

ACADEMIC RECOVERY WORKBOOK

This workbook assists students who, for whatever reason, have found themselves on academic probation but want to return to satisfactory academic standing and continue their progress toward graduation.

As a student admitted to SUU, you have the academic potential to be an academically successful student. Using the steps outlined in this workbook, you will identify the obstacles that have limited your academic success, as well as possible solutions to return you to good academic standing. In a meeting your academic advisor, you may further identify resources to facilitate your success, as well as discuss your continued development in your academic major.

What you decide to reveal as academic obstacles is completely voluntary; however, whatever personal information you disclose to your advisor or the Director of Academic Success will be held in confidence.

Getting the Most from this Workbook

Your success in returning to a satisfactory academic standing depends on your demonstrated commitment to the plan you develop for academic success. These steps can help systematically develop that plan.

- I. Page 2: *Academic Obstacles*. Check all the obstacles you think may apply to you. After reviewing the items checked, identify the four that seem to be the most significant obstacles.
- II. Fill in the My Academic Obstacles section found on page 4, under the heading “Academic Recovery Plan,” by listing the four academic obstacles that most interfere with your academic success. List the greatest obstacle on the first line. Review the list and be sure these are the ones that cause the greatest interference to your success. Revise your list if necessary; then, briefly write on the space provided how these obstacles have interfered with your academic success.
- III. Write the four obstacles you identified in the first column of Possible Solutions to My Obstacles on page 4.
- IV. Review the list of *Academic Solutions* found on page 3. Thoughtfully consider the listed solutions and check those you think may best resolve your academic obstacles.
- V. Refer again to the Possible Solutions to My Obstacles on page 4 and write the solutions you think will best resolve each of the obstacles.
- VI. Although you may have written up to sixteen solutions, identify with an asterisk (*) those solutions you are willing to try this semester or term; then, identify just the one solution that would benefit you the most for that particular obstacle.
- VII. List up to four solutions you are **willing to try** and which **will benefit you the most** in the first column of Balancing My Solution Choices. After some thought, write out not only how the solutions will help you but any challenges or additional problems they may create. Recognizing the challenges and considering how to meet them may go along with contributing to your academic success. When you are confident you have selected the solutions that will best help you **and** you are willing to try, move to the step VIII.
- VIII. In the final section of page 4, Achieving My Goals, write how you intend to achieve your solutions: What will be your actions, or what will you specifically do to implement the solutions? Be sure to include a deadline date for implementing these actions. Actions without dates tend to get lost.
- IX. Upload this workbook to the Academic Recover Canvas site.
- X. Schedule an appointment through Link to see your advisor to discuss your plan.

If you need assistance in completing the workbook or have questions about the process, please contact your academic advisor.

OBSTACLES

Name: _____

Free Time Obstacles

- Too much social life
- Too much social media
- Too much video games
- Too much TV
- Too many outside activities (clubs, sports, etc.)

Financial Obstacles

- Worried about money
- Financial aid requirements
- Inadequate financial aid
- Spouse not working
- Too many debts

Work-Related Obstacles

- Work too many hours
- Work schedule conflicts with class
- Problems with the boss
- May lose job
- No part-time work available
- Must work to survive

Obstacles Related to Major

- Uncertain about major
- Major-entry requirement(s)
- GPA requirements
- Classes unavailable
- Major not offered
- Not happy with major

Academic/Study Skills Obstacles

- Learning disability
- Poor study environment
- Poor study habits
- Poor time management
- Poor note-taking skills
- Poor academic preparation
- Poor concentration
- Ineffective studying
- Inadequate study time
- Inadequate reading skill
- Inadequate writing skill
- Inadequate math skill
- Inadequate science skill
- Inadequate subject knowledge
- Lack of motivation
- Unhappy with instructor
- Unclear educational goals

Obstacles Related to Fear of

- Failure
- Not being perfect
- Pressures
- Commitment
- Making decisions
- Making mistakes
- Difficult tasks
- Accomplishments
- Success

Personal Obstacles

- New independent status
- Roommate problems
- Housing problems
- Relationship worries/breakup
- Loneliness
- Socially uncomfortable/shy
- Value conflicts
- Dislike SUU
- Dislike college & studying
- Demanding church calling
- Demanding military service
- High anxiety
- Previous failure
- Negative attitude
- Parental pressure
- Lack of sleep

Other Obstacles

- _____
- _____

Sensitive Obstacles

If your academic obstacle is found among the obstacles below, mark the category heading but not the specific obstacle. You are strongly encouraged to seek services from professionals such as the Counseling & Psychological Services (CAPS), the Disability Services Center, and/or your Physician, etc.

Anxiety or Stress
Depression
Divorce or Separation
Emotional abuse
Family health problems
Family Issues/Concerns
Health/Medical worry
Illness or Death
Learning disability
Marriage or Relationship
Physical abuse
Pregnancy
Rape or assault
Substance abuse or use

SOLUTIONS

Free Time Solutions

- Set goals
- Reward yourself for sticking to goals
- Just say NO!
- Use a to-do list
- Time management workshop
- Other _____

Financial Solutions

- See financial planner
- Contact financial aid about loans or grants
- Other _____

Work-Related Solutions

- Find more suitable work
- Develop problem solving skills
- Find a job (Jobs for T-Birds)
- Spouse finds a job
- Change position within job
- Reduce hours working
- Visit Career Center (ST 204)
- Quit job
- Other _____

Solutions Related to Major

- Career/Interest test (Career Center) (ST 204)
- Career counseling (Career Center or CAPS)
- Complete an internship
- Personal counseling (CAPS)
- Take UNIV 1020 (SS: Undeclared)
- Change major
- Visit with Academic Advisor
- Other _____

Academic/Study Skills Solutions

- Take UNIV 1020
- Writing Center (BC 204)
- Tutoring Center (ELC 210)
- Use study skill self-help brochures, materials, online resources
- Disability Support Center (ST 206F)
- Visit with professors
- Consult Academic Advisor
- Visit with Assistant Coach for Excellence & Success (ACES)
- Change study environment
- Form a study group
- Other _____

Solutions Related to Fears and Personal Problems/Issues

- Personal counseling (CAPS)
- Group counseling (CAPS)
- Couples counseling (CAPS)
- Biofeedback sessions (CAPS)
- Problem solving skills (CAPS)
- Take UNIV 1020 (Strategies for Success: Academic Recovery 1)
- Read self-help book
- Join club or organization
- Talk to ecclesiastical leader
- Take semester deferment while working on problems
- Help with goal setting
- Attend to children first then require solitude
- Develop a routine
- Delegate duties
- Visit medical doctor
- Take family member to get medical help
- Get communication help
- Attend parenting classes
- Attend family counseling
- Obtain family planning help
- Take semester deferment while working on problems
- Other _____

Other Solutions

- _____
- _____

Academic Success Plan

My Academic Obstacles

Obstacle	How does this obstacle interfere with your academic success?
1	
2	
3	
4	

Possible Solutions to My Obstacles

Obstacle	Solution # 1	Solution # 2	Solution # 3	Solution # 4
1				
2				
3				
4				

Pick four of the solutions above you will try, then list and balance them below.

Balancing My Solution Choices

Solution to try	How Will This Solution Help Me? (i.e. Which obstacle will it confront?)	What Additional Problems May Result? (i.e. Will using it be worth the cost?)

Achieving My Goals

To achieve my goals, using the solutions I picked, I will do the following by:

1. _____ BY: _____
2. _____ BY: _____
3. _____ BY: _____
4. _____ BY: _____