Academic Plan

By creating my Academic Plan, I will self-assess, reflect, and determine what takes for me to be a successful student at the University of South Carolina.

My Academic Plan Involves:

1) General Academic Advising
2) Academic Planning & Success Strategies
3) Strengths Identification
4) Engagement Planning & Campus Involvement
5) Navigating Campus Resources

My Academic Coaching Appointments will be:

Session 1 Date/Time: _____________________
Session 2 Date/Time: _____________________
Session 3 Date/Time: _____________________

Academic Plan Student Agreement:

☐ I agree to use the strategies I have mapped out in my Academic Plan.
☐ I have a clear understanding of what I need to do to be academically successful at USC.
☐ If I have any questions or need further assistance, I will contact my Academic Success Coach.

Student Signature: __________________________ Date: ____________

Student Printed Name: __________________________ USC ID: ____________

ACADEMIC SUCCESS COACH USE ONLY

Academic Success Coach Signature: __________________________ Date: ____________

Academic Success Coach Printed Name: __________________________

Student Preparation/Response:

☐ Student arrived to appointment on time  ☐ Yes  ☐ No  Time: ________
☐ Completed Academic Plan (pg. 1-5) n prior to appointment  ☐ Yes  ☐ No  ☐ N/A
☐ Brought Self-Assessment scores to appointment  ☐ Yes  ☐ No  ☐ N/A
☐ Student was receptive to strategies /session  ☐ Yes  ☐ No  ☐ Moderate
About Me

Name: ____________________________________________________________

Email: ____________________________________________ Cell #: ___________________________

Year at USC: □ Fr □ So □ Jr □ Sr □ Other _______ Current Major: __________________________

Which of the following do you have? □ Scholarships □ Financial Aid □ Neither □ Both

Have you met with your Academic Advisor in the last six months? □ Yes □ No

Have you changed majors? □ Yes □ No

Are you a transfer student? □ Yes □ No

Are you a veteran? □ Yes □ No

Are you the first person in your immediate family to attend college? □ Yes □ No

Are you living on campus? □ Yes □ No

Difficulties Experience / Concerns: [Check all that apply]

□ Academically Under-prepared □ Documented Learning Disability
□ Alcohol □ Over Involvement in Activities
□ Drugs □ Poor Time Management Skills
□ Changing Major □ Relationship Problems
□ Difficulties with Professors □ Took Too Many Credits Hours
□ Failed to Attend Class □ Transfer Student
□ Family Crisis □ Adult Student
□ Financial Concerns □ Victim of Crime
□ First Generation College Student □ Worked too Many Hours
□ Homesickness □ Other: ____________________

I have used the following resources at the University of South Carolina:
[Check all that apply]

□ Academic Advisor □ Professor’s Office Hours
□ Academic Coaching (ACE) □ Financial Literacy
□ Major Change Advising □ Library
□ Career Center □ Supplemental Instruction (SI)
□ Counseling & Psychiatry □ Tutoring
□ Student Disability Services □ Withdrawal Services
□ Student Health Center □ Writing Center
□ Financial Aid □ Other: ____________________

Student- Complete BEFORE Appointment

Academic Plan
Updated March 2017
**About Me**

It is helpful to reflect on your personal experience as you begin to develop a clear plan for academic success at the University of South Carolina. Please answer the following questions in **DETAIL**.

**I was motivated to pursue a college degree because:**

**How I plan on using my college degree after graduation:**

**Things I find challenging in college include:**

**What has been your best experience as a student at the University of South Carolina?**

**My Study Habits** *(Note: Studying can more than just preparing for a test, i.e. completing homework)*

Generally, I study _________ (hours/minutes) a day. Generally, I study _________ times per week.

What am I doing during this time? __________________________________________________________

*(Homework, Tutoring, SI, Preparing for tests, etc.)*

In the future I plan to study: _________ (hours/minutes) a day and _________ times per week.

What do I plan on doing during this time? _______________________________________________________

*(Homework, Tutoring, SI, Preparing for tests, etc.)*

**Members of my support network** that are available to assist me in becoming a successful student at the University of South Carolina (friends, family members, classmates, employers, professor, staff member, advisor, etc.) include:

**What do you believe to be 2-3 of your current strengths?**

*(If you are unsure, write “unsure”)*
**Self-Assessments**

The Advising Center offers undergraduate students several self-assessments including the Learning and Study Strategies Inventory (LASSI) and StrengthsQuest. Please choose one self-assessment and complete it prior to your appointment.

