My Academic Plan Involves
1. Personalized Academic Planning & Strategies
2. Strengths Identification
3. Navigating Campus Resources

My Academic Coaching Appointments will be

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
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<td>2</td>
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<tr>
<td>3</td>
<td></td>
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</tbody>
</table>

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 Preparation/Response
(Complete at time of first appointment)

☐ I arrived to my appointment on time.
☐ I completed Academic Plan (pages 1-5) prior to my appointment.
☐ I brought my Self-Assessment scores to my appointment.
☐ I was receptive to strategies/session.

Student Name Printed ____________________________ USC ID# ________________________
Student Signature __________________________________ Date ________________________

ACADEMIC COACH USE ONLY

Academic Plan certified as complete.
Academic Coach Name Printed ____________________________________________
Academic Coach Signature ________________________________________________ Date ________________________

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University Advising Center
University of South Carolina
advising@sc.edu
803-777-1222
Close Hipp, Suite 381
My Information

Name ___________________________  USC Email ______________________________________

Cell Phone # ________________  Current Major _______  Current Year __________

☐ Freshman  ☐ Sophomore  ☐ Junior  ☐ Senior  ☐ Other

More About You

I currently have:  ☐ Scholarships  ☐ Financial Aid  ☐ Neither

☐ Yes  ☐ No

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

Are you currently working?

☐ 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  ☐ Scholarships  ☐ Professor’s Office Hours

☐ Academic Coaching  ☐ Financial Literacy

☐ Exploratory Advising  ☐ Library

☐ Career Center  ☐ Supplemental Instruction (SI)

☐ Counseling & Psychiatry  ☐ Tutoring

☐ Student Disability Resource Center  ☐ Withdrawal Services

☐ Student Health Center  ☐ Writing Center

☐ Financial Aid  Other ___________________________
Answer the Following Questions in Detail

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.

1. I was motivated to pursue a college degree because...

2. How I plan on using my college degree after graduation...

3. Things I find challenging in college include...

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

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

6. What are 2-3 of your current strengths?
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>1 Courses in Which I Did Well and/or Enjoyed the Most</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course</td>
</tr>
<tr>
<td>--------</td>
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<tr>
<td></td>
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<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>2 Courses in Which I Could Have Improved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course</td>
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<tr>
<td>--------</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>3 Strategies to Help Me Succeed Moving Forward</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strategy</td>
</tr>
<tr>
<td>----------</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>4 My Current Study Habits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Studying can be more than just preparing for a test, for example, completing homework or color-coding notes.</td>
</tr>
<tr>
<td>Generally, I study ________ times per week and ________ hours __________ minutes a day.</td>
</tr>
<tr>
<td>What am I doing during this time? ____________________________________________________________</td>
</tr>
<tr>
<td>HOMEWORK, TUTORING, SI, PREPARING FOR TESTS, ETC.</td>
</tr>
</tbody>
</table>

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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 and Study Strategies Inventory (LASSI).

### Complete our Online Inventory

1. Visit [sc.edu/advising](http://sc.edu/advising) and click on “Academic Coaching” and then “Self Assessments”
2. Print your results and bring them to your Coaching appointment.

### Complete with Advisor

2. Choose 3-4 scores that stood out to you the most and describe why you felt this may be a strength or weakness. (Complete at time of first appointment)

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

The remainder of this packet is to be completed during your advising appointment with your academic advisor.
You should become familiar with the Advising process in your department/college. Your Academic Coach can help you with this process. Visit sc.edu/advising for information about advising at USC.

1 Information about my Academic Advisor

Advisor Name ____________________________________________
College/School ___________________________________________
Office Location ___________________________________________
Telephone Number _________________________________________
Email Address ____________________________________________

Date I will meet with my Advisor ___________________________

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

2 Academic Motivation

1 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.

2 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.

3 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 ONLY

☐ 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 _______
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.

### 1 Semester GPA Calculator

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

Semester GPA Hours | Semester Quality Points | Semester GPA

### 2 Cumulative GPA Calculator

<table>
<thead>
<tr>
<th>Current</th>
<th>Projected</th>
</tr>
</thead>
<tbody>
<tr>
<td>USC</td>
<td></td>
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<tr>
<td>LIFE/Overall (Including Transfer)</td>
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</tbody>
</table>

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

### 3 Grade Forgiveness (if applicable)

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
<th>Letter grade 1st Attempt</th>
<th>Letter grade 2nd Attempt</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

Projected GPA Adjusted for Grade Forgiveness

- USC
- LIFE/Overall

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**ACADEMIC COACH USE ONLY**

- [ ] 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 LIFE/Overall Cumulative will allow me to keep the LIFE scholarship (if applicable).
- [ ] _____ GPA is needed for ________________________________.
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.

### 1. Plan a Meeting with My Professors

<table>
<thead>
<tr>
<th>Course</th>
<th>Professor</th>
<th>Schedule Meeting</th>
<th>Topics to Discuss/Questions to Ask</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>□ Email □ Phone □ Office Hours □ In Person</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>□ Email □ Phone □ Office Hours □ In Person</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>□ Email □ Phone □ Office Hours □ In Person</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>□ Email □ Phone □ Office Hours □ In Person</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>□ Email □ Phone □ Office Hours □ In Person</td>
<td></td>
</tr>
</tbody>
</table>

### 2. Contact your Professors

(Contact information is usually on the course syllabus)

I will contact my professor(s) by ____________________________

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### 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>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
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<tr>
<td>2</td>
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<td>5</td>
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<tr>
<td>6</td>
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</tr>
</tbody>
</table>

### My Future Study Habits

Studying can be more than just preparing for a test, for example, completing homework or color-coding notes.

In the future I plan to study ________ times per week and ________  □ hours □ minutes a day.

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.

<table>
<thead>
<tr>
<th>Goal</th>
<th>How will I achieve this goal?</th>
<th>Deadline to Complete</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
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<tr>
<td>2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
My Next Appointment

My Next Appointment is on ____________________________ with ____________________________

Before this appointment I will

1. __________________________________________________
2. __________________________________________________
3. __________________________________________________
4. __________________________________________________
5. __________________________________________________

I will make an appointment with...
(Health all that apply)

☐ Academic Advisor
   To schedule an appointment with your advisor visit
   sc.edu/advising

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

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

☐ Office of the Bursar
   sc.edu/bursar
   1244 Blossom Street
   803-777-4233

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

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

☐ Office of Student Financial Aid
   sc.edu/financialaid
   1244 Blossom St., Suite 200
   803-777-8134

☐ Student Health Services
   sa.sc.edu/shs
   Center for Health and Well-Being
   1409 Devine St.
   803-777-3175

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

☐ University Advising Center
   sc.edu/advising
   Close-Hipp, Suite 381
   803-777-1222
   Academic Coaching
   Exploratory Advising
   Undergraduate Studies
   Withdrawal

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

☐ Writing Center
   artsandsciences.sc.edu/write/university-writing-center
   James F. Byrnes Building, RM 703
   (Corner of Sumter & College Str.)
   803-777-2078

sc.edu/advising/ace