# University of North Florida

# College of Arts and Sciences

# Student Success Plan - Suspension

Dear Student:

You are currently on **Academic Suspension** due to your poor academic performance. Your academic advisor is committed to assisting you in being a successful student at University of North Florida, which means achieving a minimum cumulative GPA of 2.0. **You will need to complete this worksheet and email it to your academic advisor at the time SPECIFIED in the email you received.** It is important that you are honest with yourself when completing this form to assist your academic advisor to develop a workable and achievable success plan.

Name:Click or tap here to enter text. Student N#:Click or tap here to enter text.

Major:Click or tap here to enter text. Current Term: Click or tap here to enter text.

Advisor:Click or tap here to enter text.

A. **Academic Obstacles**: Using the attached list provided, identify and list three of your most difficult obstacles and how they are interfering with your academic success.

| Obstacle | How does this obstacle interfere with your academic success? (Be specific) |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

B. **Solutions**: Identify and list three possible solutions for each obstacle listed above.

| Obstacle | Solution #1 | Solution #2 | Solution #3 |
| --- | --- | --- | --- |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |

C. **Balancing Solutions**: List the three most achievable solutions you are willing to do, how they will help you, and will this be worth the sacrifice.

| Solution | How will this solution help me? | Will it be worth the sacrifice & is it attainable? |
| --- | --- | --- |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |

D. **Plan of Action**: Using your solutions; write your goal(s), steps you plan to take and by when. (This is a self-contract)

Goal (the final result): Click or tap here to enter text.

**Steps to Obtain Goal:**

1. Click or tap here to enter text.

 By: Click or tap here to enter text.

2. Click or tap here to enter text.

 By: Click or tap here to enter text.

3. Click or tap here to enter text.

 By: Click or tap here to enter text.

4.Click or tap here to enter text.

 By: Click or tap here to enter text.

## ACADEMIC AND PERSONAL GOALS WORKSHEET

An important aspect to college and life success is learning to identify and establish realistic goals, and academic strengths. **A goal is a desired end result.  Goals are typically not measurable but are usually supported by one or more measurable “objectives.”** It is understood that you may not be able to achieve all of your goals in the time you allocated and, therefore, you should be flexible and open with your academic strengths and where they stand.

In an attempt to be considered for return to the University of North Florida, you are asked to answer the following questions in an essay format. (Please type or write legibly)

*Why do you feel you should be allowed to return to the University of North Florida? What are your academic intentions if allowed to return? Why did you select this major? How will you contribute to your academic success in this major?*

Click or tap here to enter text.

# SCHEDULE PLANNING GRID

## Indicate study, work, recreation, and family time

*\*\*Students are limited to 6hrs (2 classes) of coursework in their returning semester unless specified otherwise by department chair\*\**

### Class times - Create your ideal schedule

|  | SUN | MON | TUES | WED | THURS | FRI | SAT |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 8:00AM |  |  |  |  |  |  |  |
| 8:30 |  |  |  |  |  |  |  |
| 9:00 |  |  |  |  |  |  |  |
| 9:30 |  |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |  |
| 10:30 |  |  |  |  |  |  |  |
| 11:00 |  |  |  |  |  |  |  |
| 11:30 |  |  |  |  |  |  |  |
| 12:00PM |  |  |  |  |  |  |  |
| 12:30 |  |  |  |  |  |  |  |
| 1:00 |  |  |  |  |  |  |  |
| 1:30 |  |  |  |  |  |  |  |
| 2:00 |  |  |  |  |  |  |  |
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| 6:30 |  |  |  |  |  |  |  |
| 7:00 |  |  |  |  |  |  |  |
| 7:30 |  |  |  |  |  |  |  |
| 8:00 |  |  |  |  |  |  |  |
| 8:30 |  |  |  |  |  |  |  |
| 9:00 |  |  |  |  |  |  |  |
| 9:30 |  |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |  |

Total no. of credit hrs.:Click or tap here to enter text. X 3hrs of study time per credit hr. = Click or tap here to enter text. hrs. of study time

