



TEXAS TECH UNIVERSITY

# Texas Success Initiative Developmental Education Program™

## TSI Steps to Success

*Research shows that successful students utilize campus resources. Completing the following “Steps to Success” makes you more likely to succeed in your TSI course and in your academic career.*

And if improving your chances of success in your academic career isn't enough....

**Providing documentation of your completion of the Steps to Success to the TSI Office will drop ONE (1) TSI Absence from your record! (ONE TIME PER SEMESTER)**

- May be submitted before a sixth (6th) absence is accrued to drop ONE (1) absence from your record.
- OR**
- If submitted after sixth (6th) absence is accrued, may be used as appeal documentation for ONE (1) absence.

To improve your chances of academic success, complete THREE of the FOUR Steps to Success below:

**1. Meet with your TSI Advisor and complete a TSI Reflection Worksheet.**

You MUST provide a completed, signed TSI Reflection Worksheet.

**2. Meet with your TSI Instructor to discuss how to succeed in the course.**

You MUST provide a completed, signed TSI Instructor Worksheet.

**3. Visit the Learning Center for an academic coaching session with the Learning Center Lead Advisor or Academic Specialist.**

You MUST provide a completed, signed SOAR Academic Coaching Worksheet.

**4. Meet with your TSI Advisor and complete a TSI Attendance Worksheet.**

You MUST provide a completed, signed TSI Attendance Worksheet.

# TSI Reflection Worksheet

*Schedule a time to meet with your TSI Advisor. Discuss the questions below with your advisor and complete the worksheet. Once completed, have your advisor sign at the bottom.*

## My Academic Goals:

*...for my future?* \_\_\_\_\_

*...for college?* \_\_\_\_\_

*...for this semester?* \_\_\_\_\_

***Do I want to pass my TSI Class?***

***Circle One: Yes or No***

*How does passing my TSI course help me achieve my goals?*

## My Academic Obstacles:

**What challenges might prevent me from passing my TSI Course?**

*Select all that apply:*

Academic Obstacles:	Personal Obstacles:
<input type="checkbox"/> Study habits / environment <input type="checkbox"/> Time management <input type="checkbox"/> Ineffective / Inadequate studying <input type="checkbox"/> Lack of academic preparation <input type="checkbox"/> Reading skill <input type="checkbox"/> Writing skill <input type="checkbox"/> Math skill <input type="checkbox"/> Dislike TTU <input type="checkbox"/> Dislike TSI	<input type="checkbox"/> New independence <input type="checkbox"/> Roommate problems <input type="checkbox"/> Relationship worries/breakup <input type="checkbox"/> Loneliness <input type="checkbox"/> Socially uncomfortable/shy <input type="checkbox"/> Housing problems <input type="checkbox"/> Dislike College and/or studying <input type="checkbox"/> High anxiety <input type="checkbox"/> Negative attitude <input type="checkbox"/> Parental pressure <input type="checkbox"/> Lack of sleep
Obstacles Related to Major:	Free Time Obstacles:
<input type="checkbox"/> Selecting a major <input type="checkbox"/> Major-entry requirement /GPA requirements <input type="checkbox"/> Not happy with major	<input type="checkbox"/> Too much social life <input type="checkbox"/> Too much TV, video games, social media
Obstacles Related to Fear:	Financial/Work-Related Obstacles:
<input type="checkbox"/> Failure/Not being perfect <input type="checkbox"/> Success <input type="checkbox"/> Making mistakes <input type="checkbox"/> Difficult tasks	<input type="checkbox"/> Worried about money <input type="checkbox"/> Inadequate financial aid <input type="checkbox"/> Work too many hours

**What will I do differently in the future to ensure I pass my TSI course?**

*Select all that apply:*

<b>Academic Solutions:</b>	<b>Solutions Related to Personal Obstacles/Fears:</b>
<input type="checkbox"/> Get <u>free</u> tutoring (SOAR Learning Center) <input type="checkbox"/> Get <u>free</u> Academic Coaching (SOAR LC) <input type="checkbox"/> Get <u>free</u> individual academic counseling (LC) <input type="checkbox"/> Visit the Writing Center <input type="checkbox"/> Retake the TSI Assessment to test out of TSI <input type="checkbox"/> Use study skill brochures/materials/websites <input type="checkbox"/> Visit Student Disability Services <input type="checkbox"/> Attend Instructors' Office Hours <input type="checkbox"/> Visit with TSI Advisor regularly <input type="checkbox"/> Visit with Academic Advisor regularly <input type="checkbox"/> Change study environment <input type="checkbox"/> Form a study group	<input type="checkbox"/> Retake the TSI Assessment to test out of TSI <input type="checkbox"/> Visit Student Counseling Center <input type="checkbox"/> Personal counseling <input type="checkbox"/> Stress management workshop <input type="checkbox"/> Join club or organization <input type="checkbox"/> Delegate duties/responsibilities <input type="checkbox"/> Prioritize responsibilities <input type="checkbox"/> Attend parenting classes <input type="checkbox"/> Attend family counseling <input type="checkbox"/> Visit Student Health Center or Medical Doctor <input type="checkbox"/> Read self-help book <input type="checkbox"/> Take semester deferment to resolve issues
<b>Major-Related Solutions:</b>	<b>Financial/Work-Related Solutions:</b>
<input type="checkbox"/> Visit with Academic Advisor <input type="checkbox"/> Attend Major-Minor Fair <input type="checkbox"/> Research Majors/Careers <input type="checkbox"/> Visit University Career Services	<input type="checkbox"/> See financial planner <input type="checkbox"/> Contact Student Financial Aid about loans/grants <input type="checkbox"/> Find more suitable work <input type="checkbox"/> Find a job <input type="checkbox"/> Quit job <input type="checkbox"/> Change position within job <input type="checkbox"/> Reduce hours working <input type="checkbox"/> Visit University Career Services
<b>Free Time Solutions:</b>	<b>Other Solution:</b>
<input type="checkbox"/> Set goals/Find rewards <input type="checkbox"/> Just say NO! <input type="checkbox"/> Use to-do list <input type="checkbox"/> Time management workshop/materials	<input type="checkbox"/> _____

