

Academic Success Probation Workbook Booklet



Sponsored by:
Academic Standards Office
Utah Valley University
Located in LC 402
801-863-5325
www.uvu.edu/academicstandards/

Name: _____

UV ID # _____ Date: _____

Academic Success Probation Workshop Booklet

Knowledge is Power!

Academic/Study Skill Obstacles

- Learning disability
- Poor study habits
- Poor time management
- Poor study environment
- Ineffective studying
- Inadequate study time
- High anxiety
- Inferior preparation
- Inadequate reading skill
- Inadequate writing skill
- Inadequate math skill
- Previous failure
- Poor note-taking skills
- Poor concentration
- Negative attitude
- Unhappy with instructor
- Poor academic advising
- Unclear educational goals
- Other _____

Work Related Obstacles

- Work too many hours
- Problems with the boss
- May lose job
- Conflicts with the job
- No part-time work available
- Must work to survive
- Other _____

Obstacles Related to Major

- Selecting a major
- Major entry requirement
- GPA requirements
- Parental pressure
- Classes unavailable
- Major not offered
- Not happy with major
- Other _____

Obstacles Related to Fear of...

- Failure
- Not being perfect
- Accomplishments
- Pressures
- Success
- Commitment
- Making decisions
- Making Mistakes
- Task too difficult
- Other _____

Free Time Obstacles

- Facebook
- Too much internet or media
- Too much social life
- Too overextended in my outside activities
- Video Games
- Other _____

Financial Obstacles

- Worried about money
- Financial aid requirements
- Inadequate financial aid
- Spouse not working
- Too many debts
- Other _____

Personal Obstacles

- New independent status
- Roommate problems
- Relationship worries/breakup
- Loneliness
- Socially uncomfortable/shy
- Housing problems
- Value conflicts
- Dislike UVU
- Dislike college & studying
- Other _____

Other Obstacles

Put a check mark next to the obstacles that you struggle with:

___ Motivation and Attitude

___ Education and Career Goals

___ Time Management

___ Study Skills/Test Taking Skills

___ Physical/Emotional Health

___ Knowledge of Resources

Motivation and Attitude:

Why are you at UVU right now? _____

What do you want to gain from or contribute to society during your lifetime? _____

Values and Goals	Always	Frequently	Occasionally	Never
a. My purpose for getting a college education is clear.	4	3	2	1
b. I feel confident that I can reach my goal to graduate from college.	4	3	2	1
c. I set specific goals which lead to success in my life.	4	3	2	1
			Total	<input type="text"/>
Attitude/Motivation	Always	Frequently	Occasionally	Never
a. Class lectures and discussions stimulate me.	4	3	2	1
b. I enjoy school and want to be at college.	4	3	2	1
c. There are one or two subjects in school that I always enjoy.	4	3	2	1
			Total	<input type="text"/>

Education and Career Goals

What is your long-term educational goal?

What is your career objective? If you are not sure, what careers/majors have you considered?

Time Management

Time Management	Always	Frequently	Occasionally	Never
a. I make plans each week about how I will spend my time.	4	3	2	1
b. I complete major assignments and hand them in on time.	4	3	2	1
c. I plan to study at least 2 hours for every hour I spend in class.	4	3	2	1
			Total	<input type="text"/>

What personal and academic dates should you include in a master semester calendar? _____

What are your biggest time wasters? _____

Study Skills

Class Preparation	Always	Frequently	Occasionally	Never
a. I attend all my classes each week.	4	3	2	1
b. I complete my small assignments within 24 hours after class.	4	3	2	1
c. I find it helps me learn when I study with groups of students.	4	3	2	1
			Total	<input type="text"/>
Study Habits	Always	Frequently	Occasionally	Never
a. I study in blocks of time -- two hours at a time.	4	3	2	1
b. I study at a regular scheduled time each day.	4	3	2	1
			Total	<input type="text"/>
Reading and Writing Skills	Always	Frequently	Occasionally	Never
a. My long papers have three drafts.	4	3	2	1
b. I read the chapter before the lecture covers it.	4	3	2	1
			Total	<input type="text"/>

Physical/Emotional Health

Stress	Always	Frequently	Occasionally	Never
a. I believe in my capacity to do well in college	4	3	2	1
b. I am confident and free of anxiety when I take tests	4	3	2	1
c. I have little difficulty managing challenges in my life	4	3	2	1
Total				

What are the primary sources of stress in your life? _____

What are you doing to manage your stress levels? _____

Test Taking Skills

Test Preparation Skills	Always	Frequently	Occasionally	Never
a. My study time for tests is organized and thorough.	4	3	2	1
b. I begin studying for tests several days before the test.	4	3	2	1
c. I seem to luck out and study what the teacher puts on the test.	4	3	2	1
Total				
Test Taking Skills	Always	Frequently	Occasionally	Never
a. I complete my tests with time to review.	4	3	2	1
b. When I study hard, my test scores are good.	4	3	2	1
c. I feel confident about my tests and have low anxiety.	4	3	2	1
Total				

