

Academic Probation/Dismissal Self-Assessment

You are currently on Academic Probation because your cumulative GPA has dropped below the minimum 2.0 required.

Complete this assessment and be prepared to discuss the topics below with your academic adviser. You **MUST** bring this document to your meeting with your adviser.

Name	NU ID
Current major	Changing major?
Phone number	Email
Semester GPA (on WAM)	Cumulative GPA (on WAM)

Academic and Personal Goals

Why are you attending UNL?

What short term goals have you set for yourself? How will you achieve these goals?

What long term goals have you set for yourself? How will you achieve these goals?

Obstacles

What obstacles have impacted your grades? Please explain in detail the three most significant obstacles that have affected your performance (common obstacles are listed below).

Academic	Major/Career	Personal/Other	Family/Social
Underdeveloped study skills Difficulty with time management skills What worked in high school does not work anymore Difficult classes/not prepared for course level Unable to understand course content/relevance Unable to understand professor/conflict with professor Hard to concentrate/daydreaming Registered for too many courses Did not attend/skipped class	Uncertain about major Changed major one or more times No clear career goals Not sure why I am in school UNL may not be the place for me	Financial difficulties/Working too much Health Problems Use or abuse of alcohol or other substances Possible learning disability Difficulty sleeping at night Pressure, stress, anxiety or tension Over-involved with extracurricular activities Lack of motivation/Hard to get out of bed in the morning	Roommate or relationship issues Personal/family situation Moved away from home/homesick Difficulty adjusting to college life Hard to make friends/loneliness

Obstacle	How is it impacting you?	How can you lessen or eliminate it?
1.		
2.		
3.		

Academic Plan

Students on academic probation often need to retake courses from a previous semester or make adjustments to their class schedule for the current semester. Repeating C-'s, D's and F's is the fastest way to improve your GPA. However, you should discuss with your academic adviser whether repeating courses is the best path for your situation.

Please complete the chart below to assist you and your adviser in evaluating your current class schedule.

Previous Semester Courses	Grade	Would you repeat this course? If not, why?

Planned Fall/Summer Semester Courses