Health/Medical worry  Illness or death of loved one  Learning disability  Marriage or Relationship issues  Physical abuse  Pregnancy  Rape or assault  Substance abuse or use |

Adapted from Academic Support Office, Brigham Young University

Improvement Plan

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| **Goals:** What specific, attainable goals do you hope to achieve this semester that will lead to academic success?  *Example: Goal #1- Do not let work obligations negatively affect my grade.* |
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| **Challenges:** What obstacles do you anticipate in the upcoming semester that will make achieving your goals challenging?  *Example: Goal #1- I struggle to balance work and classes.* |
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| **Actions:** What specific actions will you take to ensure you will meet your goals?  *Example: Goal #1- I will create defined time blocks to study during the week.* |
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| **Assessment:** How will you know if you have met your goals throughout the semester?  *Example: Goal #1- I will keep track of my review of material for each class in my planner and hold myself accountable.* |
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| **Next Steps:**   * Submit this document to your Academic Advisor * Schedule an appointment with your Academic Advisor to discuss and approve the Improvement Plan. * Submit your approved Improvement Plan to the Dean’s office. |