



## Sample Academic Recovery Plan Action Items

### Academic Assistance

- Attend Study Stop locations to utilize tutors and study spaces
- Visit one of the resources centers on campus (Math Resource Center, Writing Center, Biology Resource Center, Chemistry Resource Center, etc.)
- Find a tutor through a department or talk with instructor
- Find a professional or peer mentor

### Academic Planning

- Plan schedule for future terms
- Develop graduation timeline
- Take EDPS 209 - Academic Success
- Change Major
- Change Schedule
- Adjust semester hours

### Adviser Meetings

- Meet with Academic Advisors
- Meet with Academic Success Coach (First-Year Experience and Transition Programs)

### Campus Resources

- Learn more about alcohol/drug awareness and/or decrease usage
- Visit University Health Center to learn more about a healthy life balance
- Visit Money Management Center to learn about managing finances
- Visit Counseling And Psychological Services (CAPS)
- Visit Financial Aid to learn about scholarships and financial aid options
- Visit Services for Students with Disabilities (SSD)
- Schedule a meeting with a Research Coach (University Libraries)
- Visit Student Involvement and explore joining a club or organization (build connections to campus)
- Visit with Office of Academic Success and Intercultural Services (OASIS)
- Visit with Student Support Services (SSS) if eligible for services
- Set up a schedule to exercise or play intramurals with Campus Recreation

### Career Development

- Visit Career Services
- Investigate internship opportunities
- Attend Career Fair
- Take Career Assessment through Career Services
- Find a part-time job related to your major

### Grade Discussion

- Meet with professors to discuss progress in current courses

### Life Skills

- Communicate with employer to work less hours
- Living environment changes
- Change social environment/activities
- Manage stress
- Healthy life balance (nutrition, exercise, etc.)

### Learning Strategies

- Utilize a planner
- Create and follow a goal chart
- Utilize learning styles/study techniques – study more, change learning environment, take notes differently, review course materials often

### Professor Meetings

- Meet with Professors

### Workshop

- Attend a Workshop sponsored by the First Year Experience and Transition Programs Office

***Create action items that are personalized and meaningful to the student***