

Name _____

Date _____

If you are in Back On Course you have not met Academic Progress Standards for three terms. It is important to carefully re-assess the obstacles and barriers that are continuing to get in your way of successfully achieving Academic Progress Standards and to develop an updated, more robust Success Plan.

Identifying Academic Obstacles and Personal Barriers: Listed below are some of the obstacles and barriers discussed in the previous Keys to Success Workshops. Review your **Success Plan** from the Alert Two Keys to Success Workshop. Which of these obstacles did you identify as getting in your way? Which obstacles continued or came up in the last term when you reached Alert Three? 

	Alert One	Alert Two	Alert Three
Unclear academic or career direction – Lacking a direction makes it difficult to have a clear path			
Difficulty balancing life roles – balancing demanding student role with other demanding life roles such as work, parenting, health			
Time management issues – difficulty in setting aside and utilizing 2-3 hours outside of class for every hour in class, or not yet knowing how to effectively organize time for all responsibilities			
Underutilizing resources/services – biggest barrier in this area is being hesitant to ask for help			
Academically unprepared for the classes you were enrolled in			
Course load concerns - Taking too many or the wrong mix classes			
Other: 			
Other:			

Other:				
Solutions: Listed below are a number of solutions that were identified and discussed in the Keys to Success Workshops. How often and how well did you use these specific solutions to overcome the challenges you faced? Be honest in your self-assessment.				
	Didn't use	Used a bit	Used a lot	Need to use Now
Did an honest self-assessment of skills, and adjusted what I was doing and how I was doing it (example - started my Writing sequence again, so I am more prepared for other classes).				
Readjusted my course load to fit well with the time and energy I have available due to my various responsibilities.				
Had a clear career and academic goal, and consistently worked toward that goal. Broke larger goals into smaller ones.				
Met with my Academic Advisor to develop a realistic term-by-term academic plan.				
Developed relationships with instructors, tutors, classmates.				
Attended all classes on time.				
Managed my time well, setting aside 2-3 hours outside of class for every hour in class.				
Looked for encouragement and assistance from others.				
Engaged inside and outside of classes, and used campus resources regularly.				
Got organized, used a planner, made to-do lists, kept school work in system.				
Showed persistence, and kept on trying even when I was frustrated.				
Noticed my small successes, and celebrated them to build my confidence.				
Determined to succeed, and used all resources at my disposal to help me do that.				
Communicated well with instructors, tutors, advisors, and clearly asked for what I needed.				
Followed through on my commitments.				
Took good care of myself, got enough sleep, ate well, exercised, and used my support systems.				



What **Lane resource(s)** did you use in each term to improve your academic success and ensure you meet Lane's Academic Progress Standards? **Indicate the number of times you used the resource during each term.**



	Alert One	Alert Two	Alert Three	Must use
Academic Advising				
Career and Employment Services				
Computer Labs				
Counseling (Career or Personal)				
Disability Resources				
Financial Aid Advising				
Study Groups				
Tutoring				
Support Services (TRiO, Women's Ctr, Multicultural Ctr, Vet's)				
Other: 				
Other:				

What **classes** did you take in each term that helped you progress and succeed in the current or upcoming term? Indicate the specific classes you took.



	Alert One	Alert Two	Alert Three	Must Use
Learning Community:				
Writing:				
Math:				
College Success				
Effective Learning				
Career and Life Planning				
Other:				
Other:				
Other:				

Now that you have assessed your progress on following the Success Plan you developed in Alert Two, please respond thoughtfully and specifically to the following questions.

1. What did you do in the last term or two that kept you on track to your goals?
2. What didn't work well for keeping you on track (it may be have been things you did, or things you didn't do)?
3. What did you mean to do that you didn't do? What got in your way of doing it?

4. What will you **commit** to doing now?

All of us need a support team to help us stay accountable and support us in carrying through on our goals and plans.

5. Who is on your Support team? Think broadly!
6. Who else would you like to have on your support team?

7. How will you make that happen?

8. What will you ask the members of your support team to do to hold you accountable?