



Because your cumulative GPA is below 2.0, you have not met the requirements for satisfactory academic progress required by Clemson University. As a result, you will begin an academic probation process as of Fall 2018. **This process is designed to be helpful to you and to promote a successful experience at Clemson.** The probation process will end once you meet the requirements to return to good academic standing.

The Academic Success Center (ASC) staff stands ready to support you and provide you with the information you need to achieve your goal of earning a Clemson degree. We understand that success is not always achieved in a predictable path. There are many reasons students enter the academic probation process, including personal, financial, health, family, or other issues. Our goal is to help you to identify the factors relevant to you and to help you address them. You should also know that you are not alone in experiencing these difficulties. Many students participate in the academic probation process each year and, by working with their advisors and accessing campus resources, many leave the process and continue on to have a successful career at Clemson.

We encourage you to take full advantage of the advising resources in the ASC. Our staff is available to provide you with assistance, advice, and counsel throughout your undergraduate career. **The experiences of past students show that early and timely consultation with advisors and other mentors contributes heavily to academic growth and success.**

NEXT STEPS

1. Attend designated advisor session as indicated in your folder.
2. Familiarize yourself with *Working Toward Excellence* by Paul Buyer
3. Identify the obstacles you encountered last semester.
4. Generate potential solutions for overcoming the obstacles you listed.
5. Commit to workable and achievable solutions.
6. Develop your plan of action in conjunction with your Success Matters advisor.

KEEP THE FOLLOWING IN MIND

- *BE COMMITTED* to achieving academic success
- *UNDERSTAND* what *academic probation means* and what grades you'll need to earn to return to good academic standing.
- *IDENTIFY* the *problems* that led to your poor grades
- *CONSIDER* all of your *options*- including adjusting your course load, cutting back on extracurricular activities, repeating courses.
- *KNOW* the *academic policies that affect you* including add, drop, and withdrawal deadlines
- *LET OTHERS ASSIST YOU* and *take advantage of the student support services* such as tutoring, personal counseling, and academic coaching. Your academic advisor is an excellent resource person as well.
- *THINK POSITIVELY* and *WORK HARD! DON'T GIVE UP!*

RELEVANT CAMPUS RESOURCES

- [Academic Success Center](http://clemson.edu/asc): clemson.edu/asc
- [Center for Career and Professional Development](http://career.sites.clemson.edu/): career.sites.clemson.edu/
- [Financial Aid](http://clemson.edu/financial-aid): clemson.edu/financial-aid
- [Health Professions Advising](http://clemson.edu/prehealth): clemson.edu/prehealth
- [Writing Center](http://clemson.edu/centers-institutes/writing): clemson.edu/centers-institutes/writing



DEVELOPING YOUR GAME PLAN FOR WORKING TOWARD EXCELLENCE

This game plan is your action plan for improving your habits and mindset as you work toward excellence and pursuing your goals.

1. Complete the evaluation on page 96 of *Working Toward Excellence*.
2. Identify the values upon which you need to improve. Do this by reviewing your scores on the rating scale on page 101 of *Working Toward Excellence*.
3. Practice the values. This can be done by practicing specific strategies that will help you develop the values you need to adopt to succeed.

To develop the Value of HUNGER

- Practice being proactive
- Practice motivating yourself
- Practice beginning with the end in mind

To develop the Value of CONSISTENCY

- Practice repetition
- Practice bringing your A game everytime
- Practice making smart choices

To develop the Value of EFFORT

- Practice working hard
- Practice self-discipline
- Practice visualization

To develop the Value of TIME

- Practice being punctual
- Practice being organized
- Practice saying no

To develop the Value of PROCESS

- Practice taking care of the details
- Practice crock potting, not microwaving
- Practice improving your starting point

To develop the Value of PERSEVERANCE

- Practice believing in yourself
- Practice learning to expect adversity
- Practice never giving up

To develop the Value of QUALITY

- Practice taking pride in your work
- Practice getting over the hump
- Practice being a professional

To develop the Value of LEADERSHIP

- Practice building relationships
- Practice communicating with others
- Practice collaborating with others

4. Your ultimate goal is to develop the values. By practicing the eight values over time, you are making them part of who you are as you strive to work toward excellence.

Strategies adapted from *Working Toward Excellence* by Paul Buyer



PERSONAL SUCCESS PLAN

Your academic advisor and the Academic Success Center staff are committed to helping you reach your academic and career goals. This worksheet is designed to help you develop a plan for returning to good academic standing. Be honest with yourself about the commitment and effort you are willing to invest so that you can develop a plan that is achievable and workable for you.

Step 1: Identify the obstacles you encountered last semester.

Obstacle	How did this obstacle interfere with your success? (Be specific.)
1.	
2.	
3.	

