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

UC Irvine
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](http://students.soceco.uci.edu/striving-success)
Overview

- Myths about Academic Probation
- What is Academic Probation?
- Making Changes
- Strategies for Success
- Calculating GPA
Myths About Academic Probation

- Students on AP simply don’t apply themselves
- Students on AP are not committed to their education
- Students on AP will immediately get kicked out of UCI
- That there are no levels on AP
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 and Major Requirements
  - Upper Division 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!
Calculating your GPA

- Good Standing is 2.0 and above
- Each grade is worth grade points:
  - A: +8
  - B: +4
  - C: 0
  - D: -4
  - F: -8
- You want a balance of 0 or a positive number in all areas.
Calculating your GPA

- **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 **0 or positive**
  - e.g. +24 points means you’re in good shape, 1.2 means you’re just above 2.0
- Quarterly GPA also has a balance
- Filter "school" at the top and you’ll find your **School/Major GPA**
Quiz Question Time!

1. Which is NOT one of the four types of GPA
   a. School GPA
   b. Major GPA
   c. General education GPA
   d. Cumulative GPA
   e. Quarterly GPA

2. To be in good standing you need what GPA
   a. 3.0
   b. 2.5
   c. 2.0
   d. 1.8
   e. 1.5
What Am I Doing Right?

- 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
What is preventing me from doing well?

- 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
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
- ____________________________
- ____________________________
Becoming A Successful Student

Use a Planner

Do your readings before class

GO TO CLASS!

SUCCESSFUL STUDENT

Take Notes, Ask Questions

Keep up with the Readings
How to manage your time like a boss
# Time management (USE A PLANNER)

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-11 am</td>
<td>Read Chpt 3 for SE 10</td>
<td>Read chpt 2 for 101D</td>
<td>Read Chpt 5 for 102</td>
</tr>
<tr>
<td>11-12 pm</td>
<td>LUNCH</td>
<td>LUNCH</td>
<td>LUNCH</td>
</tr>
<tr>
<td>12-1 pm</td>
<td>Psy Beh 102 Class</td>
<td>SE 10 Class</td>
<td>Psy Beh 102 Class</td>
</tr>
<tr>
<td>1-2 pm</td>
<td>Review Notes for 102</td>
<td>SE 10 Class</td>
<td>Review notes for 102</td>
</tr>
</tbody>
</table>

MAKE SURE TO MAKE TIME FOR SLEEP!!!!
Quiz Question Time!

How many hours a week should you give yourself for each class

A. 2 hrs/week per class  
B. 4 hrs/week per class  
C. 6 hrs/week per class  
D. 8 hrs/week per class  
E. 12 hrs/week per class

What are some of the services you can utilize while at UCI

A. Learning and Academic Resource Center  
B. Counseling Center  
C. Career Center  
D. Student Support Services  
E. Social Ecology Student Services  
F. Transfer Student Center  
G. All the Above
Going to office hours is a great way to get help. Professors want you to succeed!

- How You Could Benefit from Office Hours
  - getting to know them one on one
  - clarification on an issue or idea

- Things to ask
  - The weeks readings/lecture
  - Upcoming assignment
  - Research interest
  - Grad School and Potential Careers
Congratulations On Completing This Online Workshop

For questions or help, come in and see a counselor or peer advisor! Bring in your self assessment. Good Luck!

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