

Plan for Success

UWL – Academic Advising for Probationary Students

Name _____ UWL ID _____ Date _____

Phone number _____ UWL Student Email _____

Class standing FR SO JR SR Post-bachelor/2nd Degree ESL (special non-degree)

Last semester GPA _____ UWL cumulative GPA _____

Last semester credits _____ Total college credits _____

What are your academic concerns? (Use the following to discuss and record the student's most important concerns.)

- Math difficulties
- Writing difficulties
- Not sure of my major
- Frequently don't attend class
- Difficulty taking lecture notes
- Don't have textbooks or got them late
- Test anxiety
- Not sure how to study
- Can't remember what I read/study
- Spend time studying, still don't do well
- Difficulty concentrating/staying on-task

What are your personal concerns? (Discuss and record key concerns. Are there any other concerns?)

- Family concerns
- Health issues or addictions
- Heavy work/employment schedule
- Just not motivated for some reason
- Don't really want to be here/homesick
- Financial concerns/problems
- Having too much fun
- Relationship/friend issues
- Poor time management/procrastination
- Roommate/living situation not working out

My strategies to do better this semester:

1. Meet with each of my instructors at least once during their office hours within the first two weeks of the semester.
2. Keep my scheduled advising appointments with my advisor. Contact my advisor for help or if something changes.
3. Go to the Academic Advising Center and meet with an advisor during the first two weeks of classes.
4. Consider meeting with the Assistant to the Dean for your college _____, career or other counselor _____, as well as key tutors _____.
5. _____
6. _____

My Plan for Academic Success

My schedule for: Fall Winter Spring Summer

Courses	Credits	Realistic grade goals

Total Credits:

UWL, Surround Yourself with Support!

See a list of support services below. At UWL, we want you to be successful in every aspect of your life. Please review the following list and seek out services that will increase your success. This list is compiled from the UWL [Student Success website](#).

Academic Advising

For concerns about advising that are not addressed in the following list, a broader perspective on advising is offered [here](#)!

Tutoring schedule

Use this [handy tool](#) to find out when subjects you're interested in offer tutoring help. Use the checkboxes to select your subjects and pick a day to find a time that works for you.

Murphy Learning Center (MLC)

All UW-La Crosse students can receive free tutoring services in a variety of courses, as well as utilize the Writing Center and the Public Speaking Center at the MLC. In addition to on-site tutoring they can also direct you to tutoring offered by other campus departments.

Office of Multicultural Student Services (OMSS)

The OMSS peer tutoring program provides free course specific tutoring to multicultural UWL undergraduate students upon request.

Student Support Services (SSS)

SSS provides personal, academic and career support services to low income and first generation college students, as well as students with disabilities.

ACCESS Center

The ACCESS Center collaborates with students with disabilities to identify, reduce, or eliminate barriers to obtaining education within the most integrated settings possible. Offers workshops and individual sessions on academic skills such as note taking, textbook study, test preparation, managing test anxiety, and test taking skills.

Career Services

Eagle Opportunities: Internship & Employment, Determine Career Goals, Resumes, Cover Letters & Interviewing

English as a Second Language (ESL) Institute

Endeavors to help students develop the necessary academic skills, English language skills, and cross-cultural competence to be successful in a university setting.

Report a Concern (where to begin)

- Hate, bias, or (in)Civility
- Sexual assault or harassment
- Report a person of concern (CARE)

Violence Prevention

Student Life: Violence Prevention is here to assist you with advocacy, information, and support, so that you can make informed choices about the options available to you in situations such as, sexual assault, stalking, violence or abuse in a relationship. Services are free, confidential, and available to all UWL students, faculty, and/or staff members.

Student Health Center

Located on the UWL campus (across from Whitney Center) and is open to UWL students and supported by your student fees, making the services available to you a no or low cost.

Counseling and Testing Center

Caring, compassionate, and confidential. On campus counseling services available to UWL students free of charge.

Wellness Resource Center

Empowers students and staff by providing them with the knowledge and tools necessary to lead a healthy, balanced lifestyle.

MyOrgs

Want to get involved? Check out all of the recognized UWL student organizations on MyOrgs, the online student organization hub.

Residence Life and RHAC

Residence Hall Association Council, or R.H.A.C., is a student run organization that serves residents by advocating for their best interests and concerns.

Student Association

Student Association is the student governing body at UWL. Become involved with Student Association and let your voice be heard.

First-Year Experience

Student Life Office: First -Year Experience assists all new students and their families as they transition into college and continue to be successful students.

Diversity Resources

Resources and services provided for UWL students who identify as First Generation, Returning Adult, Veterans, Racial & Ethnic Minority, International, LGBTIQQA

Financial Information

Financial Aid, Student Bill & Cashier's Office, TowerOne Card, It Makes Cents

Transfer and Veteran Student Coordinator

Academic advisement to new student veteran and transfer students on campus.