Knowledge of Resources/Strategies

Support Group

How many close friends or family are aware that you are in school? _____

How many of these individuals have you talked to about your goals? _____

How many are doing something to help you? _____

Social Activities

Social Activities	Always	Frequently	Occasionally	Never
a. I am able to say "no" to a social activity when I should study.	4	3	2	1
b. The friends I choose at school are serious about studies.	4	3	2	1
c. Time for study is more important than time for play.	4	3	2	1
Total				

What Are You Going to Do to Get Good Grades in the Future?

Free Time Solutions

- Set goals
- Find rewards
- Just say NO!
- Use to-do list
- Set reminders on smart phone or other electronic devices
- Other _____

Family Problems Solutions

- Help with goal setting
- Attend to children first then require solitude
- Develop a routine
- Delegate duties
- Take family member to get medical help
- Get communication help
- Attend parenting classes
- Attend family counseling
- Obtain family planning help
- Other _____

Solutions Related to Fears and

Personal Problems/Issues

- Stress management class (CLSS1100)
- Problem solving skills
- Personal counseling
- Group counseling
- Visit Student Health Center
- Read self-help book
- Join club or organization
- Take semester deferment while working on problems
- Other _____

Solutions Related to Major

- Career/Interest test
- Complete an internship
- Visit Academic Counseling Center
- Personal Counseling
- Go to career workshop
- Career counseling
- Take Career Exploration (CLSS 2100) class
- Change major

Work Related Solutions

- Get a different job
- Develop problem solving skills
- Student gets a job
- Spouse gets a job
- Change position within job
- Reduce hours working
- Visit the Career Development Center
- Quit job
- Other _____

Financial Solutions

- See financial planner
- Take CLEP tests for credit
- Independent study
- Contact financial aid about loans/grants
- Work out a payment plan
- Get help from family
- Other _____

Academic/Study Skills

- Take Student Success (CLSS 1000)
- Take other CLSS classes (Library research, Power Reading, 7 Habits, etc.)
- Use study skills books
- Go to writing lab
- Hire a tutor
- Go to math lab
- Go to peer tutoring center
- Attend supplemental instruction
- Go to Accessibility Services dept.
- Visit with professors
- Consult faculty
- Meet with Developmental Math Advisor, Attend workshops

Other Solutions

Advisor Signature:

***Survey questions borrowed with permission from The Counseling and Career Center at Brigham Young University's Academic Wellness Survey, http://www.byu.edu/ccs/learning/college_lifestyle.shtml,

Academic Standards Policy

What is your current academic standing? _____

What do you need to do as a result of your academic standing? _____

If you do poorly next semester, what will be your academic standing? _____

What will you have to do? _____

RESOURCES FOR SUCCESS

Education and Career Goals

ACADEMIC STANDARDS

LC 402 / 801-863-5325

www.uvu.edu/academicstandards/

We can help you access and utilize resources that will enable you to succeed academically. We specifically work with students on continued probation and suspension.

ACADEMIC COUNSELING CENTER

LC 402 / 801-863-8425 / cacc@uvu.edu

www.uvu.edu/cacc/

We can guide your progress in discovering, evaluating, and determining your career path. Our Comprehensive career services include testing, one-on-one career counseling sessions, and access to research sites. We also advise students who are still exploring major options.

CAREER DEVELOPMENT CENTER

LC 409 / 801-863-6364 / csse@uvu.edu

www.uvu.edu/csse/

Career Services & Student Employment will help you to build your career and find employment while in school. Our qualified counselors can assist you with internships, job search resources, informational interviews, networking, career events, and resumes.

Suggested Classes

CLSS 1200: The 7 Habits of Highly Effective People: Powerful, personal leadership that will help you build a life-long foundation of principle-based behavior and habits.

CLSS 2100: Career and Major Exploration: facilitates an increased awareness of self, post-secondary education, and the world of work to help make well-informed major and career decisions.

Learning Style Surveys: www.vark-learn.com or www.aboutlearning.com

Learning Assistance and Tutoring

LEARNING STRATEGIES SUPPORT

LC 405q & LC 405r / 801-863-7418

www.uvu.edu/learningstrategies/

Meet with the learning strategist to get help with time management, learning styles, test anxiety, test taking skills, note taking skills, and reading textbooks.

ACADEMIC TUTORING LAB

LA 201 / 801-863-8310

www.uvu.edu/peertutoring

FREE tutoring is available to UVU students in the drop-in lab or by appointment. Drop in for homework questions or make appointments for regular private tutoring.

