

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"):

Name: _____

ERC Academic Advising

PID: _____

858-534-9864

vac.ucsd.edu

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
- 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>