



### Academic Probation Self-Assessment

A student who receives a semester grade point average (GPA) of less than 2.00 or ends a semester with a cumulative GPA below 2.00 will be placed (or will continue) on probation. The student will remain on probation until a semester is completed with both a semester and cumulative GPA at or above 2.00, or until the student is dismissed.

Please complete the assessment and be prepared to discuss the topics with your academic adviser. You **MUST** bring this document to your meeting with your adviser to develop your Academic Recovery Plan.

Name	NUID
Current Major	Changing Major?

**Obstacles:** Please take a moment to reflect on some of the issues that may have impacted your grades and performance over the previous semester. Circle those that apply and please add additional information on the back of the page if needed.

Academic	Major/Career	Personal/Other	Family/Social
Study Skills	Uncertain about my major	Financial/Working too much	Roommate or relationship
Time management	Uncertain about my career path	Health issues	Personal/Family situation
What worked in high school doesn't work anymore	Not sure why I am in school	Alcohol abuse or other substances	Moved away from home/homesick
Difficult classes/not prepared for course level	UNL may not be the place for me	Possible learning disability	Difficulty adjusting to college life
Unable to understand course content		Stress, anxiety, or tension	Hard to make friends/loneliness
Unable to understand professor/conflict with a professor		Over-involved with extra-curricular activities	
Difficulty concentrating		Lack of motivation	
Registered for too many courses			
Did not attend/skipped class			

**Academic and Personal Goals:** Please take a moment to think about the steps you can take to help you be successful.

Why are you attending UNL?

What short term goals have you set for yourself? How will you achieve these goals?

What long term goals have you set for yourself? How will you achieve these goals?

Of the issues you identified on the previous page, can you identify any ways to make changes in your life?

Please describe any other issues:

Questions: Contact First-Year Experience and Transition Programs at 402-472-1880 or at [success@unl.edu](mailto:success@unl.edu).

