Academic Plan

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

My Academic Plan Involves:
1) Personalized Academic Planning & Strategies
2) Strengths Identification
3) 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: (Check all boxes)
☐ 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 Coach.

Student Signature: ____________________________________________ Date: ______________

Student Printed Name: ____________________________ USC ID: ______________

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

ACADEMIC COACH USE ONLY

Academic Plan certified as complete:

Academic Coach Signature: ____________________________ Date: ______________

Academic Coach Printed Name: ________________________________________________
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
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 Experienced/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 □ Financial Literacy
□ Major Change Advising □ Library
□ Career Center □ Supplemental Instruction (SI)
□ Counseling & Psychiatry □ Tutoring
□ Student Disability Resource Center □ Withdrawal Services
□ Student Health Center □ Writing Center
□ Financial Aid □ Other: ____________________________
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 do 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?

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?
**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.

<table>
<thead>
<tr>
<th>Courses in Which I Did Well and/or Enjoyed the Most</th>
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<tbody>
<tr>
<td>Course</td>
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<table>
<thead>
<tr>
<th>Courses in Which I Could Have Improved</th>
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<tbody>
<tr>
<td>Course</td>
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<table>
<thead>
<tr>
<th>Strategies to Help Me Succeed Moving Forward</th>
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<tbody>
<tr>
<td>Strategy</td>
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**My Current Study Habits (Note: Studying can be more than just preparing for a test, i.e. completing homework)**

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

What am I doing during this time? ____________________________________________

*(Homework, Tutoring, SI, Preparing for tests, etc.)*
Self-assessments help you better understand your strengths and area of improvements. Complete the following before your next appointment and bring either the Index of Learning Style or Learning or Study Strategies Inventory (LASSI) self-assessment.

1. Complete from our online inventory:  
   www.sc.edu/advising and click on “Academic Coaching” and then “Self Assessments”

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

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### Complete DURING Appointment Self-Assessment Results

Choose 3-4 scores that stood out to you the most and describe why you felt this may be a strength or weakness.

<table>
<thead>
<tr>
<th>Score or Strength</th>
<th>Description/Reflection</th>
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Academic Advising

You should become familiar with the Advising process in your department/college. Your Academic Coach can help you with this process. Visit [http://sc.edu/advising/](http://sc.edu/advising/) for information about advising at USC.

<table>
<thead>
<tr>
<th>Information about my Academic Advisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advisor Name:</td>
</tr>
<tr>
<td>College/School:</td>
</tr>
<tr>
<td>Office Location:</td>
</tr>
<tr>
<td>Telephone Number:</td>
</tr>
<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.

Academic Motivation

How committed are you to your current or previous major? (Circle one)

1 2 3 4 5 6 7 8 9 10

- Not at all committed/I’m ready to change majors today.
- Unsure/I need to explore options.
- Completely committed/I don’t want to change majors.

How motivated are you to get good grades (i.e. maintain above a 3.0 Cumulative GPA)?

1 2 3 4 5 6 7 8 9 10

- Not very motivated. I am easily distracted by things other than academics.
- It’s a toss-up. Some weeks I’m motivated, some weeks I’m not.
- I am determined to get good grades. I want to graduate with above a 3.0 and nothing will dissuade me.

How committed are you to getting a degree from the University of South Carolina?

1 2 3 4 5 6 7 8 9 10

- Not at all committed/I will likely transfer.
- Somewhat committed/ So far, so good. But, that could change.
- Completely committed/I only want to graduate from USC.

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
☐ Student was given a major map of their current or intended major

Academic Coach Initial’s: ________
# GPA Projections

Please note this is simply an estimated GPA developed with the student and advisor to assist with degree planning. Some considerations may not have been included in the estimate. A student’s final GPA is calculated by the Registrar’s Office and placed on the transcript.

## 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>

### Cumulative GPA Calculator

<table>
<thead>
<tr>
<th>Cumulative GPA Hours</th>
<th>Cumulative Quality Points</th>
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</thead>
<tbody>
<tr>
<td>USC</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Projected GPA Hours</th>
<th>Projected Quality Points</th>
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</thead>
<tbody>
<tr>
<td>USC</td>
<td></td>
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</table>

### Grade Forgiveness (if applicable)

<table>
<thead>
<tr>
<th>Current Cumulative GPA</th>
<th>Credit hours for 1st attempt in course</th>
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<tbody>
<tr>
<td>USC</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Projected Cumulative GPA</th>
<th>Letter grade earned for 1st attempt in course</th>
</tr>
</thead>
<tbody>
<tr>
<td>USC</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Projected GPA Adjusted for Grade Forgiveness</th>
<th>USC</th>
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<tbody>
<tr>
<td>LIFE/Overall</td>
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</table>

## Check all that apply:

- [x] 2.0 USC Cumulative GPA will remove you from Academic Probation
- [ ] _____ USC Cumulative GPA will allow you to continue on Probation and avoid Suspension
- [x] 2.5 or Higher USC semester GPA will allow you to continue on Probation and avoid Suspension
- [x] 3.0 LIFE/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 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</th>
<th>Schedule Meeting</th>
<th>Topics to Discuss/Questions to Ask</th>
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</thead>
<tbody>
<tr>
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<td>Email</td>
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<td>Phone</td>
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<td></td>
<td></td>
<td>Office Hours</td>
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<td>In Person</td>
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</tbody>
</table>

Contact your professors (Contact information is usually on the course syllabus)

I will contact my professor(s) by: _____________________________ (date)
# 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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</table>

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

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.)*

**My Overall Goals**

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

### Goal # 1: ➡️

<table>
<thead>
<tr>
<th>How I will achieve this:</th>
<th>Step 1:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Step 2:</td>
</tr>
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<td></td>
<td>Step 3:</td>
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</tbody>
</table>

**Deadline to complete:**

### Goal # 2: ➡️

<table>
<thead>
<tr>
<th>How I will achieve this:</th>
<th>Step 1:</th>
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<tbody>
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<td></td>
<td>Step 2:</td>
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<td>Step 3:</td>
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</tbody>
</table>

**Deadline to complete:**
My Next Steps

My Next Appointment is on: ___________________________ with ___________________________

Before this appointment I will:

1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________
4. __________________________________________________________

I will make an appointment with:

☐ Academic Advisor
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 & Psychiatry Services
https://www.sa.sc.edu/shs/cp/
Thomson Building, 2nd – 4th Floors
For Counseling: 803-777-5223
For Psychiatry: 803-777-1833

☐ Office of the Bursar
https://sc.edu/bursar/
1244 Blossom Street
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/
1244 Blossom St., Suite 200
803-777-8134

☐ Student Health Services
https://www.sa.sc.edu/shs/
Center for Health and Well-Being
1409 Devine St.
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 381
803-777-1222

☐ Major Change Advising
☐ Academic Coaching
☐ Undergraduate Studies
☐ 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, RM 703
(Corner of Sumter & College Str.)
803-777-2078

Other Resources: