





Academic Success

Challenges, Strategies and Resources

Student Name: _____ Student # _____ Date: _____

Check each item in the left column that presents a challenge to your academic performance. You can use the right column to identify strategies and resources. Your Academic & Career Advisor will brainstorm and discuss these available resources to help you succeed! If you need an appointment with an Academic Standards Advisor or Program Advisor, please call 801-957-4978.

MANAGING FREE TIME	CHALLENGES		STRATEGIES OR RESOURCES
	<input type="checkbox"/> Social distractions <input type="checkbox"/> Too many outside activities <input type="checkbox"/> Not organized <input type="checkbox"/> Other: _____		<input type="checkbox"/> Use a planner & plan ahead for projects, assignments or tests <input type="checkbox"/> Learn to say "No" <input type="checkbox"/> Short term scheduling (daily and weekly) <input type="checkbox"/> Long term scheduling (1-2 year) <input type="checkbox"/> Finish homework on campus daily
FAMILY	CHALLENGES		STRATEGIES OR RESOURCES
	<input type="checkbox"/> Parents <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Children <input type="checkbox"/> Child Care <input type="checkbox"/> Household obligations <input type="checkbox"/> Pregnancy <input type="checkbox"/> Divorce <input type="checkbox"/> Other: _____		<input type="checkbox"/> Health & Wellness Services: www.slcc.edu/hw/index.aspx <input type="checkbox"/> Child Care and Family Services: www.slcc.edu/childcare/index.aspx or contact Holly Garcia 801-957-3070 <input type="checkbox"/> Contact the Children's Service Society 801-326-4400 <input type="checkbox"/> Take Parenting classes: Jordan Family Education Center www.jordandistrict.org/departments/jfec/ or The Family Support Center: www.familysupportcenter.org/
FINANCES	CHALLENGES		STRATEGIES OR RESOURCES
	<input type="checkbox"/> Worried about tuition money <input type="checkbox"/> Lack of budgeting <input type="checkbox"/> Time limit on educational funds <input type="checkbox"/> Inadequate financial support <input type="checkbox"/> Employment change <input type="checkbox"/> Food <input type="checkbox"/> Housing <input type="checkbox"/> Other: _____		<input type="checkbox"/> Complete a FAFSA Application online: fafsa.ed.gov/ <input type="checkbox"/> Visit a Financial Aid Advisor: 801-957-4410 <input type="checkbox"/> Search for Scholarships: www.slcc.edu/financialaid/ <input type="checkbox"/> Make tuition payment plan: Semester Tuition Installment Loan (STIL) <input type="checkbox"/> Apply for work study: Financial Aid Office: 801-957-4410 <input type="checkbox"/> Student Employment Services: 801-957-4014 <input type="checkbox"/> Local Department of Workforce Services: jobs.utah.gov/ <input type="checkbox"/> Create a financial plan with your family: www.cashcourse.org/ <input type="checkbox"/> Take a Personal Finance course: FIN 1050 (ID) or visit http://personal-money-management.utah.edu/ <input type="checkbox"/> Utah Department of Workforce Services for housing info: jobs.utah.gov/housing/ <input type="checkbox"/> Bruin Campus Cupboard and Food Pantry: <i>Open Tuesdays and Thursdays 12:00 pm to 4 pm, South City Campus, Room 2152.</i> <input type="checkbox"/> Utah 211: www.uw.org/211/ <input type="checkbox"/> Utah Saves: www.utahsaves.org/
WORK	CHALLENGES		STRATEGIES OR RESOURCES
	<input type="checkbox"/> Working too many hours <input type="checkbox"/> Problems with supervisor <input type="checkbox"/> Possibility of job loss <input type="checkbox"/> No job/need to work <input type="checkbox"/> Scheduling conflict between jobs and college <input type="checkbox"/> Other: _____		<input type="checkbox"/> Change employment and/or reduce working hours <input type="checkbox"/> Change schedule for school. Reduce number of credits <input type="checkbox"/> Apply for Work Study, (Financial Aid Office) 801-957-4410 <input type="checkbox"/> Student Employment Services: 801-957-4014 <input type="checkbox"/> Visit your local Department of Workforce Services or access it online: jobs.utah.gov/jobseeker/ <input type="checkbox"/> Explore problem solving skills. Register for LE1220 (HR) <input type="checkbox"/> Be aware of the Office of the Registrar & Academic Records appeals