Tutoring is available for the following subjects: Accounting, Anthropology, Archaeology, Astronomy, Biology/Botany, Business Management, Chemistry, Digital Media, Education, Economics, Engineering, Environmental, Geography, Geology, History, Health, Languages, Legal Studies, Meteorology, Microbiology, Philosophy, Physical Science, Physics, Political Science, Psychology, Sociology, and Zoology.

We can also arrange tutoring in ANY course across campus.

LANGUAGE LAB

LA 003g / 801-863-7257

If you are enrolled in a foreign language class you can stop by the Language Lab to sign up for free tutoring. We have tutors available for the following foreign languages: American Sign Language, Chinese, French, Japanese, German, Portuguese, Russian and Spanish. Tutoring is by appointment only.

MATH LAB

LA 201 / 801-863-8310

www.uvu.edu/mathlab/

The Math Lab is a great place to work on math homework in a setting where tutors can answer any questions as they arise. The Math Lab serves students in all math classes.

WRITING CENTER

LI 208 / 801-863-8936

www.uvu.edu/owl/

The UVU Writing Center and OWL provide a space where students of all disciplines may further their understanding of writing principles and enhance writing skills. Students can come in for help for any part of the writing process, from brainstorming to revision.

SCHOOL, COLLEGE AND UNIVERSITY PARTNERSHIP

1065 W. 800 S. Orem / 801-863-6800

www.uvu.edu/partnerships

One-on-one tutoring is available for a small fee.

Suggested Classes

CLSS 1000: University Student Success : Study skills, time management, stress management.

CLSS 1050: Library Research: Learn how to use the library to write research papers.

CLSS 1180: Speed Reading: Increase reading speed.

CLSS 1190: Power Reading Strategies: Learn strategies for more effective textbook reading and retention

Health: Physical and Mental

STUDENT HEALTH SERVICES

SC 221 / 801-863-8876

www.uvu.edu/studenthealth/

Divisions: Medical Services, Wellness Programs, Suicide Prevention Programs, Mental Health Services

We offer medical services, wellness services, suicide prevention, programming, learning disability testing, and mental health services including counseling for stress, relationships and test anxiety.

Doctor/Nurse basic visit: \$10

Mental Health Therapy: First visit free, subsequent visits \$10

Financial Waivers are Available

WELLNESS PROGRAMS

SC 221 / 801-863-8127

www.uvu.edu/wellness

Our mission is to provide services to students and employees that will enhance personal wellness. We offer healthy lifestyle counseling, fitness testing, health screenings and wellness workshops.

Suggested Classes

CLSS 1100: Stress Management-Hardiness: Presents strategies for students to develop effective attitudes and skills to deal with stressful circumstances. The five main areas of focus for the course are coping skills, communication/social support, relaxation, nutrition and exercise.

Financial Resources

FINANCIAL AID

BA 105 / Scholarships: 801-863-8443 / Financial aid: 801-863-8442

www.uvu.edu/financialaid/index.html

We offer a comprehensive and varied program of financial assistance including grants, loans, work, and scholarships. There are three types of financial aid:

1. *Gift Aid:* These programs are funded by government and private monies. They do not have to be repaid and are awarded upon a wide range of eligibility requirements. They include scholarships and grants.
2. *Work Study Programs:* The Work Study Programs are funded by state and federal monies and
3. *Loans:* All loans have to be repaid. Their interest rates are often below standard loan rates. Some are repayable immediately, while others defer the monthly payments until after graduation. Some student loans can be awarded even if the calculated financial need showed the student to not be eligible for any aid.

Support Systems

HOUSING HOTLINE

801-863-8797

www.uvu.edu/housing

Need to find housing? Call the housing hotline or visit the housing website to find affordable housing close to campus.

INTRAMURALS

SC 108b / 801-863-6163

www.uvu.edu/intramurals/

We at the Intramural Office are dedicated to helping UVU students, faculty, and staff in finding their own niche on campus. We provide opportunities to participate in a wide variety of individual, dual and team sports at various levels of competition. We strive to provide not only structured and organized programs, but we are also continually looking for new sports to add.

OUTDOOR ADVENTURE CENTER

SC 103b / 801-863-7052

www.uvu.edu/oac/

The Outdoor Adventure Center is your starting place for adventure. We offer outdoor excursions, equipment rentals, and retail items. Our middle name really is adventure.

WOMEN'S SUCCESS CENTER

LC 303 / 801-863-8080

The Women's Success Center of Utah Valley University specializes in meeting the needs of women students and is dedicated to encouraging women in all areas of education. Our goal is to provide information, assistance, and referrals to the opportunities and resources available on campus and within the community. The Center facilitates student success through personal consultations, scholarships, book loans, and advocacy.

