

Academic and Personal Success Plan

Student: _____

Program of Study: _____

This document is designed to help you identify and reflect on factors that may affect your college experience. By reviewing these items, you'll be able to conduct a thorough self-evaluation based on your SmarterMeasure results. This process will help you understand your strengths and areas for improvement, enabling you to make informed decisions and seek the necessary support to enhance your academic success.

Life Factors:

- | | |
|--|---|
| <input type="checkbox"/> Social relationships | <input type="checkbox"/> Financial difficulties |
| <input type="checkbox"/> Health issues | <input type="checkbox"/> Peer pressure |
| <input type="checkbox"/> Housing issues | <input type="checkbox"/> Work commitments |
| <input type="checkbox"/> Child care issues | <input type="checkbox"/> Transportation issues |
| <input type="checkbox"/> Family responsibilities | <input type="checkbox"/> Cultural adjustments |

Individual Attributes:

- | | |
|--|---|
| <input type="checkbox"/> Difficulty with concentration/focus | <input type="checkbox"/> Procrastination tendencies |
| <input type="checkbox"/> Mental health concerns | <input type="checkbox"/> Low self-esteem or confidence |
| <input type="checkbox"/> Lack of goal-setting | <input type="checkbox"/> Stress management and coping strategies |
| <input type="checkbox"/> Lack of engagement in course material | <input type="checkbox"/> Struggle with balancing social life and school |
| <input type="checkbox"/> Organizational skills | <input type="checkbox"/> Difficulty with communicating |

Skills:

- | | |
|--|---|
| <input type="checkbox"/> Not confident with technology skills | <input type="checkbox"/> No access to a computing device |
| <input type="checkbox"/> No access to reliable internet | <input type="checkbox"/> Not confident or slow with typing skills |
| <input type="checkbox"/> Struggle with retaining reading material | <input type="checkbox"/> Critical thinking and problem-solving skills |
| <input type="checkbox"/> Struggle with note-taking | <input type="checkbox"/> Test-taking strategies |
| <input type="checkbox"/> Lack of public speaking and presentation skills | <input type="checkbox"/> Unaware of college-level expectations |

Learning Management System (LMS) Experience:

- | | |
|---|--|
| <input type="checkbox"/> Submitting assignments online | <input type="checkbox"/> Participating in online discussions |
| <input type="checkbox"/> Accessing course materials and resources | <input type="checkbox"/> Communicating through the LMS |
| <input type="checkbox"/> Tracking grades and feedback | <input type="checkbox"/> Using online quizzes and exams |

Strategies that may be used to improve academic performance:

- | | |
|---|---|
| <input type="checkbox"/> Lighten course load | <input type="checkbox"/> Attend all classes regularly |
| <input type="checkbox"/> Form a study group | <input type="checkbox"/> Improve time management |
| <input type="checkbox"/> Be prepared for class | <input type="checkbox"/> Alter study habits |
| <input type="checkbox"/> Meet with your instructors | <input type="checkbox"/> Identify a "go-to" person in each course |
| <input type="checkbox"/> Utilize tutoring services | <input type="checkbox"/> Seek counseling |
| <input type="checkbox"/> Cut back on work hours | <input type="checkbox"/> Create a budget |
| <input type="checkbox"/> Use a planner or calendar | <input type="checkbox"/> Practice stress management techniques |
| <input type="checkbox"/> Maintain a healthy work-life balance | <input type="checkbox"/> Establish a regular sleep schedule |

Personal Goals:

1. _____
2. _____
3. _____
4. _____
5. _____

Action Steps to Achieve Personal Goals:

- _____
- _____
- _____

Educational Goals:

1. _____
2. _____
3. _____
4. _____
5. _____

Action Steps to Achieve Personal Goals:

- _____
- _____
- _____

Notes:

We encourage you to share your concerns and goals with your school. By doing so, you can access additional support and resources that can help you achieve your objectives and succeed in your educational journey. Schedule regular check-ins with your advisor or a trusted mentor to review your progress and adjust your plans as needed.