

College of Engineering

Contract for Academic Success

Student Name _____ Student Number _____ Date _____

Part A. EVALUATION

Take a few minutes to think about and determine the barriers or obstacles that contributed to unsuccessfully meeting the College of Engineering academic standards.

What were the areas that made academic success difficult for you? **Put an "X" next to all that apply and circle the "X" for issues that bothered you the most.**

Study Habits

- ☐ Did not know how to study effectively
- ☐ Did not review notes within 24-48 hours
- ☐ Poor time management
- ☐ Did not follow a 40 hour school "work" week schedule
- ☐ Too many absences
- ☐ Suffered from test anxiety
- ☐ Was not organized
- ☐ Procrastinated too much
- ☐ Too heavy a course load
- ☐ Did not keep up with reading text book
- ☐ Poor note taking skills
- ☐ Did not feel prepared enough for the exams
- ☐ Did not seek help from my instructor(s)
- ☐ Only studied alone/not with a study group
- ☐ Unable to understand course materials
- ☐ Last minute studying (3-6 days before exam)
- ☐ Did not buy books for class
- ☐ Did not participate or pay attention in class
- ☐ Did not effectively use time between classes
- ☐ Missed one or more exams or quizzes
- ☐ Studied long and hard and still did not do well
- ☐ Difficulties with spoken/written English
- ☐ Other (explain)

Career/Major Issues

- ☐ Unsure about Engineering/clear career goals
- ☐ In general, unsure of interests, skills, abilities
- ☐ Feeling Engineering courses are too much pressure
- ☐ Other (explain):

Family/Social Adjustment

- ☐ Adjustment to college
- ☐ Housing or roommate issues
- ☐ Home or family obligation problems
- ☐ Trouble making friends
- ☐ Trouble connecting to other engineering students
- ☐ Adjustment to being out-of-state
- ☐ Adjustment to UK (newly transferred student)
- ☐ Too involved in a sorority or fraternity
- ☐ Adjustment to being out of country
- ☐ Adjustment to new culture

Personal Issues

- ☐ Working too much
- ☐ Financial difficulties
- ☐ Physical illness, health problems, injury
- ☐ Use of alcohol or other substance abuse
- ☐ Became frustrated about my performance and gave up
- ☐ Too much time on the computer, phone, Facebook/social-networking/etc.
- ☐ Lack of motivation, boredom
- ☐ Loneliness, lack of emotional control
- ☐ Cannot find meaning in anything
- ☐ Pressure, stress, tension, anxiety
- ☐ Unable to balance work and school
- ☐ Conflicts with social obligations/activities
- ☐ Often did not get enough sleep
- ☐ Unaware of available support services
- ☐ Experiencing difficulties with US Immigration/Govt.

Part C. GOALS & ACTION PLAN

What is your goal for your semester GPA? _____

What SPECIFIC actions and resources (e.g., attend tutoring for X subject, meet with Professor Y during office hours) will you commit to trying this semester to achieve your goal?

To achieve my goal, I commit to using the following solutions this semester (based off of top 3 obstacles):

1. _____

Due date: _____

How will this solution help you (i.e. which obstacle will it confront)? _____

2. _____

Due date: _____

How will this solution help you (i.e. which obstacle will it confront)? _____

3. _____

Due date: _____

How will this solution help you (i.e. which obstacle will it confront)? _____

Part D. ADDITIONAL RECOMMENDATIONS (by advisor)

Academic/Personal Assistance:

The Study _____ Counseling Center _____ Disability Resource Center _____

Presentation U (eStudio) _____ Writing Center _____

Tutoring:

Tau Beta Pi _____ The Study _____ MathSkeller _____ Chem Learning Center _____ Private _____

I commit to follow-up with my academic advisor or the Director of Student Success within 4 weeks of today's meeting to discuss my progress this semester. I understand if I choose not to fulfill this contract, I will greatly reduce my chances for success.

Student Signature

Date

Academic Advisor/COE Director of Student Success

Date

Follow-up Appointment _____