Academic Warning Workshop
Academic Warning Workshop

- **Academic Warning Defined:**
  “Occurs when your Semester GPA is below a 2.0, but your Cumulative GPA is still at 2.0 or higher.”

Academic Warning = Semester GPA < 2.0
ACADEMIC WARNING

- Why does 2.0 matter?
  You must have a 2.0 in order to graduate. If you had all the necessary credits for a degree but your cumulative (overall) GPA was below a 2.0, you would NOT be able to graduate.
Knowledge is Power

- We want to share some resources for success in the following areas:
  1. Motivation
  2. Academic Study Resources
  3. Time Management
  4. Health and Wellness
  5. Knowledge of Resources
1. Motivation

Having an end goal in mind is key to motivation and critical to success!

Questions for you to consider

- Why are you attending UVU?
- Do you have a career goal?
- How much are you willing to sacrifice to reach your goal?
- What if you don’t have an end goal?
Academic Counseling Center

- UVU offers a myriad of options for Career Exploration
  - Academic Counseling Center (LC 402)
    - Visit with a career counselor and get one-on-one assistance with the career exploration process
    - Take a Career Assessment to learn more about careers that fit with your personality and interests
  - [http://www.uvu.edu/acc/](http://www.uvu.edu/acc/)
Career and Major Exploration (CLSS 2100 – 2 credits)

- Take a two credit class that focuses on exploring career options and finding the best career for YOU!
Career Development Center (LC 409)

- Visit the Career Development Center for assistance with
  - Informational interviews
  - Job Shadowing
  - Internships
2. Academic Study Resources

Tutoring services

- **Math Lab (LA 201)**
  - Come do your homework in the math lab. Sit at a table with people in the same math class. Put up a flag to request a tutor
  - [http://www.uvu.edu/mathlab/](http://www.uvu.edu/mathlab/)
Tutoring Services (cont.)

- Writing Center (LI 208)
  - Get assistance with everything from pre-writing to revision
  - Contrary to belief, you do NOT have to be enrolled in an English class to use it
  - Online appointments are available
  - Learn more at [http://www.uvu.edu/owl/](http://www.uvu.edu/owl/)
Tutoring Services (cont.)

- **Academic Tutoring (LA 201)**
  - Come get assistance with ANY class
  - If they don’t have a tutor for your specific class, they will find a tutor for you
  - [http://www.uvu.edu/academictutoring/](http://www.uvu.edu/academictutoring/)
Study Skills Assistance

- We have classes on study skills!
  - CLSS 1000: University Student Success: Learn how to be an effective student in every sense of the word
  - CLSS 1190: Power Reading and Learning Strategies for students wanting to efficiently and effectively understand and retain college textbook information
Study Skills Assistance

- Learning Strategies (LC 405R)
  - Get one-on-one guidance on how to be a more effective, successful student, including: Time management, reading textbooks, test-taking help, better scores on Accuplacer, note-taking skills, and learning styles
  - [http://www.uvu.edu/learningstrategies/](http://www.uvu.edu/learningstrategies/)
Study Skills Assistance

- Find a place conducive to studying
  - A quiet place away from distractions, like the library. We have one of those.
  - You can even reserve a study room:
    [http://www.uvu.edu/library/](http://www.uvu.edu/library/)
    [http://www.youtube.com/watch?v=2ArIj236UHs](http://www.youtube.com/watch?v=2ArIj236UHs)
3. Time Management

- Time Management is crucial for a college student. You need to plan your time for:
  - Homework
  - Studying
  - Family Life
  - Job
  - Social Life
  - Personal Time
Time Management

- Find a balance
  - College requires a lot of balancing. You have to balance school, work, social life, and everything else
    - Manage your time, don’t let it manage you
    - Don’t overload yourself by trying to work full time and attend school full time
    - Create a routine so you have specific times to do homework
    - Don’t procrastinate doing homework and studying for tests
4. Health and Wellness

- Good physical and emotional health are critical for your ability to succeed
Student Health Services

- Student Health Services (SC 221)
  - Affordable medical and mental health services
  - Counseling is available for a small fee and the first visit is **FREE**
  - Visit [http://www.uvu.edu/studenthealth/](http://www.uvu.edu/studenthealth/)
Student Health Services

- **Wellness Education**
  - Get assistance in creating a healthy lifestyle for YOU. Learn about nutrition, exercise, and healthy living plans.
  - Visit [http://www.uvu.edu/wellnessed/](http://www.uvu.edu/wellnessed/)
Stress Management

- **Take a Stress Management class**
  - CLSS 1100 Stress Management Hardiness
    - Learn techniques for coping with stress
    - Learn what stress is, how it affects the body, and how to deal with it in a healthy way

- **Take an exercise class**
  - Do something you love that will help you stay active
  - [http://www.uvu.edu/wellnessed/emotional/stress_less.html](http://www.uvu.edu/wellnessed/emotional/stress_less.html)
Stress Management

- One of the most helpful things for reducing stress is realizing that there are things you CAN change and things you CANNOT change.

