



ACADEMIC SUCCESS PLAN FOR STUDENTS PARTICIPATING IN ACADEMIC RECOVERY

You have been chosen to participate in Academic Recovery because you received an Academic Alert or Academic Warning. Your status may seem discouraging, but we are here to partner with you to get your academic progress back on track!

This planning guidance is the first step and is designed as a supportive resource to help you begin to strategize and develop your academic skills, goals, and ultimately result in your academic success.

Please follow these steps, do not delay:

RIGHT NOW

- Choose a success plan partner. You may choose your POE, General advisor, an Academic Coach, or Academic Resource Coordinator in Learning Services. (814-641-3150 or LearningServices@juniata.edu)
- Make an appointment in the first week of classes

BEFORE YOUR MEETING

- Access these resources
 - A talk by Eduardo Briceno on developing a growth mindset: <https://youtu.be/pN34FNbOKXc>
 - An introduction to SMART Goals: <https://www.mindtools.com/pages/article/smart-goals.htm>
- Reflect on your last semester and make plans for the next by completing [this Microsoft form](#). This form will be shared with your advisors and Learning Services.
- Create a draft Academic Success Plan (see next page).

DURING THE SEMESTER

- Meet with your success plan partner to discuss, revise and finalize your Academic Success Plan the first week of classes
- Share your Academic Success Plan and your goals and priorities with both your academic advisors and Learning Services. Discuss how they can help you be effective in carrying out your plan.
- Implement your plan. Check-in frequently with your success plan partner. Make progress. See results.

ACADEMIC SUCCESS PLAN

After completing [the Microsoft form](#), draft your Academic Success Plan. Below is a suggested Framework you can follow and an Example. You may change this format, but you must complete a plan that outlines goals and strategies to help you be successful.

FRAMEWORK

Goals

- What do you want to achieve this semester?
- What do you expect of yourself?

Strategies & Habits

- What concrete actions will you take?
- What is your daily, weekly, monthly plan?

Team & Resources

- Whom will you seek out for support?
- How often will you connect with them?
- What campus resources will you use or explore?
- What role will your family play?

Accountability & Celebration

- How will you determine whether you are on track?
- What will suggest that you are making progress? How will you celebrate?
- What warning signs will suggest that you are in distress? How will you respond?

EXAMPLE

Goals

- ✍ Achieve a B- or better in all classes
- ✍ Build friendships that help me balance school and social success

Strategies & Habits

- ✍ Avoid nights of 4 or less hours of sleep
- ✍ Attend every class meeting for the first 4 weeks
- ✍ Establish a relationship with each prof by attending office hours once weekly for the first 4 weeks
- ✍ Use my planner to track classes, assignments and plan study periods
- ✍ Visit the Writing Center for every paper over 3 pages at least 2 days before the due date

Team & Resources

- ✍ Success Plan partner (every other week)
- ✍ Profs (attend office hours weekly)
- ✍ Accessibility Services
- ✍ Attend Plexus events
- ✍ Call my grandma once a week

Accountability & Celebration

- ✍ Check off completed assignments in my planner
- ✍ Check in on strategies and habits with success plan partner (every other week)
- ✍ Go to State College for dinner if I attend every class meeting and turn in all assignments through Feb 11th

More examples for your Academic Success plan:

Goals:

- Identify a career goal
- Build relationships in my POE department

Strategies & Habits:

- Log into Moodle every day
- No studying in my room
- Turn in all assignments on time
- Go to drop-in tutoring every week
- Wake up every weekday at 7:30am
- Go to Career Development to discuss possible careers before spring break
- Attend department events

Team & Resources

- Math tutor
- Counselor (every other week)
- Kennedy Fitness Center (workout 3x week)
- Coach

Accountability

- Check in with my roommate every day to check that we have both finished work for the next day
- If am late on 2 or more assignments, get a peer mentor
- Be honest with my counselor about my progress