

**“FINAL PROBATION” WORKSHEET
SELF ASSESSMENT**

As part of your final probation contract, you are required to complete certain sections or the entire worksheet. The completed worksheet must be submitted, along with your progress report(s), to Admissions and Records or ACCESS/EOPS/CalWORKs/ Foster Youth.

NAME: _____ **STUDENT ID #:** _____

1. ACADEMIC REVIEW

MAJOR: _____ CMC DEGREE GOAL: _____

Cumulative GPA: _____

Number of units last enrolled in: _____

Units completed (include all college level work taken at CMC and any other college attended): _____

Future (after CMC) educational goal: _____

Given my present rate of academic progress I will achieve my educational goal in _____ years.

I have reviewed my student education plan with a counselor.

Progress Report(s) Review - look over your current Progress Report(s) and complete the review below

COURSE	PROGRESS REPORT GRADE	MY THOUGHTS ON MY PROGRESS

2. CAREER PLANNING

CAREER GOAL: _____

Do some research regarding your Career Goal and answer the following:

Source(s) of Research: _____

Highest level of education I need to complete to achieve my career goal (circle highest level needed):

None Certificate Associates Bachelors Masters Doctorate Other: _____

Occupational Outlook for my Career

California: _____ Nationally: _____

Three industries that employ people with my Career choice:

1. _____
2. _____
3. _____

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3. TIME MANAGEMENT ASSESSMENT

Complete the following Weekly Schedule to reflect time spent in the following areas: *Class, Study, Work, Social, Personal Commitments, and any other areas that occupy your time:*

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM							
7:00AM							
8:00AM							
9:00AM							
10:00AM							
11:00AM							
12:00PM							
1:00PM							
2:00PM							
3:00PM							
4:00PM							
5:00PM							
6:00PM							
7:00PM							
8:00PM							
9:00PM							
10:00PM							
11:00PM							
12:00AM							

SAMPLE:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am							
7 am							
8 am		Work		Work	Work		
9 am	Math 40		Math 40			Study	
10 am	Intermediate		Intermediate				
11 am	Algebra		Algebra				
12 pm			LUNCH			LUNCH	
1 pm	PSY 1 General						
2 pm	Psychology		Study			Study	
3 pm	LUNCH						
4 pm			ENG 3A				
5 pm			College	Dinner & Relax	Dinner & Relax		
6 pm			Composition				
7 pm	Study		SP 1				Study
8 pm			Interpersonal	Study	Study		
9 pm			Communication				
10 pm							
11 pm							
12 am							

Looking at my Weekly Schedule I learned the following:

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4. RESOURCE LOG

The purpose of the Probation Resource Log is for you to account for the resources you used to help increase your academic success and move from probationary status. Please take the time to give an accurate accounting of the resources you utilized. **Check all the resources you used.**

___ Tutorial Services

___ Refresher Help @ Student Success Center

Subject Area(s): _____

Number of hours: _____ Verified by: _____
Student Success Center Staff

___ Learning Resource Center @ CMC Library

Subject Area(s): _____

Number of hours: _____ Verified by: _____
Resource Center Staff

___ Met with instructor during office hours

Course Title: _____

Course Title: _____

Instructor Name: _____

Instructor Name: _____

Instructor's office hours/days: _____

Instructor's office hours/days: _____

Number of times: _____

Number of times: _____

Instructor's initials: _____

Instructor's initials: _____

Course Title: _____

Course Title: _____

Instructor Name: _____

Instructor name: _____

Instructor's office hours/days: _____

Instructor's office hours/days: _____

Number of times: _____

Number of times: _____

Instructor's initials: _____

Instructor's initials: _____

___ Met with Counselor to create, update and/or review my Student Education Plan (SEP)

Date of meeting: _____ Purpose: ___create SEP ___ update SEP ___ review SEP

Counselor Name: _____

___ Met with Counselor for

___ Academic Counseling

___ Personal Counseling

___ Career Counseling

___ Drop/Add a class

___ Major selection/change

___ Other: _____

___ Enrolled in STDV 65 – College and Personal Success

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5. STRATEGIES ASSESSMENT

The following strategies were presented in the Mid-Semester follow-up you took during your initial probation period. You can review your notes or redo the Mid-Semester follow-up. You are asked to assess your use of these strategies. It is important you are honest with yourself in completing this assessment. Such honesty will provide the framework for understanding strategies you are using well in strategies where you might need some support.

Please use the following scale in your assessment:

Scale of 1 = never use, 2 = use sometimes, 3 = use regularly, 4 = use most of the time, 5 = use all of the time

Circle the appropriate response

PREPARING FOR CLASS

Research topic to be covered in class	1	2	3	4	5
Complete assigned readings	1	2	3	4	5
Bring all necessary materials to class	1	2	3	4	5
Sit toward the front of the room	1	2	3	4	5
Fuel up with a healthy meal and water	1	2	3	4	5
Have a study partner or group	1	2	3	4	5
I study 2 hours for each hour I am in class	1	2	3	4	5

ACTIVE LISTENING STRATEGIES

L = Look ahead: anticipate what is coming in a lecture	1	2	3	4	5
I = Identify: why is the information important?	1	2	3	4	5
S = Set up: create an environment for better listening	1	2	3	4	5
T = Tune in: maintain attention in class	1	2	3	4	5
E = Examine: examine the content of the lecture	1	2	3	4	5
N = Notes: taking notes to improve concentration	1	2	3	4	5

NOTE TAKING STRATEGIES

Take notes in my classes	1	2	3	4	5
Complete notes as soon as possible	1	2	3	4	5
Review and revise notes	1	2	3	4	5
Date and number each day's notes	1	2	3	4	5
Write a summary statement for each day's notes	1	2	3	4	5
Underline key words and phrases in my notes	1	2	3	4	5
Create hypothetical test questions from my notes	1	2	3	4	5
Use Cornell system of note taking	1	2	3	4	5

READING STRATEGIES

Determine the importance of what I am reading	1	2	3	4	5
Draw inferences to better understand the material	1	2	3	4	5
Summarize reading in a short paragraph	1	2	3	4	5
Generate questions to check for understanding	1	2	3	4	5
Monitor comprehension to ensure I am learning	1	2	3	4	5
Use the SQ3R Method while reading	1	2	3	4	5
S = Survey material to gain a quick overview	1	2	3	4	5
Q = Question – generate questions as you read	1	2	3	4	5
R = Read – read and mark your text to identify main ideas and supporting information	1	2	3	4	5
R = Recite – at the end of each segment in your Reading, stop and try to recall the information	1	2	3	4	5
R = Review – summarize the information	1	2	3	4	5

Reflecting on your responses on the strategies assessment please answer the following

Three strategies that have been most useful for me are:

1. _____
2. _____
3. _____

Three strategies that I believe would be helpful for me to use but, need support to know how effectively to implement are:

1. _____
2. _____
3. _____

What I learned most about myself in doing the Strategies Assessment is:
