

## Academic Warning

Maintaining adequate progress for a degree is defined by meeting a 2.00 cumulative GPA (CGPA). Students who do not maintain a 2.00 CGPA move into a status of Academic Warning. While on Academic Warning you will have a hold placed on the registration of subsequent semesters and must meet with an academic adviser to remove this Academic Warning Hold. All notifications concerning the hold will be sent to your campus email address.

## Academic Suspension and Dismissal

**SUSPENSION:** You will be academically suspended from the University if you earn less than a 2.00 semester grade-point average while on Academic Warning. Academic Suspension prevents enrollment at PSU for two semesters.

**DISMISSAL:** If you have been placed on academic suspension two times and fail to achieve at least a 2.00 semester GPA you will be academically dismissed. After a period of four calendar years, academically dismissed students may seek re-enrollment to the University by requesting academic renewal.

## Meeting with Your Adviser to Release Your Academic Warning Hold

Academic Warning is not a punishment or the end of your academic career. The hold is a notification that it is time to seek help in taking an active approach to improve your academics. During the required meeting with your adviser, you may be asked to:

- Reflect on challenges that led to warning
- Discuss campus resources
- Plan a balanced schedule
- Understand GPA, grades, and policies
- Develop a plan for success
- Schedule follow-up meeting(s)

## Making the Most of Campus Resources

On page 2 of this plan, you'll find a brief Self-reflection Assessment and Action Plan worksheet. Please complete the worksheet and bring it to the appointment with your adviser. As you list goals, please make them as specific and achievable as possible. The offices listed below may be helpful as you begin to define your goals:

<b>Learning Support</b>	Penn State Learning, in 220 Boucke, offers workshops and study groups for many subjects: <a href="https://pennstatelearning.psu.edu/">https://pennstatelearning.psu.edu/</a>
<b>University Librarians</b>	Subject Librarians are available for all subjects. For assistance with Health Sciences, contact: Christina L. Wissinger - <a href="mailto:clw68@psu.edu">clw68@psu.edu</a> or visit the 4th floor of the Paterno Library. For a complete list of University Librarian Subject Guides, visit: <a href="https://libraries.psu.edu/guides/subject">https://libraries.psu.edu/guides/subject</a>
<b>Health Services</b>	Managing health and wellness is essential for success. Please visit the University Health Services website to view information on services provided by their office: <a href="http://studentaffairs.psu.edu/health/">http://studentaffairs.psu.edu/health/</a>
<b>Disability Resources</b>	Student Disability Resources is available to coordinate support services for students with disabilities: <a href="http://equity.psu.edu/student-disability-resources">http://equity.psu.edu/student-disability-resources</a>

For more information on Academic Progress and support, visit: <http://hhd.psu.edu/student-services/academic-progress>

# Self-reflection and Action Plan: Complete and bring to your advising appointment.

If you identify with a topic below, mark the box with an "X":

## Academics – study habits

- Difficulty managing time
- Unsure how to study for college courses
- Unable to understand course content
- Understand material, but have trouble w/exams
- Enrolled in too many courses/credits
- Do not take notes
- Concentration is easily broken
- Do not attend class regularly
- Trouble keeping up w/assigned readings

## Course Content

- Unable to understand course content
- Difficulty writing papers
- Difficulty w/math courses
- Difficulty w/science courses
- Difficulty w/courses in my major
- Uninterested in course topic(s)
- Problem w/instructor(s)

## Motivation

- I am not sure why I am in college
- I feel tired all of the time
- I procrastinate when I have work to do
- I'm only here because of my parents
- I spend too much time on entertainment
- My classes aren't as important as clubs/work
- I find it difficult to feel motivated

## Personal/Social Concerns

- I have health concerns that interfere w/ studies
- I have problems w/my living situation
- I have family responsibilities (parents/children)
- I feel isolated, anxious, tired, depressed
- I've been challenged by leaving my family/home
- I'm not adjusting well to Penn State or the area
- I suffered from a traumatic event
- I have other private, personal concerns

**Do you feel there were conditions out of your control that led to Academic Warning? Please explain:**

**What could you have done differently?**

**List at least three goals for the next semester:**

Goal:	Steps to help you reach goal:
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