Striving for Success: An Online Workshop for Social Ecology Students on Academic Probation

Social Ecology Student Services
Instructions

- Welcome!! Congratulations on taking steps toward academic success
- Print out or open the Supplemental Self-Assessment to do alongside this workshop - http://students.soceco.uci.edu/striving-success
Overview

- What is Academic Probation?
- Factors for Being on Probation
- Making Changes
- Strategies for Success
- Calculating GPA
What is Academic Probation? (AP)

- A way to monitor your progress to make sure you are academically succeeding
- We want to make sure you’re doing well so that you can eventually graduate
- 4 GPAs must be 2.0 or above
  - Cumulative
  - Quarterly
  - School Requirements
  - School and Major Requirements
- If any of these fall below 2.0, you are placed on AP
The Four GPAs
A Breakdown

- Cumulative – your overall GPA. You can find this on your transcript on Student Access
- Quarterly – how you did the preceding quarter. You can find this on your transcript, too. Filter “chronological”
- School GPA – all classes required for your school + major
- Upper Division Major GPA – all upper division courses required for your major, plus SE 194W and the additional UD

If you are confused, come in for an appointment and we will help you figure these out!
What is Preventing Me from Doing Well?

Fill out the Self-Assessment Worksheet

- Lack of academic preparation
- Lack of study skills
- Time management
- Lack of confidence
- Family responsibilities
- Lack of motivation
- Social Distractions/Partying
- Lack of interest in subject
- Procrastination
- Worked too many hours
- Health/illness
- Relationship issues
- Too much facebook, internet, video games, tv
Your Academic Report Card

Fill out the Self-Assessment Worksheet. Check off the things you did last quarter.

- Created a study plan at the beginning of the quarter for each class
- Attended majority of the lectures and discussions
- Went to office hours for clarification
- Did readings before each lecture
- Checked in with professor or TA before each midterm/final/paper to make sure I’m on track
- Created/joined study group
- Reviewed notes before class

Number of check marks: □
7: A
5-6: B
4-3: C
2-1: D
0: F

Your grade: □
The grade you want next quarter: □

Adapted from CSU Chico’s “Back on Track” workshop, 2011
Reasons Why College is Important to me:

- For better employment opportunities
- Because it’s required for the career I want
- To get away from home
- To play sports
- Because my parents are making me
- To make more money
- All my friends are going
- I don’t want to work yet
- I don’t know
- __________________________
- __________________________

Adapted from CSU Chico’s “Back on Track” workshop, 2011
There are a number of resources you can use to get back into good academic standing:

- Learning and Academic Resource Center (www.larc.uci.edu) – tutoring, study strategy & time management workshops, and more
- Counseling Center (www.counseling.uci.edu)
- Career Center (www.career.uci.edu)
- Academic Counselors & Peer Advisors (www.se.uci.edu)
Becoming a Master Student

• **Use a planner.** Make a plan, noting all major projects and assignments and their due dates. Block off time each day to go to class, study, read, write papers, etc. For a 4 unit class, you should be spending about 12 hours/week on that class, in lecture, reading, writing, attending discussion, studying, etc.

• **Go to class!**

• **Do your readings before each class.**
  Take notes about your readings. Highlight areas where you need clarification

• **Keep up with the reading.** The quarter system goes fast, and midterms are right around the corner. Stick with your study plan and give yourself room to catch up if you fall behind

• **Take notes** during class. Mark or highlight places where you need clarification. Re-write or type your notes. Find answers or get clarification before the next class.
How to Manage Your Time Like a Boss

• Use a PLANNER!
  • Find something that works for you – an electronic calendar, or an actual planner
  • At the beginning of the quarter, collect all your syllabi and plug in all assignments and tests
  • Work backwards from there – plug in the time that you think it will take to prepare for those tasks
  • Be specific: Wednesday, January 14\textsuperscript{th}: Read chapters 1-2 from 4-5 PM for C7. Review notes for Psy Beh 101D from 5-5:30 PM
  • Give yourself TIME for each class – 12 hours/week per class
Office Hours 101

Going to office hours is a great way to get help. Professors want you to succeed!

• How You Could Benefit from Office Hours:
  ◦ A way for you to know your professors/Tas on a one-on-one basis. You become more than a face in the crowd
  ◦ Get clarification on an issue or idea

• Things to Ask:
  ◦ That week’s lecture/reading – you might need clarification or have a new idea
  ◦ An upcoming assignment or test – see if you’re on track
  ◦ Grad school and potential careers in the field
  ◦ The faculty’s research interests

Adapted from: Navigating the Research University: A Guide for First Year Students (second edition) by Britt Andreatta (2009)
Calculating your GPA

- To be in good standing, you need a 2.0 in
  - Cumulative GPA
  - Quarterly GPA
  - School and major GPA
  - School requirements GPA

- Each grade is worth points:
  - A    +8   +/- is 1.2 (with the exception of
  - B    +4   A+) so a B+ is 5.2 (4 + 1.2) and a
  - C    0    C- is -1.2 (0 – 1.2)
  - D    -4
  - F    -8

- You want a balance of 0 or a positive number in all areas
Calculating your GPA cont.

- Your cumulative, quarterly, and School/Major GPA are already calculated for you, on your transcript
- On Student Access, under Unofficial Transcript, at the bottom, is a “Balance.” You want that number to be a 0 or positive (e.g. +24 points means you’re in good shape, 1.2 means you’re just above 2.0)
- Your quarterly GPA also has a balance
- Filter “School” at the top and you’ll find your School/Major GPA
Calculating your GPA cont.

To calculate your School GPA, take all the school requirements that you’ve completed and add up the balance – e.g.:

- C7 D- (-5.2)
- SE 10 D (-4)
- SE 13 B+ (+5.2)
- SE 194W D+ (-2.8)

-6.8

So you would have a balance of -6.8. This quarter, you need +6.8 points in school requirements to get that GPA to a 2.0

P9 B (+4)
UD SE B- (+2.8) = 6.8
For questions or help, come in and see a counselor or peer advisor! Bring in your self assessment. Good luck!

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