

# HELP, I'M FAILING AND I CAN'T GET UP

*And other tales of academic distress*

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# Who We Are:

## Arkansas State University

- Located in Jonesboro, Arkansas
- Awards degrees through the doctorate
- 10,364 students
- 1783 freshmen this past fall
- Average Retention Rate is 68.6%
- Average ACT score 21.4 for Fall 2007
- 46.7% of first-year, first-semester students needed remediation in at least one area
- Average Six-Year Graduation Rate is 39.6%

# What Are We Doing?

- Advising Center for undecided students
- First-year residence halls
- Mandatory 3-credit hour first-year course
  - Undecided, discipline and sections for developmental students
  - Core content includes ASU policies and procedures, time management, library and research, problem solving

# What are We Doing?

- Right Start Program for developmental students
- Early Warning
- Structured Learning Assistance
- College Choices
  - One-hour credit course for first-year students on probation after one semester

And when none of that works  
and students are failing and  
can't get up.....

**RESTART**

# ACADEMIC STANDING @ ASU

- Good Standing
- Academic Probation
- Academic Suspension
  - 1<sup>st</sup> Suspension
  - 2<sup>nd</sup> suspension
  - 3<sup>rd</sup> Suspension

**NOTE: All students not in good standing are restricted to 12 semester hours**

# STUDENT CHARACTERISTICS

- Have loosely defined goals
- Lack adequate study behaviors
- Demonstrate lack of preparation and motivation
- Have poor coping skills
- Are good negotiators
- Want experiences with meaning
- Come from diverse backgrounds (see next slide)

N = 2235

# RESTART

## DEMOGRAPHIC PROFILE N=2235

	Restart	Percentage	ASU (6 year average)
BLACK	754	33.7%	16.1%
WHITE	1380	61.7%	77.3%
FEMALE	977	43.7%	60.1%
MALE	1258	56.3%	39.9%
OTHER Tests	414	18.5%	
ACT 0-18	871	39.0%	21.2
ACT 19-23	723	32.0%	21.2
ACT 24-36	277	10.2%	21.2
No HS GPA	580	26%	3.13
< 2.50	565	25.3%	3.13
2.5-2.99	546	24.4%	3.13
3.00-4.00	544	24.3%	3.13



# RESTART@STATE PROGRAM

- Began Fall 2000
- Conditional enrollment into a one-credit, graded course along with other program requirements
- Open to all First-time suspended students
- Enrollment Process:
  - 1) completes application
  - 2) registers for classes with WAC advisor
  - 3) sits through an 90 minute workshop
  - 4) signs a “Good Faith” contract

# PROGRAM FOUNDATION

Based in part on:

- *Choice Theory* – William Glasser
- *Emotional Intelligence* – David Goleman
- *On Course* – Skip Downing

# THE APPLICATION

Restart@State Program Application/ Semester: \_\_\_\_\_

Cover Sheet - Page 1

NAME: (LAST NAME, FIRST NAME, MIDDLE INITIAL)	ADDRESS:
CAMPUS I.D. #:	PH: ( ) ALT PH: ( )
CURRENT MAJOR:	ADVISOR NAME:
ASU STUDENT EMAIL:	@SMAIL.ASTATE.EDU

To help students be successful following an academic suspension, the Restart@state Program encourages students to give thoughtful consideration to their future academic plans. For this reason, a completed application packet is required prior to enrollment in the Restart@state Program. Once a completed application is accepted, students will be registered for classes by a Wilson Advising Center Advisor and then signed up for a mandatory, pre-semester Student Success Restart Workshop. The Workshop, which lasts approximately two hours, outlines all rules, regulations, and requirements for enrollment into the Restart@State Program. Attendance at the assigned Student Success Restart Workshop is mandatory and failure to attend will result in the student's schedule being dropped. The application process must be successfully completed prior to the start of classes.

## **Checklist for Application: Complete all steps, in order, before turning in application**

Please refer to page three of this application for detailed instructions before proceeding.

