The College of Arts & Sciences is committed to helping you with your academic recovery. This worksheet is designed to help you develop a plan for returning to good academic standing. Be honest with yourself about where you have stumbled and the effort that you will need to invest so that you can develop a plan that is achievable and sustainable for you.

**STEP 1: Identify the obstacles that you encountered last semester.**

*Check all that apply.*

- [ ] I did not go to class.
- [ ] I did not take notes in class.
- [ ] I did not pay attention in class.
- [ ] I did not turn in assignments.
- [ ] I turned in assignments late.
- [ ] I watched too much TV, Netflix, Hulu, etc.
- [ ] I missed one or more exams.
- [ ] I pledged a fraternity/sorority.
- [ ] I spent too much time on the internet.
- [ ] I did not study enough.
- [ ] I did not do my readings.
- [ ] I did not buy my books on time or at all.
- [ ] I procrastinated.
- [ ] I was unsure about academic goals.
- [ ] I did not know how to study effectively.
- [ ] I became frustrated with my poor performance and stopped trying.
- [ ] I was homesick.
- [ ] I had trouble adjusting to life at Tech.
- [ ] I had trouble with my roommate.
- [ ] I had health problems.
- [ ] I had family issues.
- [ ] I broke up with or had relationship problems with my significant other.
- [ ] I had financial problems.
- [ ] I had test anxiety.
- [ ] I spent too much time with friends.
- [ ] I had trouble balancing work and school.
- [ ] I did not like my classes.
- [ ] I was not motivated.
- [ ] I was unsure about my major.
- [ ] I struggled with a learning disability.
- [ ] I did not understand the subject matter in one or more of my classes.
- [ ] I allowed my use of drugs and/or alcohol to interfere with my academics.
Using the table below, identify the three greatest obstacles that you faced last semester and how they interfered with your academic success.

<table>
<thead>
<tr>
<th>Obstacle</th>
<th>How did it interfere with your success? (Be specific.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
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<tr>
<td>3.</td>
<td></td>
</tr>
</tbody>
</table>

**STEP 2: Generate potential solutions for overcoming your obstacles.**

- [ ] I will attend every class.
- [ ] I will take notes in class.
- [ ] I will study in place that allows me to focus.
- [ ] I will do all of my readings before class.
- [ ] I will turn in all assignments on time.
- [ ] I will join/create a study group for ________
- [ ] I will make smarter choices about alcohol.
- [ ] I will join a student organization for my major.
- [ ] I will visit with Stacy Elliott to develop my time management skills.
- [ ] I will meet with my advisor to discuss my progress in my major.
- [ ] I will not use my cell phone in class.
- [ ] I will attend tutoring sessions for ______
- [ ] I will visit the Student Counseling Center.
- [ ] I will attend Supplemental Instruction(SI).
- [ ] I go to office hours once a week.
- [ ] I will get at least ___hours of sleep/night.
- [ ] I will attend AA or NA meetings.
- [ ] I will use a planner (digital or printed)
- [ ] I will visit with Student Disability Service.
- [ ] I will schedule time outside of class to study and follow my plan.

Other solutions that will allow me to be successful:

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
Using the table below, decide which solutions might be helpful in overcoming your obstacles.

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

**STEP 3: Commit to achievable solutions.**

Using the table below, list the three most achievable solutions that you are willing to try, how these solutions will help you, and the sacrifices you will need to make to overcome your obstacles and achieve success.

<table>
<thead>
<tr>
<th>Solution</th>
<th>How will this solution help me?</th>
<th>What will this solution require of me in terms of time &amp; effort?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
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</tbody>
</table>
STEP 4: Develop your plan!

Write down your most important goal for the semester below. Using the solutions that you came up with, list the steps you will take to reach your goal and the date by which you will complete those steps. Remember your goal should be SMART.

**Specific** – Make your goal as specific as possible. If you want to raise your GPA, set your goal for a specific number.

**Measurable** – Make sure your goal is measurable. If your goal is to study more, what does “more” mean? 1 hour a week, 2 hours a week? Make sure you can measure whether you achieved your goal or not.

**Attainable** – Do the math. Can you actually achieve your goal? Is it mathematically possible for you to achieve the GPA you want in one semester? If the answer is no, you need to reevaluate.

**Realistic** – Be honest with yourself and know your abilities.

**Timely** – Set a timeline for reaching your goal.

**GOAL:**
________________________________________________________________________
__________________________________________________________________________.

Steps I will take to achieve my goal:

1. ________________________________________________________________ by ________, 20___
2. ________________________________________________________________ by ________, 20___
3. ________________________________________________________________ by ________, 20___
4. ________________________________________________________________ by ________, 20___
5. ________________________________________________________________ by ________, 20___

STEP 5: Put in the effort and commit to your own success.

I, ___________________________, certify that I am committed to my academic recovery. I will follow the plan that I have laid out above the best of my ability. I understand that if I am not successful in earning AT LEAST a 2.0 GPA during the term of my reinstatement, I will be sent on additional academic suspension and it is unlikely that I will be given re-admittance to the Texas Tech University for a second time.

**Student Signature** ______________________________________________ Date __________

**Student Success Advisor Signature** ________________________________ Date __________

**Departmental Advisor Signature** ________________________________ Date __________