Success Strategies Workshop

What's My Status?

1. I am on _____ Probation (academic, progress)
2. This is my _____ semester on probation (1st, 2nd, 3rd or more)
3. My cumulative GPA is ____ (from transcript)
4. I have completed _____ credits (from transcript)

How Did I Get Here?

1. The circumstances, events, and/or decisions that prevented me from being successful are:

   _____

   _____

   _____

   _____

2. I have made the following adjustments to resolve the issues listed above.

   _____

   _____

   _____

   _____

CMC Probation Policies

1. **ACADEMIC PROBATION:** A student shall be placed on academic probation if he or she has received evaluative grade marks in a minimum of ____ semester units of work and **has a term <u>OR</u> cumulative** grade point average of less than a "____" (_____ GPA).

2. **PROGRESS PROBATION:** A student shall be placed on progress probation if he or she has received evaluative or non-evaluative grade marks in a total of at least ____ semester units and the percentage of all units in which the student has enrolled, for which entries of "W," "I," "NC," and "NP" were recorded reaches or exceeds ____ percent.

3. **CONSEQUENCES OF PROBATION:**
   a. Students on probation cannot _____ for classes until they have
      i. Completed a _____ _____ Workshop or Counseling,
      ii. **AND** Completed a _____ signed Probation _____.
   b. The CMC Course_____ Policy may _____ you from completing _____ classes for graduation and transfer.
   c. It leads to **DISMISSAL:** If a student is on academic or progress probation for _____ consecutive semesters (Spring and Fall terms only), that student would be subject to academic or progress _____.

4. **DISMISSAL:** Any student subject to dismissal may _____ a written appeal in _____ _____.
   a. Dismissed students are not allowed to take _____ at CMC for at least _____ semester.
   b. The submitted "Reinstatement after Dismissal" form must be _____ and all conditions _____ before classes can be taken.

How Do I Get Off Probation?

Strategy 1: Determine how many classes I should take this semester.

1. My academic history shows I have been successful in how many classes a semester? _____
   Do not take more classes than what you have been successful in the past.
2. My Time Commitment:
   a. How many hours a week do I work? (a) _____
   b. How many credits do I plan to take? _____ X 3 = (b)_____ hours per week
   c. (a)_____ + (b)_____ = _____ (must be less than 61 hours)

Strategy 2: Determine what classes I should take this semester *(list classes on table)*

1. Repeat courses with "D" or "F" grades
2. Make sure you meet all advisories
3. If you are in a Math, English, and/or Reading sequence, continue in that sequence

Class	Units
1.	
2.	
3.	
4.	

Strategy 3: Determine the Support needed to be Successful.

1. Are you taking a Math class or will you need help writing papers?
2. Before you get behind use the _____ _____ _____ to complete homework and get help in difficult subjects.

Strategy 4: Be Prepared for Classes

1. Get _____ for classes _____ they start.
2. Practice _____ Management.
3. Complete the weekly schedule on page 4 and follow it.

Strategy 5: Have Others Check Your Plan

1. The other people that I need to make sure my plan works with are:

   _____ _____

   _____ _____

2. A counselor must agree to your plan by signing the probation contract. Is your plan consistent with the first 4 strategies?
   a. ____ Yes. Continue with this worksheet.
   b. ____ No. Go back and rewrite your plan.

Strategy 6: Plan to get "A" grades *("B" grades are acceptable)*

1. Reviewing my Progress Reports

   _____ a. No corrective action needed (all feedback was positive)

   _____ b. I will take action to correct deficiencies in _____ (*how many*) classes by:

   _____

   _____

   _____

More Effective Strategies

2. All scheduled _____ related items MUST have priority over _____ items.
3. Your Personal relationships MUST _____ or _____ your academic goals.
4. Make sure you have _____ for all your classes _____ the semester begins.
5. Don't _____ _____ on big ticket items or go into _____ while you are in school.
6. Learn from your _____, and learn to say "_____".

Academic Renewal

For people on Academic Probation, you may have a whole semester removed from your GPA by this process (*a 2nd consecutive semester may be allowed in special circumstances*).

1. ____ months must have passed from the semester in consideration.
2. If you have completed 15 credits after the considered semester, your GPA must be _____.
3. If you have completed 30 credits after the considered semester, your GPA must be _____.
4. If you have completed 45 credits after the considered semester, your GPA must be _____.

Now What? Where do I go from here?

The key momentum points are small goals that, once reached, increase your probability of successfully completing your program. While the order of completion may be different for you, you will reach each one of these momentum points as you complete your program at CMC.

1. The last goal you attained on this chart is:

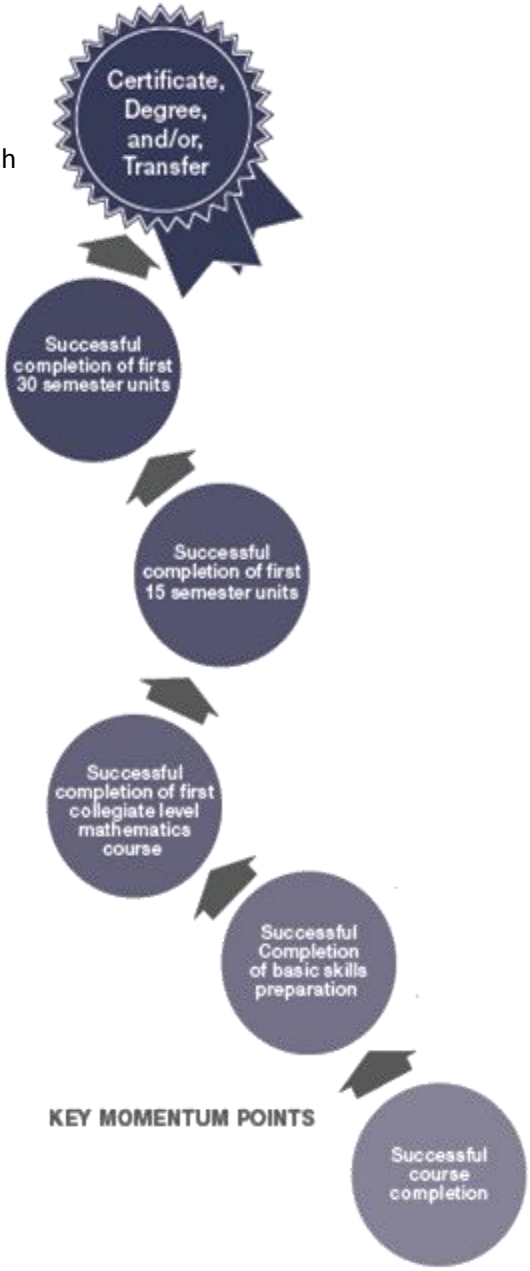
_____

_____

2. The next goal I should set for myself is:

_____

_____



My Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							
12 am							