- |   |  |
|---|--|
| <input type="checkbox"/> <b>STEP ONE:</b> Ensure Ability to Register    | <input type="checkbox"/> <b>STEP FOUR:</b> Create a Statement of Personal Responsibility |
| <input type="checkbox"/> <b>STEP TWO:</b> Determine Cost                | <input type="checkbox"/> <b>STEP FIVE:</b> Complete Steps with Advising Center           |
| <input type="checkbox"/> <b>STEP THREE:</b> Assure Ability to Meet Cost |  |

I certify that the information included in this application is correct. I understand that without all necessary documentation and signatures listed above, I will not be allowed to register or enroll in a Student Success Restart Workshop, and therefore, not able to attend ASU for the upcoming semester. I realize that if I fail to attend the mandatory pre-semester Student Success Restart Workshop, all of my courses will be dropped. I realize that no enrollment will be permitted once ASU courses have started.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

- |   |
|---|
| <input type="checkbox"/> APPLICATION: Accepted by: _____ (Initialed) _____ (Date) <b>NOTE: REGISTER &amp; PLACE HOLD</b><br>WORKSHOP: _____ (Date) & _____ (Time) |
| <input type="checkbox"/> WORKSHOP : ( ) Completed ( ) No Show ( ) Rescheduled: _____ (Date) _____ (Time)  |
| <input type="checkbox"/> APPLICATION PROCESS COMPLETE: _____ (Date)   |

Wilson Center for Academic Advising & Learning Assistance (870) 972-3001/PO Box 2590/State University AR/72467

SP08



**Complete all steps, in order, before turning in application to the Wilson Advising Center** **STEP ONE: Ensure Ability to Register:**

**Confirm Suspension.** Check your transcript and confirm with your advisor or the Wilson Advising Center that this is a first academic suspension.

**Remove all holds from your student account.** Note: Wilson Advising Center will clear Developmental, High School Core, and Suspension holds upon acceptance of completed application. Clear all other holds.

**Academic Advising:** See your academic advisor for appropriate course selections for the semester (ensure your advising pin has been set). Your advisor MUST sign the form prior to completing the remaining steps. With assistance from your academic advisor, create a realistic schedule this semester based on your prior course selections (taking the greatest possible advantage of ASU's grade recomputation policy) and considering your current outside influences (ex: work schedule, family needs, day care, financial burdens). Please verify all proposed courses are still available for enrollment.

 **STEP TWO: Determine Cost:**

**Textbook & Course Supplies Costs:** Use your proposed course schedule (that you and your advisor have created on page two) to estimate the cost for each of the textbooks and all supplies you will need for each course. You will need to approximate the cost if a textbook has not been adopted yet. This information may be found online.

**Tuition, Fees, Room and Board Costs:** Use your proposed course schedule to estimate the cost of enrollment this semester. Record the approximate cost of tuition and fees associated with each of the courses listed on page two. Add room and board if appropriate. You can find tuition/fees information listed on the ASU website under "Tuition." Note: There is a \$100.00 fee for Restart. Direct any questions to Student Accounts at 972-2285.

 **STEP THREE: Ensure Ability to Meet Cost:**

**See a Financial Aid Advisor in the Office of Financial Aid regarding your financial aid status.** A financial aid advisor (from the Office of Financial Aid) will need to sign the bottom of page 2 prior to meeting with the student accounts office.

**See a Student Accounts Advisor in the Office of Student Accounts.** When all costs are accurately recorded, and you have visited with Financial Aid, you are ready to meet with an account advisor in the office of Student Accounts. NOTE: the application will not be accepted without the appropriate signature (located on the bottom of page 2) from the office of Student Accounts.

 **STEP FOUR: Create Statement of Personal Responsibility:** Attach a letter addressing the following issues: 1) Identify what kept you from academic success for at least the past two semesters 2) What you plan to do to be more successful academically than you have in the past and 3) Why you want to return to ASU this semester. Properly format a professional letter (typed, one inch margins, 12 pt font, double-spaced, no less than three paragraphs and no more than one page, address to Restart Coordinator, & sign). **STEP FIVE: Complete Steps with Advising Center:**

**Turn in Application.** Turn in completed application (with all signatures) to an advisor at the Wilson Advising Center to have your completed schedule entered into the system and receive your date for the next available Student Success Restart Workshop. A completed application consists of the following three pages: 1) Page One of this Application 2) Page Two of this Application 3) The typed "Statement of Personal Responsibility."

**Attend Student Success Restart Workshop.** Failure to attend the appointed workshop will result in the student's schedule being dropped.

# THE CONTRACT

## Restart@State Program Agreement

Semester: \_\_\_\_\_

Wilson Advising Center/(870) 972-3001/PO Box 2580/State University AR72467

Name:	ID#:	Advisor: Department:
Address:	Hm Ph: Cell Ph: Wk Ph:	ASU student email:  @smail.astate.edu

\_\_\_\_\_ I will successfully complete the Restart@state Program by fulfilling all program requirements as outlined on the Restart Syllabus. I understand there is a **Restart Program Fee** that will be added to my student account.

