

Name: _____ STU. ID #: _____ Date: _____

CMC Dismissal Policies

1. **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 _____.

2. 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.

Reviewing My Progress Reports

3. Review the progress reports that you collected for each of your courses. Enter your response below:
 - _____ a. No corrective action needed (all feedback was positive)
 - _____ b. I will take action to correct deficiencies in _____ (*how many*) classes by:

Active Listening

4. What are the three characteristics of an active listener?

5. Discuss two of the Active Listening Strategies and how they might benefit you in your courses.

6. Discuss two of the Bad Habits of Listening and how you might avoid using them.

Getting the Most out of Lectures

7. How can regularly checking the course syllabus help you stay on track?

8. What are some things that you can do before, during, and after class to get the most out of a lecture?

Setting Goals

Choose a goal that you would like to achieve and follow the first three steps to goal attainment.

9. Define your goal

10. Generate alternatives

11. Make implementation plans

Taking Effective Notes

12. Discuss two things from this section that you would be willing to incorporate while taking notes.

Reading to Answer Questions

13. Which strategy for successful reading do you intend to implement first?

14. Discuss one way that you can use your textbook to increase your performance in a course.