1. **Complete ONE self-assessment of your choosing from our online inventory:**
   - [www.sc.edu/advising](http://www.sc.edu/advising) and click on “Academic Coaching” and then “Self Assessments”

2. **Print your results and bring them to your Coaching appointment**

Choose 3-4 scores that stood out to you the most and describe why you felt this may be a strength or weakness (if you need help with the scoring, your coach can assist you during your appointment).

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<th>Score or Strength</th>
<th>Description/Reflection</th>
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My Academic History

Think about courses you have taken at USC, another institution, or high school. Which of those did you really enjoy? In which ones did you do well? In which ones could you have improved? What factors contributed to your success, enjoyment or performance? Use this worksheet to highlight three of the courses in each category.

### Courses in Which I Did Well and/or Enjoyed the Most

<table>
<thead>
<tr>
<th>Course</th>
<th>Grade</th>
<th>Factors that contributed to my success and strategies I used in this course that I should use again</th>
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</table>

### Courses in Which I Could Have Improved

<table>
<thead>
<tr>
<th>Course</th>
<th>Grade</th>
<th>Factors that contributed to the lower grade</th>
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### Strategies to Help Me Succeed Moving Forward

<table>
<thead>
<tr>
<th>Strategy</th>
<th>How will it help?</th>
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Academic Advising

All students should become familiar with the Advising process in your department/college. Your Academic Success Coach can help you with this process. Visit http://sc.edu/advising/ for information about advising at USC.

Information about my Academic Advisor

<table>
<thead>
<tr>
<th>Advisor Name:</th>
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<tr>
<td>College/School:</td>
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<td>Office Location:</td>
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<td>Telephone Number:</td>
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<tr>
<td>Email Address:</td>
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<tr>
<td>Date I will meet with my Advisor:</td>
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</tbody>
</table>

☐ Please check here if you are in the process of or are considering changing your major

With your Academic Success Coach, brainstorm some potential questions to ask your Advisor:

•

•

•

Academic Mapping

Fill out the following tables with courses that you plan to take for the next two semesters. The 2nd column will be filled in during your appointment if you are thinking about changing your major or are not able to progress in your current major:

<table>
<thead>
<tr>
<th>Classes</th>
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<tbody>
<tr>
<td>Semester:_________</td>
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<tr>
<td>Current Major: __________________________</td>
</tr>
<tr>
<td>Classes</td>
</tr>
<tr>
<td>Semester:_________</td>
</tr>
<tr>
<td>Current Major: __________________________ Possible Alternative Major: __________________________</td>
</tr>
</tbody>
</table>

*Please note that this is not an official advisement form. You will need to meet with your academic advisor or a major change advisor to be advised for classes. This is just meant to get you thinking about advisement!

Academic Coach use:

☐ Student knows who their academic advisor is and has his/her contact information
☐ Student knows when to register for classes; (if applicable)
☐ Student knows classes required for his/her major (See Academic Bulletin)
☐ Student knows how to access the Academic Bulletin and Degreeworks

Academic Coach Initials ________
## GPA Projections

### Semester GPA Calculator

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
<th>Anticipated Grade</th>
<th>Quality Points</th>
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</table>

Semester GPA Hours: ____________________
Semester Quality Points: ____________________
Semester GPA: ____________________

### Cumulative GPA Calculator

<table>
<thead>
<tr>
<th>USC</th>
<th>cumulative GPA Hours</th>
<th>cumulative GPA Quality Points</th>
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Cumulative USC GPA: ____________________

### Grade Forgiveness (if applicable)

<table>
<thead>
<tr>
<th>Credit hours for 1st attempt in course</th>
<th>____________________</th>
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<tbody>
<tr>
<td>Letter grade earned for 1st attempt in course</td>
<td>____________________</td>
</tr>
<tr>
<td>Letter grade earned for 2nd attempt in course</td>
<td>____________________</td>
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</tbody>
</table>

Projected GPA Adjusted for Grade Forgiveness: ____________________

### Check all that apply:

- [ ] 2.0 USC Cumulative GPA will remove you from Academic Probation
- [ ] ________ USC Cumulative GPA will allow you to continue on Probation and avoid Suspension
- [ ] 2.5 or Higher USC semester GPA will allow you to continue on Probation and avoid Suspension
- [ ] 3.0 Overall Cumulative will allow me to keep the LIFE scholarship (if applicable)
- [ ] ________ GPA is needed for ____________________
Meeting with My Professors Plan

Much of your academic experience in college is focused on the time you spend in class. Students who meet with their professor(s) outside of class (either formally or informally) perform, on average, higher than students who do not.

Complete the following plan with your Academic Success Coach to determine a plan for meeting your professors.
Visit your professor’s webpage to get ideas for questions and to explore his/her interests and background.