\_\_\_\_\_ I will enroll in and successfully complete the Restart Seminar and any course(s) that the Wilson Advising Center or my academic advisor request that I take for this semester to foster my academic success (*Noted Below*).  
NOTE: \_\_\_\_\_

\_\_\_\_\_ I will attend and/or complete any other intervention services deemed necessary by the Wilson Advising Center. I am aware that my contract may be amended during the semester and additional services required.  
NOTE: \_\_\_\_\_

\_\_\_\_\_ I will enroll in at least **6** but no more than **12** semester hours of ASU coursework.  
Note: *Courses must be ASU-Jonesboro courses only. Other coursework (such as correspondence/independent study) will not be accepted during this enrollment period.*

\_\_\_\_\_ I will maintain at least a 2.0 semester grade point average for this academic term.

\_\_\_\_\_ I will adhere to the freshman/sophomore level class attendance policy (as defined in the current Undergraduate Bulletin), for all of my courses this term regardless of classification. Should a specific course syllabus be more stringent, I agree to follow its attendance guidelines.

\_\_\_\_\_ I understand that if I exceed the maximum number of absences in *any* course, including the Restart Seminar, I may be **Administratively Withdrawn** from the University. If I am administratively withdrawn, I must follow suspension guidelines as outlined in the most recent ASU Undergraduate Bulletin.

I understand that in order to continue my enrollment at Arkansas State University I must follow through on the conditions of this agreement as initiated above. I am fully aware of the terms of my re-enrollment and realize failure to meet the requirements of this agreement will result in my academic suspension from ASU at the close of this term or result in an administrative withdrawal from this semester. I realize that I am financially responsible for the Restart Seminar as well as all other courses that have been added to my course schedule for this term. If I am withdrawn for this semester for noncompliance of this Restart Agreement, I must uphold my financial obligation for the semester. I understand participation in this program does not ensure reinstatement of financial aid.

I am aware that my academic suspension status will not be lifted until I successfully complete each condition listed above. I will act in good faith and make a commendable effort to attend all classes and successfully complete all courses and contract requirements. If I find that I am unable to successfully uphold the terms of this agreement, I will contact the Wilson Advising Center immediately to make the necessary arrangements.

I give permission to the Wilson Advising Center Staff to review my grades and attendance periodically for the purpose of helping me honor the terms of this agreement. I am aware that some of my demographic and performance-measure information will be used to help evaluate and strengthen the effectiveness of the Restart@state Program. I understand that all University correspondence will be through my official ASU student email account as listed above on this form. I am aware that I must check this account a minimum of once a week for information and updates regarding this Program and my conditional enrollment status for this semester.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Wilson Advising Center/Academic Advisor

\_\_\_\_\_  
Date

Add/Permit Restart Seminar       Change Max Hrs       Add RI Hold       Complete

Note:

White - Advisement Services

Canary - Registrar's Office

Pink - Advisor

Gold - Student

**Restart application must be approved and registration completed prior to the first day of enrollment period.** 1A08

# THE SYLLABUS

## Restart Seminar---Spring 2009

**Instructor:** Melissa Jackson; [mjackson@astate.edu](mailto:mjackson@astate.edu)

**Seminar Times:** Section 3: (T) 12:30- 1:45

**Location:** Wilson Advising Center Classroom

**Phone:** (870) 972-3001; Fax: (870) 972-3414

**Course Objective:** To provide the tools necessary for development of appropriate study and life management skills for successful college completion.

**Welcome to the Restart@state Program:** Students, welcome to the Restart Seminar. We believe this semester will be a positive experience for each student involved. In order to help you reach the course objective outlined above, a detailed list of course requirements and policies is provided. Should you have a question about this course or your academics this semester, you are encouraged to visit with your Restart instructor. Best wishes with the outcome of this semester and with your long-term academic goals.

