

Obstacles & Strategies to Academic SUCCESS

Complete the following worksheet and bring it in to your next appointment with your Academic Advisor. We will brainstorm and discuss available resources for you to help you succeed. Call 957-4978 to make an appointment.

Appointment Information:

Date:	Time:	Campus:
Advisor:		

FREE TIME:

OBSTACLE: FREE TIME	<ul style="list-style-type: none"> ○ Overextended in outside activities ○ Time Management ○ Other: 	STRATEGIES for SUCCESS:	<ul style="list-style-type: none"> ○ Complete a Time Audit* ○ Plan ahead ○ Learn to say “no” ○ Short Term Scheduling* (Daily & Weekly) ○ Monthly Scheduling* ○ Long Term Scheduling* (1 – 2 year)
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FAMILY:

OBSTACLE: FAMILY	<ul style="list-style-type: none"> ○ Parents ○ Partner/Children ○ Household obligations ○ Pregnancy ○ Divorce ○ Health Issues ○ Other: 	STRATEGIES for SUCCESS:	<ul style="list-style-type: none"> ○ Health & Wellness Service: 957-4347 ○ Child Care: Eccles Lab: 957-4567 ○ Evening Child Care: 957-4809 ○ Licensed Clinical Social Worker: 957-4268 ○ Develop family routines ○ Parenting classes ○ Family counseling
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FINANCES:

OBSTACLE: FINANCES	<ul style="list-style-type: none"> ○ Worried about money ○ Lack of budgeting ○ Time limit on educational funds ○ Inadequate financial support ○ Employment change ○ Other: 	STRATEGIES for SUCCESS:	<ul style="list-style-type: none"> ○ Financial Aid Advisor: 957-4410 ○ Student Employment & Cooperative Education: 957-4014 ○ Create a financial plan ○ Take a financial planning course: FIN 1050 (ID) ○ Payment plan for tuition: Semester Tuition Installment Loan (STIL) ○ TRIO Programs/Student Support Services: 957-4089 ○ Department of Work Force Services
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WORK:

OBSTACLE: WORK	<ul style="list-style-type: none"> ○ Too many hours ○ Problems with boss ○ Possibility of job loss ○ No job/need to work ○ Scheduling conflict between jobs & college ○ Other: 	STRATEGIES for SUCCESS:	<ul style="list-style-type: none"> ○ Change employment ○ Reduce hours/change schedule ○ Explore problem solving skills ○ Financial Aid Advisor (Work study) 957-4410 ○ Student Employment & Cooperative Education 957-4014
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PERSONAL:

OBSTACLE: PERSONAL	<ul style="list-style-type: none"> ○ Stress ○ Burnout ○ Loneliness ○ Disability ○ Relationship Issues ○ Depression ○ Social activities ○ Substance abuse ○ Mental &/or physical abuse ○ Health issues ○ Housing issues ○ Dislike college/course ○ Lack of confidence ○ Lack of motivation ○ Other: 	STRATEGIES for SUCCESS:	<ul style="list-style-type: none"> ○ Health & Wellness Service: 957-4347 ○ Licensed Clinical Social Worker: 957-4268 ○ Free Student Massages: 957-4347 ○ Stress Management Class: HLTH 1250 ○ Communication Skills Class: COM 1010 ○ Support Groups: 957-4347 ○ Physician ○ Utilize community resources ○ Marriage/Family counseling ○ College Survival Class: LE 1020 ○ Clergy or bishop ○ Clubs/Organizations: 957-4017 ○ TRIO Programs/Student Support Services: 957-4089 ○ Department of Work Force Services
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MAJOR/CAREER:

OBSTACLE: MAJOR/CAREER	<ul style="list-style-type: none"> ○ Unsure of major ○ Transfer issues ○ Restricted major ○ Other: 	STRATEGIES for SUCCESS:	<ul style="list-style-type: none"> ○ Research requirements for admission to major ○ Research job outlook ○ Career Clues workshop: 957-4978 ○ Transfer Workshops by major: 957-4978 ○ Take Choices for free and/or MBTI/CISS Assessment: ○ Department of Work Force Services
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ACADEMIC:

ACADEMIC: OBSTACLE: ACADEMIC	<ul style="list-style-type: none"> ○ Study skills ○ Time management ○ Study environment ○ Unprepared ○ Quality Studying ○ Quantity Studying ○ Anxiety ○ Unavailable courses ○ Heavy course load ○ Note taking ○ Test taking ○ Poor concentration ○ Attitude ○ Language barrier ○ Issues with instructors ○ Advising issues ○ Unclear educational goals ○ Teaching/learning style ○ Learning disability ○ Unaware/lack of learningresources &/or support services ○ Other: ○ Getting Organized 	STRATEGIES for SUCCESS:	<ul style="list-style-type: none"> ○ Meet regularly with an Academic Advisor 957-4978 ○ Disability Resource Center: 957-4659 ○ Study Skills Workshops*: 957-4659 ○ Learning Center*: 957-4172 ○ Writing Center*: 957-4893 ○ Math Lab: 957-4839 ○ Computer Lab: 957-4253 ○ Focused Tutoring: 957- 4138 ○ Learning Resources Library/Media: 957-4195 ○ Computer Access: 957-5555 ○ Distance Education: 957-4406 ○ Math Workshops ○ Take preparatory/prerequisite classes ○ Meet with instructors ○ Determine appropriate course load ○ Improve attendance ○ Increase study time ○ Purchase college catalog ○ Be aware of college policies & deadlines (add, drop, withdraw, etc.) ○ Use Campus Resources* ○ Department of Work Force Services
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* Visit <http://www.slcc.edu/academicstandards>