



**Academic Success Contract: Part I**

Name: \_\_\_\_\_ CWID: \_\_\_\_\_ Date: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Major: \_\_\_\_\_ Total Units Earned: \_\_\_\_\_

Cumulative GPA: \_\_\_\_\_ CSUF GPA: \_\_\_\_\_

*The following questions are designed to help you identify specific issues that may have led you to academic probation and help you and your advisor develop a plan for your academic success. Please answer the following questions honestly. Your responses will remain confidential.*

**Section I: Factors That Led to Probation**

Rate each of the following that may have contributed to your low grades last semester. A rating of “1” means that the factor had little-to-no impact on your grades. A rating of “4” means that the factor had a strong impact on your academic performance.

	<u>Weak</u>			<u>Strong</u>
1. Adjusting to College	1	2	3	4
2. Alcohol/drug issues	1	2	3	4
3. Anxiety or stress	1	2	3	4
4. Class attendance	1	2	3	4
5. College preparation	1	2	3	4
6. Family obligations	1	2	3	4
7. Financial difficulties	1	2	3	4
8. Health issues	1	2	3	4
9. Housing issues	1	2	3	4
10. Instructor’s teaching style	1	2	3	4
11. Lack of motivation	1	2	3	4
12. Lack of study skills	1	2	3	4
13. Loneliness	1	2	3	4
14. Possible learning disability	1	2	3	4
15. Relationship issues	1	2	3	4
16. Separation from family	1	2	3	4
17. Social distractions	1	2	3	4
18. Test taking ability	1	2	3	4
19. Time management	1	2	3	4
20. Too heavy a course load	1	2	3	4
21. Too many social distractions	1	2	3	4
22. Unaware of recourses on campus	1	2	3	4
23. Undecided about future goals	1	2	3	4
24. Work schedule	1	2	3	4

**Identify the two issues that most contributed to your grades last semester:**

1. \_\_\_\_\_

2. \_\_\_\_\_

## **Section II: Personal Strengths**

Often, students on academic probation tend to focus on what went wrong during the semester, or what they did not do right in their courses. Dwelling on your less desirable attributes can be defeating and actually impede your efforts to succeed academically. This next section will allow you to take some time and reflect on your individual skills, talents, and strengths. Not only will this information be useful as you prepare to improve your academic performance and strive to meet educational goals, but will provide you the confidence and ability to articulate your best qualities to potential employers.

**Please identify 3 personal strengths. These are personality characteristics or traits, not physical abilities.**

*For example: I am Creative, Witty, and Thorough*

*Do not use: I am good at soccer – if you are good at soccer only think about some personality characteristics that make you a good soccer player. Example: I am Dedicated, Passionate, and a Team player*

I am:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now let's take this one step further and apply this information to a real world situation – academics. How can these strengths be used to best support you in your pursuit towards earning a degree and empower you to meet personal goals?

*For example: With my creativity, I will develop multiple solutions and options for any academic challenge I am presented.*

---

---

---

---

---

## **Section III: Creating Change**

Please identify one specific aspect of your academics that you would like to change or improve during this upcoming semester. Then list 3 action steps you will take to make this happen.

*Ex: Class Participation*

*Actions: Turn off cell phone, ask at least one question during the lecture, and take detailed notes*

Item to Change or Improve: \_\_\_\_\_

Specific Actions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **Section IV: Action Plan for Spring 2012**

Identify any potential repeatable courses (courses where a C- or lower was earned) or Remedial Courses in which NC (No Credit) was earned:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_