



ACADEMIC RECOVERY PLAN

MY INFO

NAME _____

STUDENT ID NUMBER _____

RECENT CHALLENGES

Place a check next to each of the following that have been challenges for you recently. If there are challenges that you have experienced that are not listed, please write them in under 'Other'.

STUDY SKILLS

DEGREE/CAREER ISSUES

- Difficulty concentrating
- Difficulty managing time
- Unsure how to study
- Challenging course content
- Course load too heavy
- Other _____

- Difficulty with courses for my program
- Uncertain of academic/career goals
- Unsure of interests, skills, or abilities
- Unsure of program choice
- Other _____

FAMILY/SOCIAL ISSUES

PERSONAL ISSUES

- Adjustment to college
- Making friends
- Home/family problems
- Housing/roommate issues
- Separation from friends, family, home
- Other _____

- Balancing school, work, and/or family
- Financial difficulties
- Illness, injury, or other health problems
- Stress and/or anxiety
- Social distractions
- Substance abuse
- Sadness or loneliness
- Other _____

CONTROL FACTORS

However great our difficulties, there is usually some degree of control that we have over outcomes. Please reflect on your situation and think about what things were out of your control and what things were within your control that you may be able to approach differently.

OUTSIDE OF MY CONTROL

WITHIN MY CONTROL





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PLAN FOR SUCCESS

Working with your academic advisor, please use the space below to develop your action plan for success.

GOAL #1:

ACTION STEPS:

GOAL #2:

ACTION STEPS:

GOAL #3

ACTION STEPS:

SIGNATURE

I confirm that I have reflected upon my challenges and strengths and discussed them with my advisor. I understand my GPA recovery outlook and the tools, policies and resources available to me to aid with increasing my GPA. I understand my goals for this semester and the action steps that I need to complete to achieve those goals.

STUDENT SIGNATURE

DATE



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GPA RECOVERY OUTLOOK

How many quality points (QPTS) have you earned to-date? _____

How many quality hours (QHRS) have you earned to-date? _____

What GPA are you trying to attain? _____

Your current GPA is _____. To attain a _____ GPA it will require...

_____ credit hours while earning a 4.000 GPA ('A' average) in those classes

_____ credit hours while earning a 3.667 GPA ('A-' average) in those classes

_____ credit hours while earning a 3.333 GPA ('B+' average) in those classes

_____ credit hours while earning a 3.000 GPA ('B' average) in those classes

_____ credit hours while earning a 2.667 GPA ('B-' average) in those classes

_____ credit hours while earning a 2.333 GPA ('C+' average) in those classes

GPA RECOVERY NOTES