

Student Name: _____ Student # _____ Date: _____

Check each item in the left column that presents or presented a challenge to your academic performance. You will use the right column to identify strategies and resources at your visit with the Academic and Career Advisor. Together we will brainstorm and discuss available college and community resources to help you succeed! If you need an appointment with an Academic Standards Advisor or Program Advisor, go to <http://www.slcc.edu/academicadvising/>.

MANAGING FREE TIME	CHALLENGES
	☐ Social distractions ☐ Too many outside activities ☐ Not organized ☐ Other: _____



STRATEGIES OR RESOURCES	
❑ Use a planner & plan ahead for projects, assignments or tests ❑ Learn to say “No” ❑ Short term scheduling (daily and weekly) ❑ Long term scheduling (1–2 year) ❑ Finish homework on campus daily ❑ Attend Academic Performance Booster Series ❑ Watch college success workshops online ❑ Other: _____	

FAMILY	CHALLENGES
	☐ Household obligations ☐ Parents ☐ Spouse/Partner ☐ Children ☐ Child Care ☐ Pregnancy ☐ Divorce ☐ Other: _____



STRATEGIES OR RESOURCES

- Visit the Center for Health and Counseling: *Search Term: Wellness*
- Contact Child Care and Family Services: *Search Term: Child Care*
or Holly Garcia 801-957-3070
- Contact the Children's Service Society 801-326-4400
- Take Parenting classes:
Jordan Family Education Center: www.jordandistrict.org/departments/jfec/
or The Family Support Center: www.familysupportcenter.org/
- Finish homework on campus daily
- Be aware of the Office of the Registrar & Academic Records appeals
- Other: _____

FINANCES	CHALLENGES
	□ Worried about tuition money □ Lack of budgeting □ Time limit on educational funds □ Inadequate financial support □ Change/need employment □ In need of Food □ In need of Housing □ Other: _____



STRATEGIES OR RESOURCES

- Complete a FAFSA Application online: fafsa.ed.gov/
- Visit a Financial Aid Advisor: 801-957-4410
- Search for Scholarships: [Search Term: Financial Aid](#)
- Semester Tuition Installment Loan (STIL): Make tuition payment plan
- Apply for work study: Financial Aid Office
- Student Employment Services: 801-957-4014
- Local Department of Workforce Services: jobs.utah.gov/
- Apply for State Financial, Food Stamps, or Child Care Assistance:
<https://jobs.utah.gov/mycase/#>
- Create a financial plan: www.cashcourse.org/
- Take a Personal Finance course: FIN 1050 (ID) or visit
<http://personal-money-management.utah.edu/>
- Visit your local Department of Workforce Services or access it online to search for job opportunities: jobs.utah.gov/jobseeker/
- Contact Utah Department of Workforce Services for housing info:
jobs.utah.gov/housing/
- Bruin Campus Cupboard and Food Pantry: *Open Tuesdays and Thursdays 12:00 pm to 4 pm, South City Campus, Room 2152.*
- Utah 211: www.uw.org/211/
- Utah Saves: www.utahsaves.org/
- Other: _____

WORK	CHALLENGES
	☐ Working too many hours ☐ Scheduling conflict between jobs and college ☐ Possibility of job loss ☐ Problems with supervisor ☐ No job/need to work ☐ Other: _____



STRATEGIES OR RESOURCES	
☐	Change employment and/or reduce working hours
☐	Change schedule for school. Reduce number of credits
☐	Apply for Work Study, (Financial Aid Office)
☐	Visit Student Employment Services: 801-957-4014
☐	Visit your local Department of Workforce Services or access it online: jobs.utah.gov/jobseeker/
☐	Explore problem solving skills. Register for LE1220 (HR)
☐	Be aware of the Office of the Registrar & Academic Records appeals
☐	Other: _____

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



STRATEGIES OR RESOURCES
☐ Submit a registration appeal to the Registrar & Academic Records Office ☐ Visit the Center for Health and Counseling: <i>Search Term: Health</i> ☐ Make appointment with your physician or counselor ☐ Make appointment with the Disability Resource Center: www.slcc.edu/drc/index.aspx ☐ Visit your clergy/Bishop ☐ Receive a Student Massage: Call 801-957-4268 for appointment ☐ Take Stress Management Class: HLTH 1250 ☐ Join a college club/organization: <i>Search Term: Clubs</i> ☐ Contact the Family Support Center (counseling): www.familysupportcenter.org/counseling.php ☐ Utah Vocational Rehabilitation Services: www.usor.utah.gov/ ☐ Utilize other community resources: Call 211 ☐ Use career exploration tools: <i>Search Term: Career Advising</i> ☐ Other: _____

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



STRATEGIES OR RESOURCES
☐ Meet with your instructors ☐ Meet regularly with an Academic Advisor: <i>Search Term: Advising</i> ☐ Review for the Accuplacer Test: <i>Search Term: Accuplacer</i> ☐ Attend a Placement Test Prep Workshop: www.slcc.edu/fye/workshops-calendar.aspx ☐ Improve attendance/increase study time ☐ Use the Tutoring and Learning Center: <i>Search Term: Tutoring</i> ☐ Visit the Student Writing Center: <i>Search Term: Writing Center</i> ☐ Math Lab: <i>Search Term: Math Lab</i> ☐ Watch a Math Final Reviews video: <i>Search Term: Final Review</i> ☐ Watch College Success Workshops online: www.slcc.edu/studyskills-videos ☐ Attend Academic Performance Booster Series: <i>Search Term: Academic Achievement Center</i> ☐ Contact 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 ☐ Learning Resources Library/Media: 801-957-4195 <i>Search Term: Library</i> ☐ Current Student Resources: http://www.slcc.edu/students-current/resources/index.aspx ☐ Other: _____

MAJOR / CAREER	CHALLENGES
	☐ Undecided Major ☐ Transfer process ☐ Applying for a restricted major ☐ Other: _____



STRATEGIES OR RESOURCES
☐ Use career exploration tools: <i>Search Term: Career Advising</i> ☐ 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 a career advisor ☐ Register for LE 1200, Major & Career Exploration Course ☐ Essentials of College Study: EDU 1020 ☐ Review program requirements as outlined in the catalog: www.slcc.edu/catalog/ ☐ Visit your Program Advisor: www.slcc.edu/academicadvising/advisors.aspx ☐ Contact the Transfer Advisor: <i>Search Term: Advisors</i> ☐ Other: _____