# 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 MANAGEMENT

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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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
☐ 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