- Laugh: It relieves stress. Find reasons to laugh daily.
  - [http://www.youtube.com/watch?v=Me5wh1wSuVk](http://www.youtube.com/watch?v=Me5wh1wSuVk)
General Advice

- Be aware of important dates and deadlines such as:
  - Last day to drop/withdraw from classes
  - Last day to get a refund
  - First day you can register
- Visit http://www.uvu.edu/schedule/ to view important dates
General Advice

- Talk to your Advisor
  - Know what classes you need to take
  - Find out how to make yourself competitive for your career
  - Let them know if you are struggling
- Advisors are experts on campus resources
- Find your advisor: http://www.uvu.edu/advising/find/
General Advice

- **Talk to your teachers**
  - While it can be intimidating, talking to your teachers is the first step in being successful.
  - Ask for clarification on assignments.
  - Let them know when things are going on in your life which may affect your ability to succeed.
  - Keep them in the loop.
General Advice

- Retake a class
- Did you know that retaking a class replaces your original grade?
  - It must be the exact same course number
  - Both courses must be taken at UVU (you can’t replace your English 1010 grade with a SLCC English 1010 grade)
  - Your original grade remains on your transcript but is NOT included in your GPA
Financial Aid

- Grades: You will need good grades (2.0 minimum GPA) to continue receiving Financial Aid
- For questions and assistance with Financial Aid, please visit with a Financial Aid Counselor in BA 105 or call 801-863-8442. More information can be found at http://www.uvu.edu/financialaid/
5. Knowledge of Resources

- Ombudsman: (SC 107)
  - Mediation of academic or interpersonal conflicts
  - Housing/Landlord disagreements
  - Other problems: http://www.uvu.edu/ombuds/

- Accessibility Services (LC 312)
  - Students with disabilities can receive accommodations to help them succeed
  - http://www.uvu.edu/asd/
Knowledge of Resources

- School, College and University Partnership
  - Students pay for one-on-one tutoring
  - [http://www.uvu.edu/partnerships](http://www.uvu.edu/partnerships)

- Women’s Success Center (LC 303)
  - Dedicated to meeting the needs of women in all areas of education
  - [http://www.uvu.edu/wsc/](http://www.uvu.edu/wsc/)
Knowledge of Resources

- Clubs (LC 101 A)
  - The University offers clubs in various interest areas for students
  - [http://www.uvu.edu/clubs](http://www.uvu.edu/clubs)

- Housing Hotline (LC 213)
  - To find affordable housing for students
  - [http://www.uvu.edu/housing/](http://www.uvu.edu/housing/)
Knowledge of Resources

- **Turning Point (LC 405 C or HP Building 116)**
  - For individuals who want to expand on an individual and professional level
  - [http://www.uvu.edu/turningpoint](http://www.uvu.edu/turningpoint)

- **Multicultural Center (WB 146 S)**
  - Promoting of inter-cultural and diverse learning at UVU through heritages
  - [http://www.uvu.edu/multicultural](http://www.uvu.edu/multicultural)
Knowledge of Resources

- **TRIO Student Support Services (WB 100)**
  - Providing academic assistance for first-generation and low-income students
  - [http://www.uvu.edu/trio/sss](http://www.uvu.edu/trio/sss)

- **Veterans Services (BA 114)**
  - Offers assistance in applying for and using veterans benefits
  - [http://www.uvu.edu/veterans](http://www.uvu.edu/veterans)
Knowledge of Resources

- Child Care Resources and Referrals
  - To improve the lives of children by promoting quality child care
  - [http://www.uvu.edu/ccrr](http://www.uvu.edu/ccrr)

- Wee Care Center
  - Designed to meet the child care needs of student parents at UVU
  - [http://www.uvu.edu/weecare](http://www.uvu.edu/weecare)
Academic Standards Policy

- **Academic Warning**
  - Currently, you are on Academic Warning. However, if your CUMULATIVE (overall) GPA goes below a 2.0, you will be placed on Academic Probation

- **Academic Probation**
  - You would have to do a more extensive workshop and meet with your major advisor to create an academic success plan
Continued Probation

- What happens after academic probation?
- When your cumulative GPA is below a 2.0 for a second consecutive semester, you are placed on Continued Probation

For Continued Probation you might have to do another workshop. You must meet with the Academic Standards Counselor, as well as your major advisor to create a success plan.

You will also need to complete a grade check during mid terms with the Academic Standards Counselor.
Academic Standards Policy

- **Suspension**
  - What happens after continued probation?
  - You will remain on Continued Probation as long as you receive a 2.0 or higher for your semester GPA
  - HOWEVER, if your semester GPA goes below a 2.0 while you are on Continued Probation, you will be suspended
  - Suspension requires that you be dropped from all your courses and sit out a semester. After that semester you can submit a petition to a committee asking to return to UVU
Academic Standards Policy

- **Dismissal**
  - What happens after Suspension?
  - If your semester GPA fails below a 2.0, you will be dismissed
  - You will be required to sit out one full calendar year before you will be eligible to submit a dismissal petition to the Academic Standards committee for return to UVU
Persistence

- Remember to keep trying! If you don’t give up, you will reach your goals.
- Please watch this link!

- [http://www.youtube.com/watch?v=OQN_SJ9fYhM](http://www.youtube.com/watch?v=OQN_SJ9fYhM)
Academic Warning Quiz

- Please go to this link (online) to complete the Academic Warning workshop quiz
  - https://uvaps.uvu.edu/prod/twbkwbis.P_WWWLogin?ret_code=A
- Answer the quiz questions (based on this presentation). 100% accuracy is required to remove your hold automatically
- If you’ve been on Academic Warning before, you’ll need to clear your hold with your major advisor in addition to completing the quiz