

# BSETE INDEPENDENT REMEDIATION PLAN

The Faculty of the BSETE Program are committed to helping 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: What challenges did you face 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.

	<b>Academic</b>		<b>Personal/Other</b>
	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 the Associate degree 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		Balancing family responsibilities, such as childcare or eldercare, with academic demands
			Challenges in commuting to campus or internships

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.

<b>Obstacle</b>	<b>Solution #1</b>	<b>Solution #2</b>	<b>Solution #3</b>
<b>1.</b>			
<b>2.</b>			
<b>3.</b>			

### **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 media, 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 go to the SFSC library to complete my assignments	I will call the Students Assistance Program, (SAP) 800-878-5470 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 during class
I will display enthusiasm during my presentations	I will contact my professors immediately if I have an emergency
I will work only during the weekend	I will put more effort into the quality of my assignments
I will reduce my 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 class discussions
I will utilize the tutoring services available to me: Tutoring and Learning Center or Brainfuse.	

*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.

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

**Step 4: Develop your plan of action!**

Write your most important goal 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 to achieve your goal.

**S - Specific: Make your goal as specific as possible**

**M - Measurable: 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 goals**

*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 COMMITTED** to achieving academic success.
- 2. UNDERSTAND** that in the BSETE program, you must obtain a grade of C or higher to pass the class.
- 3. IDENTIFY** the problems that led to your poor grades.
- 4. CONSIDER** that all BSETE classes are offered only during specific terms.
- 5. KNOW** that all the BSETE 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 services, 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
- 1 – 4
- 5 – 8
- 9 – 12
- more than 12 hours per week

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

- 0
- 1 – 20
- 21 – 30
- 31 – 40
- more than 41 hours per week

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Advisor's coaching goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

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**Follow-Up Meeting**

Schedule a meeting with your advisor to review your progress on your goals.

Date: \_\_\_\_\_