



# Pre-Advisement Probation Worksheet

**What is Academic Probation?** Undergraduates are placed on academic probation at the end of fall or spring semester. To be placed on probation a student's cumulative GPA is below 2.0.

**There are several factors that contribute to a lack of academic success.** To help us determine which factors affected you in past semesters, please complete this worksheet and bring it to your probation advisement appointment. Your probation hold will not be removed until you meet with your academic advisor. You will not be allowed to attend a probation appointment without first completing this form. During you meeting you will discuss these factors with your advisors and may be referred to additional support services.

**Please mark an "X" next to any of the following areas that may have made your academic success difficult.**

## Study Skills

- Poor study skills
- Hard classes
- Poor high school preparation
- Difficulty managing time
- Unhappy with teaching skills of instructor
- Unable to understand course materials
- Too heavy a course load
- Poor performance on test

## Family/Social Adjustment

- Adjustment to America
- Adjustment to UNM
- Separation from friends, family, home
- Housing, roommate issues
- Home or family problems
- Trouble making friends
- Loneliness, lack of emotional control

## Personal Issues

- Possible learning disability
- Can't find meaning for anything
- Lack of motivation
- Financial Difficulties
- Balancing school with work and/or family
- Physical illness, health problems, injury
- Use of alcohol or other substance abuse
- Pressure, stress, tension, anxiety
- Conflict with social obligations/activities
- Too much time doing outside activities
- Too many hours working

## Academic/Major/Career Issues

- Undecided about a major
- No clear plans or career goals
- Unsure of interests, skills, & abilities
- Having trouble adjusting after academic hiatus
- Missed/skipped classes
- Trouble keeping up with homework
- Good intention but poor follow-through

## other [please list]

- \_\_\_\_\_
- \_\_\_\_\_

In which areas below do you think you need assistance? Select all that are appropriate.

- |                                             |                                                  |                                                           |
|---------------------------------------------|--------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Study skills       | <input type="checkbox"/> Math skills             | <input type="checkbox"/> Writing skills                   |
| <input type="checkbox"/> Test-taking skills | <input type="checkbox"/> Career Goals            | <input type="checkbox"/> Time Management                  |
| <input type="checkbox"/> Stress Management  | <input type="checkbox"/> Overcoming test anxiety | <input type="checkbox"/> Dealing with chemical dependency |

What plans to do you have to improve your academic standing?

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