**Strategies to Achieve My Goals:**

**How can I overcome my obstacles to reach my goals?**

*Solutions I will try:*

*Date:*

- |          |           |
|----------|-----------|
| 1. _____ | By: _____ |
| 2. _____ | By: _____ |
| 3. _____ | By: _____ |
| 4. _____ | By: _____ |
| 5. _____ | By: _____ |

**Advisor's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# SOAR Academic Coaching Worksheet

*Schedule a time to meet for academic coaching at the Learning Center. Discuss the questions below with an academic coach and complete the worksheet. Once completed, have an academic coach sign at the bottom.*

1. How many hours a week should I study?

Course hours \_\_\_\_\_ X 3 = \_\_\_\_\_

2. What do I need to do to be successful in class?

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3. What can I do to effectively manage my time?

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4. What are things I need to motivate me?

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5. What classes can I get tutoring in/What classes have SI sessions?

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6. What is one goal I can work on right now and what do I need to do to achieve that goal?

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**Academic Coach Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## TSI Instructor Worksheet

*Schedule a time to meet with your TSI Instructor. Discuss the questions below with your instructor and complete the worksheet. Once completed, have your instructor sign at the bottom.*

1. What is my current grade in my TSI Course: \_\_\_\_\_

2. From your experience in teaching this course, what qualities/characteristics do the most successful students possess?

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3. In what areas do you believe that I could focus more on in this course?

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4. What strategies can I use in order to excel in those areas?

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5. What resources at TTU do you recommend that could help me in becoming a successful student?

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***Instructor's Signature:*** \_\_\_\_\_ ***Date:*** \_\_\_\_\_



## Getting to Class

**What factors affect my ability to regularly attend class? How can I effectively address them?**

Obstacles to Attendance	Solutions
<ul style="list-style-type: none"><li><input type="checkbox"/> Sleeping in</li><li><input type="checkbox"/> Staying up late (too tired next day)</li><li><input type="checkbox"/> Takes too long to get ready for class</li><li><input type="checkbox"/> Hungry during class time</li><li><input type="checkbox"/> Don't feel like going to class</li><li><input type="checkbox"/> Anxiety about class</li><li><input type="checkbox"/> Have other things to do</li><li><input type="checkbox"/> Need to study/do homework instead</li><li><input type="checkbox"/> Other: _____</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Set/use an alarm for class time</li><li><input type="checkbox"/> Prepare clothes/School items the night before</li><li><input type="checkbox"/> Set a bed time/Plan the hours of sleep you need</li><li><input type="checkbox"/> Pack a snack for class/Plan appropriate meal times</li><li><input type="checkbox"/> Make a class checklist, check off as you attend</li><li><input type="checkbox"/> Talk to an advisor or a friend about nerves</li><li><input type="checkbox"/> Consider consequences of absence</li><li><input type="checkbox"/> Schedule study/work hours outside of class</li><li><input type="checkbox"/> Other: _____</li></ul>

**What can I do to better prepare my body for attending class?**

<ul style="list-style-type: none"><li><input type="checkbox"/> Set a bed time</li><li><input type="checkbox"/> Plan for the hours of sleep you need</li><li><input type="checkbox"/> Plan appropriate meal times</li><li><input type="checkbox"/> Eat natural energy boosting foods (walnuts, spinach, avocado, etc.)</li><li><input type="checkbox"/> Get up at the same time every day</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Set a screen time cut off</li><li><input type="checkbox"/> Exercise regularly</li><li><input type="checkbox"/> Drink plenty of water</li><li><input type="checkbox"/> Practice self-care</li><li><input type="checkbox"/> Use breathing exercises</li><li><input type="checkbox"/> Other: _____</li></ul>
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**How will these help me? What other things can I do to prepare my body to attend class?**

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**What are the most important changes I can make to my lifestyle and habits to ensure I get to class on time?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*Your Signature:* \_\_\_\_\_ *Date:* \_\_\_\_\_