HEALTH / PERSONAL

CHALLENGES

- Stress
- Burnout
- Loneliness
- Disability
- Relationship issues
- Depression
- Alcohol and/or drug abuse
- Sexual identity
- Loss and grief
- Rape
- Eating disorders
- Suicidal thoughts
- Domestic violence
- Mental and/or physical abuse
- Health issues/physical disability
- Adjusting to a different culture
- Lack of confidence
- Lack of motivation
- Other: _____



STRATEGIES OR RESOURCES

- Be aware of the Office of the Registrar & Academic Records appeals
- Health & Wellness Service: 801-957-4347 or www.slcc.edu/hw/other-resources.aspx
- Visit your physician
- Disability Resource Center: www.slcc.edu/drc/index.aspx
- Local clergy/Bishop
- Student Massage: Call 801-957-4268 for appointment
- Stress Management Class: HLTH 1250
- Join a college club/organization www.slcc.edu/sll/clubs-and-organizations-information.asp
- The Family Support Center (counseling): www.familysupportcenter.org/counseling.php
- Utah Vocational Rehabilitation Services: www.usor.utah.gov/
- Utilize other community resources: Call 211

MAJOR / CAREER

CHALLENGES

- Undecided Major
- Transfer info process
- Restricted major
- Other: _____



STRATEGIES OR RESOURCES

- Take a free online Career Development Course www.slcc.edu/academicadvising/careeradvising/index.aspx
- Take Type Focus for free and/or Career Coach on My Page/ Student Tab/Academic and Career Advising
- Visit www.utahfutures.org
- Take MBTI/SII Assessments: www.slcc.edu/academicadvising/careeradvising/assessments.aspx
- Register for LE 1200, Major & Career Exploration Course
- Attend the Majors Fair
- Essentials of College Study: EDU 1020
- Research job outlook: www.utahfutures.org or www.bls.gov/ooh
- Research major requirements by visiting your program advisor: www.slcc.edu/academicadvising/advisors.aspx
- Visit your Program Advisor: www.slcc.edu/academicadvising/advisors.aspx
- Visit the Transfer Advisor: 801-957-4978

ACADEMIC

CHALLENGES

- Study skills
- Time management
- Study environment
- Unprepared
- Quality studying
- Quantity studying
- Test anxiety
- Unavailable courses
- Heavy course load
- Note taking
- Test taking
- Poor concentration
- Attitude
- Language barrier
- Issues with instructors
- Unclear educational goals
- Teaching/learning style
- Learning disability
- Unaware/lack of learning resources and/or support services
- Dislike college/course
- Other: _____



STRATEGIES OR RESOURCES

- Meet with your instructors
- Meet regularly with an Academic Advisor 801-957-4978 www.slcc.edu/academicadvising/advisors.aspx
- Review for the Accuplacer Test: www.slcc.edu/testing/accuplacer-websites.aspx
- Attend a Placement Test Prep Workshop: www.slcc.edu/fye/workshops-calendar.aspx
- Improve attendance/increase study time
- Tutoring: www.slcc.edu/tutoring/
- Writing Centers: www.slcc.edu/wc/
- Math Lab: www.slcc.edu/math/mathlab.asp
- Math Final Reviews: www.slcc.edu/tutoring/final-reviews.aspx
- College Success Workshops online: www.slcc.edu/studyskills-videos
- Attend Study Skills Workshops
- TRiO Programs/Student Support Services: 801-957-4089
- Access online college catalog and be aware of college policies, deadlines and major requirements
- Be aware of SLCC Academic Standards: www.slcc.edu/academicadvising/academicstandards/index.aspx
- Disability Resource Center: www.slcc.edu/drc/index.aspx
- Computer Labs: Throughout campuses
- Academic Literacy Center: 801-957-4026, TB 430
- Learning Resources Library/Media: 801-957-4195
- Take preparatory/prerequisite classes

You can download this form from the website: www.slcc.edu/academicadvising/images/Academic-Success-Worksheet.pdf