**Course Text:** *Restart Seminar Workbook*; McGregor's Copies Plus, 2020 East Johnson Street, 935-8074

### Course Requirements:

Attendance as outlined in Restart@State Agreement \* Minimum of one confirmed meeting with your academic advisor with signature \* Minimum of one confirmed meeting with your Restart instructor by March 20<sup>th</sup> \* Participation in and completion of all class activities and assignments \* Timely completion and return of mid-term feedback form with instructors' signatures \* Timely completion and return of transcript and degree plan analysis with advisor's signature \* Timely completion of goal and time management plan \*

### Course Policies:

Assignments are accepted on or before the due date \* In the event of an absence, you will be expected to contact your instructor immediately concerning missed assignments \* Students arriving late will not receive weekly check-in points \* Unsatisfactory coursework will be returned to the student for corrections and/or reworking of the entire assignment \* Failure to adhere to attendance policy in all classes or pass the Restart Seminar will affect enrollment for the subsequent semester \* Students exceeding the maximum absences in any or all courses will result in the student's administrative withdrawal for the semester \* Failure to meet any and all Restart@state Program requirements of the Restart Agreement (signed contract) will result in an academic suspension at the close of this term OR result in an administrative withdrawal from the current semester \* Students who withdraw are administratively withdrawn, fail the Restart course, or fail to make a 2.0 semester GPA during the conditional enrollment (Restart) semester, will be placed on a second suspension (a mandatory sit out period will follow) \* NOTE: Students who withdraw or are withdrawn still remain financially responsible for all tuition and fees associated with this semester's enrollment \* Forging of any required signatures will result in failure of assignment, course, and/or referral to disciplinary action \* Appropriate day care arrangements must be made---Children are not allowed in the classroom \* No food or drink allowed in the classroom with the exception of water with a lid \* All cell phones must be turned off during class.

**Note:** If you need course adaptations or accommodations due to a disability, if you have emergency medical information to share, or if you need special arrangements, please notify the instructor as soon as possible.

### Grading System:

(4) Module Inventories	25 pts each	100 pts	A	1,000 – 900
Weekly Goal Check-In	10 @ 50 pts each	500 pts	B	899 – 800
Weekly Time Chart		100 pts	C	799 – 700
Mid-term Feedback Form/Instructors' signatures & Restart Mtg		100 pts	D	699 – 600
Completed Degree Plan Analysis/Advisor signature		<u>200 pts</u>	F	599 – 0
TOTAL		1,000 pts		

NOTE: Last day to drop a class or withdraw from the university is **Wednesday, April 15<sup>th</sup>**, by 5:00 PM. You are allowed to drop courses this semester, however, you must meet with your Restart Instructor prior to dropping the course to discuss the appropriateness of this decision and have the Restart Hold temporarily waived, enabling you access to drop a course via the web.

# WHAT WORKS

- Base model on a strong objective or theory
- Train individuals (continually) on theory
- Staying focused, positive and not punitive
- Dialogue is more important than exercises
- Remember that it is a program not a course
- Course scheduling is critical (see research on persistence)
- Activities that work (handouts)



# LESSONS LEARNED

## **It's not for the squeamish**

- Do not equate course/program with retention data. Choose wisely regarding what you consider success completion.
- Design screening process for applicants
- Use trained individuals to teach the course
- Program must be recursive and reflective
- Avoid the “Kitchen Sink” mentality
- Give heavy consideration to class schedule
- Have the full support of administration
- Get comfortable with quiet moments

# PERSISTENCE CHART

	FA 00	SP 01	FA 01	SP 02	FA 02	SP 03	FA 04	SP 05	FA 05	SP 06	FA 06	SP 07	FA 07
<b>*Withdrew (WD)</b>	23	22	28	18	15	17	24	16	20	4	7	2	6
<b>*Administrative (WD)</b>									6	28	27	33	18
<b>Academic Suspension (AS)</b>	54	69	62	40	58	56	39	60	42	34	27	39	26
<b>Academic Probation (AP)</b>	49	37	48	31	41	36	34	35	56	45	42	27	51
<b>Cumulative GPA over 2.0-Good Standing (GS)</b>	18	37	38	35	35	23	29	55	39	32	28	23	24
<b>TOTAL</b>	145	168	176	125	149	132	126	164	163	143	131	124	125
<b>Completed Semester</b>	122	146	148	107	135	115	102	136	137	111	97	89	101
<b>Successful Completion</b>	67	77	86	67	76	61	63	90	95	77	70	50	75
<b>% Successful Completion</b>	55	53	58	63	56	53	62	66	69	69	72	56	75

***6 Year Graduation Rate 35% - Lit Review Suggests 20% average***

# SUMMARY

- Regression analysis showed that the number of hours a student had earned at the beginning of RESTART was the primary variable that gave an indication of how academically successful a student might be
- In other words, the fewer hours a student had earned at the time of beginning RESTART the less likely the student would go on to graduate.

# QUESTIONS



# For More Information...

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**870-972-2080**

**-or-**

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**870-972-3001**