<table>
<thead>
<tr>
<th>Course</th>
<th>Professor and Contact Info</th>
<th>Where/When/How to Schedule Meeting</th>
<th>Topics to Discuss/Questions to Ask</th>
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Contact each of your professors this semester to introduce yourself. Try to gain a better understanding of what is required in the class and what you need to do to guarantee your successful completion. Most professors provide their contact information on the first page of the class syllabus.

I will contact my professor(s) by: _____________________________ (date)

ACADEMIC SUCCESS COACH USE ONLY:

- Out-to-Lunch program suggested for: ____________________________ (Professor’s Name here)

*Tickets can be picked up from the Student Success Center (Thomas Cooper Library, Mezzanine Level: 803-777-1000); For more information, visit: [http://sc.edu/success/outtolunch.html](http://sc.edu/success/outtolunch.html)
# My Course Goals

Examine the courses you are taking this semester (or the next one in which you will enroll) and complete this chart.

<table>
<thead>
<tr>
<th>Course</th>
<th>Specific study skills I will need in this class and What I will do to earn the grade I need</th>
<th>Resources on campus to help me succeed in this course</th>
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# My Overall Goals

Part of being successful in college is to set goals for yourself then develop action plans to achieve them. Develop three goals here, including specifics on how you will achieve these and by what date.

<table>
<thead>
<tr>
<th>Goal # 1</th>
<th></th>
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<tbody>
<tr>
<td>How I will achieve this:</td>
<td>Step 1:</td>
</tr>
<tr>
<td></td>
<td>Step 2:</td>
</tr>
<tr>
<td></td>
<td>Step 3:</td>
</tr>
<tr>
<td><strong>Deadline to complete:</strong></td>
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</table>

<table>
<thead>
<tr>
<th>Goal # 2</th>
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<tbody>
<tr>
<td>How I will achieve this:</td>
<td>Step 1:</td>
</tr>
<tr>
<td></td>
<td>Step 2:</td>
</tr>
<tr>
<td></td>
<td>Step 3:</td>
</tr>
<tr>
<td><strong>Deadline to complete:</strong></td>
<td></td>
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</tbody>
</table>
My Next Steps

My Next Appointment is on:

____________________________________ at __________________________ AM/PM with __________________________

Before this appointment I will:

1. __________________________________________________________

2. __________________________________________________________

3. __________________________________________________________

4. __________________________________________________________

I will make an appointment with:

☐ Academic Advisor
   Varies by student
   Visit www.sc.edu/advising to schedule an appointment with your advisor

☐ Career Center
   http://www.sc.edu/career/
   Thomas Cooper Library, 5th Floor
   803-777-7280

☐ Counseling Services
   http://www.sa.sc.edu/chdc/
   Close-Hipp, 5th Floor
   803-777-5223

☐ Psychiatric Services
   https://www.sa.sc.edu/shs/cp/
   Thomson Student Health Center, 3rd Floor
   803-777-5223

☐ Office of the Bursar
   https://sc.edu/bursar/
   516/518 Main Street
   (Between Blossom and Wheat St.)
   803-777-4233

☐ Office of the Registrar
   http://registrar.sc.edu/
   1244 Blossom Street
   803-777-5555

☐ Office of Pre-Professional Advising
   http://sc.edu/oppa/
   Sumwalt College, Room 208
   (Corner of Sumter St. and Greene St.)
   803-777-5581

☐ Office of Student Financial Aid
   http://www.sc.edu/financialaid/
   1714 College Street
   803-777-8134

☐ Student Health Services
   https://www.sa.sc.edu/shs/
   Thomson Student Health Center
   803-777-3175

☐ Student Disability Resource Center
   http://sc.edu/about/offices_and divisions/student_disability_resource_center/index.php
   LeConte College, Room 112A
   (Near Pickens St. and Greene St.)
   803-777-6142

☐ Student Success Center
   http://www.sc.edu/success
   Thomas Cooper Library Mezzanine Level
   803-777-1000
   ☐ Financial Literacy
   ☐ Out to Lunch
   ☐ Peer Writing Consultation
   ☐ Transfer/ Veteran Services
   ☐ Tutoring
   ☐ Supplemental Instruction (SI)

☐ University Advising Center
   http://www.sc.edu/advising
   Close Hipp, Suite 102
   803-777-1222
   ☐ Major Change Advising
   ☐ Academic Success Coaching
   ☐ Withdrawal

☐ USC Connect
   www.sc.edu/usconnect
   Thomas Cooper Library, 1st floor
   803-777-4500

☐ Writing Center
   http://artsandsciences.sc.edu/write/university-writing-center
   James F. Byrnes Building, Room 703
   (Corner of Sumter and College Street)
   803-777-2078