

BSEE INDEPENDENT REMEDIATION PLAN

The Faculty of the BSEE Program are committed to help you reach your academic and career goals.

This worksheet is designed to help you develop a plan for returning to good academic standing. Be honest with yourself about the commitment and effort you are willing to invest so that you can develop a plan that is achievable and workable for you.

Student Name: _____ Student # _____ Date: _____

Step 1: Identify the obstacles you encountered last semester.

In reviewing your academic performance, what obstacles negatively impacted your grades?

- ☐ **Check all** that apply and **circle the top 3** obstacles that impacted your academic grades.

	Academic		Personal/Other
	Ineffective Study skills		Financial difficulties
	Undeveloped time management skills		Health problems
	Unprepared for exams		Hard to get out of bed in the morning
	What worked in Associate Program doesn't work anymore		Use or abuse of alcohol or other substance(s)
	Hard to concentrate/daydreaming		Possible learning disability
	Difficult classes/not prepared for course level		Difficulty sleeping at night
	Conflict with professor		Pressure, stress, anxiety or tension
	Unable to understand course content or find important information		Excessive time spent online
	Poor Reading Skills		

Other factors not listed above: _____

Failure is only postponed success as long as courage 'coaches' ambition. The habit of persistence is the habit of victory. -Herbert Kaufman

Step 2: Generate potential solutions for overcoming the obstacles you listed.

Use the matrix below to list the obstacles you faced last semester and three potential solutions for each obstacle.

Obstacle	Solution #1	Solution #2	Solution #3
1.			
2.			
3.			

Possible Solutions	
I will create a schedule with all my assignments.	I will make better choices regarding my health, sleeping and eating habits
I will develop a time management plan that works for me	I will make better choices regarding my use of free time, for example: online gaming and social networking, use/abuse of alcohol/drugs, etc.
I will attend all of my classes	I will get to know my professors
I will go to class prepared	I will ask my professor for help if I am having difficulty in a course
I will come the SFSC library to complete my assignments	I will call to the Students Assistance Program, (SAP) 800-878-5270 to discuss my personal concerns and issues.
I will set a study schedule for each class and follow it	I will meet with someone in the Financial Aid Office to explore financial support.
I will study in a place that allows me to get my work done	I will focus in class
I will display enthusiasm during my presentation	I will contact my professors immediately if I have an emergency
I will work only during the weekend	I will put more effort in the quality of my assignments
I will reduce the working hours	I will communicate with students in my Cohort to receive additional support
I will meet with my academic advisor to discuss my academic progress	I will participate in classes' discussions.

Success is the result of perfection, hard work, learning from failure, loyalty and persistence. -Colin Powell

Step 3: Commit to workable and achievable solutions.

Using the matrix below, list the 3 most achievable solutions you are willing to try, how these solutions may help you, and the sacrifices you will need to make to achieve your goals.

Solution	How will this solution help me?	What will this solution require of me in terms of time and effort?
1.		
2.		
3.		

Step 4: Develop your plan of action!

Write your most important goal down below. Using the solutions you generated, list the steps you will take to reach your goal and the date by which you will complete those steps. Use the **SMART** formula for achieving your goal.

S - Specific: Make your goal as specific as possible

M - Measureable: Be sure that your goal is measurable

A - Attainable: Set goals that you can achieve

R - Realistic: Set goals that are realistic

T - Timely: Establish a timeline for reaching your goal

Energy and persistence conquer all things. -Benjamin Franklin

My TOP Goal: _____

The steps I will take to reach this goal:

1. _____ by _____
(PROJECTED DATE)

2. _____ by _____
(PROJECTED DATE)

3. _____ by _____
(PROJECTED DATE)

Step 5: Remember that with effort and persistence, you can return to good academic standing! Keep the following in mind:

- 1. BE COMITTED** to achieving academic success
- 2. UNDERSTAND** that in the BSSE program you must obtain C or higher grade to pass the class
- 3. IDENTIFY** the problems that led to your poor grades
- 4. CONSIDER** all the BSSE classes are offer only during specific term.
- 5. KNOW** all the BSEE students are in the same situation. Therefore, your dedication will be the key to success.
- 6. LET OTHERS ASSIST YOU** and take advantage of the students in your cohort, call the behavioral health or communicate with your advisor.
- 7. THINK POSITIVELY and WORK HARD! DON'T GIVE UP!**

Patience, persistence and perspiration make an unbeatable combination for success. -Napoleon Hill

Please complete the following information:

How many hours a week did you **STUDY**?

☐ 0

☐ 5 – 8

☐ 1 – 4

☐ more than 12 hours per week

☐ 9 – 12

How many hours a week did you **WORK**?

☐ 0

☐ 31 – 40

☐ 1 – 20

☐ more than 41 hours per week

☐ 21 – 30

Advisor's coaching goals:

1. _____
2. _____
3. _____
4. _____