

Name:

PSID:

Date:

Advisor Instructions: The goal of the Academic Success Plan Step #2 Consultation is to dig deeper into the challenges to help the student to understand the impacts on academic success. With the student-completed Step #1 Challenge Identification handy, use this worksheet to discuss each challenge.

Academic: Content

- What parts of the class are proving challenging?
- Have you ever struggled with this topic before?
- What have you tried? What has worked in the past?

Academic: Note taking

- How do you take notes in class? (Verbatim? Columns? Notes to yourself? Colors?)
- What do you do with your notes after class? (Review? Highlight? Rewrite? Organize into an outline?)

Academic: Study/Test prep skills

- Where do you study where you are not distracted and can focus?
- How do you fit in enough study time? (calendar? Planner on phone?)
- How long do you spend studying?
- How do you plan for each study period? (syllabus? Assignments?)
- Do you ever put off doing schoolwork or studying for no obvious reason?
- How do you start assignments to allow enough time for drafts and rewrites?
- How do you prepare for exams? (outlines and summary sheets)

Academic: Concentration/Memory

- In what environments do you concentrate best? Worst?
- Are you more distracted by external or internal stimuli?
- Are personal issues on your mind when you study?

Academic: Asking for help

- Do you seek help?
- How and how often do you ask questions...in class? Office hours? By email?
- Besides the instructor, where do you seek help? (tutors? Classmates? Online sources?)
- Do you feel like you know how to ask the right questions?

Academic: Motivation

- What are you curious about? What excites you?
- What do you do when you don't like to do something?

Academic: Course

- What is it about this course that is a challenge?
- How are you performing in other courses?
- Describe your attendance plan? What do you do if you miss a class?

Academic: Time management:

About how many hours do you spend on:

- Preparing for your classes/studying
- Paid employment
- Time with friends
- Time with family
- Personal enrichment (e.g., exercise, hobbies)
- Team/club athletics
- Organizations (e.g., clubs, church)
- Volunteer/internships
- Do you know when your deadlines are?
- Do you have a weekly study schedule?
- Do you procrastinate?
- Can you start studying when you want to?

Personal issues

- What options do you have?
- Has this been a problem in the past?
- Who have you talked to?

GRIT Characteristics

- Do you find that new ideas sometimes distracts you from what you are working on?
- Do you start strong but then lose interest?
- Are you a goal setter? Do you stick to them?
- How do you approach long-term project?
- Do you finish what you begin?
- Do you get discouraged when you get a lower grade than you expected or when you don't understand?
- Would you call yourself a hard worker?
- What kind of team member are you?

Notes