ACADEMIC DISMISSAL WORKSHEET **Student Information** Student Name: _____ID: _____ Advisor: Term: Date: Major/Program: **Identify Challenges and Concerns** I am having difficulty with: (check all that apply) ☐ Lack of motivation/focus ☐ Housing/living ☐ Ineffective study skills ☐ Adjusting to college arrangements ☐ Unclear academic/career goals ☐ Depression, stress or anxiety ☐ Family responsibilities ☐ Learning disability ☐ Work responsibilities ☐ Challenging classes/credit load ☐ Finances ☐ Making friends/loneliness ☐ Physical health concerns Other: ☐ Meeting basic needs (i.e. ☐ Time management access to food, community ☐ Outside distractions (i.e. ☐ Other: gaming, social media, resources, etc.) extra-curricular activities, etc.) **Develop a Plan for Success** My plan for improvement in the next term is: **Connect with Resources** In my plan for improving my academic standing, I will seek assistance in the following areas: ☐ Academic Enrichment & Learning ☐ University-Wide Tutorial Program Rosenkrans East | 570.422.6700 Rosenkrans East | 570.422.6700 Other: Other: ☐ Center for Multicultural Affairs & Inclusive ☐ Office of Accessible Services and Individualized for Students Education Sycamore Suites, Lower Level | 570.422.3954 99 Normal Street | 570.422.3961



☐ Career and Workforce Development University Center, 2nd Floor | 570.422.7952

Zimbar-Liljenstein Hall 100 | 570.422.2800

Other:

Other:

Other:

☐ Financial Aid Office

☐ Wellness Education and Prevention

Sycamore Suites, Lower Level | 570.422.3298 Other:

Develop an Academic Plan

The courses I plan to take in the following term include:

Course and Title Example – ENGL 103: English Composition	Credits	Reason for Taking the Course Example – degree requirement, repeat for a better grade, prerequisite course

My weekly commitments, shown below, include my time in class, studying, working and other responsibilities:

			Weekly	y Planner			
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8 a.m.							
9 a.m.							
10 a.m.							
11 a.m.							
Noon							
1 p.m.							
2 p.m.							
3 p.m.							
4 p.m.							
5 p.m.							
6 p.m.							
7 p.m.							
8 p.m.							
9 p.m.							
Online	<u> </u>	<u> </u>	l		l		

My follow-up advising appointment is scheduled for:
I understand and am committed to the plan I have outline above to better prepare myself for academic success.
Student Signature:
Date:
Additional advisor recommendations or comments:
Advisor Signature:
Auvisor Signature.
Date:
Advisor: Make one copy of the worksheet for the student and one copy to maintain in your advising record.

Student: Submit original worksheet to the Student Enrollment Center by 5 p.m. the second Monday of the term.

EAST STROUDSBURG UNIVERSITY