

Plan for Success!

At UW Tacoma we want to help you achieve the goals and dreams you desired when you first arrived. We know that you had expectations of yourself for success, and being on academic warning and probation were certainly not included in those expectations. You may have failed some classes, but **you** are not a failure!

At University Academic Advising, we believe in the philosophy “failure is not the opposite of success; it’s part of success.” Your advisor will meet with you so that together you can find ways for you to recover from this setback, developing a plan to overcome the barriers to your goals. During this meeting you will:

1. Determine your academic strengths as well as identify the areas where you are most challenged
2. Develop S.M.A.R.T. goals (the name of a method you can use to help meet your objectives)
3. Understand university policies regarding Academic Warning/Academic Probation
4. Develop a plan of action to help empower you to achieve academic excellence

Please fill out the information on this page. Your advisor and you will complete the last two pages together.

Information About Me

Name:
Intended Major:
Phone Number:
I receive financial aid. Yes _____ No _____

I typically study (read, complete assignments, prepare for class) _____ hours in a week.
I typically work _____ hours in a week.

Current Class Schedule:

Current course schedule	AUT _____	WIN _____	SPR _____	SUM _____	YEAR _____
Course Number	Course Description	Instructor	Grade I Expect		



Let's assess. What happened?

What challenges have impacted your academic success?

- | | | |
|---|--|--------------------------------------|
| <input type="checkbox"/> Study habits | <input type="checkbox"/> UW Tacoma may not be the | <input type="checkbox"/> Work |
| <input type="checkbox"/> Exams | <input type="checkbox"/> place for me | <input type="checkbox"/> Family |
| <input type="checkbox"/> Instructor(s) | <input type="checkbox"/> Motivation | <input type="checkbox"/> Friendships |
| <input type="checkbox"/> Focus | <input type="checkbox"/> Finances | <input type="checkbox"/> Other |
| <input type="checkbox"/> Academic credit load | <input type="checkbox"/> Health | |
| <input type="checkbox"/> Unsure of major/career path | <input type="checkbox"/> Pressure, stress, anxiety | |
| <input type="checkbox"/> Unsure of reason for attending college | <input type="checkbox"/> Extra-curricular activities | |

For the challenges you checked, can you provide a more detailed explanation?

What are the three challenges that have affected you the most?

1. _____ 2. _____ 3. _____

Is there anything else that you'd like to discuss today?

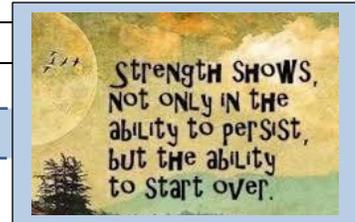
Let's plan! Where can we go from here?

What are some of your personal strengths?

Try to think of **at least three**.

1. _____
 2. _____
 3. _____

4. _____
 5. _____
 6. _____



Think of at least three goals you want to set for yourself using the S.M.A.R.T. plan (attached):

<p>1.</p> <hr/> <hr/> <p>WHO OR WHAT WILL HELP: _____</p> <p>MY STRENGTH: _____</p>	<p>2.</p> <hr/> <hr/> <p>WHO OR WHAT WILL HELP: _____</p> <p>MY STRENGTH: _____</p>
<p>3.</p> <hr/> <hr/> <p>WHO OR WHAT WILL HELP: _____</p> <p>MY STRENGTH: _____</p>	<p>THESE ARE <u>YOUR</u> GOALS!</p> <p><u>REMIND</u> yourself every day of these goals. <u>KEEP</u> them somewhere where they are visible to you every day. <u>PUT</u> the deadlines on your calendar. If you fail at a goal, it's okay to pick yourself up and <u>MAKE</u> a new one. <u>REWARD</u> yourself when you accomplish a goal!</p>