



Academic Recovery Program Action Plan – DUE March 1, 2019

Morehead State University, particularly the Office of Academic Advising and Retention, is committed to helping you reach your academic success and career goals. This action plan is designed to help you reflect on the previous semester(s), and develop a plan for future academic success. We encourage you to be as honest as possible about commitment and dedication to investing in your academic success. We will provide guidance and assist with developing a plan that is realistic and achievable for you.

Section 1: Demographic Information

Last Name: _____ First Name: _____ Student ID #: _____

MSU Email: _____ Preferred Phone #: _____ Major: _____

Academic Advisor: _____ Extended/Regional Campus/Online Student (Yes/No?) _____

Section 2: Probation Agreement

Please initial each item below to show that you have read and that you understand the requirement. I understand the provisions stated below and agree that while on academic probation, I will adhere to the requirements.	
Initial	Requirement
	Enroll and participate in MSU 099 “Learning for Success”. (STUDENTS WHO HAVE PREVIOUSLY COMPLETED THIS COURSE WILL NOT TAKE MSU 099 AGAIN).
	Complete the Academic Recovery Program Orientation workshop and the Midterm Success Blackboard modules.
	Complete the Action Plan and turn in a signed copy to the Office Academic Advising and Retention, 321 Allie Young Hall, during your second Peer Coach appointment. <i>Online and extended campus students can complete and submit this form online by March 1, 2019.</i>
	Meet with assigned Peer Coach at least three (3) times during the semester.
	Weekly documented study hours and/or *tutoring sessions are strongly encouraged. (10 EXTRA CREDIT points will be awarded for each tutoring appointment completed up to 50 points.)
	Progress reports may be required depending upon advisor/ faculty recommendations.
	Earn the minimum cumulative grade point average to reach scholastic standing guidelines
	Acknowledge that academic probation may impact financial aid as students are required to maintain specific academic standards to be compliant with federal financial aid regulations.

Section 3: Reflection

In this section, you will need to answer the questions below honestly and thoughtfully. Why do we need reflection? Reflection gives an opportunity for individuals to understand themselves and to grow as a student. We understand that many situations can be too personal, so you can reflect in a way that makes you feel comfortable to share. This section is truly imperative because you can tell us a little bit about you and your plans.

1. I was motivated to pursue a college degree because...

2. What factors contributed to your academic difficulties; an example would be personal or family stressors, financial problems, etc. Indicate specific examples when writing your reflection.

3. Please articulate your plan for academic success and your semester goals. What strategies/resources (tutoring, Counseling and Health Services, etc.) do you plan to use to help you academically? What obstacles do you foresee this semester, and how do you plan to approach them if they occur?

Section 6: Identifying Barriers

Your Peer Coach will allot time during the appointment for you to complete this section.

Over the past two weeks have you been bothered by any of the following?

- | | |
|---|---|
| <input type="checkbox"/> Feeling nervous, anxious, or on edge | <input type="checkbox"/> Not being able to stop or control worrying |
| <input type="checkbox"/> Worrying too much about different things | <input type="checkbox"/> Trouble relaxing |
| <input type="checkbox"/> Being so restless that it's hard to sit still | <input type="checkbox"/> Becoming easily annoyed or irritable |
| <input type="checkbox"/> Feeling afraid as if something awful might happen | <input type="checkbox"/> Little interest or pleasure in doing things |
| <input type="checkbox"/> Fall behind in reading and class work | <input type="checkbox"/> Trouble falling/ staying asleep/ sleeping too much |
| <input type="checkbox"/> Feeling tired or having little energy | <input type="checkbox"/> Poor appetite or overeating |
| <input type="checkbox"/> Feeling bad about yourself or that you are a failure | <input type="checkbox"/> Trouble concentrating on simple tasks |
| <input type="checkbox"/> Thoughts that you would be better off dead | |

Complete these lists by checking each item that has been an obstacle that has prevented your academic success:

Academic Issues

- | | |
|---|--|
| <input type="checkbox"/> Lack of general study skills | <input type="checkbox"/> Lack of class participation |
| <input type="checkbox"/> Do not follow a study plan | <input type="checkbox"/> Inadequate test preparation |
| <input type="checkbox"/> Do not use a designated study area | <input type="checkbox"/> Test taking or test anxiety issues |
| <input type="checkbox"/> Difficulty understanding textbook readings | <input type="checkbox"/> Study but cannot pass test |
| <input type="checkbox"/> Spend too much time on reading assignments | <input type="checkbox"/> Poor attitude toward class and/or professor |
| <input type="checkbox"/> No preparation before class | <input type="checkbox"/> Did not meet communicate with professor |
| <input type="checkbox"/> Poor in-class note taking skills | <input type="checkbox"/> Other _____ |

Did you use a daily plan or other type of time management tool last semester? Yes No
If yes, were you able to stay organize and use your time effectively using this planner/tool? Yes No

Personal Issue

- | | |
|--|---|
| <input type="checkbox"/> Physical Illness | <input type="checkbox"/> Distracted by family problems at home |
| <input type="checkbox"/> Financial problems | <input type="checkbox"/> Substantial family commitments |
| <input type="checkbox"/> Dating or other relationship problems | <input type="checkbox"/> Use of alcohol or other substance abuse |
| <input type="checkbox"/> Housing, roommate issues | <input type="checkbox"/> Feel stressed and overwhelmed much of the time |
| <input type="checkbox"/> Cannot make friends | <input type="checkbox"/> Cannot find meaning for anything |
| <input type="checkbox"/> Homesickness | <input type="checkbox"/> Feel "blue" much of the time |
| <input type="checkbox"/> Problems sleeping or lack of sleep | <input type="checkbox"/> Racial or other diversity issues |

Academic Support Resources: List resources you used last semester such as: professors, tutoring, counseling, etc.

Section 7: The Peer Coach and You

Section 7 will be the outline for your first Peer Coach Appointment; your Peer Coach will complete Section 7. You will need to have sections 1-5 completed before your second appointment with your Peer Coach. Failure to have a completed Action Plan will result in an incompleteness of a major Academic Recovery Program requirement.

1. How have the first weeks of classes gone for you? Do you feel prepared for your classes? Do you have all of your required materials? Have you printed/gone over your syllabi? Have you had any exams/quizzes? If so, how well do you feel that you performed? Do you need to drop any course?
2. Do you attend classes on-campus? If so, how often do you miss class? Have you missed any classes since you last met with your Peer Coach? If so, how many in each class? Why? Did you talk with your professor about why you missed? If you are an online student, how often do you check your email and BlackBoard?
3. Are there any classes that you are struggling in? If so, why do you feel that you are struggling? Would you like help scheduling a tutoring appointment for that class?
4. Which class(es) are you doing the best in? What are you doing to be successful in that class? Are there any strategies that you are using in the class that you are doing the best in that you could apply to the class(es) that you are struggling in?
5. Have you complete the Orientation Workshop? This is a required online workshop that can be accessed on Blackboard. Please be aware of the upcoming Midterm Workshop on Blackboard on March 11 – March 29, 2019.
6. Have you met with your academic advisor yet for this semester? If not, we recommend that you make an appointment with your advisor very soon.

Go over Peer Coach Appointment 1 Reminders. Schedule Peer Coach Appointment 2 appropriately.

Peer Coach Signature: _____ Date: _____