

SAVE MY SEMESTER WORKSHOP: Spring 2020

Name: _____
GSU Email Address: _____
GSU ID#: _____

GETTING THE SIGNAL

Answer these questions:

1. I am struggling with and/or worried about...

2. What habits have you practiced this semester that have contributed to your success? Check all that apply to you:

- | | | |
|---|---|--|
| <input type="checkbox"/> Goal Setting | <input type="checkbox"/> Effective Note taking | <input type="checkbox"/> Effective Textbook Reading |
| <input type="checkbox"/> Effective Test-Taking | <input type="checkbox"/> Effective Writing | <input type="checkbox"/> Focused on the positive |
| <input type="checkbox"/> Stress Management | <input type="checkbox"/> Self-Motivation | <input type="checkbox"/> Knowing how I learn best |
| <input type="checkbox"/> Taking advantage of resources | <input type="checkbox"/> Engaged in class | <input type="checkbox"/> Established priorities for schoolwork and/or personal obligations |
| <input type="checkbox"/> Attended all my class sessions | <input type="checkbox"/> Visualized my goals | <input type="checkbox"/> Attended tutoring |
| <input type="checkbox"/> Divided schoolwork into smaller more manageable pieces | <input type="checkbox"/> Getting enough sleep per night | <input type="checkbox"/> Met with a study group |
| | <input type="checkbox"/> Met with my professor(s) outside of class time | <input type="checkbox"/> Other: _____ |
-
-

RETRACING YOUR STEPS

What are some obstacles that have prevented your success? Check all that apply to you:

Academic/Study Skill Obstacles

- Learning disability
 - Poor study habits
 - Poor time management
 - Poor study environment
 - Ineffective studying
 - Inadequate study time
 - High anxiety
 - Inferior preparation
 - Inadequate reading skill
 - Inadequate writing skill
 - Inadequate math skill
 - Previous failure
 - Poor note-taking skills
 - Poor concentration
 - Negative attitude
 - Unhappy with instructor
 - Poor academic advising
 - Unclear educational goals
 - Other _____
-
-

Other Obstacles

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
- Other _____

Obstacles Related to Major

- Selecting a major
- Major entry requirement
- GPA requirements
- Parental pressure
- Classes unavailable
- Major not offered
- Not happy with major
- Other _____

Obstacles Related to Fear of...

- Failure
 - Not being perfect
 - Accomplishments
 - Pressures
 - Success
 - Commitment
 - Making decisions
 - Making Mistakes
 - Task too difficult
 - Other _____
-
-

Free Time Obstacles

- Social Media sites
- Too much internet or media
- Too much social life
- Too overextended in my outside activities
- Video Games
- Other _____

Financial Obstacles

- Worried about money
 - Financial aid requirements
 - Inadequate financial aid
 - Spouse not working
 - Too many debts
 - Other _____
-
-

Personal Obstacles

- New independent status
 - Roommate problems
 - Relationship worries/breakup
 - Loneliness
 - Socially uncomfortable/shy
 - Housing problems
 - Value conflicts
 - Dislike GSU
 - Dislike college & studying
 - Other _____
-
-

*survey adapted from Utah Valley University
Academic Success Probation Workbook Booklet

FINDING YOUR LOCATION

It's important to know where you are at in order to get to where you want to go.

SAVE MY SEMESTER WORKSHOP: Spring 2020

How are you doing in your classes? How do you know?

What does withdrawing from a course mean?

A “W” will appear on your transcript. A “W” indicates withdrawal from that specific course. This mark is not used in computing grade point average. To withdraw from a course you must drop your class online through the GSU Portal.

The deadline to Withdraw for Spring 2020 is April 2nd . (ALWAYS DOUBLE CHECK THE PORTAL FOR THE WITHDRAWAL BEFORE OFFICIALLY WITHDRAWING)

Before withdrawing from a course, please review the **5 Things to Consider Before Withdrawing** to the right.

For more information, make an appointment with your advisor.

5 Things to Consider Before Withdrawing:

- Check with the instructor of the course regarding your grade—it may not be as bad as you think and the professor may have study tips.
- Talk with your academic advisor—is this going to affect your major or will you drop below 12 credit hours?
- Check with Student Financial Aid and the Bursar’s Office—will this affect your financial aid and will you have to pay anything back?
- If you’re on your parents’ health and/or car insurances, you should check to see if you need to be a full time student.
- See if the Academic Success Center has tutoring services for a class in which you are struggling.