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

As a student admitted to TTU, you have the academic potential to be an academically successful student. Using the steps outlined in this workbook, you will identify those obstacles that have limited your academic success and develop active solutions to return you to good academic standing. In a meeting with your college’s Academic Associate Dean, 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, as much as legally and reasonably possible, whatever personal information you disclose in this process will be held in confidence. Faculty members and advising staff are typically trained as academicians and advising professionals. They are not trained in counseling for disability, social, or emotional issues; however, they often assist students in identifying resources in these areas.

**Getting the Most from this Workbook**

Your success in returning to academic Good Standing depends on the plan you develop for academic success. These steps can help systematically develop that plan.

I. Open the workbook to page 2, Academic Obstacles. Check all the obstacles you think may apply to you. After reviewing the items checked, circle 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 Success 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 immediately. Then, circle the one that would benefit you most for the 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. Take this workbook and the Academic Recovery Plan to the faculty member you have been assigned to for review and discussion.

If you need assistance in completing the workbook or have questions about the process, please contact an advisor from University Advising in 347 Drane Hall or call 806-742-2189.
ACADEMIC OBSTACLES

Free Time Obstacles
Too much social life
Too overextended in my outside activities
Too much TV

Financial Obstacles
Worried about money
Financial aid requirements
Inadequate financial aid
Spouse not working
Too many debts
Time limit on school funds

Work-Related Obstacles
Work too many hours
Problems with the boss
May lose job
Conflicts with the job
No part-time work available
Must work to survive

Obstacles Related to Major
Selecting a major
Major-entry requirement
GPA requirements
Classes unavailable
Major not offered
Not happy with major

Academic/Study Skills
Obstacles
Learning disability
Poor study habits
Poor time management
Poor study environment
Ineffective studying
Inadequate study time
Inferior academic preparation
Inadequate reading skill
Inadequate writing skill
Inadequate math skill
Inadequate science skill
Inadequate subject knowledge
Poor note-taking skills
Poor concentration
Unhappy with instructor
Instructor impersonal
Poor academic advising
Unclear educational goals

Obstacles Related to Fear of
Failure
Not being perfect
Accomplishments
Pressures
Success
Commitment
Making decisions
Making mistakes
Difficult tasks

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

Other Obstacles

Sensitive Obstacles
If your academic obstacle is found among the following obstacles, mark the category heading but not the specific obstacle. You are strongly encouraged to seek services from professionals such as the University Counseling, University Career Services, Student Disability Services, the Student Wellness, 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 Issues
Physical abuse
Pregnancy
Rape or assault
Substance abuse or use
ACADEMIC SOLUTIONS

Free Time Solutions
☐ Set Goals
☐ Use a Planner
☐ Use To-Do List Daily
☐ Say ‘NO’ to Distractions
☐ Manage Time Better
☐ Other ____________________________

Financial Solutions
☐ See Financial Planner
☐ Consider Independent Study
☐ Contact Financial Aid (Loans/Grants)
☐ Other ____________________________

www.finaid.advisor@ttu.edu for
TTU Student Financial Aid

Work-Related Solutions
☐ Reduced Work Hours
☐ Locate a job
☐ Position Change within Job
☐ See University Career Services
☐ If Possible don’t Work
☐ Other ____________________________

Solutions Related to Major
☐ Career/Interest Assessment
☐ Internship Possibilities
☐ Career Counseling
☐ Computer-assisted Career Counseling
☐ Consider a Career Workshop
☐ Other ____________________________

ONLINE CAREER ASSISTANCE:
www.bls.gov for the
Occupational Outlook Handbook
www.twc.texas.gov for
Texas Workforce Commission
www.onetonline.org for
O*Net Interest Profiler
www.mynextmove.org for
My Next Move (Assessment)

Study Skills Solutions
☐ Visit the Writing Center
☐ Acquire Tutoring
☐ Speak with Professors/Instructors
☐ Visit Academic Advisor Regularly
☐ Consider a Study Group
☐ Consider Changing Study Environment
☐ Visit Student Disabilities Services
☐ Other ____________________________

SOAR LEARNING CENTER:
www.depts.ttu.edu/soar/lc/ for
Academic Tutoring
Online Academic Tutoring
Academic Coaching

ACADEMIC LIFE COACHING:
www.depts.ttu.edu/provost/success/coaching/ for
Organization Goal Setting
Accountability Work Life Balance
Communicating Handling Conflict
Self Confidence Self Efficacy
Commitment Social Engagement

Solutions Related to Personal Issues
☐ Consider Personal Counseling
☐ Consider Group Counseling
☐ Acquire Problem Solving Skills
☐ Stress Management Help
☐ Other ____________________________

STUDENT COUNSELING CENTER:
www.depts.ttu.edu/scc/ for
Personal Counseling

Family Concerns
OFFICE of the DEAN of STUDENTS:
www.depts.ttu.edu/dos/ for
Student and Family Concerns
# My Academic Obstacles

<table>
<thead>
<tr>
<th>Obstacle</th>
<th>How does this obstacle interfere with your academic success?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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<tr>
<td>2</td>
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<tr>
<td>3</td>
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<tr>
<td>4</td>
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</tr>
</tbody>
</table>

# Possible Solutions to My Obstacles

<table>
<thead>
<tr>
<th>Obstacle</th>
<th>Solution # 1</th>
<th>Solution # 2</th>
<th>Solution # 3</th>
<th>Solution # 4</th>
</tr>
</thead>
<tbody>
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<td>1</td>
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</tbody>
</table>

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

# Balancing My Solution Choices

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

# 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: ____________________________