- | | |
|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> I didn't go to class <input type="checkbox"/> I didn't take notes in class <input type="checkbox"/> I didn't pay attention in class due to texting, surfing the net, etc. <input type="checkbox"/> I didn't turn in homework or assignments (or turned them in late) <input type="checkbox"/> I didn't study enough <input type="checkbox"/> I wasn't sure how to study effectively <input type="checkbox"/> I didn't manage my time well <input type="checkbox"/> I watched too much TV <input type="checkbox"/> I spent too much time on the internet, social media or video games <input type="checkbox"/> I wasn't motivated enough <input type="checkbox"/> I wasn't sure that I wanted to be at Clemson <input type="checkbox"/> I had personal problems or issues <input type="checkbox"/> I had health problems <input type="checkbox"/> I didn't get enough sleep <input type="checkbox"/> I had trouble balancing work and class <input type="checkbox"/> I was confused about a choice of major | <ul style="list-style-type: none"> <input type="checkbox"/> I wasn't organized enough <input type="checkbox"/> I didn't buy the book for the course <input type="checkbox"/> I became frustrated about my performance and just gave up <input type="checkbox"/> I think I might have an undiagnosed learning disability <input type="checkbox"/> I missed a test <input type="checkbox"/> I had financial problems last semester <input type="checkbox"/> I procrastinated too much <input type="checkbox"/> I pledged a fraternity/sorority <input type="checkbox"/> I didn't keep up with the reading for my courses <input type="checkbox"/> I had difficulty with the subject matter in one or more of my courses <input type="checkbox"/> I didn't participate in class <input type="checkbox"/> I had trouble adjusting to college life <input type="checkbox"/> I had test anxiety <input type="checkbox"/> I was homesick <input type="checkbox"/> I am uncertain about my educational goals <input type="checkbox"/> I allowed use of alcohol or drugs to interfere with my academics <input type="checkbox"/> I had difficulty prioritizing between school work and social activities <input type="checkbox"/> Other (Be specific) <hr style="border: 0; border-top: 1px solid black; margin-top: 10px;"/> <hr style="border: 0; border-top: 1px solid black; margin-top: 5px;"/> |
|--|---|

Step 2: Generate potential solutions for overcoming the obstacles you listed.

Use the matrix below to list the obstacles you faced last semester and three potential solutions for each obstacle.

Obstacle	Solution #1	Solution #2	Solution #3
1.			
2.			
3.			

- I will meet with my academic advisor to discuss my schedule
- I will meet with an ASC academic coach to develop a plan for success
- I will develop a time management plan that works for me
- I will ask my professor for help if I am having difficulty in a course
- I will attend all of my classes
- I will go to class prepared
- I will stay focused during class
- I will set a study schedule for each class and follow it
- I will study in a place that allows me to get my work done
- I will meet with a counselor at Counseling and Psychological Services (CAPS) to discuss my personal concerns and issues
- I will utilize the major and career exploration services at the Michelin® Center for Career and Professional Development
- I will seek assistance from someone in the Financial Aid office
- I will enroll in CU 1010
- I will attend tutoring sessions

- I will attend Peer-Assisted Learning (PAL) sessions
- I will attend ASC success strategy workshops (i.e., time management and test taking)
- If I am having difficulty in a course for which tutoring is not currently offered, I will go to the ASC and request help for this course
- I will take the Study Behavior Inventory (SBI) and meet with the ASC learning strategies consultant to discuss my study habits and behaviors
- I will make better choices regarding my health, sleeping and eating habits
- I will meet with someone in the Office of Student Accessibility Services
- I will get involved in fitness activities at Fike Recreation Center
- I will make better choices regarding my use of alcohol and/or drugs
- I will get to know my professors
- Other specific solutions that will allow me to be successful:
 - _____
 - _____
 - _____

Step 3: Commit to workable and achievable solutions.

Using the matrix below, list the three most achievable solutions you are willing to try, how these solutions may help you, and the sacrifices you will need to make to achieve your goals

Solution	How will this solution help me?	What will this solution require of terms of time and effort?

Step 4: Develop your plan of action!

Write your most important goal down below. Using the solutions you generated, list the steps you will take to reach your goal and the date by which you will complete those steps. Use the SMART formula for achieving your goal.

- S= Specific: Make your goal as specific as possible. Example: I will have a 2.5 cumulative GPA by the end of the spring semester.
- M=Measurable: Be sure that your goal is measurable. Example: I will be able to measure whether or not I have achieved my desired GPA at the end of the semester.
- A=Attainable: Set goals that you can achieve. Example: I have done the math and know that a 2.5 cumulative GPA by the end of the semester is possible.
- R=Realistic: Set goals that are realistic. Example: I can realistically achieve a 2.5 cumulative GPA if I earn 4 Bs and 1 C this semester.
- T=Timely: Establish a timeline for reaching your goal. Example: I can achieve my goal by the end of the spring semester

My TOP Goal: _____

Steps I will take to reach this goal:

1. _____
by _____
2. _____
by _____
3. _____
by _____

Step 5: Remember that with effort and persistence, you can return to good academic standing!



NOTES PAGE