

Name: _____ ID: _____



Laramie County Community College • Student Planning & Success Student Self-Assessment for Academic Probation/Suspension

The following self-assessment will help you to visualize your habits and consider actions that will help you improve your academic standing.

A. Factors that affected my academic performance (check all that apply):

Academic:

- | | |
|---|---|
| <input type="checkbox"/> Did not attend class | <input type="checkbox"/> Did not complete course work/assignments |
| <input type="checkbox"/> Too many courses | <input type="checkbox"/> Poor study environment |
| <input type="checkbox"/> Difficulties with course content | <input type="checkbox"/> Conflict with instructor |
| <input type="checkbox"/> Lack of interest in course material | <input type="checkbox"/> Learning issues |
| <input type="checkbox"/> Did not study enough | <input type="checkbox"/> Did not take notes |
| <input type="checkbox"/> Do not know how to study effectively | <input type="checkbox"/> I never had to study in high school |
| <input type="checkbox"/> Material was harder than I expected | <input type="checkbox"/> Uncomfortable classroom environment |
| <input type="checkbox"/> Math skills | <input type="checkbox"/> English language skills |
| <input type="checkbox"/> Reading skills | <input type="checkbox"/> Writing skills |
| <input type="checkbox"/> Other: _____ | |

Personal:

- | | |
|--|--|
| <input type="checkbox"/> Felt overwhelmed | <input type="checkbox"/> Not sure about program of study/career |
| <input type="checkbox"/> Difficulty managing stress | <input type="checkbox"/> Alcohol/substance use |
| <input type="checkbox"/> Homesickness/missing friends | <input type="checkbox"/> Family pressures |
| <input type="checkbox"/> Easily distracted by friends or social activities | <input type="checkbox"/> Issues with living situation or roommate |
| <input type="checkbox"/> Financial problems | <input type="checkbox"/> Medical/health issues |
| <input type="checkbox"/> Lack of support from family/friends | <input type="checkbox"/> Motivation/procrastination |
| <input type="checkbox"/> Gave up | <input type="checkbox"/> Not sure why I'm in school |
| <input type="checkbox"/> Too many commitments | <input type="checkbox"/> Reluctance to seek assistance |
| <input type="checkbox"/> Work too much | <input type="checkbox"/> Change in relationship with someone special to me |
| <input type="checkbox"/> Poor time management | |
| <input type="checkbox"/> Other: _____ | |

B. Student support services that I have used:

- | | |
|--|---|
| <input type="checkbox"/> Advising Center | <input type="checkbox"/> Career Services |
| <input type="checkbox"/> Tutoring | <input type="checkbox"/> Faculty office hours/ Faculty assistance |
| <input type="checkbox"/> Student Success Center | <input type="checkbox"/> Writing & Communications Center |
| <input type="checkbox"/> Math Lab | <input type="checkbox"/> Sage Trio |
| <input type="checkbox"/> Disability Support Services | <input type="checkbox"/> Counseling Center |
| <input type="checkbox"/> Financial Aid | <input type="checkbox"/> Library |
| <input type="checkbox"/> Other: _____ | |

C. Strategies I currently use to bring out my best performance:

- | | |
|--|---|
| <input type="checkbox"/> Seek tutoring | <input type="checkbox"/> Balance my course load with other commitments |
| <input type="checkbox"/> Participate in a study group | <input type="checkbox"/> Limit the number of hours that I work at a job |
| <input type="checkbox"/> Attend all classes | <input type="checkbox"/> Schedule adequate amount of study time for courses |
| <input type="checkbox"/> Complete all assignments and readings | <input type="checkbox"/> Limit the number of courses I take |
| <input type="checkbox"/> Other: _____ | |

D. Actions/strategies I will take to achieve success:

- Discover what is important in my classes
 - Take notes that will enhance my studying
 - Diminish social distractions
 - Sit toward the front of the classroom
 - Choose courses majors aligned with my academic strengths
 - Balance my course load with other commitments
 - Envision success instead of failure while I learn or prepare for test taking
 - Associate with students focused on academic success
 - Learn, understand, and practice course material rather than memorizing
 - Use a planner/calendar to help me organize and prioritize my time, study schedule, and activities
 - Seek tutoring and participate in study groups to support my academic success
 - Other: _____
- Prepare, attend, and actively engage in all classes
 - Ask questions in class to clarify my understanding
 - Complete all assignments in a thorough, timely manner
 - Stay on campus to study between classes

Things I Need to Know to be Successful	
<input type="checkbox"/> I understand that currently my cumulative GPA is _____.	
<input type="checkbox"/> In order to get off Academic Probation, I must have a cumulative GPA of _____.	
<input type="checkbox"/> If my cumulative GPA stays below a 2.0, I will be placed on Academic Suspension and required to take a semester off from LCCC.	
<input type="checkbox"/> If my cumulative GPA stays above a 2.0, I will be in Good Academic Standing with the College.	
<input type="checkbox"/> If I retake a course because I earned a poor grade the first time, both grades will appear on my transcript.	<input type="checkbox"/> True <input type="checkbox"/> False
<input type="checkbox"/> If I retake a course because I earned a poor grade the first time, both grades will figure into calculating my GPA.	<input type="checkbox"/> True <input type="checkbox"/> False
<input type="checkbox"/> If I repeat a course, the higher of the two grades will be used to calculate my GPA.	<input type="checkbox"/> True <input type="checkbox"/> False
<input type="checkbox"/> If I just stop going to class, the college will know I want to drop the course(s).	<input type="checkbox"/> True <input type="checkbox"/> False
<input type="checkbox"/> Formally withdrawing from a course will affect my GPA the same way as receiving an F is.	<input type="checkbox"/> True <input type="checkbox"/> False