



SPARE - Plan for Success Worksheet

Student ID #: _____ Student Name: _____

Email: _____ Phone: _____ Semester: _____

Program of Study/Major: _____ Advisor: _____

SECTION I: Must be completed prior to meeting with Academic Advisor

Identify Challenges and Concerns

Please check any obstacles that you have faced in your past semester(s): (check all that apply)

- | | | |
|---|--|--|
| ☐ Lack of motivation/focus | ☐ Housing/living arrangements | ☐ Ineffective study skills |
| ☐ Adjusting to college | ☐ Family responsibilities | ☐ Unclear academic/career goals |
| ☐ Depression, stress or anxiety | ☐ Work responsibilities | ☐ Learning disability |
| ☐ Finances | ☐ Physical health concerns | ☐ Challenging classes/credit load |
| ☐ Making friends/loneliness | ☐ Time management | ☐ Other: _____ |
| ☐ Meeting basic needs (i.e. access to food, community resources, etc.) | ☐ Outside distractions (i.e. gaming, social media, extra-curricular activities, etc.) | |

SECTION II: Must be completed prior to meeting with Academic Advisor

Develop a Plan for Success

My plan for improvement in the next term is:



Develop an Academic Plan

The courses I plan to take in the following term include:

Course and Title <i>Example – ENGL 1313: English Composition</i>	Credits	Reason for Taking the Course <i>Example – degree requirement, repeat for a better grade, prerequisite course</i>

SECTION III: Must be completed prior to meeting with Academic Advisor

My weekly commitments, shown below, include my time in class, studying, working and other responsibilities:

COMMITMENT TO SUCCESS SCHEDULE							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8 a.m.							
9 a.m.							
10 a.m.							
11 a.m.							
12 p.m.							
1 p.m.							
2 p.m.							
3 p.m.							
4 p.m.							
5 p.m.							
6 p.m.							
7 p.m.							
8 p.m.							
9 p.m.							



Acknowledgement

I understand and commit to the plan I have outlined above to better prepare myself for academic success.

Student Signature: _____

Date: _____

Advisor Signature: _____

Date: _____

Follow-Up

My follow-up advising appointment is scheduled for:

Additional advisor recommendations or comments: