



Student Success Plan

Student Name: _____

Email: _____

ID#: _____

Phone #: _____

By creating your Student Success Plan, you will map out your personal plan-of-action for YOU to be a successful college student.

Your Student Success Plan will help you to:

Determine why you are in college, your experience with academics, and available resources

Discover your academic and personal strengths and areas for improvement

Develop a plan for meeting with each of your professors

Develop a plan for meeting with your Jump Start Advisor

Develop concrete goals related to your success in college

Student Agreement:

I agree to use the strategies I have mapped out in my Student Success Plan. I have a clear understanding of what I need to do to be academically successful in college. If I have any questions or need further assistance, I will follow-up with my Jump Start Advisor.

Student Signature _____ Date _____

Student Printed Name _____

Success Plan certified as created:

Jump Start Advisor Signature _____ Date _____

Jump Start Advisor Printed Name _____

Student Success Plan

DREAM YOUR LIFE.

About Me

To get started, it will be helpful to reflect on a few aspects of your life as you begin to develop a clear plan for college success. Please answer the following questions about yourself as completely as possible:

1. I was motivated to pursue a college degree because...
2. My idea of a perfect vehicle is...
3. If I could live anywhere, my house would look like this and it would be located here....
4. If money were no object, the things I would do and have for recreation and fun would be...
5. My ideal family and friends would be...

6. If I could do anything in my life, regardless of pay, I would....
7. A year from now I want to be.....
8. After I graduate, I plan to use my College degree by ...
9. What would you do if you knew you couldn't fail?

Interests

Which of the following opportunities at college interest you?

Check all that apply. Feel free to check things even if you are not completely sure or committed – this is a place for you to dream and discover.

- | | |
|--|--|
| <input type="checkbox"/> Study Abroad | <input type="checkbox"/> Peer Mentoring |
| <input type="checkbox"/> Gay Straight Alliance | <input type="checkbox"/> Career Exploration |
| <input type="checkbox"/> Internship | <input type="checkbox"/> Social Organizations |
| <input type="checkbox"/> Fine/Performing Arts | <input type="checkbox"/> Sports Clubs |
| <input type="checkbox"/> Intramural Sports/Wellness Center | <input type="checkbox"/> Service Organizations |
| <input type="checkbox"/> Athletics | <input type="checkbox"/> Major/Minor Exploration |
| <input type="checkbox"/> Student Government | <input type="checkbox"/> Off-Campus Work |
| <input type="checkbox"/> Programming Boards | <input type="checkbox"/> On-Campus Work |
| <input type="checkbox"/> Music Organizations | <input type="checkbox"/> Becoming a Tutor |
| <input type="checkbox"/> Cultural Organizations | <input type="checkbox"/> Special Interests |
| <input type="checkbox"/> Departmental Associations | <input type="checkbox"/> Honorary Organizations |
| <input type="checkbox"/> Agricultural Organizations | <input type="checkbox"/> Other _____ |

Success Planning

Which of the following statements apply to you? Please rate each of the following on a scale of 1-5 (1 is strongly disagree and 5 is strongly agree) that apply. Be honest so we can work with you to make appropriate changes.

- | | |
|--|---|
| <input type="checkbox"/> Committed to earning a degree | <input type="checkbox"/> See myself being successful |
| <input type="checkbox"/> Attending all classes | <input type="checkbox"/> Think of ways to get out of difficult situations |
| <input type="checkbox"/> College is prepping for better job | <input type="checkbox"/> Think of several ways to reach my current goals |
| <input type="checkbox"/> Committed to self-development/growth | <input type="checkbox"/> Participation in community activities |
| <input type="checkbox"/> Strong desire to get good grades | <input type="checkbox"/> College is a caring/encouraging place for me |
| <input type="checkbox"/> Actively pursuing academic goals | <input type="checkbox"/> Participating in activities on campus |
| <input type="checkbox"/> Take responsibility for my actions | <input type="checkbox"/> Working hard to be successful |
| <input type="checkbox"/> Plan ahead and make decisions | <input type="checkbox"/> Good time-management skills |
| <input type="checkbox"/> Belief in self/abilities | <input type="checkbox"/> Complete assignments on time |
| <input type="checkbox"/> Feel positive about being college student | <input type="checkbox"/> Balance academics and personal life |
| <input type="checkbox"/> Feel positive about my future | |

Influential Challenges

What things could be or are obstacles to your success? Check all that apply. Be honest – we can only help if we know what the concerns are so we can help you make appropriate changes.

ACADEMIC

- Test anxiety
- Writing strategies
- Time management strategies
- Transition from high school
- Difficult classes
- Understanding relevance of course
- Understanding course content
- Completing homework assignments

PERSONAL/OTHER

- Financial difficulties
- Health problems
- Experienced discrimination/harassment
- Sleeping habits
- Anxiety/tension
- Use/abuse of alcohol/substances
- Possible learning disability
- Finding meaning in college

- | | |
|---|---|
| <input type="checkbox"/> Concentration in class | <input type="checkbox"/> Pressure/stress |
| <input type="checkbox"/> Read assigned readings | <input type="checkbox"/> Over-involved |
| <input type="checkbox"/> Attending Classes | <input type="checkbox"/> Motivation |
| <input type="checkbox"/> Computer/Internet access | <input type="checkbox"/> Adjusting to living environment |
| <input type="checkbox"/> Exploring Career Goals | <input type="checkbox"/> Relationship Issues |
| <input type="checkbox"/> Changing major one or more times | <input type="checkbox"/> Working too much (3hours/week _____) |
| <input type="checkbox"/> Considering entering workforce | <input type="checkbox"/> Personal/family situation |
| <input type="checkbox"/> Exploring other college options | <input type="checkbox"/> Roommate issues |
| <input type="checkbox"/> Other _____ | <input type="checkbox"/> Homesick |
| | <input type="checkbox"/> Adjusting to college life |
| | <input type="checkbox"/> Hard to make friends/loneliness |
| | <input type="checkbox"/> Other _____ |

Resources & Activities for Achievement

Which of the following campus resources have/are you using? (U) Which do you see as helping you achieve your goals? (H) Mark both if it applies.

- | | |
|---|---|
| <input type="checkbox"/> Academic Advisor | <input type="checkbox"/> Jump Start Advisor |
| <input type="checkbox"/> Attend classes | <input type="checkbox"/> Complete assignments |
| <input type="checkbox"/> Know instructor's | <input type="checkbox"/> Make sure instructors know you |
| <input type="checkbox"/> Academic/other workshops | <input type="checkbox"/> Math Help Center |
| <input type="checkbox"/> Career Development Center | <input type="checkbox"/> Tutoring/Study Groups |
| <input type="checkbox"/> Athletic Retention Advisor | <input type="checkbox"/> Other Retention Advisor(s) |
| <input type="checkbox"/> Department Resources | <input type="checkbox"/> Peer Mentor |
| <input type="checkbox"/> Use time management system | <input type="checkbox"/> Use organization strategies |
| <input type="checkbox"/> Counseling/Health Services | <input type="checkbox"/> Supplemental Instruction (SI) |
| <input type="checkbox"/> Disability Services | <input type="checkbox"/> TRIO Services |
| <input type="checkbox"/> Faculty member | <input type="checkbox"/> Veterans Services |

__ Involvement in campus activities

__ Involvement in community activities

__ Family/parents

__ Friends/peers

__ Financial Aid

__ Wellness Center/fitness

__ Writing Center

__ Working/job

__ Other _____

Goals for the Semester

In each of the following areas, list at least one goal you would like to set for yourself for this semester.

Academics:

Social:

Health & Wellness:

Career:

Spiritual:

Think about these goals when answering the following:

1. What can I do this month to get one step closer to my goals? What do I need to do NOW to achieve my goals?

2. Identify 3 people in my life who can help me reach my goals.
 - 1.
 - 2.
 - 3.

3. How will those around me help you in achieving my goals?
4. What skills might I need to develop in order to achieve my goals?
5. What challenges do I expect to face? How will I overcome them?
6. How will I know when I've achieved my goals? How will I measure my success?

Reflection

How would you rate your academic confidence at the **beginning of the first semester** of college? (1 = very low to 10 = very high)

Very Low 1 2 3 4 5 6 7 8 9 10 Very High

Please describe what this ranking means to you.

What needs to happen before you can rank yourself one number higher?

How would you rate your academic confidence at the **end of the first semester** of college?

Very Low 1 2 3 4 5 6 7 8 9 10 Very High

Please describe what this ranking means to you, and explain any changes in this rating compared to the previous rating.

What needs to happen before you can rank yourself one number higher?

What goals have you achieved this semester?

Plan for Next Semester:

I plan on staying here

I plan on transferring to another institution: _____

I plan on joining the Armed Forces

I plan on working full time

I do not know yet

Other _____

How would you rate your academic confidence at the end of the **first year** of college?

Very Low 1 2 3 4 5 6 7 8 9 10 Very High

Please describe what this ranking means to you, and explain any changes in this rating compared to the previous rating.

What needs to happen before you can rank yourself one number higher?

What goals have you achieved this year?

Plan for Next Year:

I plan on staying here through summer and next year

I plan on taking classes/working here this summer and then transferring

I plan on transferring to another institution: _____

I plan on joining the Armed Forces

I plan on working full time

I do not know yet

Other (please explain):