

Name: \_\_\_\_\_

PID: \_\_\_\_\_

## Academic Success Worksheet

### PERSONAL INFORMATION

Are you experiencing concerns related to Basic Needs (food, housing, and/or financial insecurities)? YES NO

If so, explain? \_\_\_\_\_

Please list your support system (ex. friends/family/loved ones)?

Do you have a CAPS (Counseling & Psychological Services) release? YES NO

Do you receive Financial Aid (grants, Veterans, loans)? YES NO

### TIME MANGEMENT

Where do you study the majority of time? \_\_\_\_\_

Approximately, how many hours per week did you spend on each of the following last quarter:

\_\_\_\_\_ Attending class

\_\_\_\_\_ Working, interning, or volunteering

\_\_\_\_\_ Studying during weekdays

\_\_\_\_\_ Social or co-curricular activities

\_\_\_\_\_ Studying during the weekend

\_\_\_\_\_ Gaming, Netflix, or social media

\_\_\_\_\_ Other commitments (explain): \_\_\_\_\_

How often do you go home? \_\_\_\_\_

### RESOURCES

How often did you consult with your professors or TAs during office hours? \_\_\_\_\_

Did you utilize any tutoring services? YES NO

If so, list resource(s): \_\_\_\_\_

Did you participate in any study groups? YES NO

### SELF REFLECTION

Which course(s)/material do/did you...

Enjoy the most: \_\_\_\_\_ Enjoy the least: \_\_\_\_\_

In which courses were you...

Most successful: \_\_\_\_\_ Least successful: \_\_\_\_\_

How do you think you can change your behaviors and/or situations that have contributed to your academic difficulty? Remember, a behavior is something YOU did or did not do. It is not an excuse (i.e., "the class was boring" or "I didn't like the instructor"):

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ERC Academic Advising

858-534-9864

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GOALS

**ACADEMIC ACTION PLAN**

Long term goals: \_\_\_\_\_

Short term goals: \_\_\_\_\_

What steps will you need to take to achieve your immediate objective (short term goals)?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Follow up:  Walk in  Appointment(s): Date/time \_\_\_\_\_ Counselor: \_\_\_\_\_

Advance Workshop: \_\_\_\_\_

Resources

- Campus Community Centers: <http://diversity.ucsd.edu/centers>
- CAPS (Counseling and Psychological Services): <https://caps.ucsd.edu>
- CARE at SARC: [careinfo@ucsd.edu](mailto:careinfo@ucsd.edu)
- Career Services Center: <http://career.ucsd.edu>
- Center for Student Involvement (CSI): <https://students.ucsd.edu/student-life/involvement>
- Financial Aid: <https://students.ucsd.edu/finances/financial-aid>
- IDEA Center (Inclusion/Diversity/Excellence/Achievement): <http://jacobsschool.ucsd.edu/idea>
- International Students & Programs Office: <https://ispo.ucsd.edu>
- OASIS (Office of Academic Support and Instructional Services): (858) 534-3760
- SPACES: <http://spaces.ucsd.edu>
- Student Legal Services: <https://students.ucsd.edu/sponsor/student-legal>
- Teaching and Learning Commons: <http://commons.ucsd.edu/>
- The Hub: <https://basicneeds.ucsd.edu/triton-food-pantry/index.html>
- Tutoring and Study Programs: <https://students.ucsd.edu/academics/success/tutoring-study-programs.html>
- Undocumented: <https://students.ucsd.edu/sponsor/undoc>