Name (last, first, middle): __________________________________________

Student ID number: _______________________  U of MN Email Address: ________________________

Program: ________________________________________________________________

Phone: ______________________  Term: ____________________________

What does probation/suspension mean? Undergraduates are placed on academic probation if either their term GPA or cumulative GPA is below 2.00. Probation status continues until both the term and cumulative GPAs are at least 2.00. Academic suspension will occur when the term GPA is below 2.0 for two consecutive terms and the cumulative GPA is below 2.0.

There are several factors that can contribute to lack of academic success. To help us determine which factors affected you this term, complete this worksheet prior to the scheduled probation meeting with your advisor. Your probation hold will not be temporarily released until you complete this exercise and meet with your academic advisor for their signature.

Worksheet Instructions
- Mark an “X” next to any of the following which you think may have contributed to your low grades.
- Mark an “XX” for issues which bothered you the most.

**Study Skills**
- Lack of study skills
- Hard classes
- Poor high school preparation
- Difficulty managing time
- Unhappy with teaching skills of instructor
- Unable to understand course materials
- Too heavy a course load
- Other

**Career/Major Issues**
- Unsure of Major
- No clear career goals or plans
- Unsure of interests, skills, & abilities
- Other

**Personal Issues**
- Balancing school with work and/or family
- Financial Difficulties
- Physical illness, health problems, injury
- Use of alcohol or other substance abuse
- Pressure, stress, tension, anxiety
- Loneliness, lack of emotional control
- Can’t find meaning for anything; motivation
- Conflicts with social obligations/activities
- Possible learning disability
- Other

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<table>
<thead>
<tr>
<th>Study Skills</th>
<th>Career/Major Issues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lack of study skills</td>
<td>Unsure of Major</td>
</tr>
<tr>
<td>Hard classes</td>
<td>No clear career goals or plans</td>
</tr>
<tr>
<td>Poor high school preparation</td>
<td>Unsure of interests, skills, &amp; abilities</td>
</tr>
<tr>
<td>Difficulty managing time</td>
<td>Other</td>
</tr>
<tr>
<td>Unhappy with teaching skills</td>
<td></td>
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<tr>
<td>Unable to understand course</td>
<td></td>
</tr>
<tr>
<td>Too heavy a course load</td>
<td></td>
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<tr>
<td>Other</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Family/Social Adjustment</th>
<th>Personal Issues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adjustment to America</td>
<td>Balancing school with work and/or family</td>
</tr>
<tr>
<td>Adjustment to the U of M</td>
<td>Financial Difficulties</td>
</tr>
<tr>
<td>Separation from friends,</td>
<td>Physical illness, health problems, injury</td>
</tr>
<tr>
<td>family, home</td>
<td>Use of alcohol or other substance abuse</td>
</tr>
<tr>
<td>Housing or roommate issues</td>
<td>Pressure, stress, tension, anxiety</td>
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<tr>
<td>Home or family problems</td>
<td>Loneliness, lack of emotional control</td>
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<tr>
<td>Trouble making friends</td>
<td>Can’t find meaning for anything; motivation</td>
</tr>
<tr>
<td>Other</td>
<td>Conflicts with social obligations/activities</td>
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<tr>
<td></td>
<td>Possible learning disability</td>
</tr>
<tr>
<td></td>
<td>Other</td>
</tr>
</tbody>
</table>
Please comment on the items you marked and circled. Why did these factors create problems for you this semester?

How do you plan to address these factors to improve your academic progress? What academic and/or personal changes need to occur?

Strategies for Success:

Mark an “X” next to any of the following resources below that you have used or plan to use to ensure academic success. Please also let your advisor know if you have any questions about these resources when you meet for your advising appointment.

- One Stop Student Services
- Disability Resource Center
- Student Counseling Services (SCS)
- Center for Academic Planning and Exploration (CAPE)
- SMART Learning Commons
- Career and Internship Services
- Aurora Center for Advocacy and Education
- Gender and Sexuality Center
- Boynton Health Service
- International Student and Scholar Services (ISSS)
- Other

Additional Advisor Comments and Referrals:

Student Signature ____________________________ Date ______________

Advisor Signature ____________________________ Date ______________

cc: Student File Faculty Advisor Other ______________