My Academic Success Plan

Student Name: ___________________________  Student ID#: ___________________________
UTRGV Email: ___________________________  Phone Number: ___________________________
Major: ___________________________  Minor: ___________________________

STEP 1: Identify the obstacles that you encountered during past semesters.

What obstacles did you encounter in past semesters that made reaching your goals difficult?

- I did not go to class.
- I was homesick.
- I did not take notes in class.
- I had trouble adjusting to college life.
- I did not pay attention in class.
- I had trouble with my roommate.
- I did not turn in assignments.
- I had health issues.
- I devoted too much time to a student organization, fraternity, sorority, etc.
- I broke up with or had relationship problems with my significant other.
- I missed one or more exams.
- I had financial problems.
- I watched too much TV, Netflix, Hulu, etc.
- I experienced test anxiety.
- I spent too much time on the internet.
- I spent too much time with friends.
- I did not study enough.
- I had difficulty balancing work and school.
- I did not do my readings.
- I did not like my courses.
- I procrastinated.
- I was not motivated.
- I did not buy my books on time or at all.
- I was unsure about my major.
- I procrastinated.
- I was unsure about my academic goals.
- I struggled with a learning disability.
- I did not know how to study effectively.
- I had to take care of an ill family member.
- I did not understand the subject matter in one or more of my courses.
- I became frustrated with my poor performance and stopped trying.
- I allowed my substance use to interfere with my academic performance.
- I didn’t know my academic resources.

Other obstacles to my academic success: ________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________
What unexpected and extenuating circumstances significantly affected your ability to meet the parameters of your probationary status?

<table>
<thead>
<tr>
<th>Obstacle</th>
<th>How did it interfere with your academic success? (be specific)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
</tr>
</tbody>
</table>

**STEP 2: Generate potential solutions for overcoming your obstacles.**

- I will attend every class.
- I will not use my cell phone in class.
- I will take notes in class.
- I will turn in all of my assignments on time.
- I will go to tutoring at the Learning Center.
- I will utilize a weekly planner, digital or printed.
- I will study in a place that allows me to focus.
- I will connect with Student Accessibility Services.
- I will visit with my L.E.A.P.S. advisor to discuss how I am addressing obstacles I encounter.
- I will attend Alcoholics Anonymous, Narcotics Anonymous, or other support group meetings.
- I will visit the UTRGV Counseling Center.
- I will meet with my professor on a regular basis.
- I will complete my readings in a timely manner.
- I will dedicate time every week to homework.
- I will utilize the Writing Center for my essays.
- I will create a weekly schedule for myself.
- I will make wiser decisions regarding substance use.
- I will create and/or attend study groups with my peers.
- I will join a student organization related to my major or career interests.
- I will meet with a Career Advisor to discuss potential vocational and educational goals for me.

Other solutions that will assist me with being successful:

__________________________

__________________________

__________________________

__________________________
You have options! Think about the possible solutions to help address each obstacle! How can you navigate around a roadblock to get to where you want to go?

<table>
<thead>
<tr>
<th>Obstacle</th>
<th>Solution #1</th>
<th>Solution #2</th>
<th>Solution #3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**STEP 3: Commit to achievable solutions!**

Think about your solutions above, which solution will help you the most? Which solution are you most likely to be successful with? What do you need to do for that solution to be successful?

<table>
<thead>
<tr>
<th>Solution</th>
<th>How does this solution help me reach my goal?</th>
<th>How much time and effort is needed to make this successful?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
STEP 4: Develop Your Plan!

What is your primary goal for this coming semester? How can you reach your goal despite your past obstacles? Think about your goal, and consider making a SMART goal using the following guidelines.

**Specific**
Make your goal as specific as possible.

**Measurable**
Give yourself a way to measure your success. What does success look like? If your goal is to study more, what does “more” mean? How many hours a day or week?

**Attainable**
Your goal should be possible. The last thing you want to do is set yourself up for failure.

**Realistic**
Recognize your own abilities and if your goal is something that you personally will work towards.

**Timely**
Set a timeline for your goal. Give yourself a timeframe in which you can achieve your goal.

MY GOAL: ____________________________________________________________

Now that you have your goal, identify actions you can take to work towards achieving your goal.

Steps I will take to achieve my goal:

1. ________________________________________________ by this date: ________________
2. ________________________________________________ by this date: ________________
3. ________________________________________________ by this date: ________________
4. ________________________________________________ by this date: ________________
5. ________________________________________________ by this date: ________________

STEP 5: Put in the effort and commit to your own success.

I, ________________________________, understand that if my academic suspension appeal is approved I will be required to actively participate in and complete the Learning to Excel with Advising, Planning, and Support (L.E.A.P.S.) Program to help me reach my goals.

Student Signature: ________________________________ Date: __________________________

*Modified from the Texas Tech University Academic Success Plan*