Probation Self-Assessment and Agreement

Student Name ____________________________________________________________

ID # ________________________________________________________________

Major/Program (Declared or intended) ____________________________

Anticipated graduation date ____________________________

This assessment form will help you focus on your academic situation and consider actions that will help improve your academic standing. This form must be completed before you can meet with an adviser to have your probation hold moved.

A. Factors that affected my academic performance (check all that apply):
   ___ Did not attend class ___ Did not complete course work/assignments
   ___ Course selection ___ Financial problems
   ___ Too many commitments ___ Family pressures
   ___ Medical/health issues ___ Easily distracted by friends or social activities
   ___ Difficulties with course content ___ Homesickness/missing friends
   ___ Felt overwhelmed ___ Change in relationship with someone special to me
   ___ UMN or CLA not good fit ___ Issues with living situation or roommate
   ___ Difficulty managing stress ___ Lack of support from family/friends
   ___ Lack of interest in course material ___ Not sure about major/career/life direction
   ___ Alcohol/substance use ___ Motivation/procrastination
   ___ Other: ___________________________________________________________________

B. Student support services that I have used:
   ___ Academic advising ___ CLA Career Services
   ___ SMART Learning Commons/Tutoring ___ Center for Academic Planning and Exploration
   ___ Center for Writing ___ University Counseling & Consulting or Boynton
   ___ My instructors/TA office hours ___ Multicultural Center for Academic Excellence
   ___ Disability Services ___ Library Services
   ___ Other: ___________________________________________________________________

C. Strategies I currently use to bring out my best performance:
   ___ Seek tutoring ___ Balance my course load with other commitments
   ___ Participate in a study group ___ Limit the number of hours that I work at a job
   ___ Attend all classes ___ Schedule adequate amount of study time for courses
   ___ Complete all assignments and readings ___ Other:______________________________

D. Actions/strategies I will take to achieve success:
   ___ Discover what is important in my classes ___ Prepare, attend, and actively engage in all classes
   ___ Take notes that will enhance my studying ___ Ask questions in class to clarify my understanding
   ___ Diminish media/social media distractions ___ Complete all assignments in a thorough, timely manner
   ___ Sit toward the front of the classroom ___ Stay on campus to study between classes
   ___ Choose courses majors aligned with my academic strengths
   ___ Balance my course load with other commitments
   ___ Envision success instead of failure while I learn or prepare for test taking
   ___ Associate with students focused on academic success
   ___ Learn, understand and practice course material rather than memorizing
   ___ Use a planner/calendar to help me organize and prioritize my time, study schedule, and activities
   ___ Seek tutoring and participate in study groups to support my academic success
   ___ Other: ___________________________________________________________________
E. **Success Plan/Action Plan:**
In addition to improving your GPA, write a realistic academic goal for this semester (your goal should be S.M.A.R.T. – Specific, Measureable, Attainable, Results-focused, Time-specific)

List 3 specific steps to focus on to effect change and **put this goal into action immediately:**
1) 
2) 
3) 

F. **Current Semester Progress**
To return to good academic standing you must meet the following requirements: achieve a minimum term GPA of 2.0 and a minimum cumulative GPA of 2.0. Failure to satisfy the requirements may result in continued probation or suspension.

<table>
<thead>
<tr>
<th>Enrolled Courses</th>
<th>Goal Grade (will earn)</th>
<th>Grade to Date (Estimated)</th>
<th># of missed classes</th>
<th>Like this class Y/N</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Goal GPA (this semester):

G. **Additional assistance/follow-up:**
I would like the following assistance to help me obtain academic Good Standing (check one or more):
___ Periodic visits with my academic advisor ___ Learn about setting personal and academic goals
___ Learn time management strategies ___ Learn test taking strategies
___ Explore other majors ___ Learn note taking strategies
___ Discover my learning style ___ Learn about financial management
___ Other: ________________________________________________________________

Agreement
I have completed my self-assessment and understand that following terms of academic probation status:
- The College will review your record at the end of the semester, and based on your current semester grades, will determine whether or not you will be taken off or continued on probation, or suspended from the University. The criteria for determining academic standing are listed below:
  - Term AND cumulative GPA 2.0 or higher = Taken off probation
  - Term OR cumulative GPA less than 2.0 = Continued on probation
  - Term AND cumulative GPA less than 2.0 = Suspended from the University
- I agree to implement the above actions and strategies so that I can achieve academic success
- I understand that I am ultimately responsible for my education and have resources available to me when I need assistance
- I will monitor my U of M e-mail to understand my academic status

_________________________________________  ______________
Student Signature                          Date