# STUDENT SUCCESS PLAN

# OBSTACLES

## Academic/Study Skills

**⏺** Concentration

**⏺** High Anxiety

**⏺** Undisclosed Learning Disability

**⏺** Identified Learning Disability

**⏺** Ineffective Studying Time

**⏺**  Impersonal Staff

**⏺** Note-taking skills

**⏺** Poor Academic Advising

**⏺** Previous Failure

**⏺** Unprepared

**⏺** Unclear Education Goals

**⏺** Study Environment

**⏺** Study Habits

**⏺** *Time Management*

⏺Too much TV/Internet

⏺Too much social life

⏺Overextended in

⏺Use of cell phone

⏺Other

**⏺** Writing skills (Assistance)

**⏺** Math Skills(Assistance)

**⏺** Unhappy with Instructor

**⏺** Other

## Degree Requirements

**⏺** Classes Unavailable

**⏺** Selecting a Major

**⏺** Major not Offered

**⏺** Unhappy with Major

**⏺** Unaware of Degree Requirement

**⏺** Parental Pressure

**⏺** Other

## Employment

**⏺** Required to work for Bills/Family

**⏺** Work too Many Hours

**⏺** Problems with Supervisor

**⏺** Non-flexible Hours

**⏺** May Loose Employment

**⏺** Conflicts in Employment

**⏺** No Employment Available

**⏺** Other

## Family

**⏺** Parent Interference/Pressure

⏺ Good grades

⏺ Come home

**⏺** Spouse/Children problems

**⏺** Household Obligations

**⏺** Pregnancy

**⏺** Physical Abuse

**⏺** Sexual Abuse

**⏺** Relationship Problems

**⏺** Divorce or Separation

**⏺** New Marriage

**⏺** New Independent Status

**⏺** Family Health Problems

**⏺** Other

##  Fear

**⏺** Failure

**⏺** Not Being Perfect

**⏺** Accomplishments

**⏺** Pressures

 ⏺ Family

 ⏺ Friends

 ⏺ University

**⏺** Success

**⏺** Commitment

**⏺** Making Decisions

**⏺** Making Mistakes

**⏺** Task too Difficult

**⏺** Other

## Financial

**⏺** Worried About Money

**⏺** Financial Aid Requirements

**⏺** Inadequate Financial Aid

**⏺** Parent not working

**⏺** Too Many Debts

**⏺** Time Limit on School Funds

**⏺** Other

## Personal

**⏺** Discrimination Practices and/or

perceived act of discrimination

**⏺** Diversity Issues

**⏺** Stressed Out

**⏺** Roommate Conflict

**⏺** Relationship Worries

**⏺** Cultural Pressures

**⏺** Loss of Family Member/Friend

**⏺** Loneliness

**⏺** Being Single

**⏺** Depression

**⏺** Socially Uncomfortable

**⏺** Substance Abuse

**⏺** Rape or Assault

**⏺** Health/Medical Worries

**⏺** Illness

**⏺** Residence Life Issues

**⏺** Value Conflicts

**⏺** Sexual Harassment

**⏺** Dislike UNF

**⏺** Demanding Church

**⏺** Commitment

**⏺** Commuting

**⏺** Negative Attitude

**⏺** Self-Esteem

**⏺** Sexual Orientation

**⏺** Other

## Academic/Study Skills

**⏺** Ask questions to your

 Academic Advisor.

**⏺** Attend study skills seminars

**⏺** Attend goal-setting workshops

**⏺** Attend a time management

 workshop

**⏺** Implement time management

strategies

**⏺**  Change study environment

**⏺** Get career counseling

**⏺** Become aware of drop

 deadlines & procedures

**⏺** Focus on one problem at a time

**⏺** Form a study group

**⏺** Seek an Academic Advisor

**⏺** Change instructors

**⏺** Seek tutoring assistance

**⏺** Meet with Disability Services

**⏺** Visit with Professors

**⏺** Develop a to-do list

**⏺** Set realistic goals

**⏺** Say NO!

**⏺** Other

## Degree Requirements

**⏺** Obtain a Course/Plan of Study

**⏺** Meet with an Academic Advisor

**⏺** Meet with Faculty Advisor

**⏺** Attend Majors Fairs

**⏺** Get career Counseling

**⏺** Select a Major

**⏺** Transfer to a different

 program/school

**⏺** Other

# STUDENT SUCCESS PLAN

# SOLUTIONS

## Employment

**⏺** Find on campus employment

**⏺** Find a financial planner

**⏺** Develop problem-solving skills

**⏺** Set realistic expectations

**⏺** Reduce work hours

**⏺** Quit job

**⏺** Other

## Family

**⏺** Discuss goals with family

**⏺** Be realistic

**⏺** Attend to children first and

 **t**hen meet with your

 Academic Advisor

**⏺** Obtain Family Planning

assistance

**⏺** Seek out the Counseling

 Center

**⏺** Learn how to listen and

 communicate effectively

**⏺** Identify medical assistance

 for family problems

**⏺** Other

## Financial

**⏺** Seek a financial planner

**⏺** Attend financial aid work-

 shops

**⏺** Explore credit for learning

 options

**⏺** Attend financial management/

 education seminars

**⏺** Consider attending school

 part-time

**⏺** Other

## Personal

**⏺** Attend stress management

 seminar

**⏺** Attend university social

 events and gatherings

**⏺** Develop an exercise plan

**⏺** Join a student organization

**⏺** Meet with your Residence

 Advisor/Director

**⏺** Seek out the Counseling

 Center

**⏺** Read self-help books

**⏺** Attend diversity training

**⏺** Visit the Student Health

 Clinic

**⏺** Develop problem solving

 skills

**⏺** Set realistic expectations

**⏺** Take a semester off

**⏺** Transfer

**⏺** Volunteer

**⏺** Other