ACCESSIBILITY SERVICES

LC 312 / 801-863-8747

www.uvu.edu/asd/

The Accessibility Services Department is committed to helping students with disabilities receive reasonable accommodations during their college experience at UVU. We provide a variety of services, software and equipment for students with a wide range of disabilities. Come in and see how we can help you achieve your best.

CENTER FOR THE ADVANCEMENT OF LEADERSHIP

LC 302 / 801-863-6466

www.uvu.edu/leadership/

CAL provides a cutting-edge personal, interpersonal, organizational, and civic/service Leadership Certification Program (10-Step/three-Step) for any student wishing to achieve their leadership potential. If you are looking to take your UVU experience to the next level while developing your leadership potential, visit their website and make an appointment to meet with their staff.

CLUBS

LC 101 / 801-863-6754

www.uvsc.edu/clubs/

UVU has a club for everyone. The University offers clubs in the following interest areas: academic and political, social awareness, pre-professional, service, athletics and recreational, social, sports, religious, ethnic and cultural, and performing arts and media clubs

TURNING POINT

LC 405c or HP Building 116 / 801-863-7580

<http://www.uvu.edu/cpcd/>

The Center for Personal and Career Development is a community resource center for individuals who want to expand on a personal and professional level. Services include completing education goals, building personal relationships, obtaining training, education and child care scholarships, learning job seeking skills, exploring career options, and mastering communication skills.

MULTICULTURAL CENTER

WB 146s / 801-863-8357

www.uvu.edu/multicultural/

The UVU Multicultural Center's mission is to promote educational opportunities and intercultural enrichment for diverse heritage students and the university community of UVU. We offer scholarship and financial aid resources, mentors and tutors, clubs, academic counseling and advising, an outstanding First Year Experience program for new students, and a home away from home.

UVUSA STUDENT GOVERNMENT

SC 105 / 801-863-8652

www.uvu.edu/studentgovernment/

Let your voice be heard and help make a difference on UVU's campus. Students involved with campus life gain valuable leadership experience. UVUSA wants you to take advantage of all of the exciting opportunities available, whether it is a UVU Club, student government or just supporting campus.

STUDENT SUCCESS & RETENTION AND THE FIRST YEAR EXPERIENCE

LC 405m / 801-863-7067

uvu.edu/firstyear/

Our First Year Experience programs are designed to help incoming students maximize their first year by getting familiar with campus resources, connecting with the university, and building a foundation for a successful college education. First Year Experience programs begin the summer before fall semester and continue throughout the school year.

TRIO STUDENT SUPPORT SERVICES

WB 100 / 801-863-8541

www.uvu.edu/trio/sss/

Student Support Services offers mentoring, tutoring, and academic support for first-generation, low income students. Stop by the office to learn more and pick up an application.

VETERANS SERVICES

BA 114 / 801-863-8212

www.uvu.edu/veterans/

Veterans Services offers assistance in applying for and using veterans benefits.

VOLUNTEER AND SERVICE LEARNING

LC 205 / 801-863-8786

www.uvu.edu/volunteer/

The Volunteer & Service Learning Center is the place for volunteer and community outreach opportunities. The Center provides information on local volunteer needs, opportunities for leadership, details on academic service learning, and other events that link the campus and the community. Scholarships are available for students in leadership positions through the Service Council as well as students participating in AmeriCorps.

Child Care

CHILD CARE RESOURCES AND REFERRALS

Extended Education Building Basement / 801-863-8220

www.uvu.edu/ccrr/

The mission of Child Care Resource and Referral Mountainland is to improve the lives of children and families by promoting quality child care. Parents can learn more about quality child care and get in touch with local child care providers.

WEE CARE CENTER

1140 S. 400 W., Orem / 801-863-7266

www.uvu.edu/weecare/

The UVU Wee Care Center was designed to meet the child care needs of student parents of UVU, MATC, and Turning Point. First priority is given to those who are low-income, and all services are based on a sliding scale. Quality care is provided to children ages six weeks to 12 years.

Crisis Hotlines

CRISIS

Crisis Line of Utah County: 801-226-4433

Suicide Intervention: 1-800-273-TALK (8255)

ABUSE

The Gathering Place (24-Hour Hotline): 801-226-2255

Center for Women and Children in Crisis: 801-377-5500

SEXUAL ASSAULT

National Sexual Assault Hotline: 1-800-656-HOPE

Utah County Rape Crisis Center: 801-356-2511

DRUG ABUSE

Drug and Alcohol Rehab (24-Hour Hotline): 801-861-1768

Intermountain Specialized Abuse Treatment Hotline: 801-373-0210